

# LAKESSIDE NEWS

## JANUARY - MARCH 2023



### HAPPY 30TH ANNIVERSARY, LAKESSIDE FAMILY SERVICES!



Lakeside Family Services (Lakeside) is turning 30! Thank you for being part of the Lakeside story and making every year special. This year, we look back on our milestones with pride and celebrate all the lives changed as we fulfilled our mission for the last 30 years. Stay tuned as we take a trip down memory lane and ponder what it means to provide quality services as society evolves. Be sure to follow @lakesidefamilyservices on [Facebook](#) and [Instagram](#) for more meaningful stories and updates on our latest events and activities!

#### HEARTIEST CONGRATULATIONS

Big congratulations to our staff for receiving Long Service Awards from the Ministry of Social and Family Development (MSF)! Teo Tee Loon (Executive Director) gave 30 years of service, while Belinda Koh (Director, Social Work), and Edwin Quek (Director, Clinical Services) contributed 25 years of service each.

Such commitment is no easy feat! Through the years, they have witnessed the changing landscape of the social service sector and the evolving needs in Singaporean society. We thank them for their faithful service and guidance as they share their great wealth of knowledge with the next generation of social service workers. Congratulations Tee Loon, Belinda, and Edwin!



## MENTAL HEALTH MATTERS WITH CREST-YOUTH (SOAR)



CREST-Youth Lakeside Family Services @ West (SOAR) is our new mental wellness community-based programme serving youths aged 12-25 in the West region. SOAR stands for the Self-Confidence, Optimism, Accountability, and Resilience. We hope to help our youths build so they can learn to SOAR above their circumstances.

Through this programme, our staff and volunteers aim to increase awareness of mental health issues and promote early identification among youths.



What does CREST-Youth (SOAR) do?

- Increase public awareness of mental health by organising outreach events for the youth population, as well as those in their circles of support
- Promote the recognition of early signs and symptoms of mental health conditions
- Provide coordinated person-centric care (social and health), information and support for youths and their caregivers through providing basic emotional support, follow up and service linkage
- Involve parents and peers in the recovery journey of youths

SOAR also offers interest-based groups for youths such as art jamming, badminton, gardening, hip-hop dance and more! Find out more at [our website](https://soar@lakeside.org.sg) or drop us an email: [soar@lakeside.org.sg](mailto:soar@lakeside.org.sg).

As part of the continuum of Family Support Services, we have a new programme that aims to strengthen family relationships, help families in achieving stability in functioning, and build resilient individuals. Our Strengthening Families Programme (FAM@FSC) serves families residing in Jurong East, Clementi, and Queenstown.

Support from FAM@FSC includes:

- Family counselling
- Discernment counselling
- Divorce support programmes
- Children-in-Between programmes



**EVERY FAMILY MATTERS  
WITH FAM@FSC**

Get in touch at [FAM@lakeside.org.sg](mailto:FAM@lakeside.org.sg) or call us at 6991 3003. You can also find out more at our [website](#).

Life can get stressful, but how do we know when someone is overly stressed? Here are the signs to watch out for:

1. Crying spells or bursts of anger
2. Difficulty eating
3. Losing interest in daily activities
4. Increasing physical distress symptoms
5. Fatigue
6. Feeling guilty, helpless or hopeless
7. Avoiding family and friends

Read the full post on our [Facebook](#) and [Instagram](#)!



**When life gets us down, we need  
someone we can turn to. Let's watch  
out for one another and remember to  
show love and care to those around us!**



## A GREEN NEW YEAR WITH SHELL

Thank you, Shell Singapore for ushering in the Lunar New Year with our children! We were honoured to host Shell's Real Estate Leadership Team at Lakeside Student Care (Jurong West). Our visitors spent a meaningful afternoon getting to know us and creating upcycled bunny lanterns with our children in a workshop by Preschool Market.



In our joint efforts to go green, Shell Singapore also installed a recycling bin and a lush green hydroponic wall by Grobrix at Lakeside Student Care. The children have been marvelling at the fresh, pesticide-free produce growing fast and thriving before their very eyes. It was definitely a rewarding experience for the children to be able to harvest vegetables they can bring home! Here's to more teachable moments as we learn to care for the environment together!



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