



4WARD TOGETHER 4 MILLION STEPS

Dear Friends of Lakeside,

We have recently launched our new 4ward Together 4 Million Steps fundraising campaign to raise funds for our programmes and services supporting (ex-)inmates and their families on their journey to reintegration.

Each year, we work with about 4000 (ex-)inmates and their families and this year, we are committed to pledging 1000 steps for every inmate we work with.

Together with you, we hope to walk 4 Million Steps and raise \$300,000. Would you join us to support this meaningful cause?

Support Us



WALK WITH US

Walk at your own pace and at your own time. Anytime between now to 30 November, submit your steps on our website and help us accumulate 4 million steps!



FUNDRAISE WITH US

Set yourself a steps challenge and create your own Giving.sg fundraising page. Rally your friends and family to support you!



DONATE

Make a difference with a donation! Any amount will be greatly appreciated.

[Find Out More](#)



As a teenager, Kat lived a fun and carefree life. She was introduced to drugs by her peers at 16 and was since incarcerated 9 times for drug consumption.

The turning point in her life came after her mother's passing but she wasn't able to say her final goodbye as she was in prison.

"I want to go home"

With the counselling and case management support from Lakeside, as well as a volunteer buddy journeying with her, she eventually overcame her drug addiction.

She is now doing well and has been staying drug-free, performing well at her work, and adjusting well to being a wife.

[Read More](#)

STAY ACTIVE & KEEP DEMENTIA AT BAY



21 September was World Alzheimer's Day and this year's theme was "Know Dementia, Know Alzheimer's". Staying mentally and physically active, as well as being socially engaged can help to prevent dementia.

Lakeside's Kaki Kampong Seniors Wellness (KKSWS) organises regular activities for seniors to encourage active ageing both mentally and physically. Interest-based activities such as ukulele classes, art & craft and morning exercise classes are conducted regularly. We also promote volunteerism amongst seniors which helps to increase their overall well-being.

If you have a loved one living in the Jurong community, do get them to join our programmes at KKSWS!

[Find Out More](#)

IS IT CHRISTMAS ALREADY?



It has been a long year for everyone, trying to live with COVID-19. In a normal year, our children at Lakeside Student Care would look forward to the outings organised by our staff and volunteers during the holidays. Due to the measures in place to keep everyone safe, we were not able to do so.

Nevertheless, our staff continue to find ways to meaningfully engage our children such as the Christmas card design competition. The wonderful designs (plus the wet weather) are sure to put us in an early Christmas mood!

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