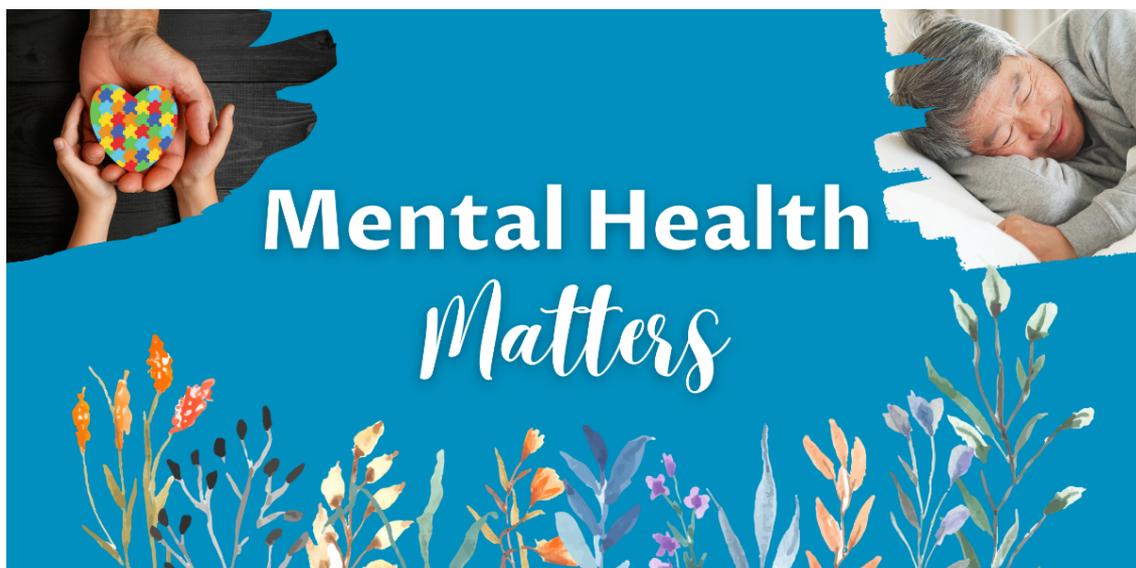




Building Stronger Communities, Together



MONTHLY HIGHLIGHT

Stand Together for Mental Health

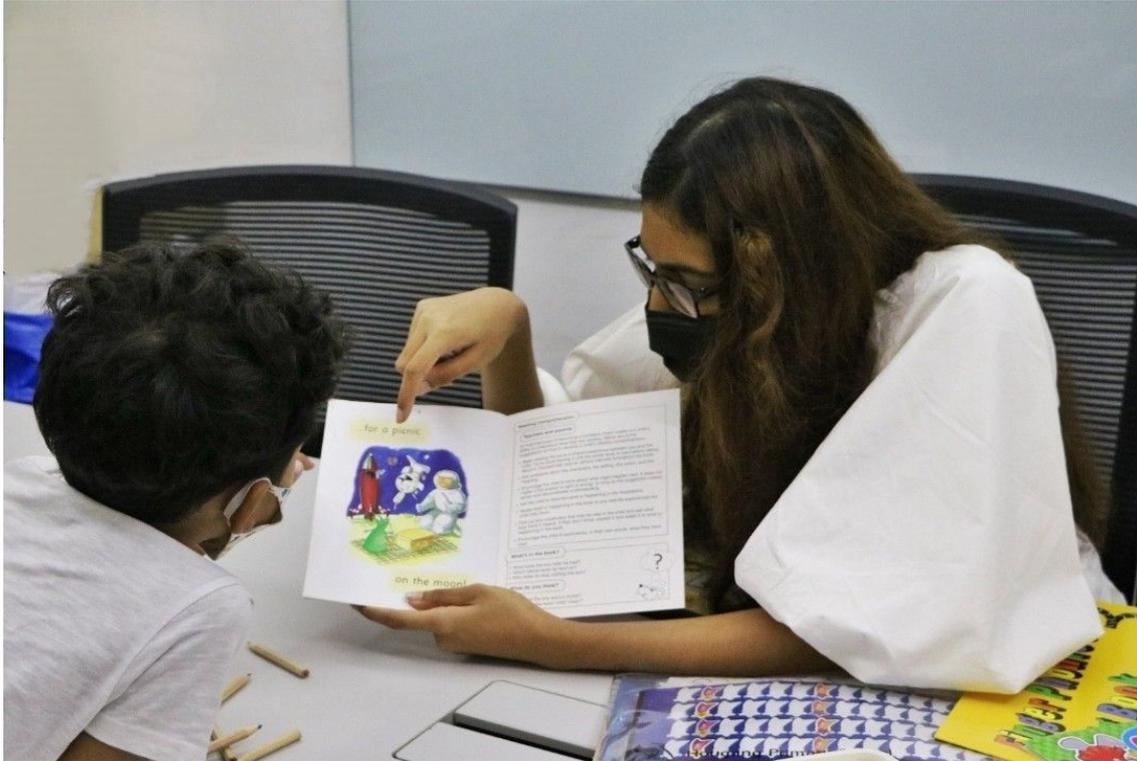
In fast-paced Singapore, how does an individual learn to pause and evaluate their mental health while juggling their professional lives, caregiving duties and personal issues? As October is World Mental Health Awareness Month, take a breather with our upcoming mental health talks!

The talks cover a range of topics from the relationship between mental health and physical health to setting clear boundaries for caregivers. There is something for everyone hoping to improve the mental wellness of themselves and those around them.

- **Health Talk: Sleep Hygiene and Insomnia on 6th October, 2 - 3pm** – Find out about insomnia and how it affects us. Pick up tips on good sleep hygiene
- **Lunchtime Talk: Stand Up for Healthy Caregiving Boundaries on 14th October, 12.30 - 1.30pm** – As caregivers, it is easy for us neglect our own needs and mental health. Join us for a lunchtime talk to learn about setting healthy caregiving boundaries for self-care.
- **Promoting Mental Wellness on 18th October, 2 - 3pm** – Held in collaboration with Changi General Hospital, learn how you can adopt a healthy lifestyle to protect your brain health.
- **Lunchtime Talk: Language, Stigma and Conversations Around Mental Health on 28th October, 12.30 - 1.30pm** - Language plays an important role in how we understand mental

health, and it is constantly evolving to factor the changing social environment. Learn how to connect better with one another and combat the stigma towards mental health.

We welcome you to sign up for our upcoming mental health talks at [bit.ly/FilosTalks2022!](https://bit.ly/FilosTalks2022)



PROGRAMME HIGHLIGHTS

Mental Wellness Programmes for Children

Here at Filos, beyond equipping our children academically, we also aim to impart important life skills. In line with World Mental Health Day, our enrichment programmes in the month of October will be covering topics on mental wellness and caring for one another.

For children aged 7-12, the **Green Spot Activity Centre** aims to build children's resilience through meaningful programmes and activities. In October, we will be sharing the basics of mindfulness with easy-to-understand examples. The children will get to learn to identify their strengths, better cope with emotions and practise mindfulness in child-friendly ways.

We also have the **Reading Room** programme which aims to cultivate the love of reading and build the linguistics foundation of children aged 4 to 9 years old. Our storytelling sessions in October would revolve around tales about caring for oneself and others.

Sign your child up for Green Spot (bit.ly/GreenSpot2022), or Reading Room (bit.ly/ReadingRoom2022) today!



PROGRAMME HIGHLIGHTS

Navigating Parenting and Mental Health

Parenting duties can take its toll on mental health. This October, join us for our Parents Plus programmes – all of which focus on how parents can overcome the stress of their parenting roles. Each talk caters to parents with children from different age groups, with their varied needs. The following sessions will be conducted online:

- **Parents Plus Early Years Programme (PPEY), 6th October, 12 – 1pm** – Learn how to build a positive relationship with your children and encourage them to share their feelings
- **Parents Plus Children's Programme (PPCP), 13th October, 12 – 1pm** – Find out how to care for your own mental wellbeing amidst your parenting duties
- **Parents Plus Special Needs (PPSN) 14th October, 8 – 9pm** – Learn about the different emotions that parents of children with special needs experience and find support in fellow parents
- **Parents Plus Adolescents' Programme (PPAP), 20th October, 8 – 9pm** – Uncover how the power of encouragement can help your teenager
- **Parents Plus Healthy Families (PPHF), 26th October, 4 - 5pm** – Understand the importance of your child's mental health

Sign up for our upcoming Parents Plus programmes at [bit.ly/ParentsPlus-Oct2022!](https://bit.ly/ParentsPlus-Oct2022)



STORY OF THE MONTH

Caregiving for clients with dementia, together

“My uncle was an independent man, living his golden years after retiring from a good career. We are close and he often visited my family,” shares Alex*.

However, a few years ago, Alex’s uncle, Mr Heng*, was diagnosed with dementia. Despite being physically mobile, Mr Heng had to avoid venturing out of his home as he often got lost. Meanwhile, Alex also engaged a domestic helper to care for his uncle.

Despite Alex’s best intentions, Mr Heng frequently complained about his sudden loss of independence. He had a hard time accepting being cared for by someone and the relationship with his helper soon became strained, creating an air of tension at home. Things became overwhelming for Alex as he struggled to manage the burden of his uncle’s unhappiness, while balancing his other responsibilities.

In the midst of this struggle, Alex was referred to Filos Community Services. After learning about the situation, a professional staff from Filos’ Eldersitter Programme began engaging Mr Heng in weekly sessions which included social, cognitive, and physical activities. Through the sessions, our Eldersitter also helped to mend the relationship between Mr Heng and his domestic helper, providing a more pleasant environment at home.

Filos continues to support Alex as a caregiver by checking in on him regularly and sharing Filos’ monthly caregiver resources as well. Our Eldersitter also provides timely updates about Mr Heng, giving Alex a greater peace of mind knowing that he is not alone on his caregiving journey.

**Pseudonyms have been used to protect the identity of our clients*

If you think your loved ones living in Kembangan-Chai Chee or Kampong Chai Chee could benefit from Filos’ Eldercare services, please write to us at info@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



**WE'RE ON
TELEGRAM!**

<https://t.me/BedokVC>



Filos Community Services

Eldercare

- [Activity Escort](#)
- [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](#)

Seniors

- [LC Nursing Home - Befriender](#)
- [THK Bedok Radiance AAC - Befriender](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [EOT- Community Telehealth Service](#)
- [SGO - Silver Generation Ambassador](#)

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!

Filos @ 55

55 Chai Chee Drive #01-222
Singapore 460055

T +65 6241 1503 | **F** +6242 6039

Filos @ 38

38 Chai Chee Avenue #01-177
Singapore 461038

T +65 6242 5978 | **F** +6242 6039



Copyright © 2022 Filos Community Services Ltd, All rights reserved.