



## Building Stronger Communities, Together



### MONTHLY HIGHLIGHT

## Sharing of Best Practices with Senior-centric SSAs

On 23<sup>rd</sup> June, the SG Cares Volunteer Centre @ Bedok, operated by Filos, held our first Communities of Practice (COP) for the Social Service Agencies (SSAs) in Bedok town. This platform creates an opportunity for SSAs to discuss how to better engage their beneficiaries.

This first session brought 29 representatives from the senior-centric SSAs together for a time of learning and sharing of best practices. Guest speaker, Dr Wong Hon Khuan from Changi General Hospital, shared on the ways to detect early signs of dementia and reduce risk factors through a creative animated presentation. His sharing was especially relevant as we continue to see an increasing number of seniors with dementia over the years.

Our guest speakers from two of the SSAs also shared innovative methods to engage seniors during this pandemic. One of the key takeaways was the importance of good rapport and regular feedback in effective engagement with seniors.

During the breakout room segment, the participants had the chance to discuss the challenges they faced in a smaller group setting. Most agreed that physical interaction

remains the best mode of engagement, especially for the seniors who are not digitally equipped. As such, adhering to Safe Measurement Measures (SMM) restrictions also posed as a challenge. Another key need that surfaced was the need for regular volunteers as they play a key role in helping to watch over the seniors' physical and mental wellbeing.

Our next COP for SSAs serving persons with intellectual disabilities will be held on 6<sup>th</sup> Oct 2021. Stay tuned to Filos' social media pages (on [Facebook](#) and [Instagram](#)) for more details!



#### PROGRAMME HIGHLIGHTS

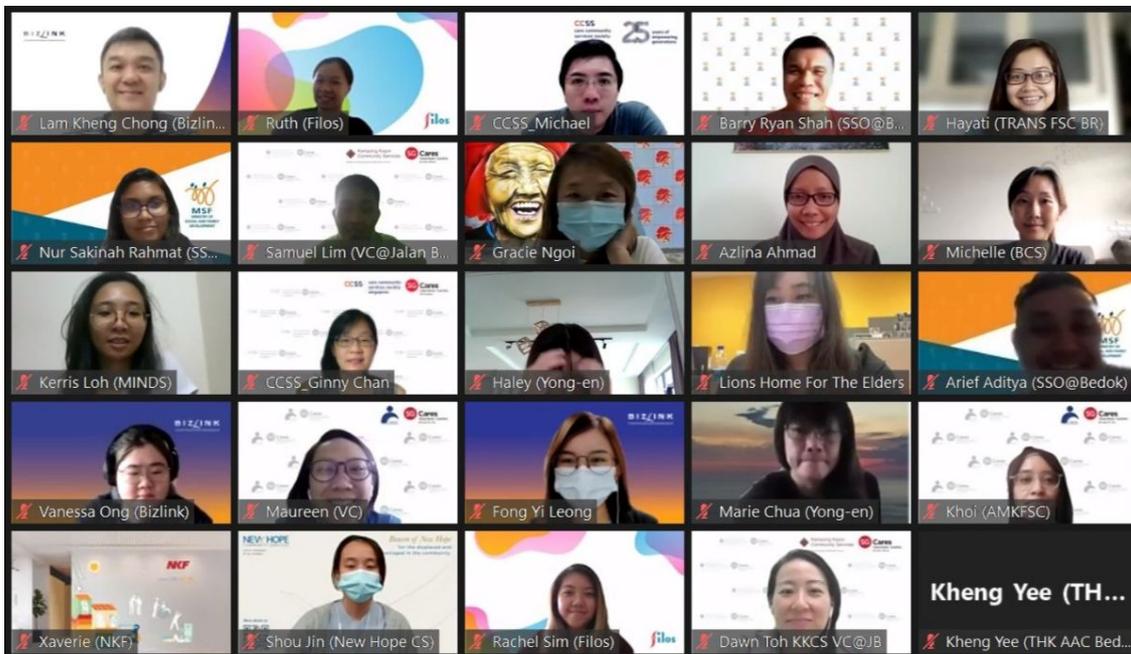
## Move Healthily, Live Happily

The Healthy Ageing Promotion Programme For You (HAPPY) is one of our most highly subscribed active ageing programmes at Filos. An evidence-based programme from Japan, HAPPY looks at preventing and reversing frailty through group exercises targeted at physical, social and cognitive wellness.

Starting off with finger exercises, volunteers will challenge the seniors to coordinate different finger positions for each hand, stimulating both their joints and cognition. Moving on to exercises for the upper and lower body, seniors will also be engaged in mental exercises such as counting in English, Mandarin and Malay.

When asked what they like most about HAPPY, our seniors were quick to share on how the holistic exercise for both body and mind have helped them improve their strength and overall health. On top of that, volunteers frequently empower seniors to lead their own little segments during the sessions too.

If you are interested in empowering our seniors through various active ageing activities, do sign up via [giving.sg](#) or write in to [volunteer@filos.sg](mailto:volunteer@filos.sg) today!



## PROGRAMME HIGHLIGHTS

### Motivating Volunteers to Continue Serving the Community

Over the course of an afternoon on 11<sup>th</sup> August, SSAs in Bedok town were invited to attend a complimentary Volunteer Management Framework Training Session, conducted by Mr Hosea Lai, formerly serving as the Director for the Volunteerism Division at National Volunteer & Philanthropy Centre (NVPC).

The session explored the critical aspects of a volunteer management framework and provided insights on volunteering trends and best practices in volunteer management.

Whilst the nature of volunteering programmes varies from organisation to organisation, the importance of volunteers in supporting the community is indubitable. Besides providing much needed help to the SSAs, volunteers also lend credibility and accountability to the cause and bring with them valuable perspectives too.

It is our hope that through building up the volunteer management capabilities in the SSAs, we will all be able to better engage and empower volunteers and make the volunteering journey an even more fulfilling one for them.



#### STORY OF THE MONTH

## Testing Positive for Covid-19: A Mother's Strength

A single mother of a 12-year-old son, Mdm Siti\* tested positive for COVID-19 in June after visiting a friend who unknowingly had a family member with the virus. She felt herself becoming weaker, exhibiting symptoms of the virus which required her to be hospitalised and quarantined.

Prior to this incident, Mdm Siti spends most of her days working long hours from Mondays to Saturdays. Any extra time left, she spends it with her son together in their rental flat at Kembangan-Chai Chee.

Besides the physical discomfort of the illness, not being able to work for a month also took a financial toll on her. The hardest part of the experience though was ultimately the need to be quarantined away from her son.

Despite these curveballs, Mdm Siti continues to remain positive, attributing it largely to her son, who is her motivation and pillar of strength. *"Everything I do I think about my son- I must be strong for him. I must focus only on the positive things. For me, it's simple, you must see back at your failures and one day, your failures will get you success!"*

She was also thankful for Filos' staff, in particular Intan and Yayah, who constantly checked in on her and offered help. In addition, Mdm Siti continues to upgrade her skills through the Filos' Mothers Group workshops and has plans for her son to enroll in Filos' Tuition Programme too.

To other individuals and families in a similar plight, Mdm Siti shares her encouragement, *"Don't give up! With whatever that comes, just stay calm. You can overcome this!"*

*\*The client's name has been changed to protect her identity.*

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## 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 \(Active Ageing Centre\)](#)

#### Children

- [Teacher for Early Learning Programme](#)

#### 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](#)
- [THKMC CS - Bedok CAN Carer](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender](#)

#### 2. Persons with Disability

##### Ad-hoc

- [THK Home for The Disabled @ Eunost - 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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