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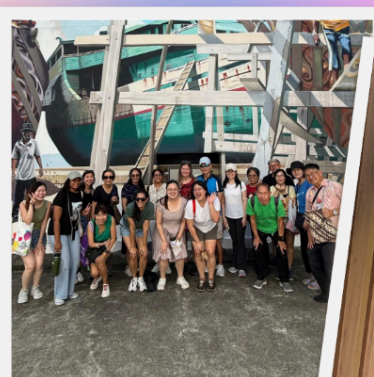


**Building Stronger Communities, Together**

**THANK YOU VOLUNTEERS!**



*Volunteers' Night Out at USS!*



*Walking Food Tour!*



*Bursary Awards and Movie Night!*

## MONTHLY HIGHLIGHT

### Volunteers Made All The Difference!

To our incredible volunteers—thank you for your unwavering support and inspiration. **You are the heart of our mission**, and we look forward to continuing this journey with you in 2025! Take a peek at our year-end celebrations as our children, families and volunteers shared meaningful moments together.

#### **Volunteers' Night Out at Universal Studios Singapore**

On 30 November, our volunteers and staff were treated to an unforgettable evening at *Universal Studios Singapore*, hosted by the **Ministry of Social and Family Development (MSF)**. This special '*Volunteers' Night Out*' marked the conclusion of the *Year of Celebrating Volunteers (YCVolunteers)*, with **Minister Masagos Zulkifli** gracing the occasion.

One of our dedicated volunteers, Grace, who supports Filos' *Senior Befriending* programme, also had the privilege of sharing her inspiring journey with the Minister. The evening was a wonderful mix of thrills, laughter, and heartfelt appreciation.

## Celebrating Achievements: Bursary Awards and Movie Night

On 3 December, we gathered to celebrate the achievements of our children and youth at the *Bursary Awards and Movie Night*. Volunteers supporting our Children and Youth programmes joined this heartwarming event, which recognised the resilience and hard work of our young recipients. The evening ended on a joyful note with a screening of **Moana 2**, leaving everyone with smiles. A special thanks to our generous donors and partners, including *Edrington, MILK Fund and Annabella Patisserie*, for making this event truly memorable!

## Exploring Together: Food & Walking Tour Adventure

To express our gratitude further, we treated some of our regular volunteers to a delightful *Walking Food Tour* on 7 December. Exploring and uncovering the history of Lavender and Kampong Glam, the volunteers bonded over meaningful conversations and delicious local treats, including carrot cake and a scrumptious nasi padang lunch. This outing not only strengthened friendships but also created lasting memories.

Explore volunteering opportunities for 2025 at the end of this newsletter or visit Filos' Volunteer Portal: <https://bit.ly/FilosVMS> to start your volunteering journey.



### PROGRAMME HIGHLIGHTS

## New in 2025: Care Buddy – Supporting Mental Wellness and Being a Friend in Need

As we step into 2025, Filos is excited to introduce one of our newest initiatives under our Community Mental Health services – the **Care Buddy** programme. Designed as a six-month befriending initiative, **Care Buddies (Volunteers)** will be supporting persons with mental health conditions by fostering meaningful social connections and helping them thrive in their communities.

Living with mental health challenges can be an isolating experience. Many of our clients face not

only the weight of their conditions but also the loneliness of fewer meaningful relationships. The Care Buddy programme seeks to change this by building friendships that bring comfort, understanding, and a renewed sense of belonging.

As a Care Buddy, you become more than a volunteer—you become a friend and an advocate. Through regular visits, you have the opportunity to brighten someone's day, share laughter, and offer a listening ear. These simple yet profound acts of kindness can make an extraordinary difference in someone's recovery journey.

**What does it take to be a Care Buddy?** No prior experience is necessary. Filos provides training to equip volunteers with effective communication techniques and the skills to offer emotional support. Our dedicated team offers ongoing guidance, ensuring each volunteer feels empowered and confident in their role. **This new year, consider the gift of your time and presence.**

Volunteering as a Care Buddy is a chance to make a profound impact, gain valuable experience, and join a supportive community of like-minded individuals.

Make a difference by volunteering as a [Care Buddy](#) today!



#### PROGRAMME HIGHLIGHTS

## Golden Balance: Empowering Seniors to Move with Confidence

Building on our commitment to empower and enrich lives, Filos is also thrilled to introduce **Golden Balance**, a brand-new initiative under Filos' *Active Ageing Centre*. This specialised exercise programme is designed to empower seniors by strengthening their core muscles, enhancing balance, and improving overall mobility.

What sets Golden Balance apart is its targeted approach. Unlike general fitness classes, this programme is capped at just six participants per session, allowing for personalised attention from a professional trainer. Over the course of 10 sessions, seniors learn to engage the right muscles through guided exercises in a supportive setting.

Mdm Tan, 78, experienced a life-changing transformation through Golden Balance. Once limited by her inability to walk for more than 15 minutes without rest, she now moves with renewed confidence. ***“I almost gave up,”*** she says, ***“but thanks to Filos, I can now walk to the bus interchange without stopping for more than 30 minutes. Even my daughter noticed my progress!”***

Keen to sponsor meaningful programmes like the Golden Balance?  
Write to us at [info@filos.sg](mailto:info@filos.sg) to explore collaboration opportunities!



## STORY OF THE MONTH

### Nurul's Journey: Building a Brighter Future

As Nurul, 20, grew up with her younger brother, and their mother in a one-room rental flat. After losing their father at a young age, Nurul's mother became the sole breadwinner, working tirelessly to provide for her children. Despite these challenges, the family stayed resilient. In the early years, Filos stepped in to offer support through an assistance programme, which helped ease some of their immediate needs.

As they got older, both Nurul and her brother took on part-time work to help with living expenses while balancing school responsibilities. In her second year of school, Nurul received an offer from Filos' tertiary bursary programme, sponsored by a generous donor who believed in Filos' work. Her brother, entering ITE, also received the bursary, giving both siblings monthly financial support during their studies. This help allowed them to stay focused on their education, easing some of the financial burdens they faced.

“With the monthly financial support, I could afford the materials I needed for school, especially as an educator in training,” Nurul shares. ***“It provided me a cushion for unexpected expenses and lifted a weight off my shoulders. I am genuinely thankful for this support—it motivated me to focus on my academics without worrying about monthly expenses.”***

Nurul recently completed her diploma and now works as a fitness trainer, with hopes of saving up to pursue a degree in early childhood education. Her journey is a testament to resilience, gratitude, and the transformative power of community support. **With determination and focus, she looks forward to continuing her education and eventually giving back as a competent educator, helping others like her.**

*Your generosity can turn hope into reality for individuals like Nurul.  
Make a difference today at <https://bit.ly/HoldOutHope2024>.*

## 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, you could consider making a donation or sharing your skills and 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



**WE'RE ON  
TELEGRAM!**

<https://t.me/BedokVC>



## Filos Community Services

### Family, Children, Youth

- [Green Spot \(Activity Organiser\)](#)
- [House Cleaning for Low-income Families/Seniors](#)
- [Reading Room \(Special\) - \(Activity Organiser & Storyteller\)](#)

## Community Mental Health

- [Care Buddy](#)

## Eldercare

- [Active Ageing Programme Organiser](#)
- [Exercise Group Facilitator \(Active Ageing Centre\)](#)
- [Fetch Kakis](#)
- [Senior Befriender](#)

## Skills-based

- [Drivers for Ad-hoc Collections](#)

## **SG Cares Volunteer Centre @ Bedok**

### Family, Children & Youth

- [Morning Star Community Services - CareNights Facilitator, Tutor, Reading Room](#)

### Multi-service

- [SG Cares VC @ Bedok - Adopt a Repair](#)
- [Various Organisations - Haircut Services](#)
- [Various Organisations - Meals On Wheels](#)

### Seniors

- [Active Ageing Centres - Befriender](#)
- [LC Nursing Home - Befriender](#)
- [NTUC Health Senior Day Centre - Senior Chit-Chat Befriender](#)
- [NTUC Health Nursing Home \(Chai Chee\) - Befriender](#)
- [SG Cares VC @ Bedok - Clean & Shine \(House-cleaning for seniors\)](#)
- [SG Cares VC @ Bedok - Medical Escort](#)
- [SGO - Silver Generation Ambassador](#)

### Persons with Disabilities

- [AWWA School @ Bedok - Classroom & CCA Support](#)
- [MINDS Towner Garden School - Community Mobility Training](#)
- [St Andrew's Autism Centre - Class Support Volunteer](#)
- [SUN-DAC - Activity Befriender](#)
- [THK Home for Disabled Adults at Chai Chee - Activity Facilitator](#)

**Volunteer with Us Today!**

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**DONATE**

## **Giving Hope to the Community**

If you believe in our cause and would like to further our efforts in reaching out to the community, do [donate now!](#)

Donate Today!

Get in Touch

### About Filos

Filos Community Services is a not-for-profit social service organisation. 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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