



Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Hold out HOPE for those in need

The ongoing pandemic has taken a toll on many and though we are starting to see the light at the end of the tunnel, low income families, socially isolated seniors and burnt out caregivers are still struggling to recover from its impact.

Jani's* family is one of the many who are trying to cope with their financial and food insecurities. Living in a rental flat, Jani has been battling a chronic condition since birth. Her mother is unable to support the family due to caregiving duties and their financial situation also took a turn for the worse when her father lost his job during the pandemic.

Despite the challenges, Jani continues to hold out hope and aspires to be a doctor who can help other sick children. Over the years, Filos has provided many programmes ranging from food assistance to tuition to help Jani's family.

Hold out HOPE aims to raise \$100,000 to help low income families like Jani's, isolated seniors and burnt out caregivers through programmes and services. Our fundraiser hopes to help Filos' beneficiaries find support in a community that cares, and empower them to tap into their inner strengths to overcome their challenges.

As the saying goes, “a little goes a long way” and there is no contribution too small. If you are keen to help, please donate directly to our fundraiser here: <https://bit.ly/FilosHoldOutHope>.

Donate via giving.sg



PROGRAMME HIGHLIGHTS

Parents Plus: Building healthy relationships

Many parents remember the moment when their child took their first step or reached their first milestone. Amidst such heartwarming moments of joy and fulfilment, they may also agree that parenting is a journey of consistent efforts in overcoming new challenges too. Healthy parent-child communication is often key to better relationships and mental well-being in the family.

At Filos, we run an ongoing series of **Parents Plus programmes**, which are evidence-based workshops aimed at equipping parents with skills to better understand and communicate with their children, as well manage their children’s emotional and behavioural issues. The workshops cater to parents with children of different age groups and needs:

1. Parents Plus Early Years Programme (PPEY) – *For parents with children from 1-6 years old*
2. Parents Plus Children’s Programme (PPCP) – *For parents with children from 7-12 years old*
3. Parents Plus Adolescent’s Programme (PPAP) – *For parents with teenagers from 13-16 years old*

We have also launched two new Parents Plus programmes this year:

1. Parents Plus Healthy Families (PPHF) - *For parents with children from 1-12 years old*
2. Parents Plus Special Needs (PPSN) - *For parents of adolescents (11-18 years old) with mild to severe intellectual disability.*

To be updated on upcoming Parent Plus sessions, we welcome you to join our mailing list here: <https://bit.ly/FilosParentsPlus>.



COMMUNITY MENTAL HEALTH PROVIDER

for Kembangan-Chai Chee
and Kampong Chai Chee



PROGRAMME HIGHLIGHTS

COMIT/CREST: Professional mental health support

Living with disruptive neighbours is bad, but living with co-tenants whom you do not get along with can be a nightmare. 76-year-old Jasmine (not her real name) shared that while she has always tried to keep the unit clean, she struggled to persuade her co-tenant to do the same.

When their relationship was at its worst, her co-tenant had brought home pests which led to an infestation. Her co-tenant even burned Jasmine's clothes out of spite. As tensions continued to build over more than a decade of joint tenancy, it left Jasmine feeling helpless and eventually took a toll on her physical and mental health.

For Jasmine, the turning point came when she was introduced to Filos' Senior Social Worker, Kenneth. Having heard about Jasmine's predicament, Kenneth and his team consulted with the partners involved, such as the Housing & Development Board, and actively assisted with the social investigation to expedite the process for separate housing for the tenants. Jasmine's tenant has now shifted to another rental unit.

Jasmine expresses her heartfelt gratitude to her social worker, "I feel a lot more at peace and happier now. I even invited a few friends over for a small Christmas celebration."

Jasmine is a client under Filos' Community Intervention Team (COMIT) and Community Resources, Engagement and Support Team (CREST) services.

Under these services, Filos' social workers work together with various partners to support our clients who are at risk of or who have mental health issues.

New Community Nurse Post at Filos@55

Community Nurses from Changi General Hospital are delivering care to your neighbourhood!



STORY OF THE MONTH

New Community Nurse Post at Filos@55

To bring care closer to home, Changi General Hospital (CGH) and Filos Community Services are collaborating to launch a Community Nurse Post for senior residents at Kembangan-Chai Chee in April 2022.

From 5 April, CGH community nurses will be at Filos@55 in the morning on every first Tuesday of the month to assist senior residents with managing their chronic health conditions. Services provided include performing health and geriatric assessments, helping seniors monitor their chronic conditions, and teaching them to manage their medications safely and correctly.

CGH community nurses can also conduct home visits for home-bound seniors who are unable to travel to Filos' office. The nurses will also help seniors with fall risks assessment and advise on falls prevention.

The Community Nurse Post at Filos@55 is specially designed for seniors who:

- Are aged 60 years and above;
- Have multiple chronic diseases and need help managing their conditions;
- Are Singapore citizens or permanent residents; and
- Are residents of Kembangan-Chai Chee

If you/your loved ones do not fulfil all of the above requirements, you may still be eligible for enrolment on a case-by-case basis.

To make an appointment, please visit <http://bit.ly/CGHCommNurse-Filos> or **contact Filos Community Services at 6241 1503.**

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](#)
- [Teacher for Little Sprouts Phonics Programme](#)

Eldercare

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

Skills-based

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

Volunteer Recruitment Talks

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

SG Cares Volunteer Centre @ Bedok

Family

- [ComLink Bedok - Family Befriender](#)
- [M3 Project Dian](#)
- [Castle Beach - Sandcastle Facilitator](#)

Multi-service

- [Willing Hearts - Packer/Driver](#)
- [SG Cares VC @ Bedok - Handyman](#)

Seniors

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

Persons with Disabilities

- [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!

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