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Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

The Worst of Times, The Best of Times

What if 2020 isn't cancelled?

What if 2020 is the year we've been waiting for?

"A year so uncomfortable, so painful, so scary, so raw – that it finally forces us to grow."

Leslie Dwight

2020 certainly has been a challenging year for all of us.

At Filos, we've had a front row view of the impact of the Covid-19 pandemic on the vulnerable amongst us :

- Families thrown in financial and food insecurity as jobs were lost
- Seniors turning more frail physically and cognitively as safe distancing and lockdowns forced them into isolation in their homes
- The digital divide growing with low income homes and IT challenged seniors left behind as life moved onto online transactions
- Increasing conflicts in marital and parent-child relationships

Mental health issues triggered or existing ones exacerbated through the stresses of the pandemic.

YET..... it has been a tremendous year of opportunity:

- Gifts, Rations and Funds poured in from individuals and corporate organisations who were moved to help those who were struggling with basic needs
- Children found new ways to connect in online playgrounds and made new friends with volunteers who stepped in to engage them
- Seniors grew in IT skills as they became more adept at connecting through online platforms
- New volunteers came forward and ground up groups rallied together to help with the changing and pressing needs on the ground.
- Elderly formed new friendships in the community as they stepped out of their homes for small group activities conducted safely at our centre.
- Acts of Kindness flourished as neighbours reached out to help one another, sharing their rations with each other.

2020 forced us to grow. Painfully, but surely.

I want to take the opportunity to thank everyone of you who have been part of this journey and growth as we weathered the storm of Covid-19 together. Your support through volunteerism, donations, partnerships and collaborations means so much to us and has been at the forefront of enabling us to achieve our mission of building resilience and empowering lives of individuals and families in the communities we serve.

Wishing all of you the rich blessings of Love, Joy and Hope of the Season,
as we all look forward to a better tomorrow, built on all our collective efforts in this current time.

You can continue to support us by volunteering through this link:

<https://www.filos.sg/volunteer>

and giving through this link:

<https://www.giving.sg/web/filos-community-services>

**"2020 isn't cancelled, but rather
the most important year of them all."**

Dr. Foo Fung Fong
Executive Director
Filos Community Services



PROGRAMME HIGHLIGHTS

Jessie and Angel: Extending a helping hand in times of need

Jessie and her daughter, Angel, were residents of Block 38 Chai Chee Avenue from 2012 to 2016, and got to know of Filos' Family, Children & Youth staff back then. Jessie had been a recipient of Filos' assistance programme since 2016, but halted receiving assistance when she found a full time job that provided her with a stable income.

However when the pandemic hit, Jessie lost her job. During these troubling times, Filos extended them a helping hand by providing moral support as well as the disbursement of rations and vouchers. Furthermore, they have also received household appliances from Filos such as a second hand washing machine during the Circuit Breaker period.

When asked how she is coping with the COVID-19 pandemic, Jessie said she felt very uncertain about the future with the loss of her job, and experienced heightened levels of stress and anxiousness. However, she reminds herself that she will have to stay positive, and would like to thank the Filos staff for helping them.

In her own words - her greatest wish is for “her daughter to feel safe and have a sense of control over her life and well-being.”

To find out more about how you can help families who are still coping with the disruptions due to Covid, do drop us an email at info@filos.sg.



PROGRAMME HIGHLIGHTS

Balik Kampung: Active Ageing @ Filos

Balik Kampung is a joint event co-organised by Filos Community Services, Health Promotion Board (HPB) and Agency for Integrated Care (AIC) together with four Senior Activity Centres (SAC) in Bedok town. Participants play “kampung games” such as five stones, helping them to remember their childhood days. These educational and immersive series of sessions are designed for senior citizens to address the importance of being socially connected and mentally engaged to reduce the risk of mental health conditions such as dementia and depression.

This is also the first time that this event is held in an online setting! Amid the Covid-19 restrictions, the hosting of the event initially posed challenges for the organisers and participants. Nonetheless the event was conducted smoothly in a virtual setting and was an enjoyable experience for all the seniors who attended.

To find out more regarding our Active Ageing programmes that we organise for the elderly, do drop us an email at info@filos.sg.



STORY OF THE MONTH

International Grandparents Day: Guardians of our tomorrow.

22nd November is a day when we celebrate International Grandparents Day. It is also a special occasion that commemorates the contributions that our grandparents and the elderly have done for the community and society have done for the community and society.

.The significance of this day in Singapore is more momentous than ever with our social fabric and ageing population. The increasing pivotal role that the elderly citizens play in our society has been evolving over the years. They walked a long journey thus far, contributing to the building blocks of this nation. Click "**Read More**" for the full article.

[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

1. Eldercare

Regular

- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Malay Speaking Befrienders for More Than Friends \(MTF\) Befriending](#)
- [Happy Programme \(Activity Facilitator\)](#)
- [Green spot Activity Centre Volunteer Facilitator](#)

Bedok Town

1. Eldercare

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [NTUC Health \(Fengshan\) - Virtual Volunteering](#)
- [NTUC Health \(Heartbeat@Bedok\) - Activity Coordinator/Facilitator](#)

- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)
- [Salvation Army Peacehaven Bedok - Activity Facilitator](#)

Regular

- [Goodlife! Bedok - Phone Befriender](#)
- [Kembangan Chai Chee Constituency Office - Project Silver Collar](#)
- [NTUC Health Nursing Home @ Chai Chee - Befriender/Activity Coordinator](#)
- [NTUC Health Senior Day Care Centres - Befriender](#)

2. Persons with Disability

Ad-hoc

- [THK Home for The Disabled @ Eunos - Virtual Activity Coordinator/Facilitator](#)
- [MINDS - Virtual Activity Coordinator](#)

Regular

- [MINDS - Me Too! Club, Art & Craft](#)
- [MINDS - Me Too! Club Excursion](#)
- [MINDS - Me Too! Club Trek](#)

[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.

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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