



Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Together, Everyone Achieves More - TEAM Fiesta

“Each of us can do our part to build a caring and inclusive society – whether as an individual, a community group, or a corporate.” (Deputy Prime Minister Heng Swee Keat)

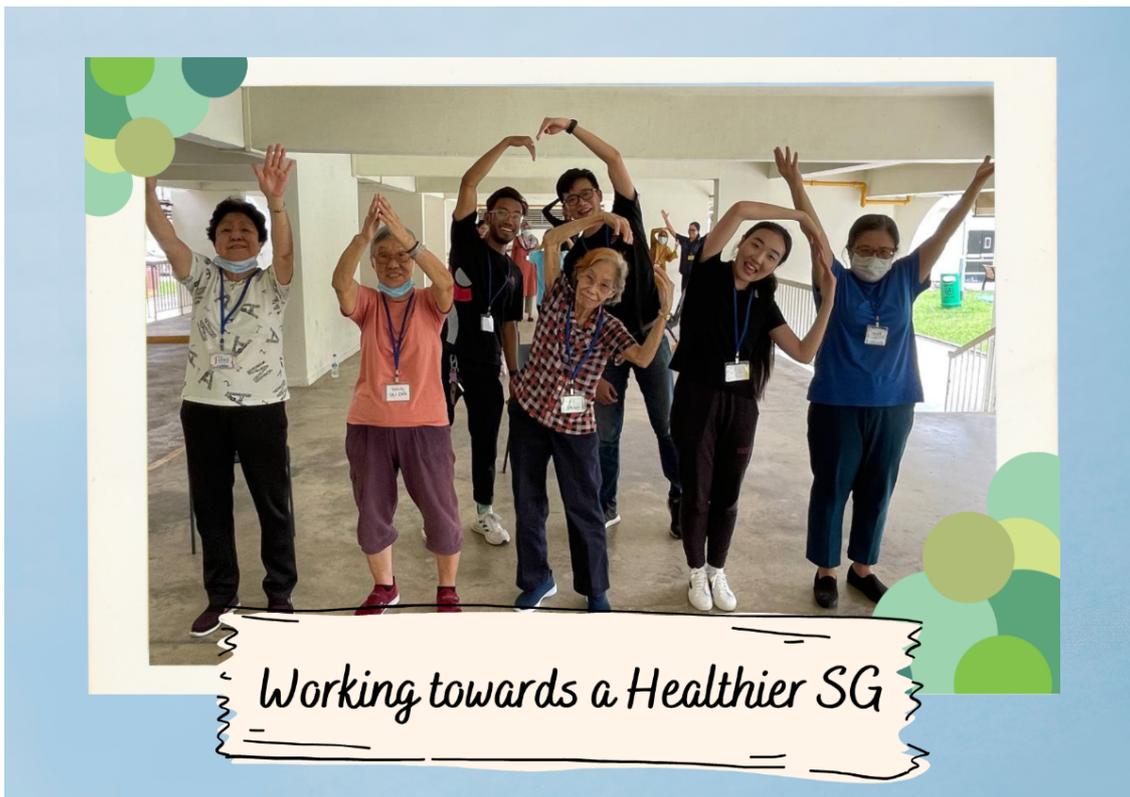
Together, Everyone Achieves More (TEAM) - 2 December was a momentous occasion for the SG Cares Volunteer Centre @ Bedok (SG Cares VC @ Bedok), operated by Filos Community Services. We launched TEAM Fiesta, a large-scale carnival to bring beneficiaries and volunteers of Bedok town together.

Gracing the event were two distinguished guests: Deputy Prime Minister Heng Swee Keat and Speaker of Parliament Tan Chuan-Jin. Speaker Tan spoke about the transformative power of volunteerism and urged more corporates to volunteer more regularly to provide sustained support for our charities.

DPM Heng also shared his hopes for the national volunteering scene. DPM Heng complimented the efforts of the SG Cares VC @ Bedok in organising a carnival on such a big scale and its ability to rope in a diverse range of partner organisations to make it possible. “Today’s event is a good example of how the community can work together to give back”, shared DPM Heng.

Around 500 beneficiaries from all over Bedok town enjoyed a fun-filled day of carnival games, performances and food in the company of volunteers and friends. “The carnival games made me feel happy and young,” said Mdm Tham, one of our senior beneficiaries.

TEAM Fiesta would not have been possible without the support of our dedicated partners and volunteers. If you are keen on partnering with the SG Cares VC @ Bedok to make a difference in the lives of our beneficiaries, do reach out to us at info@filos.sg.



PROGRAMME HIGHLIGHTS

Building a *Healthier SG* from Kembangan-Chai Chee

A rapidly ageing population and the rising impact of chronic illnesses are two major challenges identified in the White Paper on Healthier SG passed in Parliament on 5 October 2022.

Aligned with Healthier SG’s aim to move Singapore’s emphasis “from reactively caring for those who are sick, to proactively preventing individuals from falling ill”, Active Ageing Centres play a critical role in helping to reshape our older population’s lifestyles.

At Filos’ Active Ageing Centre (AAC), seniors in Kembangan-Chai Chee can look forward to a wide range of daily programmes that aims to **improve seniors’ health and sharpen their physical and cognitive functions in a social setting** so that they may age happily in their community. Our active ageing programmes range from exercises to health talks and fun interest workshops that engage our diverse groups of seniors. Moving forward, seniors’ family doctors can also include referrals to AACs as part of their social prescriptions.

Filos also works with community partners, such as Changi General Hospital and polyclinics, to provide a **Community Nurse Post** and **Telehealth Service for Seniors (THESS)** to ensure that primary care remains accessible to our senior residents in Kembangan-Chai Chee. Through these efforts, we hope to strengthen the social determinants of health and in turn, create a stronger community together.

If you wish to find out more or collaborate with Filos, please contact info@filos.sg.



PROGRAMME HIGHLIGHTS

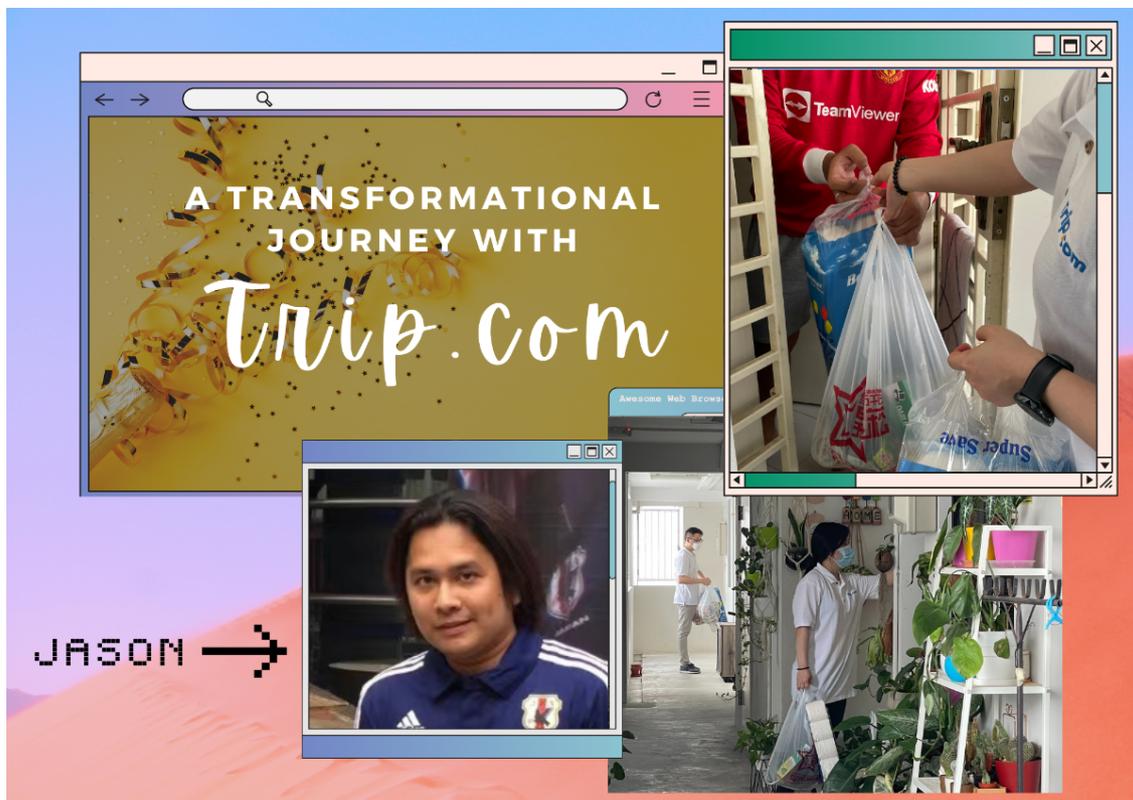
Share Joy to support our children in flying high

On 1st December 2022, Filos held our Bursary Award Ceremony at Filos@55 to recognise the grit and effort put in by our young beneficiaries into their studies. Amongst them is Kyle, who was thankful that the bursary would go a long way in helping his family. "The money will definitely be a great help to me and mummy to cover the expenses for my school stationery, uniforms and some savings too," Kyle shared.

The Bursary Award is just one of many ways in which we support and motivate the children of Kembangan-Chai Chee to pursue their dreams. Filos strives to provide all-rounded support to empower our young beneficiaries to chase their dreams.

Our academic and literacy programmes ensure that our beneficiaries have equitable access to educational resources, while our enrichment programmes aim to equip them with life skills.

A simple donation goes a long way in helping us run these programmes to uplift our beneficiaries. This Season of Giving, **Share Joy** and support our kids in dreaming big at giving.sg/filos-community-services/sharejoy.



STORY OF THE MONTH

A Transformational Journey - Adopt A Block with Trip.com

“My colleagues and I were very touched when Filos mailed to us a handmade “thank you” card. It was crafted by a group of senior beneficiaries, and even my colleagues in Shanghai were touched by the gesture,” Mr Jason Lee, a representative from Trip.com, shared a memorable experience about their two years of partnership with Filos.

For Jason, this year has been ‘transformational’. His journey with Filos started in late 2020 when Filos’ commitment towards the less-privileged drew Trip.com to partner us on the Pay-It-Forward campaign. Through the campaign, Filos beneficiaries, including socially isolated seniors and low-income families, were able to utilise donated SG Rediscoveries Vouchers to visit attractions such as Singapore Flyer and Universal Studios Singapore.

Wanting to do more for those in need, Jason’s team at Trip.com embarked on the Adopt-A-Block project with SG Cares Volunteer Centre @ Bedok, operated by Filos. For many of his colleagues, it was their first time participating in a programme that distributes care packs to those in need. “They found it meaningful, especially during the festive season. I also hope that the experience will inspire them to support the less-privileged in any way they could,” Jason shared.

Inspired by Filos’ commitment to helping and empowering communities, Jason hopes to continue supporting Filos to the best of Trip.com’s abilities. For the year ahead, he also wished for more individuals and groups to step up and support those in need through various means, including and beyond financial assistance.

The team at Filos would like to thank all our dedicated partners whom, like Trip.com, have been indispensable in enabling us to build stronger communities, together.

If you would like to collaborate with Filos, drop us a note at volunteer@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



WE'RE ON TELEGRAM!

<https://t.me/BedokVC>



Filos Community Services

Eldercare

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

Skills-based

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

Volunteer Recruitment Talks

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

Family

- [ComLink Bedok - Family Befriender](#)

Multi-service

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

Seniors

- [LC Nursing Home - Befriender](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [SGO - Silver Generation Ambassador](#)
- [NKF - Dialysis Centre Volunteer](#)
- [Fullhealth - Community Telehealth Service](#)
- [Filos - Cognitive Stimulation Therapy](#)
- [Active Ageing Centres - Befriender](#)

Persons with Disabilities

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

[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!

Filos @ 55

55 Chai Chee Drive #01-222
Singapore 460055

T +65 6241 1503 | **F** +6242 6039

Filos @ 38

38 Chai Chee Avenue #01-177
Singapore 461038

T +65 6242 5978 | **F** +6242 6039



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