



FILOS

COMMUNITY

SERVICES

Stewardship
Report
2014

VISION

To see effective functioning of individuals and families in Bedok and beyond

MISSION

To build resilience and empower individuals and families

VALUES

FAITHFULNESS
accuracy, dependability, commitment

INTEGRITY
truthfulness, honesty, uprightness

LOVE
friendship, care and concern

OPENNESS
transparency, frankness and sincerity

SERVANTHOOD
serving, helping, benefiting others

SERVICES

FAMILY LIFE SERVICES
Building Strong Marriages & Families

ASSISTANCE & REFFERAL SERVICES
Extending a helping hand in a time of need

CHILDREN & YOUTH SERVICES
Building Resiliency and Character

ELDERLY SERVICES
Promoting Physical and Mental Wellness

MESSAGE FROM CHAIRMAN

Filos Community Services is into our 10th year of community service and work. It is my privilege to be able to write this message to mark this momentous milestone.

Shortly after incorporation, Filos Community Services was granted IPC (Institution of Public Character) status. With this achievement, we received proper recognition, more donations and better funding. Subsequently, we were able to include additional programs and expand our services. Change then became a reality and we had to continually adapt, evolve and re-organize.

Throughout, we are constantly mindful to ensure good governance by following

guidelines and checklists from the Charity Council.

We are grateful to be granted a void deck space in Chai Chee to house our operations. The premises are being built up now and we expect to move there in August 2015. We are now able to operate from a permanent base, right in the heart of the community that we serve.

I want to take this opportunity to thank our donors. All donations received from individuals, corporations, foundations and religious organizations will go a long way to help our beneficiaries. I am especially grateful for funding from the President's Challenge, Care and Share

Movement, Lee Foundation, Prometheus Trust and many other corporations and individuals who have come alongside us to support us in our work with the community.

Community service is difficult but satisfying. It is demanding but meaningful. It is risky but worthwhile. It is joyful when we see people and families being helped. The reward is lasting.

Looking forward to your continued partnership and investment to build resilience and empower individuals and families.



Mr Allan Wong Ann Ming
Chairman
Filos Community Services

FAMILY LIFE SERVICES

Building Strong Marriages & Families

Filos' mission is to build healthy relationships within the family and their community with a particular emphasis on building strong marriages and equipping parents with skills to build resilient families.

27

FAMILY LIFE
EDUCATION
PROGRAMMES

Parenting talks & Workshops

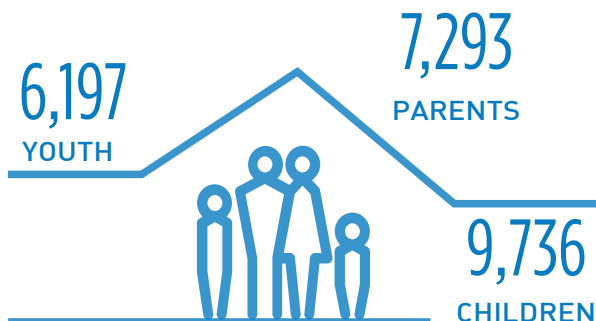
Training parents to handle the multidimensional challenge of parenting in domains of child and teen development, disciplining with love, cyber wellness, sexuality matters, as well as stress management and bully issues.

Talks & Workshops for Married Couples & Working Adults

Enabling married couples and working adults with effective communication and relational skills for healthy relationships and quality work-life balance.

23, 226

INDIVIDUALS REACHED





Speaker was very eloquent and fluent in her presentation. Had good flow and the elaboration was succinct for us to understand enough of the content. Content was organised as well as the activities very well thought out."

Timothy Gan

Participant of Family Life Education talk
"Knowing Me, Knowing You"

PROGRAMMES FOR THE HEALTH PROMOTION BOARD

I See, I Do

Teaching parents how to role-model healthy habits to children

Love Them, Talk About Sex

Equipping parents to communicate with their children about sexuality

ASSISTANCE

Extending a helping hand in a time of need

Filos reaches out to needy individuals and families through their various Assistance and Referral Services.

150



HOMES
RECEIVED BREAD
DISTRIBUTION

177



VISITS MADE TO
NEEDY FAMILIES

4



LADIES BENEFITTED
FROM 'PARENTS
LEARNING ENGLISH
AND SPEAKING
EXCELLENTLY'
(P.L.E.A.S.E)
PROGRAMME

210



OCCASIONS WHERE
INDIVIDUALS &
FAMILIES WERE
HELPED IN KIND

452



CLIENTS REACHED
THROUGH BLESSING
PROJECTS

5



STUDENTS
AWARDED WITH
BURSARIES &
SCHOLARSHIPS



P.L.E.A.S.E. (Parents Learning English and Speaking Excellently) is an English course aimed at Chinese speaking mothers. It is now in its second run as feedback from participants has been excellent. The mothers, including one grandmother, have been marching into class with an enthusiasm that is highly infectious.

They have progressed from trying to repeat simple words and sentences by rote, to communicating with people they meet outside at work. One of the participants, Mdm Tan, exclaimed that she was able to speak to the Malay conservancy personnel about her rubbish chute's door being stuck, and the other party was able to converse with her. "I understand her, she understand me. Simple English!" she chirped happily one evening, laughing as she recounted the incident.

Emmeline Koh

Volunteer Trainer, P.L.E.A.S.E.

CHILDREN & YOUTH

Building Resiliency and Character

Filos imparts life skills to students that will help them in their holistic development, thus equipping them to cope with the challenges of modern day demands and to build resiliency.

18,934

INDIVIDUALS
REACHED

Tuition
Programme

16 INDIVIDUALS
REACHED

Stress Management
Workshop

186 INDIVIDUALS
REACHED

Sexuality
Programme

11

At-risk youth
reached
through BGR
Sexuality talk

17,838

Youth reached
through eTeens,
Sexuality education
programme

40

Special Needs
students
reached through
Love Matters
programme

800

Youth engaged
in Sexuality
Forum

43

Students reached
through YOUth
Matters!, Sexuality
education
programme

“

I like Filos because we can play games and learn and sometimes go somewhere.

Fairuz, 7

“

I think Filos is good. I have friends here and the tutors are fabulous! It's fun. My Maths, English and Science improved for my last exam.

Jia Qing, 12



ELDERLY SERVICES

Promoting Physical and Mental Wellnes

In Singapore, **20% of the total population will be above the age of 65 by the year 2030**. The prevalence of dementia will likewise increase over the coming years.



CURRENT

25,000

↑ EXPECTED INCLCREASE TO



53,000

DEMENTIA ELDERLY BY 2020

Active Minds programme

It aims to:

Provide home based intervention with therapeutic activities aimed at maintaining mental health in elderly with mild cognitive impairments and/or early dementia, who are living in the community.

Empower caregivers with knowledge and skills that will help them connect with their loved ones through activities, to facilitate stronger relationship bonds between caregivers and their loved ones.

More Than Friends programme

Home Based physical and mental health assessments for early detection of chronic disease, dementia and depression.

Chronic disease management

Support, pill minding and medical escort services

Social Wellness programmes

Health Talks and Enrichment programmes



**ACTIVE MINDS
PROGRAMME**

38

CLIENTS REACHED
THROUGH

928

VISITS

**MORE THAN FRIENDS
PROGRAMME**

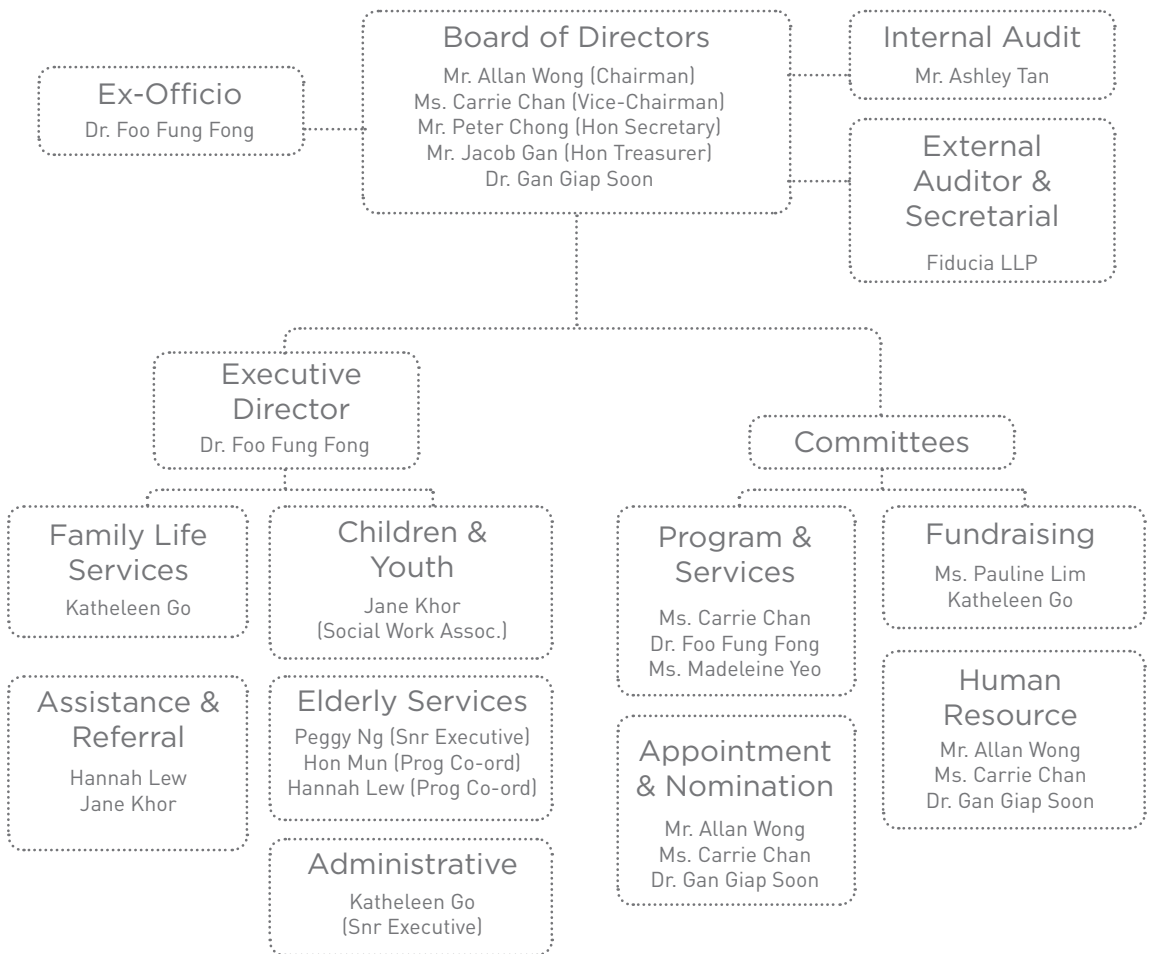
232

CLIENTS REACHED
THROUGH

1,840

VISITS

Organisational Structure



Annual Remuneration of key staff (Salary Bands):

No. of Staff

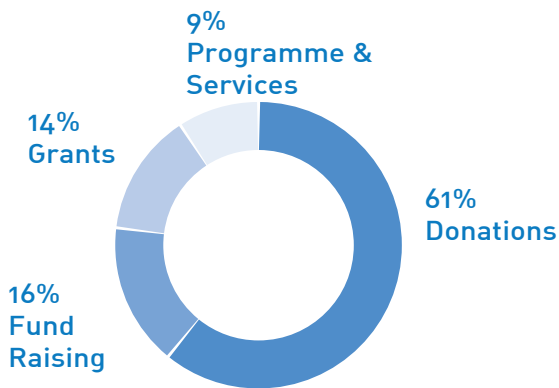
more than \$150,000	0
\$100,001 - \$150,000	1
Below \$100,000	1

DONATIONS RAISED **\$ 774,943**

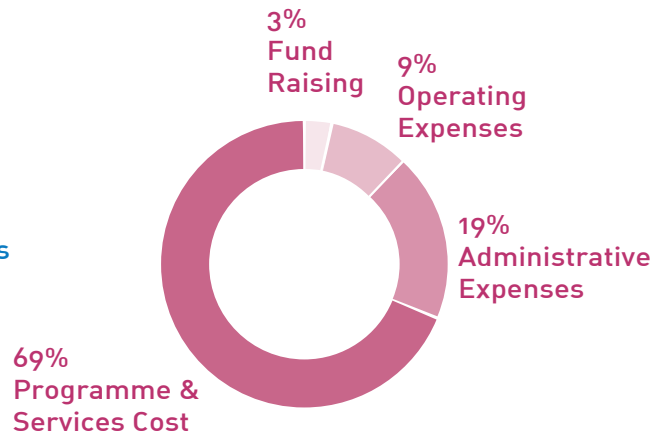
We would like to thank our individual & corporate donors.
 We need **\$845,000 for 2015** for the expected expenditure of **\$1.2 million**.
 Your giving will help us to help the needy.

Donate online at www.sggives.org/filos or contact us at 6242 5978.

INCOME



EXPENDITURE



2014 Summary Financials

INCOME

Donations	61%	\$ 774,943
Programme & Services	9%	\$ 106,624
Grants	14%	\$ 180,154
Fund Raising	16%	\$ 204,211
TOTAL INCOME	100%	\$ 1,265,932

EXPENDITURE


Fund Raising Cost	3%	\$ 17,538
Programme Cost	69%	\$ 400,065
Operating Expenses	9%	\$ 53,601
Administrative Expenses	19%	\$ 109,980
TOTAL EXPENDITURE	100%	\$ 581,184
Net Surplus (Deficit)		\$ 684,748



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