

[View this email in your browser](#)



Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Volunteering as a Senior: Meaningful friendships

It was a warm, sunny afternoon as Mr Wong, Mr Chong and Mr Chan sat down for a casual chat with our Volunteer Manager at the void deck near Filos@38. As they chatted in a mix of Mandarin and Cantonese, they recalled the old and new friendships formed with one another.

Mr Stephen Chan began volunteering with Filos Community Services more than 10 years ago, starting with the monthly bread distribution to help low-income beneficiaries. Today, at 72 years old, Stephen continues to be an active volunteer in Filos' More Than Friends programme where he befriends elderlyies with chronic diseases- one of whom is none other than Mr Wong who has even become a close friend of his.

"His friendship made me less lonely," 82-year-old Mr Wong shared. As a senior who lives alone,

Mr Wong was enrolled on Filos' befriending programme where he met Stephen in 2020. With Stephen's genuine care and concern for Mr Wong, the two have become close buddies over the years.

Stephen also became quick friends and mentor to new volunteer- 80-year-old Mr Chong. Not letting his age or hearing impairment deter him, Mr Chong joined Filos as a volunteer under the guidance of Stephen and found fulfilment in his golden years through volunteering.

Through their energised sharing, it was clear as day that there is definitely no age limit to contributing your time to help another. If anything, you may even find unexpected gains along the way!

If you are inspired to volunteer, do check out the volunteering opportunities below or reach out to us at volunteer@filos.sg!



PROGRAMME HIGHLIGHTS

What's New at Filos

We are excited to announce the completion of our newly renovated Emerald Hall @ Blk 55! With a more comfortable and conducive environment, we have moved many programmes into the new hall which has been warmly welcomed by our beneficiaries.

On top of this new addition, new activities such as physical outings for our beneficiaries are back after being postponed for more than a year due to Covid-19. It was a truly fun-filled day as we brought our elderly beneficiaries to the National Gallery where they were led on a guided tour of an exhibition featuring paintings of the olden days in Singapore.

With the easing of Covid-19 restrictions, we are looking to organise more outings for our elderly beneficiaries who have been idle at home for too long.

If you/ your organisation is interested in sponsoring and volunteering for an outing, feel free to contact us at volunteer@filos.sg!



PROGRAMME HIGHLIGHTS

Pot-a-Plant, Terrarium Workshops

SG Cares Volunteer Centre @ Bedok, together with Singapore Pools, initiated the 'Pot-A-Plant' activity in May this year for seniors in Bedok town to encourage them to develop an interest in growing their own plants at home.

A series of Terrarium workshops was arranged for 5 senior-centric Social Service Agencies where seniors could pot their own plants and decorate them, with the assistance of dedicated volunteers from Singapore Pools. At the end of the workshop, they each brought home a beautiful terrarium and left with big smiles on their faces!

Studies have found that gardening is an effective way to keep seniors active and engaged, alleviating anxiety and improving mood, among other health benefits. Additionally, terrariums are easy to pot and maintain over a long time.

If you would like to sponsor and volunteer for activities, please write to volunteer@filos.sg.



Filos' 18th Anniversary – Empowering Bedok town

STORY OF THE MONTH

Filos' 18th Anniversary – Empowering Bedok town

Did you know that Filos' 18th Anniversary falls on 7 July 2022? It has been a journey putting down roots in Bedok, listening to the needs on the ground and finding new ways to better assist and empower the community.

Over the years, we are grateful to have received the outpouring of support for Filos' work from volunteers, donors and partner organisations. It is also heartening to see Filos' outreach efforts amplified through our dual role as SG Cares Volunteer Centre @ Bedok since 2019.

One of our recent initiatives includes the expansion of Reading Room programme to other community partners in Bedok town! Filos' Reading Room Programme is designed to strengthen the linguistics foundation of young children by fostering their interest in reading English books through storytelling.

Having seen the impact it has made on Filos' beneficiaries, we partnered Zoaks Student Care - Bedok this year to help recruit and train volunteers to roll out the programme for the centre. To ensure future sessions can be catered to the kids' interests, the volunteers also took the time during the first session to get to know the children and find out their likes and dislikes!

If you are from a Social Service Agency in Bedok town that could benefit from our Reading Room programme, we welcome you to get in touch with us at info@filos.sg to discuss collaboration opportunities!

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

- [Befriender to a Malay-speaking Mother](#)

Eldercare

- [Activity Escort](#)
- [Activity Escort for NDP Celebrations with Filos](#)
- [Wellness Escort](#)
- [Activity Organiser \(Active Ageing Centre - AAC\)](#)
- [Activity Facilitator \(AAC\)](#)
- [Senior Befrienders](#)
- [Senior Tele-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](#)
- [M3 - Project Dian](#)

Multi-service

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

Seniors

- [LC Nursing Home - Befriender](#)
- [THK Bedok Radiance AAC - Befriender](#)
- [NKF - Dialysis Centre Volunteer](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [EOT- Community Telehealth Service](#)
- [SGO - Silver Generation Ambassador](#)

Persons with Disabilities

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

[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



Copyright © 2022 Filos Community Services Ltd, All rights reserved.