



## Building Stronger Communities, Together!

### Oh, Happy Day! 😊

**22 OCT** — In conjunction with Singapore's Bicentennial celebration, Filos organised "Oh, Happy Day!" to bring back memories of the good old days. The block party was a success with many new friends!

Outside our office, seniors indulged in old school street food such as "muah chee", mixed murukku and iced gems, as well as cupcakes and coconut buns that were lovingly baked by volunteers. Next to that, four massage therapists from JL Institution volunteered to provide relaxing head and shoulder massages.

Inside, our corridors came alive as seniors played old school games like chapteh! We also conducted our regular HAPPY exercise programme, where new participants were introduced to a sample of the exercises that aim to reduce physical and cognitive frailty.

To find out more about the HAPPY programme, contact Hannah at [hannah@filos.sg](mailto:hannah@filos.sg).



### PROGRAMME HIGHLIGHTS

#### Outing to Jewel with CapitaLand x Seniors with Dementia & Standard Chartered Gifts our Families-in-need a Weekend Staycation

**8 OCT** — Our seniors under the Eldersitter programme were treated to a lovely outing to Jewel Changi Airport, accompanied by volunteers from CapitaLand. Gasps echoed in the valley as the trees parted to reveal the 40-metres tall Rain Vortex, a sight new to most seniors. They also enjoyed a blissful morning stroll through the lush flora and fauna of the Canopy Park, followed by a delectable lunch and shopping stop at NTUC Finest, where seniors picked up their favourite goodies.

**9 OCT** — 55 families-in-need will each receive a complimentary weekend staycation at the 5-star Marriott Tang Plaza Hotel from this month. Standard Chartered Bank's generous donation will reach beneficiaries from Filos and selected community partners in Bedok town.

A big thank you to CapitaLand and Standard Chartered Bank for your kindness and generosity! If you are looking to be part of this caring movement, contact Denise at [denise@filos.sg](mailto:denise@filos.sg).

## Befriending Seniors 101 - A Series of 4 Training Workshops

**26 OCT** — Growing old can be a lonely affair for some seniors, especially if they are living on their own or their family members are busy with work and the daily activities of living. In a bid to improve the overall emotional and psychological well-being of seniors living in the community, 42 enthusiastic practitioners, grassroots leaders and volunteers took part in the first befriending workshop on “Introduction to Befriending”. Organised by Filos Community Services, in partnership with Changi General Hospital and Southeast Community Development Council, this series of workshops aim to equip the participants with practical communication and befriending skills in reaching out to isolated seniors in the community.

Don't miss the upcoming sessions and sign up now via <https://tinyurl.com/y4qda6rf>.

### Module 2: Four Pillars of Care for Seniors

14 March 2020, 8.30am – 12.30pm

### Module 3: Planning Rapport Activities with Seniors

11 July 2020, 8.30am – 12.30pm

### Module 4: Assessment Tools for Seniors' Care

10 October 2020, 8.30am – 12.30pm



### STORY OF THE MONTH

## Bringing Healthcare Expertise to the Community

Physiotherapist Yijun is a knowledge bank for Filos' Active Ageing programmes. With Yijun, Filos' HAPPY team can now track and monitor our senior's progress with simple tests that are usually conducted in hospitals. The next run of STEP OUT programme, will focus on combating frailty and use the professional materials prepared by her...

[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

- [Nutritionist](#)
- [Befriender for More Than Friends](#)
- [Befriender for CBP Programme](#)
- [Monthly Bread Distribution](#)
- [Little Sprouts Reading Teacher](#)
- [Medical Escort](#)
- [Happy Programme Activity Facilitator](#)
- [Social Needs Survey 2019](#)



## 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

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.

#### 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

