



Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Let's Talk about Mental Health!

In observance of World Mental Health Day, Filos Community Services is collaborating with the Institute of Mental Health to organise a series of 4 lunchtime talks relating to mental health across the month of October.

5 Steps to Mental Health, on 4th Oct, will introduce the ways mental health affects our thoughts, feelings and what we do. Learn from our guest speaker, Dr Goh Shih Ee, Associate Consultant at the Institute of Mental Health, the ways to strengthen the mental health of yourselves and your loved ones.

5W1H Tips on Communication with Seniors, on 11th Oct, looks at how having good conversations with seniors helps us support their mental wellbeing. With mental health issues being on the rise amongst seniors, our Filos professionals will share tips on how we can better understand and communicate with seniors to support them more effectively.

Planned specifically for caregivers, **5 Haves and Have Nots in Self-Care**, on 18th Oct, will cover useful tips on how to apply self-care to maintain your wellness while caring for a loved one.

To wrap up the series, **5 Facts about Elderly Mental Wellness**, on 25th Oct, will explore the common concerns faced by seniors. Dr Lim Si Huan, Senior Clinical Psychologist at the Institute of Mental Health will provide insights on the physical and emotional challenges seniors face.

To find out more or register, please [click here](#). We look forward to seeing you there!



PROGRAMME HIGHLIGHTS

Building kids' emotional resilience

The Green Spot Activity Centre is a virtual programme that aims to create a cosy and nurturing environment for vulnerable children in the community. Our weekly programmes are conducted by passionate volunteers and designed to help build the children and youth's resilience through meaningful theme-based activities.

For October, we are excited to introduce various mental health topics to the children and youth through a series of sharing, fun games and quizzes! These include topics revolving around emotions management, stress and conflict management, exam preparation and study tips.

The Green Spot Mental Health Talks are open to the children and youth from 7 – 15 years old. They are held over Zoom every Monday of October, from 4pm to 5pm. If you are keen to sign your child up for the sessions, please visit <https://bit.ly/FilosGreenSpot>.



PROGRAMME HIGHLIGHTS

Caregivers' Cove: Supporting our caregivers in Covid-19

Filos' community mental health services provide holistic physical and mental health care as well as social support for residents in the Kembangan-Chai Chee and Kampong Chai Chee community.

Beyond helping the clients with mental health conditions, the Filos team also launched the *Caregivers' Cove* in June 2020 to support the caregivers of seniors, especially those with dementia. This includes a monthly tip sheet containing bite-sized information and monthly *Caregivers' Cove Conversations*, over Zoom, for the caregivers to pick up new skills and support one another.

In September, our tip sheet aimed to help caregivers identify self-care methods that have worked (or not worked) for them during the pandemic. By being more aware of their needs and resources, caregivers will be better able to care for themselves and help their loved ones.

Our upcoming *Caregivers' Cove Conversations* will cover topics such as managing dementia decline, managing chronic conditions at home, and financial management for caregivers. We invite interested individuals to sign up via bit.ly/CaregiversCove-Convo and join us!



STORY OF THE MONTH

Living with dementia: A caregiver's perspective

We usually do not notice the progressiveness of dementia, thus when Mr Goh's* memory deteriorated during his rehabilitation process after a surgery, his family thought it was merely a passing phase due to the after-effects of anaesthesia. However, when these did not abate, the family decided to have him checked.

The eventual diagnosis had less of an effect on Mr Goh, who thought of the new medications and trips to the memory clinic as an extension to the usual health checks. Rather, his caregiving family members were the ones hardest hit, since this coincided with the onset of the pandemic, and there was growing frustration due to their inability to help Mr Goh understand his own condition, get him to comply with restrictions, and reduce his social gatherings outside of home.

Upon Changi General Hospital's referral, his son, Adrian*, sought support from Filos. Participating in Filos' *Caregivers' Cove* has helped him tide through these challenges during the circuit breaker and work out the most appropriate arrangements, such as introducing Mr Goh to Filos' Eldersitter programme to keep him safe yet meaningfully engaged. This caregiving experience also allowed Adrian to gain a better appreciation of his mother's caregiving role for his father before the pandemic. He exhorts all fellow caregivers to practice self-care and not shy away from seeking professional guidance.

**The clients' names have been changed to protect their identities.*

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

- [\(Project-based\) Videographer and Film Producer](#)
- [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](#)

3. Children & Youth

- [VOX - Activity Engagement](#)

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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