



Building Stronger Communities, Together



7 Continents For Filos with Dr William Tan

MONTHLY HIGHLIGHT

7 Continents for Filos

“I will overcome all odds and give my best to support this very worthy cause – to build resilience in and empower those in need.” – Paralympian and Neuroscientist, Dr William Tan

If you have heard of Dr William Tan, it could be because he is the world sports record holder for being the fastest person to complete marathons across 7 continents on a wheelchair in 26 days, 17 hours, 43 minutes and 52 seconds in 2007. However, did you know that he is also a fighter in his everyday life and survived Stage 4 leukemia in 2009?

Personifying resilience, Dr William Tan will soon race in **seven marathons across seven continents in seven days** as part of the World Marathon Challenge. Having witnessed the impact of the COVID-19 pandemic, especially on the vulnerable segments of society, spurred the 65-year-old front-liner to embark on this comeback race for charity.

Filos is honoured to be one of the seven charities personally chosen by Dr William Tan who will be

aiming to raise \$77,000 for Filos' beneficiaries.

"Filos has done so much good for those in need," Dr Tan commended in a recent radio interview with 91.3FM as its mission to build resilience and empower underprivileged families and seniors is aligned with his belief and journey.

The first leg of his marathon will start in Antarctica on 31 Jan. Follow our [Give.Asia](#) page for more updates and support Dr Tan by donating to his fundraiser at [bit.ly/7Continents-Filos!](https://bit.ly/7Continents-Filos)

Scroll on to learn about how Dr William Tan overcame the challenges in his personal life and continue to help those in need in our '[Story of the Month](#)'.



Chinese New Year Festivities @ THE ACTIVE AGEING CENTRE

PROGRAMME HIGHLIGHTS

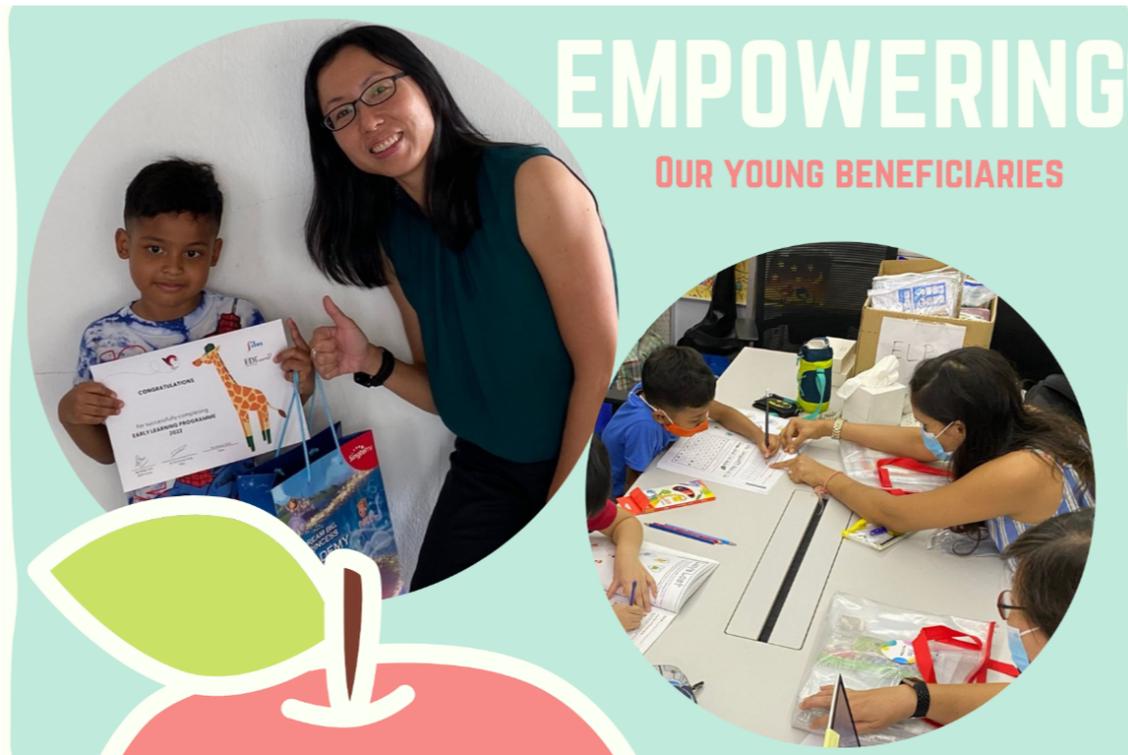
Hopping into the Year of the Rabbit at the Filos Active Ageing Centre

Chinese New Year (CNY) is a time for reunion. For socially isolated seniors though, festivals like this could amplify their sense of loneliness. At Filos' Active Ageing Centre, we hope to provide seniors in Chai Chee with a community of warmth and fun as we welcome the new year together with a range of festive activities.

On 11 January, our seniors went on an outing to Woodlands Terrace for a pre-CNY shopping spree. They emerged from the event all-smiles with goods and snacks from the various factory outlets. Such social events are vital in keeping seniors connected with the community and one another to boost their mental well-being.

Student volunteers from Catholic High School also celebrated an early CNY with our seniors on 18 January. Watching the students and seniors taking polaroid photographs together and integrating them into handmade CNY cards was certainly heartwarming! The celebrations ended

with a grand sing-along of familiar CNY tunes too. We hope the festivities have delighted our senior beneficiaries and brought them closer together!



PROGRAMME HIGHLIGHTS

Educating and Empowering Our Young Beneficiaries

“There is increasing evidence that we must not allow the learning and developmental gap to widen from young. Once the developmental gap sets in, the amount of remediation required is inordinately high and it becomes difficult to rectify,” Education Minister Chan Chun Sing shared at the first session of the Singapore Perspectives 2023 conference, highlighting the importance of providing early assistance to the children of less privileged families.

At Filos, we support such efforts in bridging the developmental gap through providing young children from disadvantaged backgrounds with access to academic programmes aimed at building their foundation in the English Language and core academic subjects. Our programmes include Tuition, the Early Learning Programme (ELP) and other reading programmes.

“Before going for ELP, Faisal* did not know how to read at all”, Mdm Azlinda*, a parent to one of our young beneficiaries shared. She was heartened to see Faisal’s scores nearly double to 80% for both literacy and numeracy after attending the programme.

Faisal is one of the many children whom Filos has empowered over the years. As we continue to strive towards educational equity, we welcome those with the same passion to join us as volunteers or sponsors to support our kids on their academic journey too!

**Pseudonyms were used to protect the identities of the beneficiaries.*

If you are keen to volunteer, check out bit.ly/FilosVolunteers.
If you wish to sponsor or collaborate in other ways, do email info@filos.sg.



STORY OF THE MONTH

Racing against the Odds - Dr William Tan's Journey

Dr William Tan's jovial personality sometimes makes us forget the hardships he faced. At two years old, polio left him paralysed from the waist-down. "(My parents) were advised to put me in an orphanage," he revealed in a radio interview on 91.3FM. They never took that advice but instead, nurtured him to help him reach his potential.

When speaking to Dr William Tan, it was clear that his resilience stems from his parents' tenacity. "Your brain isn't paralysed," Dr Tan recalls being encouraged by his parents from young. He went on to become an accomplished student and Paralympian, representing Singapore at the Seoul Paralympics in 1988.

However, 2009 threw him yet another curveball. Diagnosed with stage 4 leukemia, his oncologist predicted he had less than a year to live. A failed stem cell donation complicated his condition but he continued fighting. Now, he is entering his 14th year of remission.

Giving Thanks – Refusing to waste his second chance at life, when COVID-19 hit Singapore, he continued working as a physician as his patients "invigorated (him) to do more". The pandemic opened his eyes to the needs of the community, driving his desire to continue doing good.

Dr Tan's upcoming campaign is a celebration and display of tenacity. Identifying with Filos' mission to build resilience and to empower the underprivileged, he hopes to support its programmes and beneficiaries through his campaign. Dr Tan's message to Filos' beneficiaries and our readers is simple- **"Each day is a new dawn. Let's endeavour to live each day better than the last."** We are grateful for Dr Tan's support and wish him all the best in his upcoming marathon!

Inspired by Dr William Tan's journey?
Support him by donating directly to his fundraiser at [bit.ly/7Continents-Filos!](https://bit.ly/7Continents-Filos)

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



**WE'RE ON
TELEGRAM!**

<https://t.me/BedokVC>



Filos Community Services

Family, Children and Youth

- [Activity Organiser \(Green Spot Activity Centre\)](#)
- [Programme Trainer - Total Recall / e-Teens](#)
- [Storyteller - Reading Room \(Special\)](#)

Eldercare

- [Activity Organiser \(Active Ageing Centre - AAC\)](#)
- [Activity Facilitator \(AAC\)](#)
- [Exercise Facilitator](#)
- [Facilitator - Cognitive Stimulation Therapy](#)
- [Senior Befrienders](#)

Skills-based

- [Drivers for Ad-hoc Collections](#)

Volunteer Recruitment Talks

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

- [Volunteering with Seniors](#)

SG Cares Volunteer Centre @ Bedok

Family

- [ComLink Bedok - Family Befriender](#)

Multi-service

- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [Various organisations - Meals On Wheels](#)
- [Various organisations - Haircut Services](#)

Seniors

- [Active Ageing Centres - Befriender](#)
- [LC Nursing Home - Befriender](#)
- [NKF - Dialysis Centre Volunteer](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SGO - Silver Generation Ambassador](#)

Persons with Disabilities

- [MINDS - Customised Respite Carers](#)
- [St Andrew's Autism Centre - Class Support Volunteer](#)
- [SUN-DAC - Activity Befriender](#)

Volunteer with Us Today!

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!



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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