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Building Stronger Communities, *Together*

MONTHLY HIGHLIGHT

Green Spot Children Activity Centre: Filos x CJC

The Green Spot Children Activity Centre is a weekly programme which just started in June 2020. Its objective is to provide a cozy, safe, and nurturing environment for vulnerable children in the community to engage in meaningful, theme-based activities! These activities are largely planned and facilitated by volunteers.

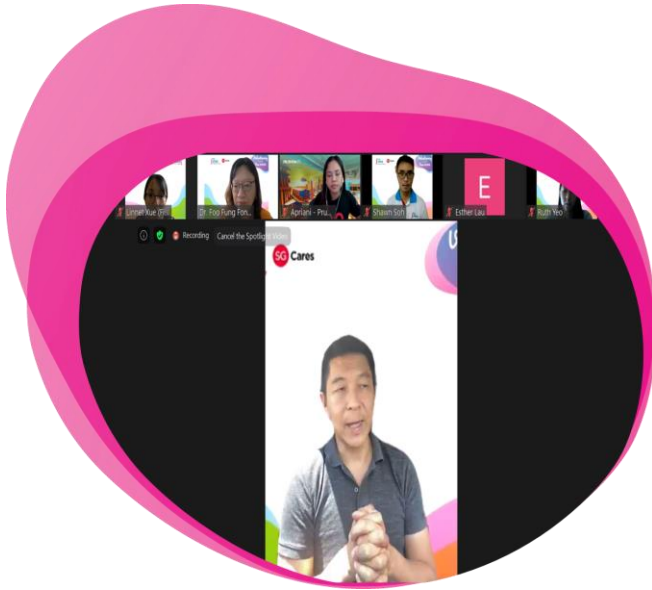
Students from Catholic Junior College (CJC) recently stepped forward to engage the children over a period of three months! The activities, done virtually, covered three different themes: Safety, Finance and Nutrition.

Despite having busy school schedules and being unfamiliar to the new mode of virtual volunteering, the students delivered the activities to the best of their abilities.

The highlight of the sessions was the virtual cooking demonstration. The CJC students provided a box of ingredients for each child for them to cook at home! The children thoroughly enjoyed this session.

Both children and volunteers benefitted from this programme and we do hope that there will be more of such fruitful collaborations to come! If you would like to get involved in our Green Spot programme for 2021 or explore other volunteering opportunities, please drop us an email at volunteer@filos.sg!





PROGRAMME HIGHLIGHTS

Volunteering in the New Norm: SSA Corporate Networking Session

'Volunteering in the New Norm', a virtual networking session for corporates and community partners, had a great participation rate of over 120 persons from across 60 organisations! To tailor to a diverse audience in different stages of giving and volunteer management, 'Volunteering in the New Norm' was segmented into two sets of discussions – a panel discussion followed by a human library sharing.

The panel discussion, moderated by our Executive Director, Dr Foo Fung Fong, featured Speaker of Parliament Mr Tan Chuan-Jin and Prudential Assurance Singapore's Head of Community Investment, Ms Apriani Kartika, who shared with us how Prudential adapted their volunteering efforts during COVID-19. In the ensuing discussion by the panelists, the common theme of collaboration was picked up. There is a desire for collective effort from both corporates and community partners in identifying the needs of the ground and using the resources and skills of corporate volunteers to address these needs.

In the human library segment, participants chose one of 3 breakout rooms. In the SSA breakout room, Lions Befrienders and Project Audible Cheer shared about their efforts to raise funds and provide seniors with mp3 players to keep them entertained during the Circuit Breaker. Goodlife!@Bedok shared about their virtual initiatives when physical activities were halted. In the Corporate breakout room, Cognizant shared about how they equipped seniors, students and SSAs with digital literacy, with an emphasis on cyber security.

The third breakout room featured ground-up initiative SG Assist. They leverage on an app that seeks to foster a Kampong Spirit, connecting beneficiaries to volunteers in the same neighbourhood. It was an insightful peek into how people, public and private sectors were all doing their part to help meet needs on the ground.

If you are interested in collaborating to help meet needs on the ground, please contact ruth@filos.sg

PROGRAMME HIGHLIGHTS

Active Ageing: HAPPY Programme (Online and Onsite)

Meet the 4 “Heavenly Kings” of Filos. They are a group of guys who join us at the onsite HAPPY programme. Usually these sessions are populated by ladies, but this particular groups stands out as one where the uncles have come together to bond with each other.

Uncle Tan (pseudonym) lives alone and often spends his time at the void deck chit-chatting with passersby. After joining the HAPPY sessions, he has found new friends to talk to and is keeping physically and cognitively healthy through the exercise sessions.

The onsite HAPPY sessions had been suspended since February due to the Covid-19 pandemic. Happily, in August, we resumed the sessions in the online mode, using WhatsApp and Zoom to engage seniors in the activities. We were also able to re-start onsite HAPPY sessions with safe distancing measures in place.

It was challenging to get the seniors to adapt to using applications like Whatsapp and Zoom as they were not familiar with technology. Video recordings by our staff were made available to help them remember and revise how to use the applications.



We also distributed guide sheets to our seniors every month to give them step by step instructions to help them become more IT savvy.

All these initiatives, together with the patience, perseverance and support from caregivers and staff, has allowed the seniors to gradually adapt to using ZOOM and WhatsApp. It is heartening for us to know that there have been significant improvements seen in the seniors eg seniors were able to engage in doing 20 sit ups in a row! It is heartwarming to witness senior participants of ages ranging from 62 to 80 interacting with one another and enjoy the online social relationships. Currently, the staff are also teaching other seniors and we hope they can eventually join us for the online sessions in the near future.

The online HAPPY sessions are conducted weekly on Wednesday afternoon via WhatsApp and Thursday mornings via Zoom. For the onsite HAPPY sessions, they are conducted every Tuesday & Thursday morning at Block 38 and 55 Chai Chee Drive.

If you wish to sign up for the sessions or refer someone, email us at info@filos.sg!



STORY OF THE MONTH

Theodore : Frontliner in action

Theodore joined the Care and Case Management Team over at Filos as a Case Manager just before the Circuit Breaker kicked in. Even though it was not easy joining the organization during this challenging period, he strove to do his best to work within the constraints he faced and provide quality assistance for the clients under his wing. Click "**Read More**" to have an insight to his motivations and the work that he does.

[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

- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Green Spot Activity Centre Volunteer](#)

Bedok Town

1. Family, Children & Youth

- [Social Service Office @ Bedok - Child Minder](#)



- [Social Service Office @ Bedok - Health SG Buddy](#)
- [Social Service Office @ Bedok - Family Befriender](#)

2. Eldercare

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health \(Fengshan\) - Virtual Volunteering](#)
- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)
- [Lions Home - Activity Coordinator/Video Producer](#)

[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!](#)

[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.

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