



## Building Stronger Communities, *Together*



### MONTHLY HIGHLIGHT

## Building Stronger Families, Together

“The only thing that is running on my mind is, ‘If I am no longer around in this world, what will happen to my kids?’” This is the story of struggle, but also of immense resilience and strength of Mdm Norshimah and her family of eight.

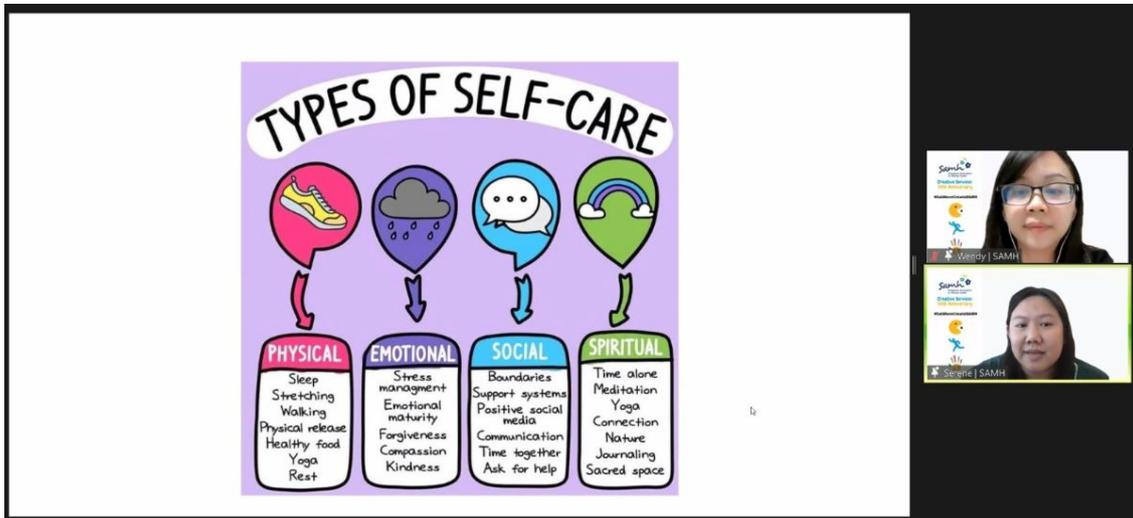
28-year-old Mdm Norshimah lives in a one-room rental flat with her husband and 6 children (aged 2-12 years old). Having been diagnosed with anxiety and panic attacks since 2019, Mdm Norshimah was unable to find a regular 9-5 job but was determined to keep herself productive by running an online business. Her husband was unfortunately terminated from his job during the Covid-19 pandemic and the family found themselves struggling to make ends meet.

To help alleviate their circumstances, Filos has been helping the family with their food and essential needs. In addition, Mdm Norshimah has been attending the Filos Mothers’ Group (FMG) sessions over the past few years and that was where she found support from fellow mothers too. One of the sessions also allowed her to pick up new makeup techniques and empowered her to

build a better life with her family as a freelance makeup artist.

Through Filos' Parents Plus programmes, she picked up positive parenting techniques which continues to enable her to build stronger relationships with her children and her children have benefitted too from Filos' Tuition and reading programmes.

Mdm Norshimah's family is one of the many families Filos reaches out to and her story has gone on to inspire others, having been featured in the [President's Star Charity 2021](#).



## PROGRAMME HIGHLIGHTS

### Self-care for social service professionals

On 6th October, the SG Cares Volunteer Centre @ Bedok, operated by Filos, held the Community of Practice for Social Service Agencies (SSAs) serving Persons with Intellectual Disabilities (PWIDs).

Ways on how SSAs can pivot activities to a virtual platform, such as conducting online employment training and activities, were discussed. In addition to sharing best practices, we also brought in guest speakers from the Singapore Association of Mental Health (SAMH) to speak on the importance of self-care for staff in the sector.

Our speakers explored four types of self-care, namely physical, social, emotional, and spiritual. Being proactive in caring for ourselves will allow us to better manage complex emotions and regain self-control after being overwhelmed. We encourage our fellow social service professionals, volunteers and readers to explore some creative ways to express your emotions in a safe space, such as through journaling, and art and craft too!

To find out more about the services of the Volunteer Centre @ Bedok, please contact [vcteam@filos.sg](mailto:vcteam@filos.sg).



### PROGRAMME HIGHLIGHTS

## Mitigating children's experiences with trauma

In partnership with Singapore Association for Mental Health (SAMH), Filos Community Services organised a training session to help volunteers working with children and youth understand how they may practise trauma-informed care in their role.

This introductory talk explored what trauma entails, its prevalence in Singapore, and how trauma can be caused by an event like the COVID-19 pandemic. More specifically, the sharing covered how trauma can stem from adverse childhood experiences, and despite being in the same situation, each individual can experience it differently.

Highlighting the difference between empathising and sympathising with a child going through trauma, participants were advised to avoid silver lining problems when confided in. Ultimately, we hope that the session will help our volunteers better achieve the goal of building rapport and forming a strong social connection with the children and youth, which will in turn help create a safe space to support their growth.

If you would like to learn more about how it is like to volunteer with children and youth, we welcome you to sign up for our upcoming [Volunteer Recruitment Talk!](#)

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## STORY OF THE MONTH

### Strengthening the body and mind

Mr Ho's morning routine involves heading down to the coffeeshop for his breakfast and to read the newspapers. Being 85 years in age, his stamina and physique has naturally deteriorated over the years, and he has a helper to assist him with grocery shopping, cooking and housework matters.

Nevertheless, Mr Ho has been doing his part in keeping active by attending Filos Community Services' active ageing programmes every week since October last year. Apart from socialising with fellow uncles during the HAPPY programme, he has picked up the muscle strengthening exercises, which were first demonstrated and taught by a group of passionate Filos volunteers from the Singapore Institute of Technology in July.

Nowadays, Mr Ho incorporates these warm-up and cool-down movements as preparation for his morning schedule. The exercises have improved his walking posture remarkably and he is now more confident in moving about too. "Just like how I enjoy Chinese Calligraphy, I also like how these exercises keep me active and calm my spirits," He shared.

Besides keeping him physically and cognitively engaged, the health talks at Filos' Active Ageing Centre also helps him stay mindful of the nutrient composition of his meals. Having personally experienced the impact the programmes have had on his health and mobility, he highly recommends his peers to attend the active ageing programmes too.

In fact, Mr Ho is looking forward to the lifting of endemic restrictions so he can head down to town to restock his calligraphy equipment and participate in more activities!

To find out about the services at Filos' Active Ageing Centre or how you can volunteer, please contact [volunteer@filos.sg](mailto:volunteer@filos.sg).

## 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**

### Filos Community Services

#### Eldercare

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

#### Skills-based

- [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

- [Goodlife! Bedok - Phone Befriender](#)
- [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](#)

### Regular

- [SPD@Bedok - EIPIC Teacher](#)

## 3. Family, Children & Youth

### Ad-hoc

- [VOX - Activity Engagement](#)

### 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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