



## Building Stronger Communities, Together!

### More-Than-Friends: Befriending Beyond Home Visits

Chronic illnesses are often complex and can be stressful for patients. This is amplified when a senior is living on their own without family support. Beyond befriending services, Filos' More-Than-Friends (MTF) programme aims to support these seniors by engaging volunteers to monitor their physical and mental health.

As part of their home visits, befrienders are trained to check that befriendees are compliant with their medication and medical appointments, as well as simple health indicators, such as measuring blood pressure. Befrienders will seek to understand the senior's social and mental welfare, including both client & caregiver's moods, personal appearances and living conditions.

A diligent befriender and referral can save lives. Lydia (not her real name) was experiencing chest pains and breathlessness for months until she took her befriender's advice to see a doctor. She returned from the first doctor's appointment with stronger medication for her high blood pressure. Certain that Lydia's problem was not so simple, the befriender persuaded her to go back to the doctor with a complete list of her symptoms. Lydia was referred to a specialist who concluded that Lydia was close to a heart attack. She was prescribed the right medication and hospitalised for observation. Lydia is now a healthy and happy 89-year-old, participating in Filos' HAPPY programme.

**Amidst the COVID-19 situation, homes visits to seniors like Lydia are temporarily suspended. We are looking for volunteers to help us to make phone calls to check in with these elderly to ensure their well-being.** Sign up here: <https://tinyurl.com/yx76rf4z> or contact Linnet at [linnet@filos.sg](mailto:linnet@filos.sg) to find out more. Together, we can overcome!



## PROGRAMME HIGHLIGHTS

### Project V: Celebrating Lunar New Year Amidst the COVID-19 Outbreak

In the midst of growing concerns over the Covid-19 outbreak, 40 students from Victoria Junior College took precautionary measures and organised a sit-down Chinese New Year lunch for 90 seniors in Kembangan-Chai Chee on 29 January.

The morning kicked off with an exhilarating game of Bingo, followed by a fun arts and crafts segment where seniors created beautiful paper fans decorated with their Lunar New Year wishes. The activity which drew the most hype was "The Price is Right" game. Both the seniors and students displayed wholehearted teamwork and lively competition to guess the prices of supermarket items.

The activities ended with a festive performance, a celebratory Lo Hei and lunch lovingly served by the students. Smiles lit up the faces of the elderly, as they brought home a goodie bag and warm memories.

Want to make our elderly feel young again? Contact Linnet at [linnet@filos.sg](mailto:linnet@filos.sg) to find out more!



### Filos' Mothers Group: Imparting Money Management Skills to Build a Better Future

Since the inauguration of Filos' Mothers Group in May 2019, a myriad of exciting activities have been tailored to their interests and needs, such as a makeup tutorial classes and Zumba sessions. This initiative aims to provide mothers with some respite from their daily parenting and household responsibilities.

In November 2019, we were heartened when Shaun volunteered to step forward with his expertise in financial management. He aimed to guide these mothers on how they can stretch their finances with proper budgeting as well as saving money for their future.

The session started off with understanding their financial goals and aspirations, followed by an in-depth talk on budgeting and differentiating between their need and wants. The mothers enjoyed the lighthearted conversations and were very much enlightened by what Shaun has shared. Inspired by these mothers' determination to get out of the poverty cycle, he decided to continue the money management series this year.

If you would like to offer your expertise to help these mothers build a better future, contact Linnet at [linnet@filos.sg](mailto:linnet@filos.sg).





## Rebecca: Staying Resilient in the Face of Adversity

Nominated for the Promising Social Worker Award in 2019, Rebecca's professionalism and dedication towards her work can be testified by many. When asked about her foray into the social service sector, she revealed a life of navigating through tough obstacles that motivated her to devote her life to helping others overcome their challenges.

Despite having financial constraints and commitments as a single parent, Rebecca buckled down, took up two part-time jobs while studying for her accelerated degree in social work. Click 'Read More' to learn about Rebecca's inspiring journey of resilience and determination.

[Read 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."**

### Filos Community Services

- [Administration Support Volunteer](#)
- [Befriender for CBP Programme](#)
- [Befriender for More Than Friends](#)
- [Eldersitter](#)
- [Graphic Designer](#)
- [Happy Programme Activity Facilitator](#)
- [Little Sprouts Reading Teacher](#)
- [Medical Escort](#)
- [Tutors for P1 & P2 students](#)

### Bedok Town

#### 1. Family, Children & Youth

- [4PM - Mentors / Partnerships / Fundraising](#)
- [Social Service Office @ Bedok - Programme/Activity Organisers](#)

#### 2. Eldercare

#### Regular

- [General - Medical Escort/Chaperone](#)
- [TRANS Family Service Centre \(Bedok\) - Befriender & Medical Escort](#)
- [GoodLife!@Bedok - Befrienders](#)
- [Moral Seniors Activity Centre \(Kaki Bukit\) - Befrienders](#)



- [NTUC Health - Befrienders in Nursing Home](#)
- [NTUC Health - Hygiene & Maintenance Assistants in Senior Care Centre](#)
- [NTUC Health - Painter or Gardener in Senior Care Centre](#)
- [THK Home Care & Home Help - Meal Deliverer](#)
- [THK Home Care & Home Help - Vehicle Attendant](#)

### Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health - Activity Coordinators in Senior Care Centres](#)
- [NTUC Health - Outing Coordinators in Senior Care Centres](#)
- [The Salvation Army - Peacehaven Day Centres \(Bedok & Changi\) - Outing Befriender](#)
- [TRANS Family Service Centre \(Bedok\) - H3 Active Ageing Programme & Befriender](#)

### 3. Special Needs

- [APSN - Events Assistants/Facilitators](#)
- [SUN- DAC \(Bedok South\) - BUDDIES](#)

[SUN- DAC \(Bedok South\) - CIRCLES for volunteer groups](#)

[Volunteer with Us Today!](#)

## DONATE

### Giving Hope to the Community through Giving

If you believe in our cause and would like to further our efforts in reaching out to the community, please do [donate now!](#)

Get in Touch

#### About Filos

Filos Community Services is a not-for-profit social service organization. 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.

#### Filos @ 38

38 Chai Chee Avenue #01-177  
Singapore 461038  
T +65 6242 5978 | F +6242 6039

#### Filos @ 55

55 Chai Chee Drive #01-222  
Singapore 460055  
T +65 6241 1503 | F +6242 6039



Copyright © 2019 Filos Community Services Ltd, All rights reserved.