

[View this email in your browser](#)



Building Stronger Communities, Together



NO CHILD LEFT BEHIND

Equal Opportunities, Brighter Tomorrows!

OUR GOAL:
\$75,000



From now till 15th August, help us raise \$75,000 to provide vital literacy, tuition, and enrichment programmes for children and youths from vulnerable backgrounds.

Click/Scan the QR code to donate or find out more:



Filos Volunteer, Teh Chong Mien

STORY OF THE MONTH

From Boardrooms to Community Spaces: Volunteer Chong Mien's Next Season of Purpose

When **Chong Mien** first connected with Filos through a Christmas outreach in 2022, he did not expect it would grow into a meaningful journey of service spanning volunteer engagement, fundraising strategy, partnership development and advocacy for active ageing.

Today, Chong Mien volunteers with Filos' *Reminiscence Circle* programme, supports organisational initiatives behind the scenes, and recently completed **HYROX at the age of 59**. As

he prepares to enter his next decade of life, he is embracing a new season centred on lifelong learning, meaningful relationships and giving back.

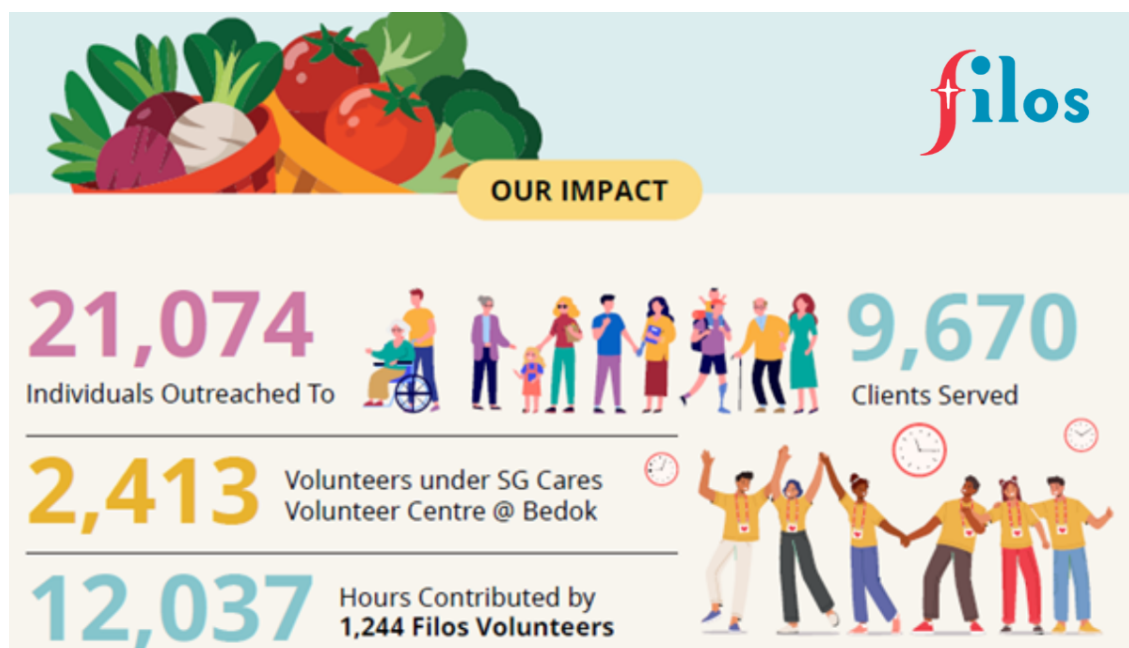
Currently with *Singapore University of Social Sciences (SUSS)*, where he champions adult learning and continuing education, Chong Mien believes that learning should never stop. This belief also shapes his volunteer journey with Filos. "Through the regular *Reminiscence Circle* sessions with Filos, we get to engage with seniors at a much deeper level, building real trust and connection over time," he shared. "It's not just a programme; it is relationship-building in action."

One particular interaction continues to stay with him. During a reminiscence session about the stories behind participants' names, a senior shared how she had been given a less meaningful name because her father had hoped for a son. Another participant immediately revealed that she had experienced the same thing. "You could see the relief on her face," Chong Mien recalled. "That's the power of reminiscence. It creates a space where people realise they're not alone in their story."

Looking ahead, Chong Mien hopes to continue advocating for active ageing and lifelong learning. Currently studying gerontology, he is preparing himself to serve seniors more intentionally in the years to come. ***"I hope to be an example that it's never too late to keep learning,"*** he said.

For Chong Mien, giving back is deeply rooted in his faith and the joy that comes from serving others. His advice to anyone considering volunteering is simple: **"Just give it a try. Find a cause or community that resonates with you, and start there."**

Volunteering is for all ages!
Check out our Volunteer Portal (go.filos.sg/FilosVMS) or write to volunteer@filos.sg today.



PROGRAMME HIGHLIGHTS

Building Stronger Communities, Together: Reflecting on Our Impact in 2025

At Filos, every number tells a story of lives touched, challenges overcome and communities strengthened. **As we look back on 2025**, we are grateful for the collective efforts of our staff, volunteers, donors, partners and supporters who have made this impact possible.

For our children and families, 2025 was a year of building healthier habits and stronger relationships. Under **Project P.E.E.R.**, we launched **three children's health-themed storybooks** for early readers and empowered children and families to make healthier lifestyle choices through our programmes. **170 parents** also gained practical skills to strengthen family relationships. As one parent, Ms Theresa, shared: *"I have gained confidence to build a good rapport with my children. I am able to manage their screen time and help my family stay fit together."*

455 individuals and families facing financial hardships received practical support and assistance, including food and diaper sponsorship, valued at over **\$125,000**. **93 students** were also awarded bursaries to encourage them on their educational journeys.

Mental wellbeing remained a key priority in 2025. Across our Community Mental Health services, **more than 1,600 clients** were supported. One such client was Mr K, who was living with dementia and had become increasingly withdrawn after retirement. Through Filos' Eldersitter sessions, he regained confidence, became more active, and now looks forward to every session. His wife also benefits from short periods of respite, helping to ease the demands of caregiving.

For seniors, Filos' Active Ageing Centre programmes recorded over **12,800 engagement touchpoints**, with **764 seniors** participating regularly in activities that promote active living, social connectedness and overall wellbeing.

This would not have been possible without the support of our volunteers, donors and partners like yourself. As the needs evolve, Filos remains committed to journeying alongside individuals and families, strengthening support networks, and creating opportunities for people to thrive. **Thank you for being part of this journey.** Together, we will continue building stronger communities and making a positive difference in the lives of those we serve.

Check out [Filos' Stewardship Report 2025](#) for more information!



Filos Health Carnival 2026 with SMS Tan Kiat How as Guest of Honour

22 Years On: Celebrating Partnership and Purpose

This June and July, Filos marked two significant milestones that reflected both our ongoing commitment to the community and the partnerships that make our work possible.

On 24 June, more than 400 seniors, residents, volunteers and partners came together at the **Filos Health Carnival 2026**. The carnival reflected our commitment to supporting seniors in ageing well through community-based social-health programmes. **Guest-of-Honour Mr Tan Kiat How, Senior Minister of State for Digital Development and Information and Health**, joined participants in celebrating active ageing and community well-being. Participants enjoyed getai performances, health talks and interactive games led by healthcare and community partners.

The event also highlighted the power of collaboration, with volunteers, corporate partners, healthcare professionals and community organisations working hand-in-hand to create a meaningful and engaging experience for residents.



On 10 July, Filos celebrated another milestone at our **22nd Anniversary Dinner, “Reminisce Together: Celebrating Partnership & Purpose”**, held at Qian Xi Restaurant (Farrer Park).

Inspired by the heritage and memories of our Bedok and Chai Chee neighbourhoods and the reminiscence work at Filos, the evening invited guests to take a walk down memory lane while reflecting on the relationships and shared purpose that have shaped Filos and the community over the past 22 years. Through nostalgic games, familiar local snacks and performances by our clients and volunteers, the celebration honoured both our roots and our vision for the future.

We were honoured to welcome **Guest-of-Honour Mr Edwin Tong, Minister for Law and Second Minister for Home Affairs**, whose presence underscored the importance of strong partnerships in building caring and resilient communities. The evening also provided an opportunity to recognise our partners who have journeyed alongside Filos in the past year.

Together, these two milestones remind us that meaningful impact is built through collective effort. Whether supporting seniors and families at a health carnival, volunteering alongside residents, or contributing through donations and partnerships, **every act of support helps strengthen the**

communities we serve. Thank you to everyone who has walked alongside us over the past 22 years and made this journey possible.

*Your generosity helps us continue reaching those who need us most.
[Donate](#) to support Filos' programmes and services.*



KEY HIGHLIGHT

Bedok North Stars Football Club: More Than Just a Team

For **Zaid** and his friends, football became more than just a game; it became a way to build friendship, belonging, and community.

A few years ago, Zaid and his friend Aathif joined a Sunday league football team, hoping to strengthen friendships and play alongside others their age. But something felt missing. ***“We realised that we did not really feel a sense of community,”*** Zaid shared. ***“So we decided to create our own team with friends from our neighbourhood and schools.”***

What started as a simple idea soon became **Bedok North Stars Football Club**; a team formed not just to play football, but to grow together like family. The boys trained together on weekends, strengthened their friendships, and built resilience through the sport they loved.

But like many youths, they faced practical challenges along the way. ***“We needed a sponsor for our team,”*** Zaid recalled. ***“Thankfully, Filos helped sponsor us with everything we needed.”***

With Filos Community Services’ support, the team strengthened its identity and was able to train regularly. More importantly, the boys gained encouragement from a community that believed in them and their aspirations.

Today, Bedok North Stars Football Club gives back to the same community that once supported them by volunteering at football workshops, intergenerational sports carnivals, storytelling events, and other community activities for children and families.

This is why the **No Child Left Behind** campaign matters. Through learning support, children and youth enrichment, and community programmes, Filos empowers children and youth to grow in confidence, build resilience, and pursue their dreams. Because sometimes, all it takes is one community believing in a child for them to begin believing in themselves, too.

Support the **No Child Left Behind** campaign today:
<https://go.filos.sg/NCLB2026>.

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, Youth

- [Green Spot \(Activity Organiser\)](#)
- [Reading Room \(Special\) - \(Activity Organiser & Storyteller\)](#)
- [The Early Learning Programme \(Volunteer teacher\)](#)
- [Tuition](#)

Community Mental Health

- [Care Buddy](#)

Eldercare

- [Active Ageing Programme Organiser](#)
- [Exercise Group Facilitator \(Active Ageing Centre\)](#)
- [Game Time with Seniors](#)
- [Senior Befriender](#)

Skills-based

- [Graphic Designer for Filos Corporate Brochure](#)
- [Photographer](#)

SG Cares Volunteer Centre @ Bedok

Multi-service

- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [Various Organisations - Haircut Services](#)

Family, Children, Youth

- [ComLink Family Befriender \(SSO @ Bedok\)](#)

Seniors

- [Active Ageing Centres - Befriender](#)
- [Active Ageing Centres in Bedok Town - Community Outreach Volunteers](#)
- [NTUC Health Nursing Home \(Chai Chee\) - Befriender](#)
- [Pickleball Instructor \(Salvation Army Peacehaven Bedok Arena\)](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SG Cares VC @ Bedok - Medical Escort](#)

Persons with Disabilities

- [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 Charity and Social Service Agency. 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 @ 22

22 Chai Chee Road #01-538
Singapore 461022

T +65 6244 8107 | **F** +6242 6039

Filos @ 38

38 Chai Chee Avenue #01-177
Singapore 461038

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

Filos @ 22 (AAC)

22 Chai Chee Road #01-508
Singapore 461022

T +65 6244 8107 | **F** +6242 6039

