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filos



Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

A Pre- Giving Week Special: Our Dear Neighbour Lily

Mdm Lily Yap, affectionately known as auntie Lily, is 69 years young, and is no stranger to residents of Block 38 Chai Chee Avenue having lived in her 1 room rental flat for more than 37 years. We were pleasantly surprised during the interview how she managed to narrate the profiles of her neighbours past and present. It seemed that all her neighbours have left a lasting impression on her and how she has taken every one of them as her close friend.

If you were to pass by auntie Lily's unit, you will notice that her door is always open. Ask her why, and she will tell you that this way she can hear if her neighbour needs help. She recounted an occasion when her neighbour tripped and fell at the common corridor as she lost her footing while putting on her slippers. She heard her neighbour shouting and went out to assist her. Neighbours young and old would often approach her when they need a listening ear for their personal problems - Auntie Lily is always there for them. In her words, 'the role of a neighbour can even be more important than that of a family member as you are the first responder should there be an emergency'.

Auntie Lily keeps herself fit by sweeping the entire common corridor from one end to the other every day as she wants her living environment to be clean for everyone. She also goes the extra mile to spray insecticide on the external walls of her neighbours' homes to prevent insects from entering their flats.

Auntie Lily truly embodies the 'kampung spirit'! She says that giving is receiving and she doesn't think too much about playing her role to help a neighbour in need. It takes everyone in the kampung to play a part to make the place a conducive environment for all to live in.

This Giving Week (1st to 7th December 2020), Filos is advocating good neighborliness through the #dearneighbours Campaign. Be inspired by stories shared by residents living in Bedok Town. Like our [Facebook page](#) to be the first to know about our upcoming campaign!

AN INITIATIVE AIMED TO PROVIDE FOOD SECURITY TO THE
VULNERABLE GROUPS LIVING IN RENTAL FLATS IN BEDOK
TOWN

ADOPT A BLOCK

#GIVINGWEEKSG 2020

BE PART OF THIS INITIATIVE AS WE EXTEND OUR SUPPORT
TO THOSE WHO ARE AFFECTED BY THE PANDEMIC
START ADOPTING YOUR BLOCK!



PROGRAMME HIGHLIGHTS

SG Cares Giving Week: Adopt a Block Initiative

The Covid-19 pandemic has brought about food insecurity for many vulnerable persons in our community.

On 5th December 2020, in conjunction with SG Cares Giving Week and International Volunteer's Day, Filos Volunteer Centre is mobilizing donors and volunteers to come together to provide food rations and festive cheer to vulnerable persons living in 19 rental blocks across 4 constituencies in Bedok Town. "Adopt A Block" is an initiative where corporates, public sector agencies and community groups can come together to give to the community through the donation of ration packs as well as volunteering to distribute the packs to the families and seniors living in the rental flats.

There is much joy to be found in giving to others to help them in a time of need. Join us this Giving Season – contact shawn@filos.sg for more info!



PROGRAMME HIGHLIGHTS

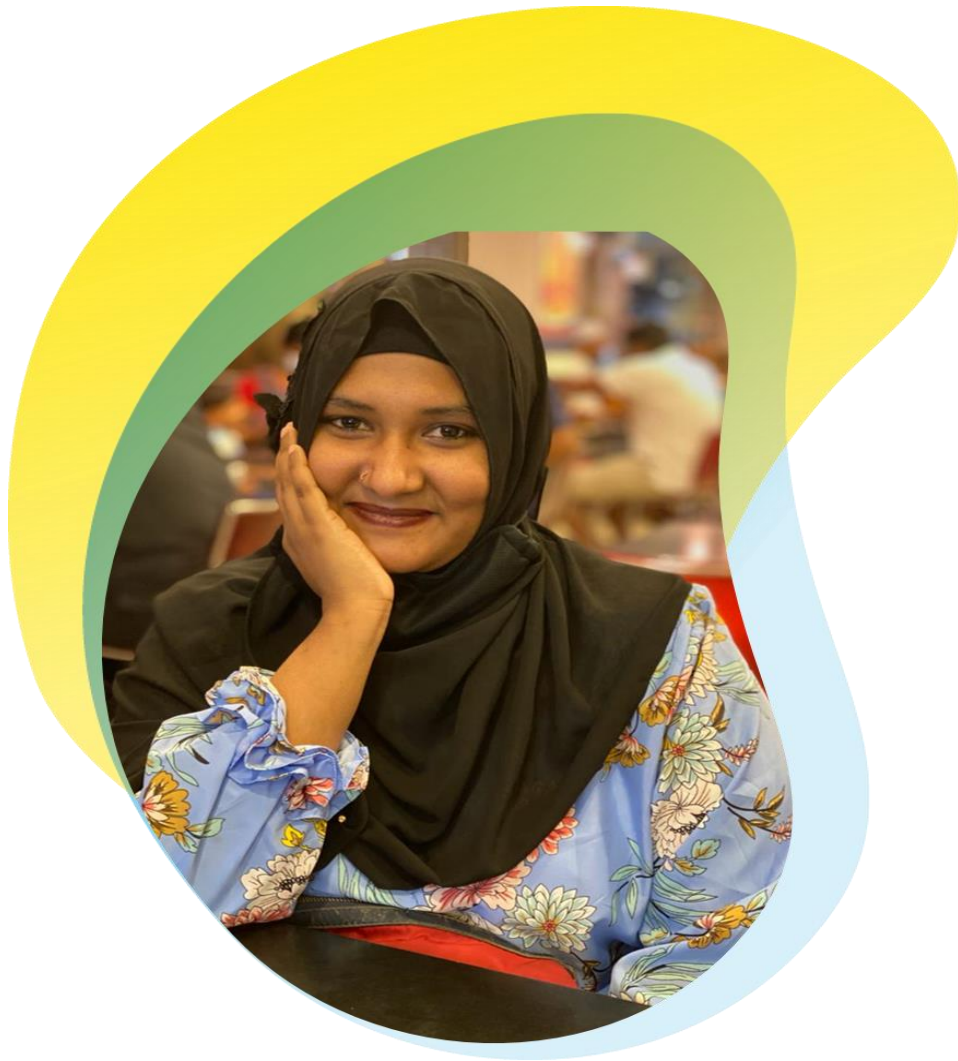
Person Centered Eldersitter service

The Eldersitter Programme at Filos is a home-based intervention programme for seniors with dementia, with the aim to keep them physically, mentally and emotionally healthy.

In order to deliver the best service for her clients, Helen, one of Filos' Eldersitters, uses the Person Centered Care method. This approach focuses on the senior's interests and takes in their feedback to improve and tailor the next session for them. Additionally, Helen allows her client to choose their activity, which would hopefully encourage greater participation, consequently bringing them more joy while simultaneously engaging them physically and mentally. Over the course of an hour, activities would be conducted for the seniors so that they would benefit in six areas – motor, visual, sensory, psychological, social and spiritual domains. Helen serves each senior with respect, love and patience for them.

Featured in the photo is a couple who are served by Helen. She got both seniors to take part in building a tower together, bringing them down memory lane to reminisce about their time living in their HDB flat. As they excitedly shared their memories, Helen encouraged them to recreate their HDB flat, level by level. To engage them further, Helen then urged the couple to deconstruct the flat level by level. This activity engaged both seniors psychologically, socially, cognitively, visually and involved their motor skills as well in building the tower.

Prior to COVID-19, Eldersitter sessions were held once a week at the homes of the seniors. However, to keep seniors safe, Eldersitter sessions are now held in a hybrid fashion through phone or video calls, alternating with home visits. Safety precautions are put in place during the home visits and interactions are kept to less than an hour, with safe distancing, masking and hand hygiene firmly in place. To find out more about our eldersitting programme, contact us at info@filos.sg.



STORY OF THE MONTH

Nisha: Resilience in Action

Nisha works as an assistant teacher in a childcare centre. A single mother, Nisha and her son, Romeo live in a rental flat at Kembangan Chai Chee. Being a single mum is difficult as days are often tough, but she continues to work hard and strives to provide a better future for the family. At the lowest point in her life, she described the helplessness as being "lost in a forest with no direction in her path". However, in spite of it all, she managed to pull through with Romeo, as her pillar of strength and main source of motivation. Click "**Read More**" to find out more about her inspiring story!

[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."

- Winston Churchill

Filos Community Services

1. Eldercare

Regular

- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Malay Speaking Befrienders for More Than Friends \(MTF\) Befriending](#)

Bedok Town

1. Eldercare

Regular

- [Goodlife! Bedok - Phone Befriender](#)
- [Kembangan Chai Chee Constituency Office - Project Silver Collar](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender/Activity Coordinator](#)

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health \(Fengshan\) - Virtual Volunteering](#)
- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

[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, do [donate now!](#)



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.

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