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Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Engaging isolated seniors

83,000 seniors in Singapore will be living alone by the year 2030, according to Ministry of Health's projections. The stresses of living in isolation can bring about both physical and mental challenges for these seniors. They may also suffer silently in their own homes if help is not rendered.

Filos' Active Ageing Centre helps to ensure that this does not happen to our senior beneficiaries. Launching on 1st June 2021, the Active Ageing Centre aims to help seniors live healthier lives and support their aspirations to age in place through a suite of programmes to help them do so.

Active Ageing Programmes help seniors to stay socially engaged with one another in the community, to enjoy activities and hobbies together with friends in the neighborhood which will add to their quality of life. Our Filos activities also aim to prevent and reverse frailty in the elderly to help them stay physically and mentally fit to enjoy their golden years.

The Active Ageing Centre also offers **Befriending Programmes** that ensure that seniors will have dedicated volunteers checking in on their well-being and lending them a listening ear, providing the social and emotional support that isolated seniors require. Through providing feedback on the seniors' progress to Filos' professional staff, befrienders also serve as the bridge to ensuring seniors get access to the services they require.

The Active Ageing Centre also provides **Care Management and Information and Referral Services** to seniors so that they can be effectively linked to services to support their social and health care needs. It's a one-stop centre that seniors can rely on to have all their social, mental and physical health care needs coordinated in an integrated manner.

If you wish to find out more about the Filos Active Ageing Centre, drop an email to info@filos.sg.



PROGRAMME HIGHLIGHTS

Volunteering during the pandemic

We are grateful for many volunteers who have bravely come forward to help beneficiaries through the pandemic, in spite of the safety measures and restrictions that are in place. These touch points with our beneficiaries are a great encouragement to them, that there are people who have not forgotten them and who still care for them.

One such group are the students from the Singapore Institute of Technology's department of Physiotherapy and Dietetics and Nutrition. They put their skills and knowledge to use to plan two comprehensive yet interactive workshops on Falls Risk and Nutrition for our seniors. The workshops were conducted in small groups and also via zoom, to keep seniors and volunteers safe.

The students imparted knowledge on fall recovery and prevention measures. This empowered seniors to take care of themselves in their homes, at a time when home visits by volunteers are limited due to safety restrictions. The Nutrition workshop educated seniors on

how they can choose healthier food options and why a balanced diet is important in promoting good health.

We are thankful for the students' efforts to join hands with us to keep our seniors safe and healthy. Come volunteer with us to help our seniors too. **Join the mailing list for our Volunteer Recruitment Talk at [giving.sg](#) today!**

Explore other volunteering opportunities here:

- [Activity Organiser/Coordinator \(Active Ageing Centre\)](#)
- [Buddy/Befriender \(Active Ageing Centre\)](#)
- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)



PROGRAMME HIGHLIGHTS

Empowering children to reach their potential

Over the course of a 1-hour Zoom session, Filos' volunteers were introduced to the challenges faced by children and youth from vulnerable backgrounds and taught basic classroom management skills.

They gained a better understanding of the Kembangan-Chai Chee community and picked up some ways to help the children learn better through:

1. Managing curriculum & instruction;
2. Managing environment;
3. Managing pupil behaviour.

The key message that rang through the training session was how, through building relationships with the children, volunteers can help them realise their potential for growth. Helping a child impacts their future.

If you are interested in volunteering with children, but do not know how or what to expect,

join us for our Volunteer Recruitment Talk where we share tips to prepare you for this meaningful experience. Sign up today at bit.ly/filosvolunteertalk!



STORY OF THE MONTH

Sustaining the goodness in acts of service

Ms Belle Chong was looking for new avenues to use her spare time meaningfully when she came across Filos' Bread Distribution* programme in January this year.

While Belle is not new to volunteering, the distribution exercise gave her insights into the living conditions and lifestyles of beneficiaries residing in rental blocks. She cites a scene of a group of volunteers bringing companionship to a single elderly residing in a rental unit, speaking volumes about the importance of small acts of kindness.

This motivated in Belle, not just to continue to take part in the distribution exercise, but also to sponsor 200 packs of Milo for the next distribution, as she saw for herself how the resources would go a long way to help needy clients. The inspiration to donate instant beverages came from none other than her own mother who enlightened her on the needs of seniors. "She shared with me that older people might not cook often and advised me to get them something easy to use, but healthy as well, such as beverages."

Drawing on these experiences, Belle exhorts those who are hesitant that there is no time like the present to step up in extending acts of service, as beneficiaries need help now, more than ever before, to meet their daily needs.

"It is good to help others. Let us continue to do it."

**Filos Community Services is whitelisted by the National Council of Social Service (NCSS), to continue distributing essential items to its beneficiaries amidst the pandemic. If you are keen to volunteer, please contact volunteer@filos.sg to find out more!*

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

- [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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