

[View this email in your browser](#)



Building Stronger Communities, *Together*

#### FEATURED CAMPAIGN

## Stronger, Together! Amidst Adversity

The COVID-19 pandemic has seen businesses taking a hit and individuals losing their income and jobs. For those who are already struggling to make ends meet, their anxiety runs high, as they are now financially strapped, not knowing whether there will be food on the table for their families.

We have seen an increase in the number of cases of sole breadwinners requesting for rations to tide through this trying period. Parents are concerned about their children's technological limitations when schools



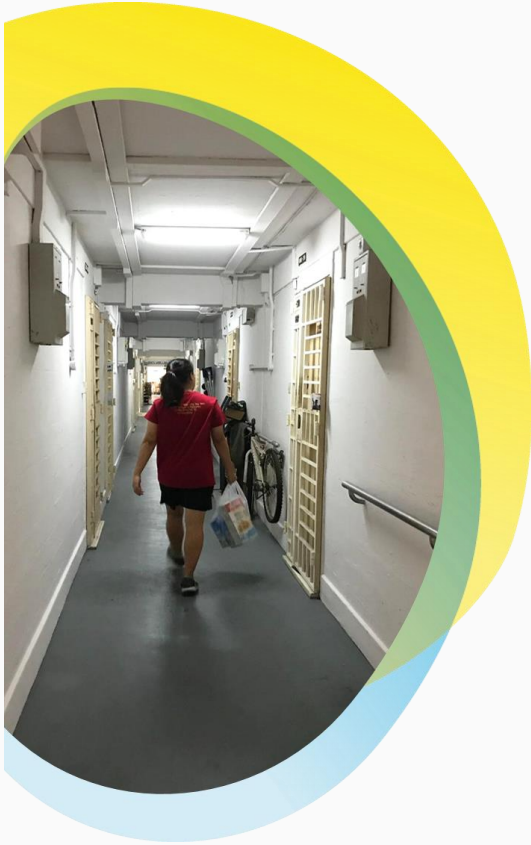
started to function via home based learning. In some families, 2 to 3 children share one computer, and will have to take turns to skip classes to manage their home based learning.

These are real problems, and one solution is for the community to rally together to alleviate the challenges these vulnerable groups face. A quote by Helen Keller reminds us that, "Alone we can do so little, TOGETHER we can do so much."

Filos has created a campaign to pull together community resources to help those amongst us who need a boost of support at a time like this. Funds will go towards providing financial aid and food rations for families, as well as empowering their children to engage in e-learning during this period and beyond.

Join us in this effort to support them. As we put our hands together in unity and solidarity, we will emerge from this pandemic, Stronger, Together!

Log on to our [Giving.sg campaign page](#) to donate to this cause or email to [shawn@filos.sg](mailto:shawn@filos.sg) for further enquiries.



## PROGRAMME HIGHLIGHTS

### **Waves Of Blessing: Distribution Of Essential Items To Beneficiaries**

Filos started our “Waves of Blessing” project which aims to disburse essential items to low income families and isolated seniors on a regular basis, over the period of the Covid outbreak. Sponsorships and donations for essential items are received from corporate organisations and individuals and these are directly channeled to beneficiaries who need them.

Our inaugural “Wave 1” was held on 2nd April, where 42 families received food packs. Each pack contained milk, cornflakes, milo, biscuits and hand sanitizers, efficiently packed and distributed by 8 volunteers. They got the job done in efficiently in under an hour.

Adhering to safety measures, volunteers were briefed clearly prior to the session on their specific tasks. Safe distancing measures and hygiene practices were emphasized on the day itself. Although the day ended swiftly, our

volunteers' enthusiasm persevered with many asking what more they could do to help with needs in the community.

After the event, one of the beneficiaries texted our staff to thank us for the timely donation of hand sanitisers, as they have run out of them. They were also grateful for the biscuits their kids could snack on after an arduous day at school!

We are heartened to see volunteers and organisations alike extending helping hands to meet the needs of our beneficiaries. No contributions are too big or too small. If you would like to contribute your time or find out more about how you can donate to our cause, email [info@filos.sg](mailto:info@filos.sg) today!

---

## ParentPlus: Empowering Parents, Building Stronger Families!

The ParentsPlus Children's Programme (PPCP), is an evidence-based parenting course that helps parents to achieve their goals in building positive relationships with their children as well as promoting confidence and good behaviour in children aged 7 to 12 years.

Filos conducted a run of PPCP over six sessions that spanned from February to March 2020. The sessions received positive feedback from both the facilitators and participants of the workshop. The open and honest sharing about parenting issues by all participants made the sessions enjoyable and relatable as everyone learnt from each other.

To expand the delivery of the suite of ParentPlus programmes, four of our staff attended the ParentPlus Adolescent Programme Facilitators Training that was held in Dublin in March 2020. This training was kindly sponsored by the Singapore Ireland Funds.



Filos now offers the following Parent Plus programmes:

- Parent Plus Early Years Programme (for parents with children from 0 – 6 years)
- Parent Plus Children's Programme (for parents with children from 7 - 12 years)
- Parent Plus Adolescents' Programme (for parents with teens from 13- 16 years)

If you would like to find out more about our ParentPlus Programmes and Family Life services, do drop an email to [karen@filos.sg](mailto:karen@filos.sg) and join us in building stronger families today!

---



## STORY OF THE MONTH

### Chloe: Bridging Lines Of Communication For Seniors During Covid-19 Outbreak

When 12-year-old Chloe overheard a conversation between her parents on the topic of the well-being of destitute seniors during the Covid-19 outbreak, her immediate thought was how can these seniors remain contactable should they require support and immediate attention? Click **'Read More'** to be inspired by her story.

[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 .” - Winston  
Churchill

### **Filos Community Services**

- [Befriender for CBP Programme \(Malay Speaking\)](#)  
[Befriender for CBP Programme \(General\)](#)

### **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](#)
- [NTUC Health - Outing Coordinators in Senior Care Centres](#)
- [The Salvation Army - Peacehaven Day Centres \(Bedok & Changi\) - Outing Befriender](#)



- [TRANS Family Service Centre \(Bedok\) - H3 Active Ageing Programme & Befriender](#)

### 3. Special Needs

- [APSN - Events Assistants/Facilitators](#)
- [SUN- DAC \(Bedok South\) - BUDDIES](#)
- [SUN- DAC \(Bedok South\) - CIRCLES for volunteer groups](#)
- [SUN- DAC \(Bedok South\) - Volunteer Driver](#)
- [SUN-DAC \(Bedok South\) - Futsal Assistant Trainer](#)

Volunteer with Us Today!

### DONATE

## Giving Hope to the Community through Giving

To make a donation in support of our programmes and initiatives, please visit our Giving.sg [“Stronger, Together” campaign page](#) and help us realise our campaign goal of \$40,000 that will be channelled towards supporting our vulnerable communities.



**Stronger, Together!**

**COVID-19 Fundraising Campaign**  
We need your support to aid our vulnerable communities in this time of crisis

Visit our [Giving.sg](#) page



SG UNITED × SG Cares

The banner features two circular images: on the left, three children in school uniforms cheering with their hands raised; on the right, a group of diverse people, including children and adults, sitting together outdoors and smiling. The background is white with colorful abstract shapes in shades of green, blue, yellow, and orange.

## 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.

---

### 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

---

