

Dear Friends of Lakeside,

We are pleased to announce that after a brief hiatus, Lakeside will be resuming our Charity Golf tournament this year on 2 July 2025 at Warren Golf and Country Club! Keep reading for more information!

Also in this issue, learn tips on self-care, hear from our volunteers on how to engage and support children, and read highlights from our children's programme, as well as our joyful thanksgiving to close our Season of Giving campaign!

Thanks for your unstinting support!

Teo Tee Loon
Executive Director

Make a difference, one swing at a time

Tee up for change! Join us at our Lakeside Charity Golf 2025 where every swing helps make a difference to those in need.



Our Charity Golf will be held on **Wednesday, 2 July** at **Warren Golf and Country Club** with an afternoon tee-off. Through this event, we hope to raise \$200,000 to fund the operating costs of our services for children, youths, seniors, ex-inmates and their families.

By sponsoring a golf flight or making a donation, you can support our work with the community. Whether you are a seasoned pro, a casual golfer, or even if you're not a golfer, you can make a difference with us. All donations are eligible for 250% tax deduction.

[Find out more](#)

Fun and learning during the school holidays



Our kids had a blast during the March school holidays with *Sparks!* This programme by our The GRIT Project brought two full days of adventure for children aged 7 to 12, including an enjoyable trip to Kiztopia.

The children had a good time with group work, craft sessions, and discussions on peer pressure and physical bullying. They also learned to cultivate good habits and remove bad habits. We're glad we could help them develop their social skills and strengths while promoting good values!



Key tips for engaging and supporting every child

Find out from our amazing volunteers their tips to take your interaction skills with children to the next level!



1. Embrace different personalities and adapt appropriately

Every child is unique, with their own personality and pace of opening up. Recognising these differences allows us to tailor our approach.

Adapting to them helps to make them feel valued and be more willing to engage with you.

2. Extend patience and respect

Treating children with respect makes them more likely to listen and engage. For example, if a child is taking longer with a task, offer encouragement and let them go at their own pace. Acknowledge their ideas sincerely. When children feel heard, they're more likely to cooperate and connect positively.

3. Ensure everyone receives attention

Address each child's needs and ensure everyone gets attention. For example, if a quieter child is overshadowed, ask for their thoughts. If one child seeks more attention, balance your interactions to include everyone and make them feel valued.

If you're inspired to try these tips out, why not join us as a volunteer for our children's programmes? You too can care for children in the community and guide them in their social and emotional development!

[Sign up](#)



Invest in your well-being



Let's play SELF-CARE BINGO!

drink a glass of water	take a shower	go for a swim
reset your desk	review your week	clean your space
journal your thoughts	go for a walk	explore with friends

Aim for 3 in a row or any 3 that speaks to you!

It's easy to neglect ourselves when we pour out so much for our families and careers, so let's re-centre ourselves with a bit of self-care!

What does self-care mean to you? Is it a long holiday? A fancy spa trip? Joining the 5am club to crush those goals?

Self-care looks different for everyone, whether you are low on energy or eager to take on new experiences!

Here are some ideas on what self-care can look like for you:

1. Every day – Just add water! Staying hydrated, getting refreshed, or getting the body moving are simple ways to ground ourselves

2. Once a week – Clean your space. Bestselling author Gretchen Rubin writes, "Outer order can lead to inner calm". Taking the time to set things in order can help us slow down, which is what we need when we are stressed out or overwhelmed.

3. Once a month – Start exploring! While we may need solitude to rest and recharge, prolonged isolation can lead to loneliness, which can affect our physical and mental health. Connecting with ourselves, our surroundings, and other people can make a positive impact on our well-being.

Self-care is important for us to live well and improve our physical and mental health. We can better manage our stress, lower the risk of illnesses, and increase our energy. As a start, why not play self-care bingo? Aim for three in a row or any three that speaks to you!

Thank you for your generosity!



A heartfelt thank you to our wonderful donors for supporting our Season of Giving campaign!

Because of your kindness, we've raised **\$180,860**, bringing hope and joy to families and individuals in need.

Thank you for contributing love gifts to those struggling financially, and for supporting our work with children, youths, seniors, ex-inmates, and families!