

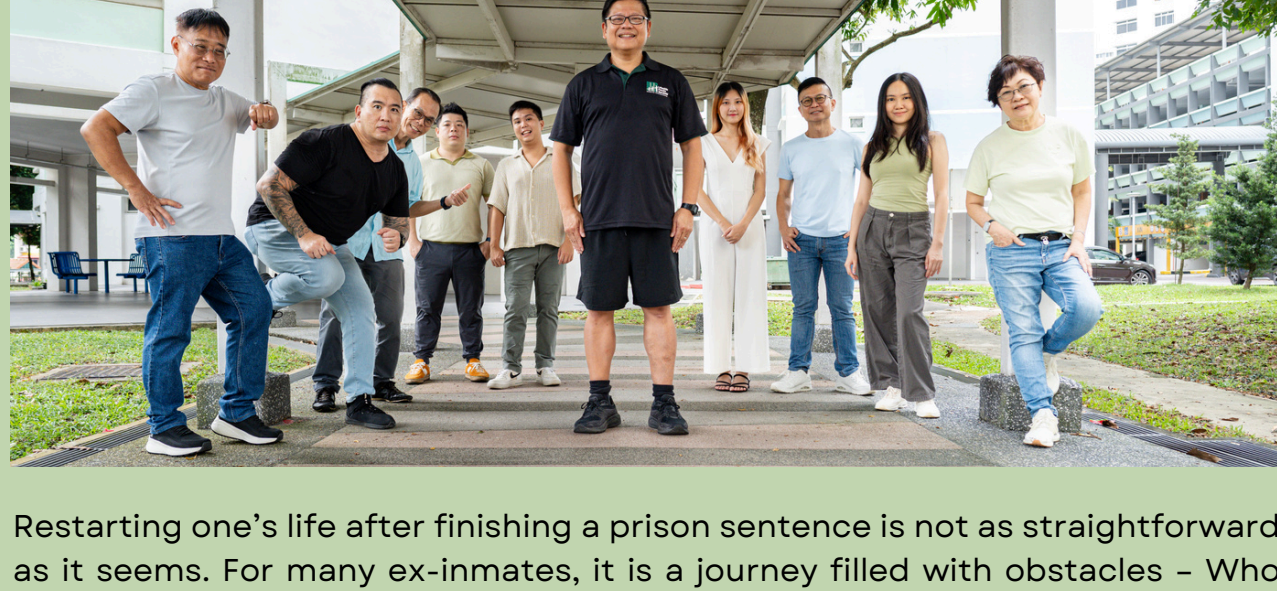
Dear Friends of Lakeside,

We invite you to partner with us in doing good with two campaigns that we hope you will find meaningful and inspiring. If you believe in second chances, don't miss out on this year's **A Million Steps**, which raises funds for our work at Taman Jurong Haven serving inmates, ex-inmates, and their families.

Also, **The Golden Years** was launched to raise funds for our work at Kaki Kampong Seniors Wellness (KKS), where we build a warm community for seniors. Anyone aged 50 and above is welcome to join us at KKS! Read on for real life stories and see how KKS cares for seniors in their golden years, and how every step we take with ex-inmates unlocks new beginnings.

Teo Tee Loon
Executive Director

#AMillionSteps - Unlock New Beginnings



Restarting one's life after finishing a prison sentence is not as straightforward as it seems. For many ex-inmates, it is a journey filled with obstacles – Who would hire an ex-inmate? Where will they live? Will their families accept them back into their lives? They might have been set free from the physical prison, yet new beginnings are out of reach without meaningful action from both ex-inmates and the people around them.

We journey with ex-inmates by imparting life skills that prepare them for reintegration. We guide them in navigating obstacles and provide referrals for them and their families. With our aftercare services, we provide employment support like job matching and career coaching. We also organise family bonding activities to help them strengthen familial ties.

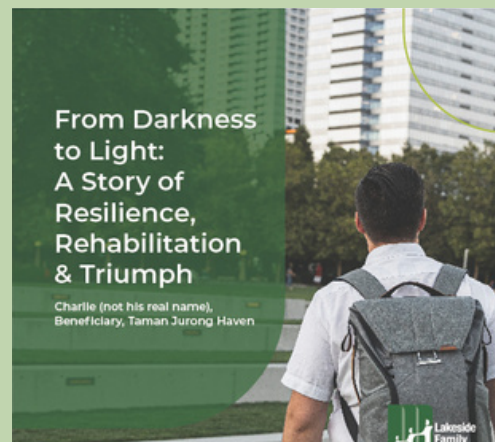
With your support, we can make a positive impact on the lives of inmates, ex-inmates, and their families. In the journey of **A Million Steps**, every step you take with them helps unlock new beginnings.

[Donate](#)

[Fundraise](#)

Charlie (not his real name) was exposed to drugs at the young age of 14. With both his parents imprisoned and gangs preying on his vulnerability, the odds were stacked against him.

Lost in a cycle of addiction, he eventually started serving prison time himself for drug consumption. During his last sentence, he started valuing his freedom.



He got to know Derance, his counsellor from Lakeside. Derance described him as a young chap full of hope for the future, who wanted restart his life but did not know where to begin. Derance gave him the unwavering support he needed for his journey of healing and self-discovery.

[Read Charlie's Story](#)

Celebrating #TheGoldenYears

Mr Chua, 74, is a retired mechanical engineering supervisor and a proud grandfather of five. After retiring at 63, he discovered Kaki Kampong Seniors Wellness (KKS) through friends.

He particularly enjoys the singing and talks at our weekly Happy Hour programme. He also loves joining our outings, where he can explore Singapore and share experiences with fellow seniors.



He sees participating at KKS as a privilege, especially for those who are homebound. He often reaches out to lonely seniors in the community, inviting them to join KKS activities because he believes that social connection is important for their well-being. As a volunteer, he also performed with our choral and ukulele groups to bring joy to nursing home residents.

Mr Chua's appreciation for KKS grew even more when he was ill with COVID-19. When he was feeling breathless, our staff and volunteers visited him. Recalling the incident, he said he was touched by their extraordinary care and support!



Let's help more seniors like Mr Chua enjoy their golden years to the fullest! Our campaign **The Golden Years (Season of Giving 2024)** raises funds for KKS's work empowering seniors to take charge of their lives and well-being. We run interest groups, outings, events, and encourage active seniors to reach out to isolated and vulnerable seniors, strengthening community bonds through peer-to-peer volunteering. Show your support by donating or fundraising with us today:

[Donate](#)

[Fundraise](#)

Art with a Heart



On Saturday 24 August, we ran **Art with a Heart** at Jurong Spring CC! Filled with kampong spirit, the public joined us for performances, workouts, and sing-along sessions. We were privileged to have Dr Hamid Razak, Second Adviser to Jurong GRC Grassroots Organisation (Jurong Spring) as our Guest-of-Honour. Our seniors led Dr Hamid on a guided tour of the art exhibition, where their artworks were showcased to the public for the very first time!

Our KKS seniors relished the opportunity to sing, dance, and play their ukuleles for a supportive audience. There were also free art workshops, an insightful talk on the benefits of art, harmonica pieces, and all had fun sweating it out with Zumba and Tarian Express. Finally, many seniors were thrilled about the Golden Draw, eagerly gathering for the chance to win numerous exciting prizes generously sponsored by Shell Singapore!

We extend our thanks to everyone, including the People's Association, Jurong Spring CC, Jurong Spring CACC, Malay Focus Group by Project Outreach JSCC, Jurong Spring Harmonica Interest Group, and Shell Singapore for their support in making this event a success. Thank you for giving our seniors and members of the community a memorable experience and showing everyone what it means to live our golden years to the fullest!

[More Photos](#)

The GRIT Clean-up



Our youths from The GRIT Project spent a meaningful day during the September holidays learning about how litter impacts our waters and wildlife.

Together with amazing volunteers from Shell Jurong Island, they picked up litter from the Marina Reservoir, playing their part in keeping Singapore's waterways clean.

Special thanks to the Shell team for setting a good example and treating the youths to goodie backpacks and a picnic lunch!

School's Out!

Thank you Shell Lubricants Supply Chain and Shell Nexus for organising a day of fun at Jacob Ballas Children's Garden for our children from Lakeside Student Care!

The children enjoyed the simple pleasures of building sandcastles at the playground and running around the park. On a tour of the garden, they experienced its tranquillity while observing various plants and insects!



We ended the day with the children putting their creativity into drawings. Many thanks to the energetic volunteers from Shell for a memorable day out!