

Filos Community Services

Stewardship Report 2015



VISION

To see effective functioning of individuals and families

MISSION

To build resilience and empower individuals and families

VALUES

- F** aithfulness
Accuracy. Dependability. Commitment.
- I** ntegrity
Truthfulness. Honesty. Uprightness.
- L** ove
Friendship. Care. Concern.
- O** penness
Transparency. Frankness. Sincerity.
- S** ervanthood
Serving. Helping. Benefitting others.

SERVICES

- F** amily Life Services
Building strong marriages and families
- A** ssistance and Referral Services
Extending a helping hand in a time of need
- C** hildren and Youth Services
Building resiliency and character
- E** lderly Services
Promoting physical and mental wellness

BUILDING RESILIENCE, EMPOWERING LIVES

2015 has been a year that has seen Filos capitalizing on her strengths in the pursuit of her mission to build resilience and empower individuals and families. We take this opportunity to salute and thank all our volunteers, donors and partners who have journeyed with us to make this vision a reality!

2015 saw us embarking on the following new initiatives:

Triple P - an evidence-based programme that coaches parents and equips them to handle challenging behaviour in their children.

I See I Do - a Health Promotion Board programme that teaches parents how to role model healthy habits to their kids.

Love Them Talk about Sex - a Health Promotion Board programme that equips parents to talk to their children about the birds and the bees.

Total Recall - a programme to raise awareness about Dementia and Elderly issues, targeted at primary and secondary school students to prepare them to face their future role as caregivers in an ageing nation.

2015 also saw us preparing to move to our new premises at Chai Chee Avenue. We are grateful to Advisor for Marine Parade GRC and Minister for Ministry of Social and Family Development, Mr Tan Chuan Jin, and the Kembangan Chai Chee (KCC) grassroots leaders for welcoming us to serve in the KCC community and for supporting our application for a void deck space at Block 38 to serve the residents more effectively. We look forward to operating from our new home @ KCC in 2016.

Building Stronger Communities together,



Mr Allan Wong
Chairman
Filos Community Services



Mr & Mrs Yong,
Married, 23 years
Attended 'Knowing Me
Knowing You' Workshop

Ms Wanna Ratanasakirri, *Nan Chiau High School Coordinator*

Dr Foo's Talk was excellent. Our parents and teachers, as well as our Principal & Vice Principal, like her talk and presentation. They enjoyed down to earth, humorous, short, sharp, sweet, and very updated tips peppered with very applicable real life stories from her own journey as a mother of teenagers.

FAMILY LIFE

Building Strong Marriages and Families

Families are the core of society, the basic building block of any community. Healthy and strong families make for a healthy and strong nation. In the safe harbour of Family, we learn how to relate to, live with and love one another. These skills are then applied as we interact with others in the community.



6,384
Parents

3,205
Children

2,822
Youth



12,411

INDIVIDUALS REACHED
THROUGH FAMILY LIFE
EDUCATION PROGRAMMES

29



TALK AND WORKSHOP
TOPICS FOR PARENTS AND
MARRIED COUPLES

KNOWING ME, KNOWING YOU

Communication in marriage can be an explosive minefield. This workshop helps couples understand the differences between men and women that may cause them to think differently about issues. This will go a long way to help each person appreciate their spouse, and to enjoy and celebrate their differences to strengthen their relationship with each other.



- 112 parenting talks
- 17 student lifeskill workshops
- 60 'I See I Do' talks
- 42 'Let's Talk about Sex' talks

BREAKING THE SILENCE Talk to your Child about Sexuality

This talk will give parents an overview of the Youth Sexuality scene in Singapore. It also discusses key issues in youth sexuality and also gives tips on how parents can engage their children in this important phase of their growing up years.

ASSISTANCE AND REFERRAL

Extending a helping hand in a time of need

Filos reaches out to vulnerable and at risk individuals and families, linking donors and volunteers with those who need a helping hand and an encouraging push to continue to live with hope and dignity.

150 
HOMES RECEIVED
BREAD DISTRIBUTION

194 
VISITS MADE TO
NEEDY FAMILIES

11 
STUDENTS AWARDED
BURSARIES/SCHOLARSHIP

1,304 
CLIENTS REACHED
THROUGH BLESSING
PROJECTS

272 
INDIVIDUALS HELPED IN
KIND WITH GROCERIES,
DIAPERS, VOUCHERS

4 
LADIES BENEFITTED
FROM THE 'PARENTS
LEARNING ENGLISH AND
SPEAKING EXCELLENTLY'
(PLEASE) PROGRAMME



Recipient of Filos' Financial Assistance, father of two in the Bedok community

I would like to express my heartfelt thanks for all the help Filos has done for me and my family. I am very pleased with the fact that not only does Filos see to the needs of senior citizens, but that of young children too. My son has improved in his studies a lot, thanks to the tutoring and follow up Filos provides. The staff who pays us home visits is very kind and patient too. I am thankful to Filos staff and hope Filos grows and extends its branches to other estates in Singapore too. May God bless all Filos staff.

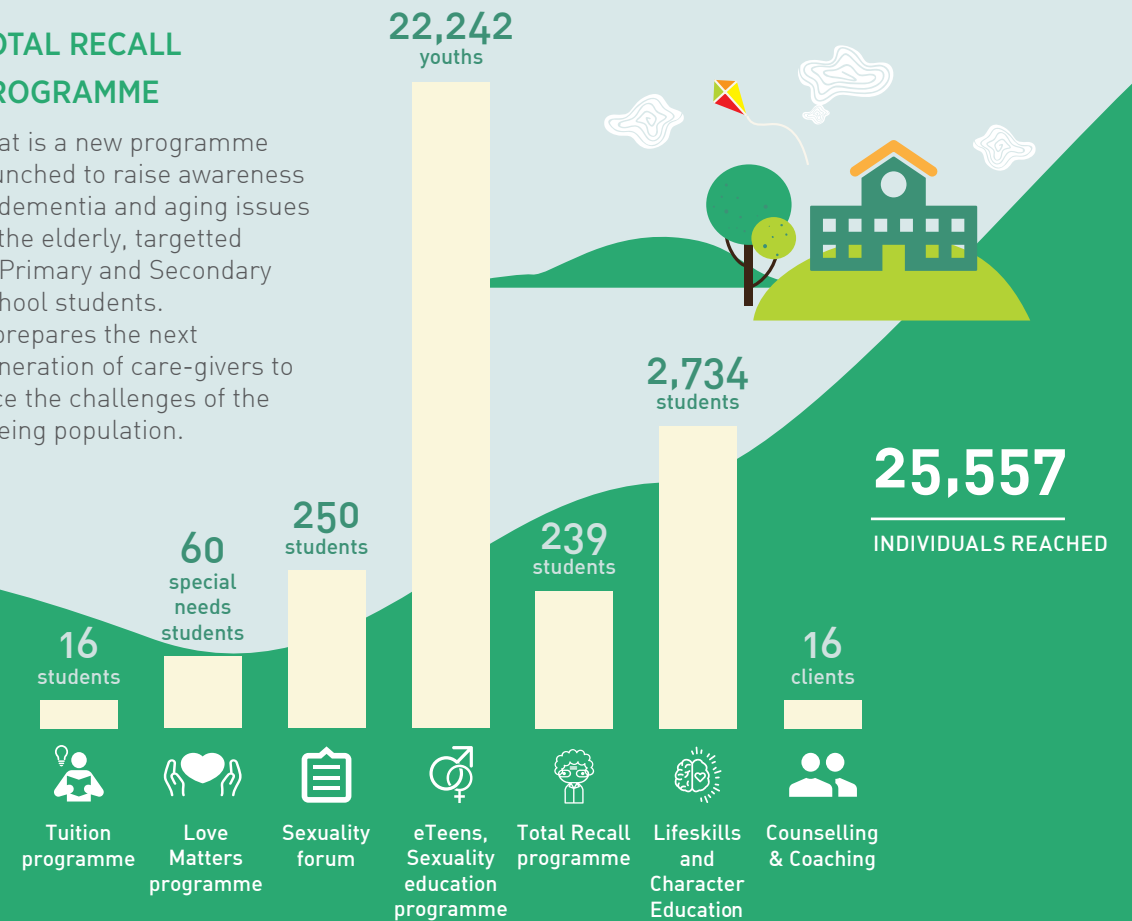
CHILDREN AND YOUTH

Building Resiliency and Character

Filos believes in equipping and empowering the next generation to discover their talents, to seed hope and purpose in their lives, to motivate them to realize their potential and to live out their dreams for a better future for themselves and their families.

TOTAL RECALL PROGRAMME

That is a new programme launched to raise awareness of dementia and aging issues in the elderly, targeted at Primary and Secondary School students. It prepares the next generation of care-givers to face the challenges of the ageing population.



Mother of an 8-year-old child, from a single-parent family

I am very thankful to Filos for helping my child through different programmes and outings. All these are precious gifts to us as on our own, we would not be able to go to these places. Thank you so much for helping us to make our dreams come true!

Student, from Singapore Chinese Girls' School who attended Total Recall workshop

Talks like this are really important for raising awareness about issues that are happening not only in Singapore, but in other countries as well. I am in full support of the speaker that came to our school and I would like to say : continue doing what you are doing! :)

ELDERLY SERVICES

Promoting Physical and Mental Wellness

Singapore faces a rapidly ageing population. Not only will we see more elderly citizens in our country, but also more older persons living by themselves in the neighbourhood. Together with longer life expectancies due to better health care, we will see our seniors continuing to live out their lives, hopefully ageing in place in the familiar surroundings of the community that they know and love.



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ELDERLY SERVED THROUGH OUR VARIOUS PROGRAMMES

MORE THAN FRIENDS PROGRAMME

This is a befriending programme. It includes:

Home visits to the elderly to provide social and emotional support and interaction, to maintain and improve their emotional health, well being and quality of life.



Social Wellness Programmes

Providing a platform for the elderly to interact with one another to reduce social isolation; promoting social and emotional well being; developing and maintaining community connections for the elderly.



ACTIVE MINDS PROGRAMME

Home based intervention with therapeutic activities aimed at maintaining mental health in the elderly with early dementia. Caregivers are empowered with knowledge and skills to build better relationships with their loved ones.



29

CLIENTS REACHED THROUGH 987 VISITS

13

CLIENTS UNDER CASE MANAGEMENT PROGRAMME SERVED OVER 148 VISITS

762

PARTICIPANTS OVER 13 SOCIAL EVENTS ORGANISED FOR THE ELDERLY

Physical and mental health assessments for hypertension, diabetes, dementia and depression.



Falls Risk Assessment and Health Education for Chronic Diseases; Pill Minding; Medical Escort (on a case by case basis).



164

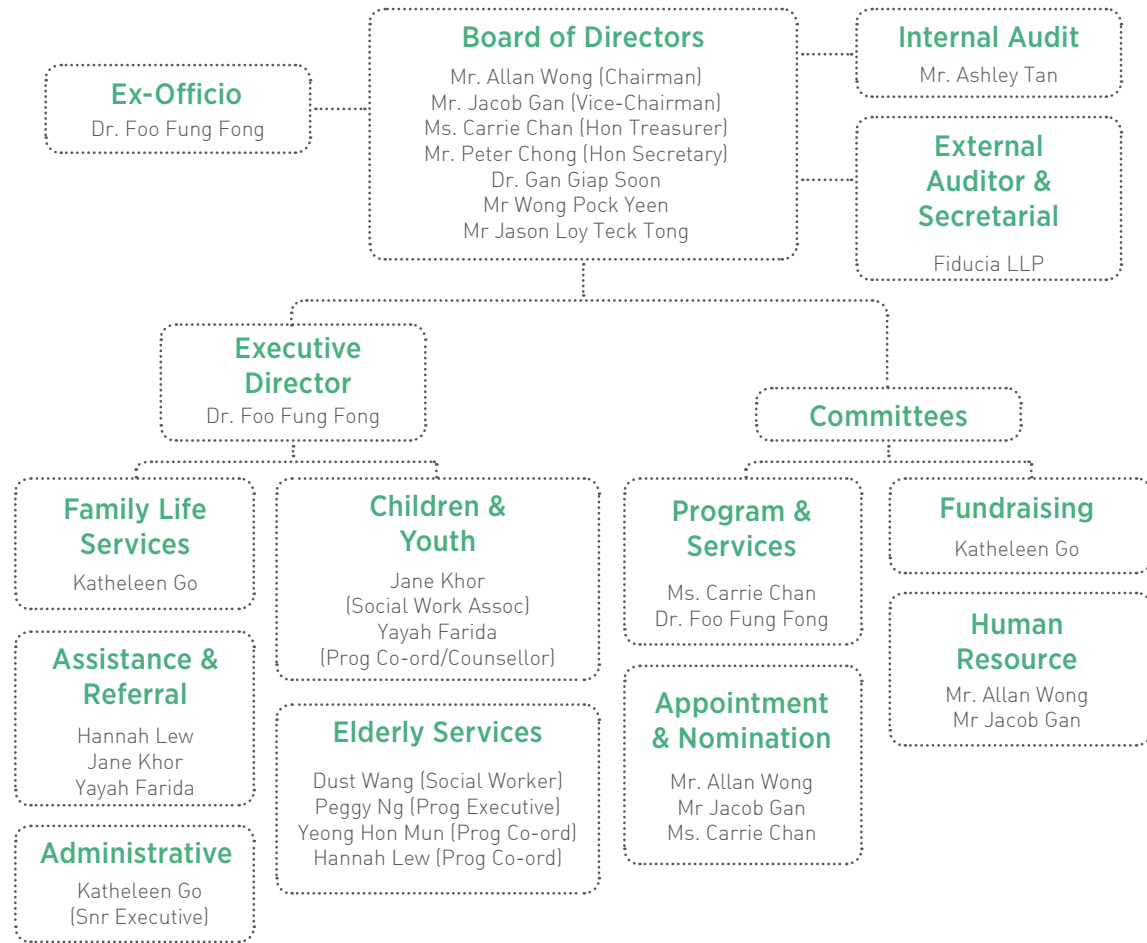
CLIENTS REACHED THROUGH 1,603 VISITS



Mdm Koh, living alone in the Chai Chee community

I joined Filos' befriending programme because everyone needs social contacts to stay healthy in body and mind. They are trained professionals and they understand my medical condition. Joining Filos' programme has injected fun, laughter and joy into my life.

OUR ORGANIZATION



Annual Remuneration of key staff (Salary Bands):	No. of Staff
\$100,001 - \$150,000	1
\$50,000 - \$100,000	1

\$ 179,859

DONATIONS RAISED

We need \$800,000 for 2016 for the expected expenditure of \$1.1 million. Your giving will help us to help the needy.

Donate online at www.sggives.org/filos or contact us at 6242 5978.



We will be receiving the matching Care & Share grant in 2016.

We would like to acknowledge and thank the support of our corporate donors, sponsors and volunteers.

ActiveSG West
Amazing Grace Presbyterian Church
Bedok Methodist Church
Bethesda Chapel
Geylang Methodist School (Secondary)
Lee Foundation
Nanyang Technological University

Princess Elizabeth Primary School
Sentosa Development Corporation
St Joseph's Institution
Sunshine Bakeries
Tampines Junior College
Temasek Polytechnic
The Boys' Brigade in Singapore
YMCA of Singapore

2015 SUMMARY FINANCIALS

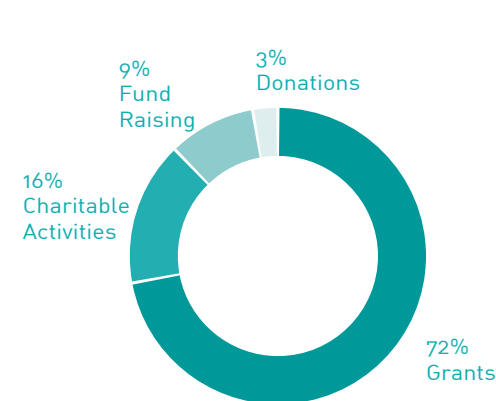
Income

Donations	\$ 45,649	3.1%
Grants	\$ 1,073,762	72.3%
Fund Raising	\$ 134,210	9.0%
Charitable activities	\$ 231,190	15.6%
Total Income	\$ 1,484,811	100%

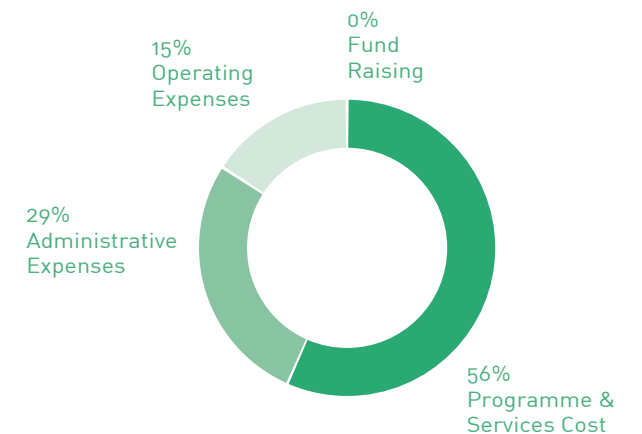
Expenditure

Fund Raising Cost	\$ 1,245	0.2%
Programme Cost	\$ 338,916	55.8%
Administrative Expenses	\$ 174,036	28.6%
Operating Expenses	\$ 93,373	15.4%
Total Expenditure	\$ 607,570	100%

INCOME




EXPENDITURE





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