

Dear Friends of Lakeside,

We're in the final quarter of the year with exciting news to share!

Our TJ Haven Team will be moving to a brand-new location in Clementi next year. We can't wait to share with you the programmes and services we will be launching for the community in Clementi and the rest of Singapore.

We are also grateful to our friends for their generous support at our Lakeside Charity Gala. Funds raised will go to supporting our new Clementi centre as well as our non-funded programmes.

In this issue, we also bring you practical tips on building parent-child relationships and preventing burnout.

Thanks for your support!

Teo Tee Loon
Executive Director

Let your light shine!

Lakeside Charity Gala 2025



The Lakeside Charity Gala Dinner on Friday, 24 October 2025 was a night where light shone brightly!

We were touched to hear the stories of beneficiaries whose lives had been changed, thanks to the shining light of the people around them.



A huge thank-you to our Guest-of-Honour, Mr Desmond Lee, our esteemed Special Guests Mr Xie Yao Quan, Dr Hamid Razak, and Ms Cassandra Lee, and all our guests for joining us and making it a memorable night!

The night would not have been possible without the generous support of our in-kind sponsors: Dream Selection, Healthsprings Aesthetics, Hilton Garden Inn, Nox Dine in the Dark, One Farrer Hotel, The Shirt Bar, Mr Ho So Ping, Mr John Lim, Mr Jason Tan, Mr Joshua Lim, Dato Roy Loh, and Mr Wendell Wong.

Volunteers' Appreciation Day 2025



At our Volunteers' Appreciation Day on 4 October 2025, we celebrated our volunteers' presence and contributions as they too shone their light for our beneficiaries.

Special mention to the winners of our Community Partnership Awards: Agape Methodist Church, Aster Chemicals and Energy Pte Ltd, Astee Autolution Pte Ltd, Marina Bay Sands, Nomura Singapore Limited, National Junior College, Provenance Logiservices, River Valley High School, Rotaract Club of Nanyang Technological University (RACNTU), Shell Singapore, St John's Chapel, Singapore Polytechnic, United Overseas Bank (UOB) and Wesley Methodist Church.

Thank you all for your generous support! Together, let our light shine for the community!

[View Photos of Lakeside Charity Gala](#)

[View Photos of Volunteers' Appreciation Day](#)

Lighting the Way to New Beginnings



The word is out!

Our TJ Haven Prisons team will be moving to a fresh new space in Clementi in 2026! We are excited for this new chapter and all the meaningful ways in which we can connect with our new Clementi community and beyond. To better understand their needs, we are conducting community needs assessments to shape services and programmes that are truly relevant and impactful.

We aim to provide holistic reintegration support for ex-inmates and their families, walking with them through counselling, therapy, and practical programmes. In addition, we hope to expand services for those struggling with addictions, offering both professional help and community support.

As with any move, there are practical challenges. We will need funding to create a comfortable and conducive environment within a limited space, as well as for equipping the centre to foster reconciliation, restoration, and reintegration. These are essential so that our clients can feel safe and supported when they come to us. The renovation cost alone for this centre is estimated at \$500,000.

We warmly invite our supporters to partner with us in making this vision a reality. Proceeds from this year's Charity Gala Dinner will go towards these crucial costs as well as to run other programmes for children, youths, and seniors. Your support will help us create a place of hope and healing, ensuring every person who walks through our doors feel safe and supported.

[Donate Now](#)



Strong Dads, Thriving Kids

Fathers! Here's a few tips to help you nurture strong, meaningful relationships with your children.



1. Spend time together

Make time each day to connect with your child. Whether it's reading a book, playing a game, or simply chatting, these moments of shared attention help deepen your bond. When you focus on what your child loves, you not only learn more about them but also show how much you value their company.

2. Practise active listening

Take time to truly listen when your child speaks. Put aside distractions, look them in the eye, and show that you understand their feelings. Avoid jumping to conclusions or offering quick solutions, sometimes being heard is all your child needs to feel loved and supported.

3. Develop Shared Interests

Discover common ground by exploring hobbies and activities you both enjoy. Invite your child to share what excites them and introduce them to your own interests as well. Whether it's cycling, cooking, or making music together, these shared experiences build joy and understanding between you.

Strengthen your family with us! We offer free parenting and marriage programmes. Register your interest now.

[Register here](#)



Your Wellbeing Matters: Tips to Beat Burnout

In today's fast-paced work environment, burnout has become increasingly common. It affects not only productivity but also our mental and emotional health. Find out from our team from Lakeside Family Centre (Jurong West) tips on how to prevent burnout at work/school.

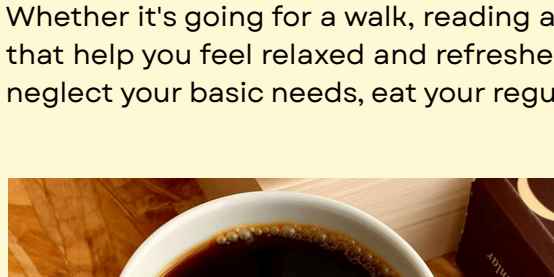


1. Set Healthy Boundaries

Learn to say no when you need to. Don't feel pressured to answer work emails late at night or on the weekends. Protect your personal time and make sure you get enough downtime to recharge.

2. Make Self-Care a Priority, Don't Neglect the Essentials

Whether it's going for a walk, reading a book, or just taking a nap, make time each day for activities that help you feel relaxed and refreshed. Even a few minutes of "me-time" can work wonders. Don't neglect your basic needs, eat your regular meals on time and get adequate sleep.

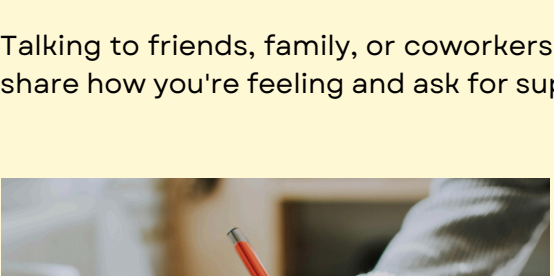


3. Take Regular Breaks

Short breaks can help clear your mind, reduce stress, and boost your energy so you stay focused and productive.

4. Lean on Your Support System

Talking to friends, family, or coworkers can help you feel heard and understood. Don't be afraid to share how you're feeling and ask for support when necessary.



5. Keep Learning and Growing

Trying something new or learning a new skill can keep things fresh and exciting. Whether it's taking an online course you are interested in, picking up a hobby, or just exploring new ideas, keeping your brain engaged can help prevent burnout.