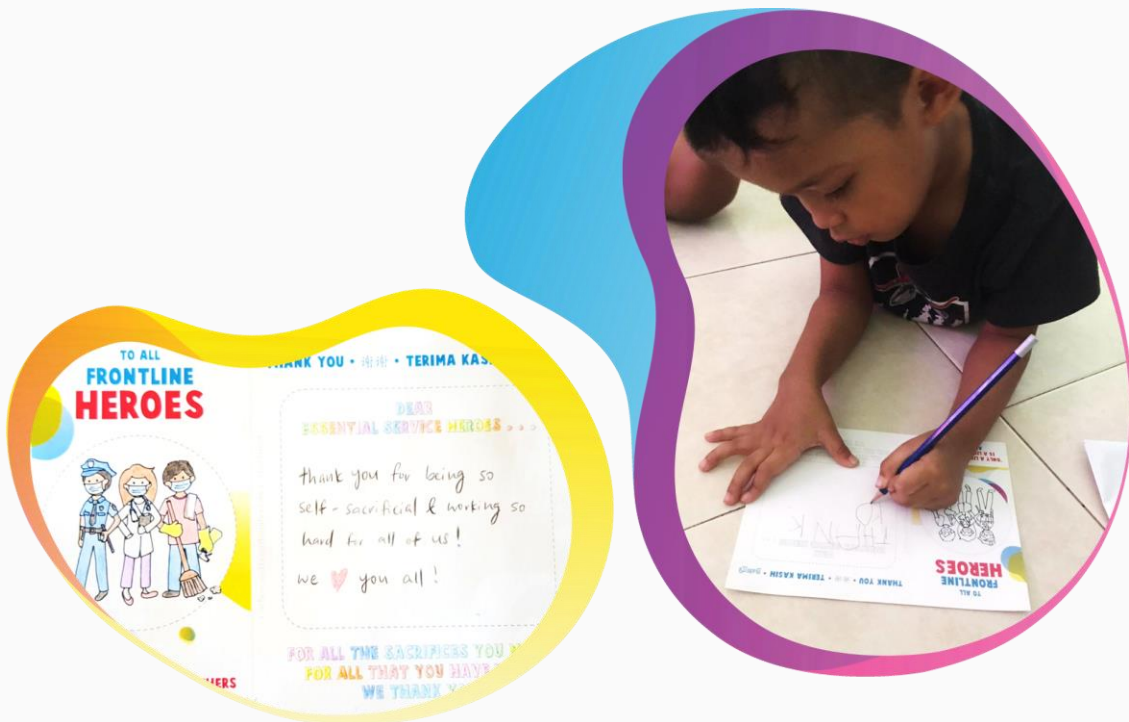


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Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Thank You, Our Frontline Workers!

Our seniors and children have much to say to the frontline workers who have been working tirelessly during this trying period. Hence we roped them in to pen their personal messages to our frontline workers! These thank you cards were designed by one of our volunteers. Our clients got busy coloring and personalizing the cards as they penned their thanks. It filled their time meaningfully during the Circuit Breaker period.

These cards were distributed to the beneficiaries at our Wave of Blessing ration distribution exercise. Our clients started working on them and expressed their gratitude

through simple phrases and drawings, and addressed their heartfelt appreciation to our everyday heroes, including our medical professionals, cleaners, police officers, public servants and other frontline workers. Some even wrote to our staff thanking them for their support and encouragement during this period.

Filos will consolidate the cards and work with the relevant hospitals and agencies to distribute the cards to the workers. We do hope these will brighten up their day and serve as a reminder that their work does not go unnoticed.

On behalf of our staff and clients at Filos Community Services, THANK YOU to all our frontline workers!

To find out how you can support our monthly Waves of Blessing initiative please email to shawn@filos.sg for more information.



PROGRAMME HIGHLIGHTS

School Holiday Enrichment Programme with Our Volunteers from Singapore Chinese Girls' School

A class of 30 students from Singapore Chinese Girls' School (SCGS) and their form teacher volunteered to organise an online holiday enrichment programme for the children @ Filos. They came up with a series of engaging games and activities, using interactive tools like Kahoot and teaching the kids how to fold Origami as well.

The physical limitation did not impede the volunteers' ability to establish camaraderie and friendship with the children. Some of the siblings of the kids tagged along to join the programme and one of them even brought the entire household to participate in the activities!

A single mother was really blessed by the programme. She later texted us to express how grateful she was for her only child to participate in the activities as her child didn't have any friends to play with during the circuit breaker. The event brought joy to her child and meant a lot to both her and her child as they found a community to enjoy life with. New

friendships flourished through the interactions!

The collaboration with the SCGS volunteers left a lasting and positive impact on the children and their families. The volunteers also found it meaningful. They will be back to volunteer again at the next school holiday period!

To find out how you and your group can contribute to our programmes and services, drop us an email at info@filos.sg.



PROGRAMME HIGHLIGHTS

The Force is With Us! - Community Care Force

What does it mean to be a caring community? Does it mean volunteering at least once a week? Helping your elderly neighbour to run errands? Maybe you thought of reaching out to the vulnerable in your own neighbourhood?

This is what a group of volunteers from A Good Space Community Care Force (East Zone) (AGS CCF East Zone) decided to do. 7 young adults staying in the East Zone worked with

Filos Volunteer Centre (VC) to call all 54 social service agencies (SSAs) in Bedok town for a COVID-19 Needs Analysis.

Since the start of the Circuit Breaker, the team called the SSAs and identified the top 5 COVID-19 needs in Bedok town: loss of jobs/income, food insecurity, mental health (especially isolation and caregiving stress), lack of digital resources and restrictions in mobilising volunteers.

With these findings, Filos VC was able to channel donations and resources to where they were needed most, and better engage potential donors and volunteers.

On 27 May, we held our first CCF East Zone Meeting with all 4 social service sectors in Bedok represented; seniors, family, children & youth and persons with disabilities. The community partners got to know one another and the available resources in the town better. The lively session even uncovered emerging needs as the Circuit Breaker period got extended. The meeting ended with many participants looking forward to more opportunities to build this community spirit within the sector and beyond.

With strength in numbers, the Filos VC and AGS CCF hope to continue growing and deepening this network of practitioners, service-users and neighbours to build a caring community.

Reach out to us if you like to be part of our community-building efforts and if you agree that $1+1 = 3!$

And if you are an SSA located in Bedok Town, we would like to share with you more about the work we do at the Volunteer Centre.

Email us at shawn@filos.sg for more information.



STORY OF THE MONTH

Mdm Tan Chwee Lian: The Power of the Community

Mdm Tan Chwee Lian is one of our seniors who was involved in the Active Ageing programmes such as the HAPPY and STEP OUT programmes.

When we first got to know her a year ago, she was going through a tough time in her life. Her husband had suddenly fallen very sick and it took a hit on her wellbeing. She lost a lot of weight and gradually slipped into a very low mood. Through the persuasion of a family member, she started participating in social activities that allowed her to mingle with others in the community. This allowed her to chance upon Filos and she decided to participate in our Active Ageing activities.

Click "**Read more**" to see how Active Ageing programmes for seniors like Mdm Tan help build their physical and social resilience, even during the Circuit Breaker.

[Read More](#)

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 beyond making a donation, the next step could be to share your skills or 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.”

Filos Community Services

- [Befriender for Community Befriending Programme \(General\)](#)
- [Befriender for More Than Friends Programme](#)

Bedok Town

1. Family, Children & Youth

- [4PM - Mentors / Partnerships / Fundraising](#)
- [Social Service Office @ Bedok - Programme/Activity Organisers](#)

2. Eldercare



Regular

- [General - Medical Escort/Chaperone](#)
- [TRANS Family Service Centre \(Bedok\) - Befriender & Medical Escort](#)
- [GoodLife!@Bedok - Befrienders](#)
- [Moral Seniors Activity Centre \(Kaki Bukit\) - Befrienders](#)
- [NTUC Health - Befrienders in Nursing Home](#)
- [NTUC Health - Hygiene & Maintenance Assistants in Senior Care Centre](#)
- [NTUC Health - Painter or Gardener in Senior Care Centre](#)

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health - Activity Coordinators in Senior Care Centres](#)
- [TRANS Family Service Centre \(Bedok\) - H3 Active Ageing Programme & Befriender](#)

3. Special Needs

- [SUN- DAC \(Bedok South\) - BUDDIES](#)
- [SUN- DAC \(Bedok South\) - CIRCLES for volunteer groups](#)
- [SUN- DAC \(Bedok South\) - Volunteer Driver](#)

[Volunteer with Us Today!](#)

DONATE

Giving Hope to the Community through Giving

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

Get in Touch

About Filos

Filos Community Services is a not-for-profit social service organization. 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.

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