

Lakeside News

May - June 2022



#ICAN Inspire Change!

Thanks to you, we raised over \$115k through the #ICAN_____ fundraiser in 2021, which helped us to change the lives of more than 500 children and 250 youths! This year, #ICAN_____ is back again with more heartwarming stories and exciting challenges! Will you seize the opportunity to say #ICAN inspire the next generation?

One of the causes supported by #ICAN_____ is The GRIT Project (TGP), a Children and Youth Centre by Lakeside Family Services (Lakeside). As the centre is largely self-funded, your donations keep our doors open for children and youths in the community. We chat with Weilin, Assistant Head at TGP, to find out more about the youth work you support when you give to #ICAN_____.



"Each youth is a very special individual with their own strengths and stories to tell. Having worked with them, I know they all have amazing potential! Supporting them through volunteering or financial means is like playing a part in their journey – it matters!" – Weilin (first from right)

What are the community needs that TGP addresses?



"We serve 13 to 17-year-olds from the rental blocks at Nanyang, Boon Lay, and schools in these areas. Some of the youths lack meaningful engagement and positive adult figures and role models in their lives, which increases the risk of them getting involved in harmful activities. They may also be struggling with social skills, self-esteem, social acceptance, academic performance, and conduct issues.

At TGP, we do our best to provide a safe and supportive environment for youths to grow while having fun. All our programmes have a mentoring element, which allows us to provide the care and guidance they need. Mentoring allows for nurturing relationships, equips them with life skills, and helps them on their journey of self-discovery."

How do you get youths interested in TGP?

"Other than social media, we network with schools, plus community and social service agencies for referrals. When we conduct social work programmes in school, we take the opportunity to invite students to join TGP. Quite a few of our youths are invited by their friends or walk in on their own too! We also run community outreach events to publicise our mentoring programmes. This year, we did laser tag and sports!

We tailor the programmes to their interests, such as futsal and badminton. The programmes are ever evolving to maintain relevance among the youths. But the youths also stay because they feel a sense of belonging in this caring and supportive space they have in the community."



What impact does TGP have on the lives of youths?



"Many of the youths have shown improvements in responsible decision-making, self-management, self-awareness, and social awareness. They learn to use their strengths and become more confident! Some of them step up to help organise activities and serve as befrienders and volunteers when they are older.

I'm glad there are youths still who come for the weekly drop-in and stay in touch with the staff even after completing the programmes. They are more willing to share their problems and seek help as they know there are caring adults they can trust, and a place where they can be themselves."



Jack is one of the many youths who have found a new passion at TGP. Before, he used to be an avid gamer, but through our Sports@TGP programme, he developed a love for badminton and eventually reduced the time he spent on gaming.

Through the guidance and mentoring from our staff and volunteers in the sports programme, Jack has also grown in discipline and perseverance, qualities that will serve him well as he works towards his dream of studying pharmaceuticals and becoming a scientist. This is what we hope to do at TGP, to equip our young ones with positive values that they can take with them through life.

Help us inspire our children and youths to uncover their potential today by supporting our #ICAN_____ fundraising campaign.

Find out how: <https://lakeside.org.sg/support-us/i-can/>

Bikes to Bless with The Bike Shack



What if the bike taking up space in your home had a second life blessing someone who needs it? Mdm Zubaedah, beneficiary at Lakeside Family Centre (Jurong East), is the delighted recipient of a foldable bike gifted by The Bike Shack and Easy@GO. She lives in a small rental flat with 6 children and 2 grandchildren. Now, the bike eases her daily commute and allows her to ferry her 6-year-old to a special needs school.

The Bike Shack is a social enterprise that hopes to get the cycling community to do more for the environment and society. Part of their work includes refurbishing donated pre-loved bikes to the less privileged. Have a pre-loved bike you wish to donate? Find out more at <https://thebikeshack.org/>

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