



Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Dear Neighbour Campaign Summary

When you first open your door, the first person that you would see is your neighbour. What's more, in times of emergency, your neighbour would be the first one that you would approach as well.

The #DearNeighbour advocacy campaign was organized as part of SG Cares Giving Week 2020, in partnership with Singapore Kindness Movement & SG Assist. The campaign aimed to encourage neighbourliness around Bedok Town; to care for one another through acts of

kindness such as greetings upon seeing each other, sharing snacks during festive occasions, and helping neighbours run errands.

Heart warming stories emerged: One participant mentioned how she noticed that her neighbour's kitchen stove was left unattended and catching fire, and she managed to extinguish the fire. The neighbour baked a cake to express her gratitude 😊.

Neighbourliness goes beyond Giving Week. Let's continue to show kindness and gratitude to our neighbours & appreciate them in our day to day lives as well. Let us strive to foster a caring community over every location in Singapore! It is important for us to keep the kampung spirit alive and promote care within our communities.

If you are interested to find out more about what we do, please drop an email to info@filos.sg!



PROGRAMME HIGHLIGHTS

Filos' Bursary and Scholarship Awards 2020

The Filos' Bursary and Scholarship Awards were given to 15 students on 3 December 2020. The Awards aim to reduce the financial burden of needy students during the year end expenses of preparing for the new school year and also hope to motivate students to work hard to achieve their goals. The event was conducted online via zoom and it was heartening to see parents and teachers being present to show their support for our award recipients.

The children also made cards and put together a video to show their appreciation to the teachers for their hard work in supporting them through the year. The Covid-19 pandemic had caused disruptions to our tuition programme. However, the teachers and students were able to adapt swiftly and continued their lessons online. One of our recipients, Janice (not her real name), wrote a handwritten letter to thank everyone at Filos for planning the tuition sessions as it enabled her to learn better. The event ended on a happy note as we said farewell to our Primary 6 students as they embark on their next phase of their educational journey!

If you would like to volunteer with us or find out more about our children and youth programmes, do email us at info@filos.sg!



PROGRAMME HIGHLIGHTS

Filos x DBS: Filos Mothers Group Sessions

The Filos Mothers Group (FMG) is a regular programme of the Family, Children and Youth services of Filos. Its aim is to provide the mums with some respite from their daily parenting and household responsibilities through carefully curated workshops that will enable the mums to learn new skills or simply destress after a long hard week at work!

From 28 September 2020 to 30 November 2020, FMG collaborated with DBS to conduct a series of four workshops for the mums in FMG. The workshops covered employment and non-employment topics such as identifying suitable career opportunities and using social media effectively to boost business. Karen, the programme executive of FMG, gave positive feedback about the collaboration and mentioned that the sessions were engaging, interactive and relevant to the mums who attended! She was particularly impressed that a safe space was created for the mums to ask sensitive questions such as facing discrimination at interviews.

The DBS coordinator Iona, also reflected the same sentiments as Karen! She shared that these personal stories and sharings from the mums really humbled and inspired her co-workers. She affirmed that her colleagues and her stood in solidarity with the mums and hope that the workshops would serve as a kind of support for what the mums are going through.

If you would like to collaborate or volunteer your skills to support our mums in FMG, do drop us an email at info@filos.sg!



STORY OF THE MONTH

Adopt a Block Recap

The Adopt a Block initiative held in December 2020 was a demonstration of solidarity in our society especially during challenging times like the Covid-19 pandemic. Individuals from corporations, government and religious organizations came forward to donate and distribute rations for the less privileged individuals residing in Bedok Town.

One of our regular corporate partners is DBS Bank, who has been supporting us and contributing to the community in many ways over the past year. We'll hear from KunRong who is an Associate with DBS Bank. She shares her volunteering experience as a young adult. Click **Read More** to know more about 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

1. Eldercare

Regular



- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Malay Speaking Befrienders for More Than Friends \(MTF\) Befriending](#)
- [Malay Speaking Befrienders for Community Befriending Programme \(CBP\)](#)
- [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](#)
- [NTUC Health \(Fengshan\) - Activity Coordinator/Facilitator](#)
- [Lions Home For The Elders - e-Volunteering/ Pre-recorded Video Production](#)

Regular

- [Goodlife! Bedok - Phone Befriender](#)
- [Kembangan Chai Chee Constituency Office - Project Silver Collar](#)
- [THKMC CS - Bedok CAN Carer](#)
- [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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