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Building Stronger Communities, *Together*



MONTHLY HIGHLIGHT

Chats about Befriending Seniors in the New Norm

As we emerge from the disruption cause by the Covid-19 pandemic, we face new challenges of engaging seniors both physically and digitally.

The Circuit Breaker in April last year hindered volunteer led activities tremendously. Many social service agencies including Filos, shifted our activities into the virtual space. However, we found that our senior citizens, who make up the majority of our clients in Bedok Town, face difficulties in their journey of being comfortable and accustomed with technology.

It was a challenge to persuade our senior beneficiaries to be equipped with the necessary skills and knowledge to navigate online modes of interaction. For our volunteers, it was an equally challenging task for them to engage and connect with our beneficiaries digitally.

Join us for a chat about the joys and challenges of befriending seniors, especially in this new norm of hybrid online and onsite interactions with them. Share your stories and hear the experiences of other volunteers and we all navigate this new landscape of reaching out to isolated seniors living in our communities.

Join us in this conversation taking place on March 5th from 12.30pm to 2pm. Register through this link: <http://bit.ly/ConversationsaboutBefriending>

Or find out more about befriending seniors. Drop us an email at volunteer@filos.sg!



PROGRAMME HIGHLIGHTS

#Choose to Challenge – Empowering Women @ Filos

International Women's Day falls on 8th March 2021. The theme for this year is “#ChooseToChallenge” and the aim is to challenge women to think about how they would choose to challenge gender stereotypes and bias!

Filos works with women in the Kembangan Chai Chee community through our **Filos Mothers' Group (FMG)**. This programme provides an avenue for mums to partake in a wide variety of volunteer-led activities that serves to add value to their repertoire of skills. This will allow them to gain employment or even start their own home-based business! The mothers learn about financial management skills, Microsoft office skills and even have a time of respite from their busy home duties through zoomba sessions.

Many of the mothers also attend Filos' **Parent Plus Programmes** which aim to strengthen parent child relationships and equip parents with skills in positive discipline to improve the behaviour of children. Free introductory workshops on the Parent Plus programmes are taking place in Mar and April 2021 - click on this link to find out more: <http://bit.ly/FilosParentplusprogramme>

If you would like to work with us on activities to empower mums, do drop us an email at info@filos.sg



PROGRAMME HIGHLIGHTS

Chinese New Year Blessings

On 30th January 2021, 60 volunteers from Christ Methodist Church & Bedok Methodist Church came together to distribute mandarin oranges and Chinese New Year goodies to 600 beneficiaries across 6 blocks in the Kembangan-Chai Chee district (Block 22, 23, 24, 38, 39 & 55).

Filos organizes rations distribution efforts, known as Waves of Blessings, during festive

seasons such as Chinese New Year and Christmas. These are typically held during the first Saturday of each month for residents residing in Kembangan-Chai Chee.

If you are an individual, or part of an organisation wishing to do good for the low income and vulnerable in the community who face food insecurity, do drop an email to info@filos.sg and we will get in touch with you! We welcome your time as well as donations in cash and kind for this effort to bless the community!



STORY OF THE MONTH

Meet the Tech Savvy Aunty

Aunty Chua is one of our clients who attended the Digital Learning Circle programme at Filos. She is one of the most tech savvy elderly we have ever met, and at 81 years of age this year, she continues to attend classes regularly to enrich herself. "It is my passion",

Aunty Chua says candidly. She describes herself as someone with a "curious personality".

Click "Read More" to see the full 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

- [Volunteer Befriender/Medical Escort](#)
- [Befriender for Community Befriending Programme](#)
- [Befriender for More Than Friends Programme](#)
- [Malay Speaking Befrienders for Community Befriending Programme \(CBP\)](#)

2. Project-Based

- [Volunteer Video Expert/Guide](#)
- [Volunteer Photographer](#)

Bedok Town

1. Eldercare

Ad-hoc

- [Moral Seniors Activity Centre \(Kaki Bukit\) - Handyman](#)
- [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](#)
- [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!](#)



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!
