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filos



Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Help Drive Change - Flag Day 2021

The pandemic looms on indefinitely. Social distancing measures have become the new way of life. Prolonged isolation in seniors led to poor health, frailty and other mental health issues. Those living alone are twice as likely as their peers to develop depressive symptoms and suicidal thoughts. In 2017, the number of seniors aged 60 and above who took their own lives peaked at 129 as social disconnect was cited as a contributing factor.

Mdm Ho is a senior in her 80s who stays alone in a 3-room flat. Her only daughter lives overseas. She has no other relatives to turn to for help. She struggles to remember her way back to her flat. With that, she refrains from venturing out alone nor does she know many people in her neighbourhood.

Help Mdm Ho find a new season of opportunity and strength. From isolation to connectedness.

A donation of \$50 today will provide befriending and active ageing programmes for two weeks to help keep an isolated senior connected to the community. With \$100 of donation, a senior with dementia can benefit from mental stimulation activities for one month.

Donate Today! Your loving gift will help drive change!

Your donation will receive dollar-for-dollar matching when made through giving.sg. Help beneficiaries like Mdm Ho. Every dollar counts and every dollar helps.

[Donate Today!](#)

Organised by:

filos **SG Cares**
Volunteer Centre @ Bedok

Volunteerism + Communities

***Making
Connections*** | ***Delivering
Impact*** | ***Building
Resilience***

PROGRAMME HIGHLIGHTS

Volunteerism & Communities

On 2nd June 2021, the SG Cares Volunteer Centre @ Bedok, operated by Filos, organised a Corporate Networking Session with over 50 corporate organisations as well as 30 Social Service Agencies (SSAs). The session was attended by Speaker Tan, who is also the Member of Parliament in Marine Parade GRC (Kembangan-Chai Chee).

Leading the opening address was Dr. Foo, Executive Director of Filos Community Services. Dr. Foo highlighted the importance of corporate networking sessions in being the bridge for SSAs and corporations to meet and explore collaboration opportunities.

Our guest speakers spoke on the common theme of the importance of collaborations between corporations and SSAs and how the process of encouraging volunteerism in corporations is much simpler than one may think. While offering their workplace skills is one way to contribute, Speaker Tan also encouraged corporations to consider taking on a more needs-driven approach to volunteering.

We would like to thank speakers from Hilton Singapore, Very Special Arts Singapore Ltd and Nippon Telegraph and Telephone Corporation for their insightful and encouraging sharing too. If you are looking for corporate volunteering opportunities in Bedok Town, do drop us a note at volunteer@filos.sg to find out more!



PROGRAMME HIGHLIGHTS

Building strong relationships with your child

The types of challenges faced by our children evolve as they mature from young children to preadolescents to teenagers. Ranging from cognitive development which affects their perceptions of self and the world around them, to taking on more responsibilities and making decisions for and by themselves. Growing up is tough.

Over here at Filos, we recognise that parents will inevitably face the struggle of adapting their parenting ways to cater to the changes as their children grow older. As such, we regularly conduct a series of ParentsPlus Webinars where we share evidence-based findings about understanding your children, and how you, as a parent, can best support them as they adjust and mature through their formative years.

Ms Chiam picked up healthy habits from the series in raising her children, aged 15 & 12, *"This session was very helpful as it has taught me to trust and have faith in my kids and also to treat them fairly."*

Our upcoming ParentsPlus Webinars catered for parents with toddlers, young children and adolescents will be held in August and September. If interested, please sign up via <https://linktr.ee/FilosEvents>. If you would like to find out more, do write to us at info@filos.sg.



STORY OF THE MONTH

Weathering through the journey of recovery

75-year-old Mdm Fatimah* has weathered life to build up a fruitful and extensive multi-generational family. However, unknown to many, she still faces the challenge of coping with depression.

"I will drag on, for a couple of days, not knowing what to do. I need somebody to talk to me about the matters that are disturbing me."

While her family has been providing support within the constraints of their busy schedules, stress and fatigue sets in for everyone, sometimes leading to family conflict. It is perhaps timely that Mdm Fatimah was referred to a social worker at Filos Community Services, to fulfil these urgent psychosocial needs in the nick of time. "The way she talks to me makes me feel very happy. She wants to know more about me."

Since then the engagements between Filos' social workers and volunteers with Mdm Fatimah have become regular, and despite the simplicity of these interactions, having a much-needed listening ear plays a big part in uplifting her spirits immensely.

She has since built up the resilience to communicate better with her family members, and has even taken to cooking new dishes as a form of self-care, as well as extending care to her family. "When they eat, they feel very nice, to have something different."

The journey of recovery often starts small, but its positive effects build up, such that Mdm Fatimah now enjoys her get-togethers with family members, with Filos Community Services continuing to guide and support her in the journey of recovery.

*The client's name has been changed to protect her identity.

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 beyond making a donation, the next step could be to share your skills or 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

Regular

- [Activity Organiser/Coordinator \(Active Ageing Centre\)](#)
- [Buddy/Befriender \(Active Ageing Centre\)](#)
- [Befriender for More Than Friends Programme](#)
- [Malay-speaking Befriender for Mothers \(Filos Mothers' Group\)](#)

Volunteer Recruitment Talks

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

SG Cares Volunteer Centre @ Bedok

1. Eldercare

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [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

- [Goodlife! Bedok - Phone Befriender](#)
- [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

- [MINDS - Me Too! Club, Art & Craft](#)
- [MINDS - Me Too! Club Excursion](#)
- [MINDS - Me Too! Club Trek](#)

3. Children & Youth

- [VOX - Activity Engagement](#)

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!](#)



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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