

Lakeside News

July - September 2022



#AMillionSteps is Back!

For the third year in a row, Lakeside Family Services is organising #AMillionSteps to raise funds for our programmes serving (ex-)inmates and their families. With your support, we walked 11,851,711 steps and raised \$226,687 last year!



We hope to continue walking with (ex-)inmates in their journey of reintegration: Imparting life skills, preparing them for life after release, guiding them as they navigate challenges, and providing referral services for them and their families.

We will also be expanding our work to include aftercare services such as employment support through job matching and career coaching, plus family bonding activities to strengthen family ties.

To emphasise the importance of family and community support, our fundraising campaign is titled #WalkingWithYou, and it runs from 15 Aug 2022 to 31 Mar 2023.

If you would like to walk with (ex-)inmates on their journey of reintegration, you can donate or start your own fundraising campaign. Find out more:

<https://lakeside.org.sg/support-us/a-million-steps/>



A Fun Walk with Friends & Family

We kickstarted our #WalkingWithYou campaign on Saturday, 27 August with an 8km Fun Walk from Marina Barrage to Marine Cove at East Coast Park.

Lakeside also got into the spirit of the Year of Celebrating SG Families with our Guest-of-Honour, Minister of State for Social and Family Development, Ms Sun Xueling. She joined us at our pitstop at Bay East Bridge, where she took photos with everyone and flagged off the second leg of the event.

Overall, it was a splendid morning of fun in the sun with our family and friends! Our biggest thanks to over 100 Friends of Lakeside for walking in support of our work serving (ex-)inmates and their families and helping us start the journey of #AMillionSteps!

Thank you for saying #ICAN___!

Thanks to you, we have managed to raise a wonderful \$155,038 for the #ICAN___ campaign! We appreciate all who have set up fundraisers and gave with charitable hearts to support our children and youth programmes!



With your help, our young beneficiaries CAN build an inclusive community of their own at The GRIT Project. They CAN discover and soak in their love of reading through our Reading Intervention Services. They CAN enjoy a memorable childhood with Lakeside Student Care.

Because of you, more programmes can be created for children and youths to uncover their individual talents and potential. Because you believe in them, they CAN truly excel and boldly work towards their aspirations.

Our campaign ends on 31 October 2022. Do continue to spread the word and contribute to a better future for our children and youths. Find out how:

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



#ICANRun – WongPartnership's Run for a Cause

Over the month of May, WongPartnership organised their first virtual run to fundraise for four adopted charities as part of its 30th anniversary celebrations. In this special milestone, employees came together as a Firm to each run 30km to fundraise for Lakeside Family Services, where we were one of the adopted charities, and in particular, our #ICAN___ campaign. We are immensely grateful for their efforts and generosity, which raised \$94,143!

Supporters also ran down memory lane with their #ICANPhotograph challenge, where they shared nostalgic childhood photos and stories on social media to help spread the word for #ICAN___. Thank you WongPartnership for leading the charge in saying "I CAN!"

Positive Parenting like a Pro!

What if parenting could be a less stressful, more enjoyable, and even rewarding experience? Our Family Life Educators Daniel and Selene brought their expertise to a virtual talk for our friends from Shell. With support from the Shell Network of Women, 55 parents in Shell learned the positive parenting skills and strategies needed to create a safe and engaging environment for children to learn and grow.

Daniel and Selene provided helpful insights addressing parenting challenges, such as temper tantrums and sibling rivalry.

Participants also learned more about children's emotional needs, assertive discipline, and realistic parenting expectations. We hope these tips will go a long way in strengthening families!

Lakeside's Parenting Support Programme equips parents with the necessary skills, evidence-based knowledge, and follow-on support resulting in improved parent-child relationships and positive family dynamics. We also coordinate and provide family support services to schools, parents, and students in Clementi, Jurong East and Queenstown. Find out more about our [Parenting Support Services](#).



Upcycling Fun with Shell



Thank you Shell volunteers for another fun and educational experience! Our Lakeside Student Care (Jurong West) children enjoyed an afternoon of play and learning about great ways to go green. The highlight of the day was a craft activity where the volunteers guided the children in making quirky pencil holders from upcycled materials. They definitely had a blast learning and expressing their creativity!

Lakeside Student Care provides after-school care and supervision for children aged 7 to 12. We also work with volunteers to bring our children a variety of experiences like outings and workshops. If you or your team would like to do something special for the children during the year-end school holidays, please email

volunteer@lakeside.org.sg.

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