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Building Stronger Communities, Together



CARING, TOGETHER
Supporting individuals and caregivers through changing care needs.



OUR GOAL:
\$75,000

From now till 31st January, help us raise \$75,000 to provide caregivers and their loved ones with meaningful support through Filos' Care Connect services.

Click/Scan the QR code to donate or find out more:





“I see my mum as my mum.”
- Jeffrey, Tien Ann's Son

MEETING HER WHERE SHE IS

CARING, TOGETHER
Supporting individuals and caregivers through changing care needs.

Discover their story:



STORY OF THE MONTH

Meeting Her Where She Is

During a weekly visit, **96-year-old Tien Ann** offers Filos Eldersitter Helen a bottle of chrysanthemum tea. A little while later, she reminds Helen to drink it again. Helen simply smiles and takes another sip.

It is a small moment, but one that says much about Tien Ann. Even as dementia changes parts of her life, she is still herself, a fiercely independent woman who spent years working with her hands, loved reading the Chinese newspaper and continues to care for the people around her.

Today, Tien Ann prefers the familiarity of home. During Helen's visits, they read Chinese idioms together, sing along to familiar Hokkien songs and work on simple activities tailored to her interests.

For her son Jeffrey, caring for his mother has meant learning to adapt too, from managing repeated calls and providing reassurance to recognising when to step in and when to give her space. ***"I see my mum as my mum. This is my duty as a son,"*** he shares.

Tien Ann and Jeffrey's story reminds us that behind every diagnosis is a person, and beside them is often someone learning how to care through change.

This is one of the stories behind Caring, Together, Filos' 2026 Community Mental Health fundraising campaign, supporting individuals and caregivers through changing care needs. Over the coming weeks, we will share more stories of husbands, wives, sons, daughters and siblings navigating care in different ways, as well as the people walking alongside them in the community. Because while every journey of care is different, no one should have to navigate it alone.

Discover 'Caring, Together' and follow their stories on our website (<https://www.filos.sg/article/Caring-Together-2026>) today!



Community of Practice (COP), co-organised with the People's Association (PA)

PROGRAMME HIGHLIGHTS

Community of Practice: Building a Stronger Ecosystem of Care

No single organisation can meet every need in a community. Stronger support comes from an ecosystem of care, where social service agencies, grassroots organisations and community partners share knowledge, resources and strengths.

On 9 October, the **SG Cares Volunteer Centre @ Bedok, operated by Filos Community Services**, convened its annual **Community of Practice (COP)**, co-organised with the *People's*

Association (PA), to strengthen support for seniors.

Bringing together representatives from Active Ageing Centres (AACs) and social service agencies, the session explored how closer partnerships can help organisations better understand seniors' needs, identify service gaps and connect seniors to relevant programmes and resources. Through greater collaboration, partners can reduce duplication, extend their reach and provide more holistic support.

The COP also created a platform for partners to share ideas and resources across organisational and geographical boundaries. *PCF Sparkle Care Active Ageing Centre @ Yew Tee* shared its E-Sports interest group, showcasing how technology and play can help seniors stay mentally active, build confidence and forge friendships. *NTUC Health Active Ageing Centre* also shared about *CASHEW*, its senior volunteerism group, highlighting how seniors can continue contributing their time, skills and experience.

More than an exchange of ideas, the COP strengthens relationships and collaboration across the community. Through Filos' leadership in convening partners, the SG Cares Volunteer Centre @ Bedok continues to build stronger connections across the sector, working together towards a more connected, inclusive and responsive ecosystem of care for seniors.

Interested in partnering with us?
Connect with SG Cares Volunteer Centre @ Bedok via bedokvc@filos.sg, or read our latest [Stewardship Report 2025](#) to learn more about Filos' community impact.



PROGRAMME HIGHLIGHTS

A Day with Horses Brings Generations Together

Sometimes, connection begins with something simple, feeding a horse, trying something new, or having someone beside you to share the experience.

On 5 October, **Filos Community Services, EQUAL and Edrington** brought seniors and children together for a day of discovery, learning and companionship. A stable tour, feeding and grooming

of miniature horses gave participants the opportunity to explore a new environment together, with Edrington volunteers joining them along the way.

For seniors, the outing created opportunities for companionship, curiosity and meaningful engagement with a younger generation. For children, it was a chance to practise gentleness, build confidence and learn alongside older companions. These experiences are especially meaningful for children from lower-income families, for whom specialised activities may be less accessible, and for seniors who benefit from opportunities to stay connected and engaged in the community.

*“As part of Project P.E.E.R.’s health themes this year, an afternoon with these **gentle giants gave children opportunities to practise kindness and gentleness towards animals, their peers and seniors.** Such shared experiences build empathy and empower them to care for their community,” shared Intan, Head of Family, Children and Youth at Filos.*

The experience was made possible through Edrington’s funding support for EQUAL, which enabled the programme to be extended to Filos beneficiaries, together with the contribution of Edrington employees who volunteered their time.

Through partnerships like these, Filos helps create opportunities that may otherwise be out of reach, bringing people of different generations together to form friendships, discover new experiences and share the simple joy of being part of a community.

*Help create more meaningful moments like these.
Write to us at volunteer@filos.sg to explore sponsorships or collaborate with us on enriching experiences for our beneficiaries.*



AGPC Family Carnival 2026 with MOS Dinesh Vasu Dash as Guest of Honour

PROGRAMME HIGHLIGHTS

A Partnership That Connects and Cares

Reaching residents who need support begins with strong community relationships. **Amazing Grace Presbyterian Church (AGPC)**, Filos’ founding church and one of our key supporters, plays an important role in this effort. Through its outreach, AGPC connects with heartlanders and

refers those with needs to Filos, helping them access support close to home.

This partnership also brings us together at community outreach events, including AGPC's recent Family Carnival. Our Community Mental Health Team hosted a booth to introduce families and residents to the services available within their community.

Guest of Honour, Mr Dinesh Vasu Dash, Minister of State for Culture, Community and Youth and for Manpower, visited our booth and explored reminiscence items used to spark memories and encourage connection among seniors, including those experiencing cognitive changes.

We are grateful to AGPC for creating opportunities to connect with residents. Together, we can help more individuals and families discover available support and build a more caring, connected and inclusive community.



PROGRAMME HIGHLIGHTS

Growing Our Reach, Connecting More Seniors

Filos Community Services marked a new chapter in its expansion with a groundbreaking ceremony for our upcoming **Active Ageing Centre (AAC) satellite at Blk 50 on 5 August 2026**.

Spanning 170 square metres and expected to be ready by March 2027, the new satellite will enable us to reach more seniors and extend our work in supporting active ageing and community connection.

As our reach grows, our purpose remains the same: **to help seniors stay active, build meaningful relationships and feel supported within their community**. The satellite represents an opportunity to bring this support closer to more seniors, creating a welcoming space where they can connect with others and participate in community life.

We look forward to welcoming seniors to Blk 50 and growing alongside the community, building on the work of our existing AAC to help more seniors age well, with care and companionship.



KEY HIGHLIGHT

From Struggling Readers to Young Storytellers

On 4 September, 23 young storytellers took the stage at *Grand Mercure Singapore Roxy* for Filos' second annual **Storytelling Competition**, held alongside a special **Teachers' Day Appreciation** for our dedicated volunteer teachers.

For some of these children, reading had once been a challenge. Through Filos' support and the dedication of volunteer teachers who patiently taught, guided and encouraged them, they have grown in their reading, expression and confidence. Seeing them step onto the stage to tell their stories was a heartwarming reminder of what the right support can do, empowering children to find their voice and believe in themselves.

Centred on "*Gratitude and Thanksgiving*," the competition celebrated every child's courage and progress. Seven received prizes across the Reading and Open categories, while all 23 were celebrated for their achievements. The children also performed a joyful dance they had practised throughout the year as a heartfelt thank-you to their volunteer teachers.

For Margaret, a Filos volunteer since 2019, seeing children she first taught in preschool phonics take to the stage was especially meaningful. ***"The afternoon gave me a happy insight into how an early start to reading has contributed to their development. I hope they never give up their interest in reading and storytelling."***

We thank Grand Mercure Singapore Roxy for sponsoring the venue and giving our children a wonderful stage to shine. With the support of volunteers, families, partners and donors, Filos can continue helping children overcome challenges, build confidence and realise their potential.

Keen to support and empower children with us?
Check out our Volunteer Portal (go.filos.sg/VolunteerWithFilos) or write to volunteer@filos.sg for available positions today!

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

Family, Children, Youth

- [Joyful Learning Programme \(Volunteer Teachers\)](#)
- [Green Spot \(Activity Organiser\)](#)
- [Reading Room \(Special\) - \(Activity Organiser & Storyteller\)](#)
- [The Early Learning Programme \(Volunteer teacher\)](#)
- [Tuition](#)

Assistance & Referral

- [\[CSR\] Waves of Blessing](#)

Community Mental Health

- [Care Buddy](#)

Eldercare

- [\[AAC Outreach\] Introduce Seniors to Active Ageing Programmes in Chai Chee](#)
- [Active Ageing Programme Organiser](#)
- [Health Outreach to Seniors](#)
- [Exercise Group Facilitator \(Active Ageing Centre\)](#)
- [Medical Escort Admin Support](#)
- [Senior Befriender](#)

Skills-based

- [Photographer](#)

SG Cares Volunteer Centre @ Bedok

Family, Children, Youth

- [ComLink Family Befriender \(SSO @ Bedok\)](#)
- [ComLink+ Family Befriender](#)

Seniors

- [Active Ageing Centres in Bedok Town - Community Outreach Volunteers](#)
- [Activity Organiser/Facilitator](#)
- [Home-based Active Ageing Centre Facilitator](#)

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 Charity and Social Service Agency. 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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