



Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Filos' Commitment to Mental Health

On 11th October 2022, Filos was privileged to host a visit by the Chairman of the Agency for Integrated Care (AIC), Dr Gerard Ee, as well as the Chief Executive Officer of AIC, Mr Tan Kwang Cheak. Besides being introduced to the services of Filos, the AIC delegation also caught an ongoing HAPPY exercise session, learning how it engages seniors physically as well as cognitively. They also joined volunteers and case workers for house visits to clients around the Kembangan-Chai Chee area.

The Community Mental Health services at Filos include the Community Outreach Team also known as Community Resource, Engagement, and Support Team (CREST) and the Community Intervention Team (COMIT).

CREST Filos Community Services @ Kampong Chai Chee and Kembangan-Chai Chee focuses on raising public awareness of mental health conditions and dementia, promotes early

recognition of at-risk individuals, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services when necessary.

COMIT Filos Community Services @ Kampong Chai Chee and Kembangan-Chai Chee provides assessment, counselling, therapy, case management and psychoeducation support for clients with mental health issues and dementia, including their caregivers. COMIT works closely with the community outreach teams, General Practitioners, Polyclinics and other community partners to provide holistic care to clients.

Filos also collaborates with the Institute of Mental Health (IMH) in its Aftercare programme. This provides transitional care support and coordinated case management for clients with complex needs and frequent relapse episodes to optimise functioning, sustain their psychological well-being and re-integrate them back into the community.

One of the key focuses of the Community Mental Health Masterplan is to build an integrated mental health network to better support persons at risk/with mental health issues and dementia and their caregivers in the community. Filos is positioned to support this with our Mental Health services for persons journeying with mental health conditions, as well as their caregivers.



PROGRAMME HIGHLIGHTS

Cognitive Stimulation Therapy

While dementia cannot be cured, its progression can be slowed down given proper intervention and measures. Do you know anyone with early-stage or moderate dementia? Why not introduce them to Cognitive Stimulation Therapy (CST)?

An evidence-based treatment developed by Dr Aimee Spector in 1998, CST's effects have been shown to be comparable with the currently available pharmacological treatments for

dementia. Furthermore, CST is frequently conducted in an environment that allows for its participants to optimise the social benefits of a group setting.

Filos Community Services has recently launched the CST to help residents with dementia living in Kembangan-Chai Chee and Kampong Chai Chee in October. If you know anyone in the community who would benefit from CST, do keep a lookout for future sessions via our social media pages.

Follow us on [Instagram](#), [Facebook](#) or [LinkedIn](#) to learn more!



PROGRAMME HIGHLIGHTS

The Concert of Hope

The familiar and warm notes of Bach-Gounod's "Ave Maria" waltzed across the Bechstein Music World theatre room as an eager audience gathered in support of Filos' Concert of Hope.

The hour-and-a-half performance by Dr. Raymond Lin and Ms Koh Poh-Lin was held on two days, seeing a crowd of over 60 people each. The Concert of Hope, jointly organised by Dr. Raymond Lin, Ms Koh Poh-Lin, Bechstein Music World and Filos Community Services, aims to raise awareness and funds to aid seniors living in social isolation.

Poh-Lin, a virtuoso soloist, is critically acclaimed in multiple countries and has performed for formal state visits of the Singapore President and dignitaries. Raymond currently works in the healthcare sector and plays the piano. He also plays the church organ and sings in the choir, while composing original works recreationally.

When asked how this concert came about, Raymond shares his thoughts, "I am thankful that

we can use God's gifts, no matter how small, to benefit others. It is important to support programmes which care for the elderly's well-being in physical, social, emotional and mental aspects. This is even more essential with the adverse economic climate which affects them as well". During the concert, Raymond also played the Five Miniatures from the Pandemic, a selection of pieces written by him during the pandemic to reflect a range of emotions, but all containing a sense of hope.

As for Poh-Lin, despite living abroad in Canada, she had grown up in Singapore and shares about her heartfelt desire to support and embrace the elderly in Singapore, particularly those in need, as one community.

We would like to thank everyone for their support and generosity in making the Concert of Hope a success!



STORY OF THE MONTH

All-rounded support: Siti Hawa's story

For single mother Siti Hawa, her 1-room rental unit is perpetually a full house. Her hands too are full from caregiving duties and her full-time job. The sole breadwinner to her mother and two children, aged 2 and 12 years old, Siti has been working hard to save up for a BTO flat for her family and cope with the fluctuating costs of living.

To help Siti's family with their daily needs, Filos Community Services has been supporting them through 'Waves of Blessing', a monthly food distribution programme, and supplying provisions such as diapers and milk powder for her young child.

Meanwhile, her 12-year-old daughter has also been engaged in Filos' initiatives which support children and youths in their academic studies and character development. She has benefitted from the mentorship of our dedicated volunteers and also attends Filos' weekly tuition and Green Spot enrichment programmes.

Through Filos' suite of services, we hope to empower underprivileged families such as Siti's in the hopes of helping them stay resilient through difficult times so that they may have the confidence and support to strive towards their dreams.

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

Eldercare

- [Wellness Escort and Companion](#)
- [Wellness Escort for Stroke Client](#)
- [Activity Organiser \(Active Ageing Centre - AAC\)](#)
- [Activity Facilitator \(AAC\)](#)
- [Senior Befrienders](#)
- [Senior Tele-Befrienders](#)

Skills-based

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

Volunteer Recruitment Talks

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

SG Cares Volunteer Centre @ Bedok

Family

- [ComLink Bedok - Family Befriender](#)

Multi-service

- [Various organisations - Meals On Wheels](#)
- [Various organisations - Haircut Services](#)
- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [MSF - Street Count of Rough Sleepers](#)

Seniors

- [LC Nursing Home - Befriender](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [SGO - Silver Generation Ambassador](#)
- [SG Cares VC @ Bedok - Activity Facilitator](#)

Persons with Disabilities

- [SUN-DAC - Activity Befriender](#)
- [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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