



## Building Stronger Communities, *Together*



### MONTHLY HIGHLIGHT

## Against all odds: A mother's journey

"12 months ago, I was struggling with my kids' behaviour and worrying about their learning progress, my abusive marriage and my stress over how to be a better parent," Sher Lin, a full-time worker and single mum of three children, shares her story.

Coming out of a divorce, Sher Lin had to navigate between being both mother and father to her three children. Often, she found herself losing sight of her children's emotional needs.

Instead of letting thoughts of self-doubt set in, Sher Lin joined Filos' Parents Plus Programme. There, Sher Lin picked up many parenting skills such as having respectful communication with her children. Through these small but impactful steps, she has seen the positive reactions from her children which is her daily reward. To her, "a family is a 'village' where everyone is loved, protected, supported, and respected".

Through the programme, Sher Lin also experienced a difference in her own disposition, sharing "I

seem to have shed my shell and opened my inner self without feeling lousy". Having received much from the Filos community, Sher Lin wanted to give back where she can and did not hesitate to donate a spare laptop to a fellow family's children when they needed it for their home-based learning too.

To other parents, Sher Lin offers her words of encouragement- "I am glad I decided to open to Filos and I am not alone. If you are struggling as a parent and at any point, need an outlet to find yourself, you have a Filos community that you can consult with".

*If you are a parent who is interested in Filos' Parents Plus Programme, you may find out more/ sign up here: <https://linktr.ee/FilosEvents>*

*Parents Plus Early Years Programme: For parents with children from 1 to 6 years old*

*Parents Plus Children Programme: For parents with children from 7 to 12 years old*

*Parents Plus Adolescent Programme: For parents with teenagers from 13 to 16 years old*



"Participating in a support group... reminds you that there are others facing the same challenges and you can learn from one another"

## PROGRAMME HIGHLIGHTS

### Family, friendships and healthy caregiving

At Filos, we have the opportunity to meet many clients whose stories of resilience continue to inspire us. Meet Jane who is both a cancer survivor and the main caregiver to her husband, a stroke survivor since 2016.

"My family keeps me going," This was a theme that rang loud and clear throughout Jane's sharing. "They mean a lot to me. We support one another when it is not easy to do so. We grow closer through the ups and downs and continue to overcome challenges as a family." Since her cancer relapse in 2018, her family engaged a caregiver to help her with caregiving duties while she underwent chemotherapy. However, even with the additional help, caregiving continues to be Jane's priority and still takes its toll on the 70-year-old.

"Caregivers can feel isolated and frustrated, and the stress can lead to burnout if one does not take care of oneself. Participating in a support group is one of the best ways that a

caregiver can use their limited free time. It reminds you that there are others facing the same challenges and you can learn from one another,” Jane shared.

Jane champions this belief in her everyday life, as she actively participates in support groups such as Filos’ Caregivers’ Cove and leverages on the resources shared to improve her caregiving skills as well as practise self-care. Through these sessions, she has also formed valuable friendships with Filos staff and fellow caregivers.

*If you are a caregiver looking for a support network, do reach out to us at [info@filos.sg](mailto:info@filos.sg). You can also sign up for our upcoming Caregivers’ Cove sessions at <https://www.filos.sg/article/CaregiversCove-FebMar2022>.*



## PROGRAMME HIGHLIGHTS

### Blossoms of festive cheer at Filos' Active Ageing Centre

With the Lunar New Year approaching in early February, student volunteers from NTU Actuarial Science Club got into action to organise a hybrid party on 21 January for the seniors at Filos’ Active Ageing Centre (AAC).

Festive music filled the air as the volunteers played a song guessing game with familiar tunes enjoyed by the seniors. Students and elderly then went into breakout rooms, bonding over a craft session using art materials sponsored by the volunteers. “I’m happy to learn how to make such exquisite decorations. The craft of making the lanterns is challenging but exciting!”

Besides the satisfaction from being able to handmade beautiful decorations for their homes, the seniors also had a great time bonding with the young volunteers, sharing with them their hopes and aspirations. The session concluded with a tasty feast of festive goodies that had been pre-delivered to their homes.

Like the NTU students, many volunteers have contributed in their own ways to the AAC – be it through teaching new skills, conducting health talks or organising mental stimulation games for the seniors. If you would like to be a part of these efforts, we welcome you to apply at <https://bit.ly/AACVolunteers> or write to us at [volunteer@filos.sg](mailto:volunteer@filos.sg).



## STORY OF THE MONTH

### A look at our Eldersitter programme

“We always had *ngoh hiang* (Chinese Five Spice Meat Rolls) and my parents will buy us new clothes for the new year,” Mdm Goh fondly reminisced about how she used to spend Chinese New Year as a child.

Mdm Goh attends Filos’ Eldersitter Programme. This is a home-based programme for seniors with dementia with the aim of keeping them socially and cognitively engaged for good physical, mental and emotional health. Having lived a long life, we asked Mdm Goh, who is 94 years old, about how her family celebrated the festive season.

Though she had difficulty remembering intricate details of the celebrations, Mdm Goh was still able to recount parts of the festivities fondly. Like many kids, Mdm Goh looked forward to getting new clothes and receiving *angpaos* (red packets) every Chinese New Year from her relatives when visiting them. When she had her own family, her niece and friends would visit her too.

The Eldersitter programme journeys with seniors like Mdm Goh, stimulating their memory through reminiscence activities and other cognitive exercises. This helps them to maintain their function to be able to age well, enjoying quality of life in their senior years. On top of caring for the seniors with dementia, Filos also provides support to caregivers to empower them with knowledge and skills to build better family relationships and care for their loved ones at home.

If you would like to find out more about our Eldersitting services, please contact us at 80306423 or [info@filos.sg](mailto:info@filos.sg).

## VOLUNTEERING OPPORTUNITIES

# Make a difference in someone's life and volunteer with us today!

If you are thinking of ways to give back to the community, you could consider making a donation or sharing your skills and time for a great cause.

Check out the various volunteering opportunities at Filos and within Bedok Town below!

**"We make a living by what we get, we make a life by what we give."**

**- Winston Churchill**



### Filos Community Services

#### Family

- [Befriender and English Tutor \(to a Malay-speaking Mother\)](#)

#### Children & Youth

- [Volunteer Tutors](#)

#### Eldercare

- [Activity Organiser \(Active Ageing Centre\)](#)
- [Activity Facilitator \(Active Ageing Centre\)](#)

#### Skills-based

- [Volunteer Surveyors](#)
- [Drivers for Ad-hoc Collections](#)
- [Volunteer Fundraiser](#)
- [Videographer for Promotional Video](#)
- [Malay-Speaking Translator \(Advance Care Planning\)](#)

#### Volunteer Recruitment Talks

- [Volunteering with Families, Children and Youth](#)
- [Volunteering with Seniors](#)

### SG Cares Volunteer Centre @ Bedok

#### 1. Eldercare

#### Ad-hoc

- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [NTUC Health \(Fengshan\) - Activity Coordinator/Facilitator](#)
- [NTUC Health Nursing Home @ Chai Chee - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

#### **Regular**

- [HCA Hospice Care - Vigil Angel Project](#)
- [THKMC CS - Bedok CAN Carer](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender](#)

### **2. Persons with Disability**

#### **Ad-hoc**

- [THK Home for The Disabled @ Eunos - Virtual Activity Coordinator/Facilitator](#)
- [MINDS - Virtual Activity Coordinator](#)

#### **Regular**

- [SPD@Bedok - EIPIC Teacher](#)

### **3. Family, Children & Youth**

#### **Regular**

- [SSO@Bedok - Family Befriending](#)

[Volunteer with Us Today!](#)

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## **DONATE**

### **Giving Hope to the Community**

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

[Donate Today!](#)

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**Get in Touch**

[About Filos](#)

Filos Community Services is a not-for-profit social service organisation. We focus on building the strengths of the community we live in. We work towards empowering individuals and families to live more fulfilling, meaningful and happier lives.

Get the latest updates on our different platforms via this link: <https://linktr.ee/filosCS>



Or scan the QR code above for more details!

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