

Dear Friends of Lakeside,

Launched on 1 May, our fundraising campaign *The Next Generation* has been incredibly inspiring. It raises funds for our work with children and youths, namely The GRIT Project, Reading Intervention Services and Lakeside Student Care. Your support nurtures #TheNextGeneration, so we hope you will come alongside us to donate and raise funds for this good cause!

Read on to discover students Cathleen and Khloe's uplifting journey at Lakeside Student Care. More below on communication tips for a healthy married life, and learn to spot when social media is negatively impacting mental health.

If you're on [Facebook](#) and [Instagram](#), give Lakeside Family Services a follow! We post heartwarming content showing all the good we're able to accomplish with your support, as well as videos to brighten your day!

Teo Tee Loon
Executive Director

What makes Lakeside Student Care special?



**CATHLEEN AND KHLOE,
LAKESIDE STUDENT CARE**

Lakeside Student Care provides after-school care and supervision for children aged 7 to 12. Friendly staff provide meals, homework help, and enrichment programmes. The children are taught to be responsible and independent from an early age. Our teachers intentionally impart values and life-skills to our children, such as self-directed learning, and looking out for others with difficulties. Over the past four years, best friends Cathleen and Khloe have grown into the helpful, responsible, and compassionate children they are today.



During the COVID-19 pandemic, we could not host buddy reading volunteers. Khloe took the initiative to read with a new student for 20 minutes each day, which fostered a lasting friendship between them.

Cathleen also patiently helped the younger children with their schoolwork. Caring for the younger ones comes naturally as they mirror the support they once received from the older children at Lakeside Student Care.



At just 10 years old, they have learned to take responsibility for their own learning. Following the student care's schedule, they dedicate at least one and a half hours daily to their studies before diving into their favourite books and toys.

It is a positive learning environment where students are encouraged to seek help from teachers and older students alike when they encounter difficulties.



Beyond academics, Cathleen and Khloe grow holistically with fun-filled workshops and outings. With the school holidays around the corner, they eagerly anticipate sessions like cooking and crafts, where they can explore new skills beyond their textbooks.

Such experiences make a profound impact on the children in this little community, and we are proud to contribute to the development of the next generation. Your support enables us to continue providing quality services like Lakeside Student Care for children and youths, including those from disadvantaged families. Make a positive impact on #TheNextGeneration today!

[Donate](#)

[Fundraise](#)

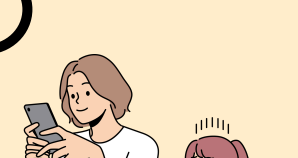
Signs that social media is negatively impacting your mental health



In the age of endless scrolling and constant connectivity, it's crucial to pause and reflect on how social media influences our mental well-being.

If you've encountered any of these signs below, exercise self-care by limiting your screen time. Remember, you're more than your online presence!

1



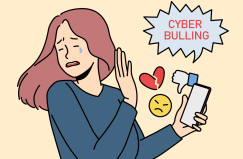
**SPENDING MORE TIME ON
SOCIAL MEDIA THAN WITH
REAL WORLD FRIENDS.**

2



**COMPARING YOURSELF
UNFAVORABLY WITH OTHERS
ON SOCIAL MEDIA.**

3



**EXPERIENCING
CYBERBULLYING**

4



**BEING DISTRACTED AT
SCHOOL OR WORK.**

5



**HAVING NO TIME FOR
SELF-REFLECTION**

6



**ENGAGING IN RISKY
BEHAVIOR TO GAIN VIEWS,
LIKES & SHARES**

7



**SUFFERING FROM SLEEP
PROBLEMS**

8



**WORSENING SYMPTOMS OF
ANXIETY OR DEPRESSION**

Enjoying this content? Follow [@crestyouth.soar](#) on Instagram for more mental health tips and helpful workshops for youths and young adults.

Communication tips for deeper intimacy with your spouse



Sometimes, life's demands such as work, caregiving, and other responsibilities leave little time for the connection that keeps relationships thriving. If you find yourself longing for more intimacy with your spouse, it's time to reclaim those precious moments.

Setting aside five minutes per day for intentional dialogue with your spouse can be helpful. This may include sharing your feelings and experiences for the day, talking about your needs, and providing genuine compliments towards each other. Here are some communication tips to deepen intimacy with your spouse:

- **Unplug and Tune In:** Put away distractions, make eye contact, and listen attentively to your partner.
- **Listen Actively:** Summarise what your partner says to ensure understanding before responding (E.g., I hear you saying that you are feeling frustrated that I don't spend enough time with you.)
- **"I" Feel, "I" Need:** Talk about your feelings and needs using "I" statements rather than "You" statements (E.g., "I worry when you don't let me know you'll be late. I would appreciate it if you could let me know an estimated timing you would be able to reach" instead of "You are always late!")
- **Problem-Solve Together:** Avoid blaming each other and work together for a solution while remaining respectful of each other. This may include brainstorming several solutions together, evaluating each of the possible solutions, agreeing on one solution to try out, and how each of you will work towards trying out this solution.
- **Time-Out & Time-In:** If things get heated, take a break and suggest a time when you might be more ready to resume conversation.

These simple steps can help you rebuild intimacy, deepen understanding, and strengthen your connection. Remember, it is not about the amount of time you spend together, but the quality of your interactions.

If you find yourself having difficulties communicating with your spouse or resolving marital issues, seek professional support before they become more serious. Strengthening Families Programme@Family Service Centre or FAM@FSC for short, provides counselling support services, including for marital and other family-related issues. These counselling services are fully subsidised. Register or find out more below.

[Register](#)

[More info](#)



Lakeside Family Services



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