



## Building Stronger Communities, *Together*



### MONTHLY HIGHLIGHT

## **Beyond teaching; towards empowering**

Empowerment is a key component of Filos' services. In particular, our programmes for children and youth seek to empower young individuals to develop to their full potential, regardless of their socio-economic background.

The Early Learning Programme (ELP) is an intervention-based Literacy and Numeracy programme that Filos has adopted to help underprivileged children aged 6-7 years old. What sets ELP apart is that it was designed to benefit children with learning difficulties such as dyslexia and developmental delays, as well as neurotypical children.

Children in Filos' ELP attend weekly sessions and are tested throughout the year to continually determine their needs and progress.

Filos also sees a group of dedicated and trained volunteers who are matched with children on a maximum 1 volunteer to 2 children ratio on the ELP. Such a ratio allows volunteer teachers to plan

lessons based on the learning styles and knowledge gaps of their student(s). Furthermore, children who display signs of learning or other difficulties are actively referred to a Speech Therapist, Occupational Therapist or/and consulting Literacy Therapist and Educational Psychologist for screening and assessments.

Through ELP, children who find themselves in a double-bind of facing learning difficulties yet coming from lower income households gain an equal opportunity as other peers at becoming school ready. As shared by one of our ELP students, Rukaiyah, "It was fun! I enjoyed it, learned new things and improved my knowledge. Also, really thanks to teacher Margaret and Filos staff."

*To learn more about Filos' children and youth programmes, please visit [www.filos.sg](http://www.filos.sg) or email [info@filos.sg](mailto:info@filos.sg).*



#### PROGRAMME HIGHLIGHTS

## Journeying through life with our clients

"She's always eager and positive towards the programmes. Always looking forward," Mr Amir shared how it was evident to him that his mother, Mdm Alidar's mood has brightened up since she started attending Filos' Eldersitter Programme.

A client of Filos for 6 years, Mdm Alidar was diagnosed with dementia last year and has been attending the Eldersitter programme since. With the integrated care services at Filos, our staff was able to assist her and her family through the different life stages and challenges they faced.

The programme also helped Mdm Alidar's caregivers, Mr Amir and his wife, better understand his mother's interests and needs which in turn, empowered Mdm Alidar in her daily functioning.

Expressing his gratitude for how Filos has been engaging his mother in various ways, such as through conversations, cognitively stimulating activities like colouring and memory activities, as

well as physical exercises to help keep her active, Mr Amir added, "It's been great. With the support from Filos, my wife and our helper. Filos also helps with rations and other needs. Not forgetting the neighbours. I'm blessed to have the wonderful people around me."

To find out more about Filos' services, please visit [www.filos.sg](http://www.filos.sg) or email [info@filos.sg](mailto:info@filos.sg).



#### PROGRAMME HIGHLIGHTS

## Learning through virtual volunteering

Volunteering is no doubt a great way to offer your skillsets to help those in need. What is less often shared though is how volunteers can also find themselves learning new things and picking up different skills in unexpected ways too.

For Betty, she found herself struggling to keep up when COVID-19 hit and volunteering moved onto a virtual platform. As a retired freelance teacher, who is in her 60s, she laments, "It was a terrible time, getting accustomed to using Zoom, technical glitches and shallow interactions made it very challenging."

With the support from fellow volunteers and staff of Filos, Betty persevered. "Knowing that we are all Zoom fatigued, even the children, seeing them come back every week made the time even more rewarding," she added.

Today, Betty is able to not just use video conferencing tools and utilise online resources, but more importantly, effectively engage the children she is working with virtually. While many may still shy away from the idea of virtual volunteering, Betty encourages others to reconsider as some form of interaction, even if it is through virtual platforms, can still significantly help those in need.

To volunteer with Filos, check out the volunteering opportunities below or email [volunteer@filos.sg](mailto:volunteer@filos.sg)!



## STORY OF THE MONTH

### Fun with mobile: Empowering seniors

“I only used my mobile phone for making calls and watching videos. I had not known I could do this,” a senior participant at our Digital Literacy workshop shared.

After the new year’s rejuvenation in spirits for everyone, Filos continued to keep our Active Ageing Centre (AAC) clients stimulated through a series of programmes. On 9 Feb, the seniors had fun exploring different mobile functions and learning about mobile technology vigilance.

The interactive activities of mix-and-match and mental sums, were injected with lunar new year elements (such as matching of red packet designs, calculation of Chinese Zodiac year) and conducted both online and onsite, keeping the participants in the joyful festive mood, while getting them acquainted with smart device functions they had not known were available.

The programme also included an informative sharing by a member of Bedok’s Community Policing Unit, on preventive measures to take against mobile scams. Our friendly neighbourhood representative in blue raised awareness of this increasingly prevalent issue in a lighted-hearted manner, equipping our participants with much-needed knowledge on how to handle them.

This unique and engaging time of digital exploration, matched with education of mobile technology vigilance, has been warmly received by the participants, as was evident from their enthusiasm and feedback. “Thank goodness I know how to use my mobile phone safely. I will ignore these types of messages when I see them,” a senior participant shared with relief.

Join us as an [Activity Organiser](#) to conduct fun and informative sessions for our seniors!

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

#### Eldercare

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

#### Skills-based

- [Drivers for Ad-hoc Collections](#)
- [Fundraisers](#)
- [Videographer for Promotional Video](#)

#### Volunteer Recruitment Talks

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

## SG Cares Volunteer Centre @ Bedok

### 1. Eldercare

#### Ad-hoc

- [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

- [HCA Hospice Care - Vigil Angel Project](#)
- [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](#)

### 3. Family, Children & Youth

#### Regular

- [SSO@Bedok - Family Befriending](#)

[Volunteer with Us Today!](#)

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## 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!](#)

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## 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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