



## Building Stronger Communities, *Together*



### MONTHLY HIGHLIGHT

## Filos x Care Corner Learning Support Programme

At Filos, we believe that every child deserves equal and equitable access to opportunities and resources. Thus, we work with partners and volunteers to support our children in their developmental years.

Through our community network, Filos was introduced to Care Corner's Learning Support Programme (LSP). LSP aims to help children with learning needs improve their basic academic skills and cognitive functioning through various teaching methods. These include multi-sensorial and psychotherapeutic approaches, with the latter focusing on enhancing self-esteem and motivation as well.

Under this Filos X Care Corner collaboration, an educational therapist from Care Corner Learning & Special Needs Support Team conducts weekly lessons for a few primary school students facing learning difficulties at Filos.

“Based on the positive results of children who attended LSP at Care Corner, we are hopeful that our children will be able to get the targeted support they need through this collaboration! We are thankful for the continued support from Care Corner in helping Filos empower more children in their academic journey,” Ms Intan, Acting Head for Filos’ Family, Children and Youth Department, shared.



#### PROGRAMME HIGHLIGHTS

## To Bless and be Blessed: Filos x CMC Partnership

From sponsoring and volunteering for Filos’ Waves of Blessing (WOB) projects to conducting active ageing programmes, Christ Methodist Church (CMC) has been collaborating with Filos to extend support to our beneficiaries for years.

Through the Christmas and Chinese New Year WOB projects, which involved distribution of food rations and festive goodies, CMC has been reaching out to close to 500 households at 3 rental blocks in Chai Chee. “Seeing their smiles, listening to their life stories is something so precious to us. Indeed, we are looking forward to be a blessing and be blessed,” Mr Peter Hoi, Senior Ministry Executive of CMC, shared.

Recently, volunteers from CMC also conducted a fun Nagomi Art workshop for our seniors at Filos’ Active Ageing Centre. It was an enjoyable afternoon as our seniors learned about the Japanese pastel art and brought home their beautiful creations!

On their long-term partnership with Filos, Peter shared, “Filos has always been very supportive in helping us better understand the seniors. We hope with this collaboration, we can continue to share the blessing with the community.”



### PROGRAMME HIGHLIGHTS

## Building a Caring Community with Temasek Polytechnic

Aligned with Filos and Temasek Polytechnic's (TP) shared desire to build a caring community, TP has been collaborating with Filos over the past 2 years to extend help to our beneficiaries and learn about social issues on the ground.

The projects ranged from students organising activities to engage beneficiaries to a service learning workshop where TP lecturers had the chance to speak to beneficiaries directly to glimpse into their needs, topping it off with purchasing groceries for 6 low-income families.

Motivated to sustain doing good, TP also collaborates with the SG Cares Volunteer Centre @ Bedok, operated by Filos Community Services, in the 'Adopt a Block' initiative to organise donation drives and care pack distributions to residents living in a rental block on a biannual basis.

Ms Elaine Ho, Advisor of Corporate Social Responsibility at TP shared, "It is always heart-warming to see students and staff volunteer their time and energy. The smiles we receive from beneficiaries are just absolutely priceless. We look forward to regular visits to our adopted block residents, continuing to build our collaboration with partners and doing our part for the wider community."

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## STORY OF THE MONTH

# Empowering Families, Together!

As part of the National Council of Social Services' (NCSS) Empowerment Movement, Filos Community Services was invited to host a Learning Journey as the NCSS-appointed Empowerment Champion for the family subsector. Representatives from various Social Service Agencies attended the session on 2<sup>nd</sup> August to hear about Filos' experience in empowerment and to learn from one another.

The session began with an introduction to the Empowerment Movement, led by Ms Tina Hung- Senior Consultant, CEO Office at NCSS. Filos staff Ms Karen Vincent- Family Life Executive and Counsellor, and Ms Intan- Acting Head of Filos' Family, Children and Youth Department shared practices and insights gained from empowering Filos' family, children and youth beneficiaries. Through their candid sharing, attendees were able to pick up best practices while also relating to the challenges faced in empowering beneficiaries.

Executive Director of Filos- Dr Foo Fung Fong also spoke about Filos' empowerment journey as an organisation, highlighting that empowerment is not simply a programme but a mindset shift. To conclude the sharing, Filos' Community Engagement Manager- Ms Vivien Yeo- presented the ways in which Filos also empowers stakeholders as the SG Cares Volunteer Centre @ Bedok.

After the informative presentations, attendees were engaged in a lively panel discussion with the speakers, followed by a group sharing segment where they networked and got to know more about one another's struggles and breakthroughs in their own empowerment journey with their organisations.

We hope it was a fruitful and empowering session for everyone as we work towards building stronger communities, together!

## 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 and Youth

- [Tutor \(Onsite\)](#)
- [Tutor \(Virtual\)](#)
- [Teacher \(Early Learning Programme\)](#)
- [Reading Room Storyteller](#)

### Eldercare

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

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## 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!

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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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