

TRIBUTE TO OUR CHILDREN



Children's
Cancer
Foundation



NEWSLETTER
ISSUE 01/2017

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CCF
Turns
25!



On 18 February 2017, Children's Cancer Foundation commemorated its 25th Anniversary with a full-day symposium themed "Together We Are Stronger" at the Concorde Hotel.

Guest-of-Honour, Senior Minister of State for Health, Dr Amy Khor kicked off the event with the launch of two new collaborations between CCF and KK Women's and Children's Hospital (KKH), to further enhance the quality of life of childhood cancer survivors. She also launched the CCF Photovoice Exhibition.

Keynote speaker Dr Robert Neimeyer touched on the topic of "Growing through Grief and Finding Meaning in Loss", while guest speakers Dr Alicia Pon and Mrs Juliana Toh spoke on "Ordinary Kids, Extraordinary Courage" and "Please Mind the Gap" respectively.

Attendees also had a better understanding of CCF's works through the four experiential workshops on Art Therapy, Child Life Service, Expressive Art Therapy and Play Therapy conducted by CCF's own in-house therapists.

In her speech, Dr Amy Khor said, "The theme: 'Together We Are Stronger', brings out the

importance of voluntary welfare organisations like CCF, working closely with healthcare institutions, to strengthen the support networks for childhood cancer patients and their families."

The year-long 25th Anniversary initiatives comprise an island-wide, roving Photovoice Exhibition and a #HumansofCCF social media campaign.

Two New Collaborations By CCF and KKH

The first collaboration is the CCF Paediatric Oncology Survivorship Programme, which aims to equip childhood cancer patients with the resources and knowledge to enhance health and independence beyond their cancer treatment.

The second collaboration is the CCF Psychosocial and Supportive Care Programme for Paediatric Oncology, to provide neuropsychosocial support such as screening for cognitive difficulties, dietetics and nutritional care to help the children with cancer achieve normal growth and weight gain, as well as therapy for rehabilitation.

Photovoice Exhibition

Initiated by CCF's Community Social Work team in 2009, Photovoice is a therapeutic photography project that integrates photo interventions and art therapy. It utilises pictorial projection and photographing objects to reconstruct narratives and deal with different aspects of personal symbolism.

The objective of Photovoice is to help children with cancer to reflect and express their perceptions, values and insights about their cancer experience and life.

This Photovoice Exhibition will be making a stop at Ang Mo Kio Library in April 2017.

This exhibition takes viewers on an insightful journey into the thoughts and feelings triggered by illness and the treatment process through the photovoices of 25 childhood cancer survivors.

It also features artworks done by 25 CCF stakeholders (partners, donors, beneficiaries, volunteers and staff). These artworks express the qualities of strength, will and hope embraced by not just the children with cancer and their families, but also those who have journeyed with them.

For the Photovoice Exhibition venues, please look out for updates on our Facebook page.



Photovoice Photos Taken by CCF's Youth Survivors



Left My Chair

Left my chair to the unknown future. To a future that is nameless and blurred.

But I still want to look at it with a hopeful heart and a positive outlook, with a craving just like a new-born baby instead of fearing the future.

Be eager and hopeful for the future.



A Way Home

I am a snail that lives in a shell
I feel safe and protected well
Wide variety of shells in this world
Like every boy and girl
Because our shells are so colourful
Everyone thinks they're beautiful
If my friend asks me the way home
I would say "Stay in your shell, all roads lead to Rome."
I am for this special room
Where I can grow and bloom

Art Pieces by CCF Stakeholders



SITI HAFSHAH & FAMILY
Beneficiary
Children's Cancer Foundation
Helping Hands

Against a backdrop of purple and pink camo print – a representation of finding strength and love in a battle-zone, our family stands united with our hands holding on together.



TOTE BOARD GROUP
(TOTE BOARD, SINGAPORE POOLS AND SINGAPORE TURF CLUB)
CCF Donor
Pebbles of Strength

Tote Board Group helps to build an Inclusive and Resilient Community in Singapore, by Giving Hope to vulnerable groups and Improving Lives of all in Singapore.

Pebbles are associated with strength. The illustration depicts people with strengths contributing towards the community in their own unique ways.

The colourful balloons represent the Inclusive and Resilient Community. This is the desired outcome of the Tote Board Group working collaboratively with our stakeholders and partners, to shape and curate grant making programmes to benefit the community.

View more photos and art pieces by our youth survivors and stakeholders at our roving exhibition.
Check out our Facebook page for updates on exhibition dates and venues.



The Brave Maeve Story



Once, in the middle of the night, Maeve Low and her mother Joanne Poon leopard-crawled into the hospital, crouching behind chairs and hiding behind pillars.

It was all part of the Brave Maeve story Joanne created for her daughter to help the then-three-year-old understand her diagnosis and treatment of Burkitt's Lymphoma, a rare and aggressive form of cancer that affects the digestive system.

In the story, Maeve is a warrior princess who has a poisonous stone growing inside her. To defeat the stone, brave soldiers had to fight the evil ones, which sometimes made funny things happen to Maeve—her hair fell out, and her favourite foods tasted strange.

"Maeve was going through this princess stage where she loved wearing tiaras and every skirt had to spin," says Joanne. So Maeve would go to chemotherapy wearing a tiara and carrying a princess sceptre, while Joanne and her husband would decorate the two IV poles by her side.



Later the Brave Maeve story would be translated into over seven languages and shipped to other children-related organisations in more than 14 countries all over the world.

While Joanne's Brave Maeve story had helped her daughter cope, the drama teacher relied on a support network that included family, friends and ex-students. They ran errands, performed for Maeve on her birthday, and delivered her favourite home-cooked food such as fried chicken.

"Maeve didn't eat a day of hospital food," says Joanne, who now advises other caregivers that it is alright to ask for help when you need it.

She adds: "The experience of caring for a child with cancer can be isolating. You are already going through so much, and you don't need to do everything alone."



A Father's Love

Every time his son Jarenn Foo was admitted to hospital, Zarc Foo would pack a suitcase and move into the KK Women's and Children's Hospital with him.

He would sleep on a sofa bed next to Jarenn, showering and taking all his meals in hospital, only going home for a fresh set of clothes during the weekends.

In a ward of children and their mothers, Zarc was the only male caregiver, a fact he initially found unsettling. "At first I wondered what would people think of me," he says.

Zarc's concerns were quickly replaced by the daily battle against his son's leukaemia, which was punctuated by multiple near-death experiences.

Once, Jarenn experienced two seizures in a single night, then lost his vision for three days as his brain had swelled due to chemotherapy. Another time, a lung infection put Jarenn in hospital for a 51-day stretch, where Zarc was by his side, changing diapers every day for his bedridden son.

But father and son grew closer during these challenging times, spending virtually every waking minute together.

"Since my father was always beside me, we talked a lot and shared a lot of things. He was always beside me when I was struggling," says Jarenn, now (age) and pursuing diploma studies in Baking and Culinary Science at the Polytechnic.

And Zarc, who was once painfully shy, found his voice to help other parents cope with their child's cancer.



"When I first found out about Jarenn's diagnosis, I feared the worst because I had a lack of information. I only understood that cancer was curable once I talked to the doctors and learnt more about it. In the ward, I wanted to share this information with other caregivers," says Zarc.

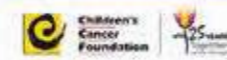
Although Jarenn's cancer is behind him now, the duo remain close, shaving their heads together in support of Hair for Hope, and appreciating every day they have.

Zarc says, "We take things very easy now. Nothing is as important and dear as each of our family members."



"When I first knew about Jarenn's diagnosis, I feared the worst due to lack of information and understanding. I only learnt that cancer is curable after talking to doctors and finding out more about it."

- Zarc Foo, Caregiver of Jarenn Foo, Childhood Cancer Survivor and CCF Volunteer



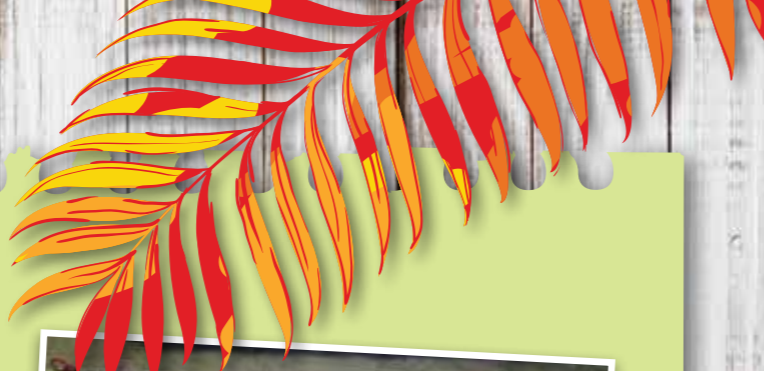
The Jungle Book: CCF New Year Celebration 2017

On 7 January 2017, CCF ushered in the New Year with 140 children and their families at the Singapore Zoo. Together with CCF Chairperson Mr Ho Cheng Huat, CCF Executive Director Ms Neo Lay Tin, CCF staff, and youths from CCF's ClubConnect volunteer group, the children and their families enjoyed an eventful and fun-filled day at the Zoo.

In line with CCF's 25th Anniversary theme of "Together We Are Stronger", the families worked in teams for games such as "Scavenger Hunt", where they had to collect everyday items, and "Scramble", where they had to form groups according to various criteria such as height and birth month. These team-building games helped the families to bond and interact with each other while having fun.

The highlights of the programme were the "Animal Fashion Show" and "New Year Hunt", where each team was tasked to dress their 'model' as one of the six pre-determined animals, namely tiger, elephant, wolf, antelope, seal, and giraffe. While most of the team members fueled their creativity in assembling the costume, a few representatives followed clues to find exclusive costume materials located throughout the Zoo. The competition was fierce, but the gentle giraffe emerged as the winner of the Fashion Show.

The event culminated with a lucky draw, where 20 families walked away happily with attractive prizes sponsored by CCF's generous partners. Every family also received a special CCF goodie bag.



This New Year celebration provided a platform for families to connect and prepare for a fruitful New Year ahead, and it was made possible with the support of youth volunteers from CCF's ClubConnect.

CCF ClubConnect was formed in March 2014, with the objective of promoting social interaction, mutual support and understanding among youth cancer survivors (aged 13 to 25). From this year, ClubConnect has been renamed "YouthConnect" (for survivors aged 13 to 25) and "KidzConnect" has been formed for survivors aged seven to 12.

CCF would like to express our heartfelt gratitude to ClubConnect volunteers for their hard work and effort in planning and implementing the games for the celebration: Alex for being the event's co-emcee, Sheam for providing AV support, Yi Jun for being the photographer, and Kah Huey and Keith for helping with the programme and logistics.



Children's Camp 2017

'Shine Like Stars!' was the theme for CCF's Children's Camp 2017. The 3 days 2 nights camp aimed to reinforce the message that every child is special; teach the children about expressing and giving love; respect and uniqueness of self.

Day One focused on love and respect. It started off with a variety of group and station games to teach the children about the different love languages, and how to express love to their family members, friends and loved ones. Through another round of activities, the children learnt about respect for themselves and for others, including their parents, the elderly and the environment.

The children were then whisked off to a three-course western meal cum dining etiquette workshop by Shatec, before checking in to COO Boutique Hostel for a unique stayover experience. While waiting for their turn to shower, the children made their own uniquely designed jars to keep special notes and items.

Day Two focused on each child's uniqueness, and kicked off with a costume-making workshop, where children chose various types of materials representing different characteristics, and created something that shouted "ME!" The children then learnt catwalk moves in preparation for their fashion parade. The afternoon was a time of fun for the children as they immersed themselves in a giant playground, and engaged in crafts and other activities at Cool De Sac. In the evening, the children were given "VIP treatment". Seated on beanbags, they watched the movie 'Sing' while snacks and drinks were served to them. The movie 'Sing' was chosen to reinforce Day Two's message that each child is unique.



For the camp finale, the children took part in a fashion parade to showcase the costumes they have designed. The function room was decorated with special lighting, glitter and balloons. All eyes were glued on the red-carpeted runway, titled "Shine like Stars", when the children strutted their stuff in front of their parents who were invited to watch their children in action. The camp ended on a high note as each child was presented with a trophy in an Oscar-style prize presentation ceremony. The trophy was a tangible reminder to the children that they are unique and are special stars.

The children had a memorable experience being stars, and learnt that they are capable of loving, respecting themselves and others, and that they are unique in their own ways.



Annual Family Retreat 2016

Annual family Retreat 2016 "It's a Jungle Out There!" brought 14 CCF families on an exciting jungle adventure. The families flew to Medan, Indonesia to begin a journey of exploring the complexities of the jungle, and learning to overcome challenges through family cohesiveness.

Upon arrival at the hotel, families were greeted with a warm and wild welcome from the AFR planning committee and volunteers with a flash mob dance. Lots of laughter and cheer filled the ballroom as the families engaged in mass ice-breakers, and gathered to work on their group identities.

The families then checked in to their rooms for a short break followed by dinner before cranking up their gears to prepare for the carnival at Adam Malik Hospital. The groups worked hard to assemble and decorate their own game stalls, art and craft stalls and photo booth for the patients at Adam Malik. After a full day of fun and hard work, it was time to recharge for the next day's games and service learning.

Day Two started out with station games that encouraged the families to work together to overcome challenges. The final game called "Build Your Home" was a group challenge to build a house out of newspaper and tape. It was a meaningful experience as families shared about the meaning of why they chose certain materials as foundations to build their home and families.

Next, the families proceeded to distribute hand-packed goodie bags to the patients of Adam Malik Hospital. It was part of Hutan Fiesta, which means "Jungle Fiesta", a carnival organised for the 60 inpatients and outpatients at the hospital.

The hospital was abuzz with activities as everyone moved from one carnival booth to another, expressing their creativity or demonstrating their 'hidden talents' at the Mask-making, Balls of Hope and other game stations. Some patients walked away with prizes while others captured their happy moments at the photo booths.



The CCF families wrapped up the day with dinner at a local Medan restaurant.

Being able to work together as a group, to give hope and cheer to the less privileged has been a meaningful experience for the CCF families.

Day Three was a day of games and sightseeing. The day started with mass activities and aged-based group work. The afternoon was spent exploring Medan's well-known Maimoon palace, followed by a visit to Rahmat International Wildlife Museum. The day ended with a Gala Dinner, spiced with table games and prizes. The highlight of the Gala Dinner was the sharing about the big book that each family had created during AFR. Each family shared about their takeaways from the trip.

AFR 2016 ended with everyone's favourite activity - mass dance! That marked the close of AFR 2016 "It's a Jungle Out There!" an event filled with love, laughter and unity in overcoming challenges as a big family!



Join our new parents group – Parents Connect, set up specifically for parents of childhood cancer survivors!



Why join us?

- Be the first to be invited to talks and workshops organised for parents
- Take part in activities to give back to the childhood cancer community
- Get to know other parents of childhood cancer survivors

Who can join?

Parents whose child has completed childhood cancer treatment.

Please fill in the form below and mail/fax/email/ whatsapp or submit in person to CCF Community Office at 8 Sinaran Drive #03-01 Novena Specialist Centre Singapore 307470

Email: geraldine.koh@ccf.org.sg
Fax: 6229 3700

If you have any questions, please contact **Geraldine at 6229 3749/ 9723 2006**



PARENT'S PARTICULARS

Parent's Name:	Mr / Mrs / Mdm / Dr	
Occupation:	Spoken Language(s):	Nationality:
Address:	Postal Code:	
Tel No.: (Home)	(Mobile)	(Work)
Email:		

Interests:

Skills (if any):

CCF BENEFICIARY'S PARTICULARS

Beneficiary's Name:	Gender: Male / Female	
Hospital:	Date of Birth:	CCF Caseworker (if applicable):
Diagnosis:	Date / Year of Diagnosis:	
Treatment Received:	Year completed Treatment (if applicable):	

PALS Year End Concert 2016

On 14 December 2016, laughter filled PALS (Place for Academic Learning and Support) as students, parents, teachers, volunteers and staff participated in the annual Year End Concert themed "Heartstrings- A Bond to Remember".

Relationships are held together by heartstrings and often interwoven to form the connections between us even when we are not physically together.

The event got off to a rousing start when everyone participated in the game "PALS Bingo", a variation of the Human Bingo game.

Next up, preschoolers performed "Growing Together", where they danced to the tunes of a song about friendship "Count On Me" by Bruno Mars. The dance choreography centred around the children starting off as strangers, then becoming friends and enjoying their time at PALS. Finally, they graduated and moved on to different paths of their lives but retaining the friendship forged at PALS.

Thereafter, the children from the Primary and Secondary classes showcased their talents in a performance titled "Learning Together". They used the Boom whackers to play two songs, guided by the Singapore Symphony Orchestra. Boom whackers are multi-coloured tuned percussion that creates distinct tones when hit against a surface. As each student was in charge of a particular note, it took great teamwork to achieve such a harmonious piece, and the credit went to the volunteers from SSO, who gave generously of their talents and time to coach the children.

Following this, the children enjoyed a magic show by volunteer Aaron Leong, whose antics elicited roars of laughter from the audience. This was the second consecutive year that Aaron had volunteered for the PALS Year End Concert.

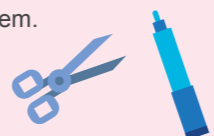
This year, two youth survivors from the PALS alumni volunteered as emcees for the event. They shared about their experiences at PALS and their journey back to school.

The highlight of the event was the graduation and award presentation ceremony. It was a recognition of the students' efforts and achievement for the year. Family members gleamed with pride as the students received their certificate of graduation.

This event marked an important milestone for the students because it signified the closure of one major chapter in their cancer journey and a celebration of their recovery. It was also an emotional moment as the graduating students bade farewell to PALS.

The NUSChoir prepared a joyous performance for the event finale. Together with the PALS students, they sang songs like "Friends Forever" and "Home". The NUSChoir also sang "Irish Blessing", a song to bless all students with good health and success in their endeavors. CCF is grateful to the NUSChoir for its support at many CCF events.

At the end of the concert, everyone watched a montage of the year's activity and posed for photos with the teachers.



Self-Expression Workshop

At PALS, regular group work and workshops are conducted for our students. In the month of January 2017, PALS conducted a self-expression workshop over three sessions to foster students' creativity and imagination. During the first session, the students were encouraged to brainstorm about their ambitions, and to design costumes related to their choice of vocation. They were also given pseudo-money, with which they were supposed to budget for the materials they required.

In the second session, the students got to make their own costumes that they had designed earlier. They could choose the color of their costume and the materials. The students faced several challenges such as not being able to estimate their size correctly or cut the materials properly. However, with teamwork, they were able to overcome the challenges.

In the last session of the workshop, a red carpet was laid for the students to showcase their masterpieces to the audience comprising teachers, social workers and caregivers. The students went home that day not only with their costumes and photos, but also an increased self-esteem.

Music lesson by NUS YST Student Initiatives Committee

This year, PALS worked with students from Yong Siew Toh Conservatory of Music, National University of Singapore to plan a five-session music workshop starting from January to June 2017. The music workshops cover Rhythm, Melody, Harmony, Duet/Trio performance and String Quartet performance, with the objectives of cultivating the students' interest in Singapore's music scene, and also to draw out their hidden musical talents. At the same time, the workshop is infused with music therapy.



Lunar New Year Eve Celebration

Lunar New Year eve celebration at PALS started with a Lunar New Year themed ice-breaker, a PALS reunion lunch and "Lou Hei".

The PALS "Lou Hei" was a special one as the ingredients comprised the students' favourite snacks like "Hello Panda", Cornflakes, Marshmallows rather than the usual fare. Each favorite snack symbolized blessings for the students in areas such as health and happiness. The students tossed this unique "Lou Hei" with excitement, and packed the remaining mixture of sweets into containers for their family.



Total Defence Day Discovery

Total Defence Day is held annually on 15 February in Singapore, to commemorate the anniversary of the surrender of the British to the Japanese. The significance of this is to remind Singaporeans of the importance of defending our small, multi-ethnic, cosmopolitan island nation.

PALS decided to commemorate this historical event with the objective of making students aware of Singapore's tumultuous past and not to take Singapore's peace and prosperity for granted.

On that day, the students were divided into five groups at five different defence stations, namely Psychological, Social, Economic, Civil and Military Defence. At each station, they took part in an interactive game. For example, at the Economic station, there was a "Barter Trade Activity" where each student was handed a bag containing random items, plus a list of items he/she had to attain at the end of the one-and-a-half-hour session. Some of the students had an aptitude in trading while others struggled in this activity as it required the students to use their negotiation skills and wits to exchange for the items they needed.

When asked which was their favourite activity, the students had different responses. Some liked the "firefighting and rescuer" game where they had to use marbles to "put out" the fire, and a bar magnet and paper clips to "save" survivors of a fire. Others liked the card-making session for our SAF soldiers in the Military Defence booth.

At the end of the day, students gained knowledge of the five pillars of defence that formed the Total Defence in Singapore.



Creative Cupcakes



As part of our CSR initiative, staff volunteers and pastry chefs brought festive joy to children with cancer and their families with a Creative Workshop on 28 November 2016.

Our Pastry Chefs guided the young beneficiaries on cupcake decoration and allowed the children to unleash their creativity by personalising their creations and presenting the cupcakes as a heartfelt gift of appreciation to their caregivers.

Not only did the children have fun, it was also a meaningful day for our volunteers as they gave their time in this season of giving.

“To give, to love and to expect no returns except for their smiles is the most beautiful message received from this experience. I was glad to be part of it and to celebrate the moment with the children. Seeing their smiles makes it all worthwhile”, said Ms Elaine Siow, Training Manager at BreadTalk.

Contributed by BreadTalk



Christmas Crafts with Nathan Hartono

On 27 November 2016, 15 beneficiaries from Children’s Cancer Foundation enjoyed a special Christmas craft-making session at Gardens by the Bay with singing sensation Nathan Hartono.

Held inside the Flower Dome, the children and their siblings made their own Christmas ornament, while Nathan went around the tables, helping out and interacting with the beneficiaries. To add a personal touch, the children placed an item that was meaningful to them into their Christmas bauble, making the ornament truly their own.



To round off the session, Nathan and the children hung their ornaments on a Christmas tree, and pinned their hopes for the yuletide season on a “Wish Board”. Several families also stayed back to watch Nathan perform “The Christmas Song” in the Flower Dome.

The group then headed to Satay by the Bay for a sumptuous dinner consisting of fish and chips, chicken chop, popiah, and other delicious food.

The Christmas tree decorated by the children was displayed in the Flower Dome during the Christmas season, spreading joy to visitors. We hope the children enjoyed this special experience at Gardens by the Bay!

Contributed by Alixues Chua, Gardens by the Bay



Glass Painting Workshop by Lutheran Church of Our Redeemer

12 November 2017 was a memorable and meaningful day for the children and volunteers from the Children’s Ministry, Lutheran Church of Our Redeemer. On this day, we played host to the children and family members from Children’s Cancer Foundation.

The day started with a performance by our Primary 6 students followed by a Glass Painting Workshop. 30 children aged four to 15 showed great enthusiasm with their creation of candle-light holders and glass paper-weights adorned in their favourite colours. The making of balloon sculptures was also popular among the children.

This event could not have been possible without the support from the staff of Sunshine & Love and our Sunday School teachers. It was truly an unforgettable morning that ended with a great lunch for all participants.

Contributed by Debbie Lim, Children’s Ministry Lead, Lutheran Church of Our Redeemer



Dear Sponsors

CCF would like to express our heartfelt gratitude to the following sponsors for their kindness and generosity.

Meritus Hotels & Resorts and OUE Limited for inviting CCF beneficiaries to “Stars of Christmas 2016.”

Disney for inviting CCF beneficiaries to a Learning Journey on 18 November 2016.

Drew & Napier LLC for inviting CCF beneficiaries to their Christmas Celebration on 3 December 2016.

Kiehl’s for inviting CCF beneficiaries to their carnival on 15 November 2016.

M1 Limited for inviting CCF beneficiaries to Marvel’s Avengers S.T.A.T.I.O.N Exhibition on 3 December 2016.

One Farrer Hotel & Spa for inviting CCF beneficiaries to their Christmas Tea Reception on 13 December 2016.

Pfizer Singapore for inviting CCF beneficiaries to the kite-designing activity on 10 November 2016.

Network for Electronic Transfers (Singapore) Pte Ltd for celebrating the “Season of JOY” with CCF beneficiaries on 16 December 2016.



A Day of Fun Experiment

2 December 2016 was a day of fun and excitement. On that day, volunteers from Roche Singapore Technical Operations (RSTO) organised a science-experiment themed party at Cool de Sac (Suntec City). The highlight of the day was a hands-on experiment where all the young and budding scientists from CCF were taught how to create “moon rocks” with a mixture of sodium bicarbonate, glitter and color dye. Subsequently, they watched the “moon rocks” fizzled away when vinegar was added. A mini buffet was also served and the children were invited to stay on to enjoy the various Play Stations within Cool de Sac.

Throughout the event, our volunteers and beneficiaries enjoyed close interaction with each other. RSTO is thankful to be given the opportunity to coordinate this event and hope to organise more of such activities in 2017, as part of RSTO’s community outreach programme.

Contributed by Jae Hu, Roche Singapore Technical Operations



SingHealth Season of Sharing

On 10 December 2016, SingHealth HQ staff volunteered and spent their valuable Saturday morning with the kids from the Children's Cancer Foundation and their families at The Polliwogs indoor play arenas. Our staff were wonderful nannies, companions, playmates and friends to the kids.

One of our volunteers felt that bringing the kids and their families to The Polliwogs was a wonderful idea with an opportunity for family bonding. It was also a good platform to bring fun and joy to the childhood cancer survivors. For others, it felt simply great to be part of an enjoyable and meaningful event where the children enjoyed themselves.



We would like to thank CCF staff Joanne and Lynn for coordinating, and Joanne for spending her Saturday morning with us, together with the kids from the Children's Cancer Foundation and their families.

Contributed by Woo Hui Lin, Singapore Health Services Pte Ltd



Décor Your Own Room Jolly Voila

This is the second time Voila Design had volunteered with CCF. The activity, themed "DECOR YOUR OWN ROOM-JOLLY VOILA", was held close to the holiday season on 20 December 2016, at Fidget Grandstand. We prepared cardboard and art material to let the kids unleash their creativity and create their own dream room. As it was close to the Christmas season, every child was given a goodie bag by the volunteers.

We had a great time with the kids and was very happy to see some familiar faces from the year before. We look forward to meeting the kids again. Thank you!

Contributed by Eileen Low, Voila Design Pte Ltd



Singapore Shipping Association (SSA) Young Executives Group (YEG) Community Outreach Event: Movie & Luncheon

When it comes to community work, our Young Executive Group (YEG) members never fail to lend a helping hand. The Singapore Shipping Association (SSA) YEG Community Sub-group organised the annual Movie and Luncheon with the Children's Cancer Foundation (CCF) on Friday, 9 December 2016. The response for this year's event was so overwhelming that we had to turn down many volunteers who were eager to help.

45 CCF beneficiaries, including children and their families, were treated to a Disney animated movie, Moana - A spirited teenager, who sails out to sea on a daring voyage to prove herself and fulfil an unfinished quest. A luncheon at Morganfield's followed, where roaming magician, Mr Bottle, wowed the children with his riveting magic tricks. Moana themed activities were also conducted including a colouring competition, maze lucky draw and a memory game booth!

It was an exciting day for the children with a total of 15 winners who were awarded Christmas goodies and Disney movie premiums, kindly sponsored by The Walt Disney Company.

Fellow volunteer from Masterbulk, Astrini Prajago, shared her experience as "an eye opener" and she "never got the chance to see so many kids from CCF happy and engaged." SSA YEG would like to express a big thank you to CCF for the opportunity to collaborate once again.

Contributed by Deborah Tan, Singapore Shipping Association



Entertainment and Enrichment (Baking Gingerbread man) at CCF @ NUH

We conducted a Gingerbread man baking session with the children, in celebration of Christmas 2016. Before we began baking, we had a short storytelling session about the Gingerbread man. Next, we showed them, step by step, how to make the batter for the gingerbread cookie. The children raised their hands eagerly as they wanted a chance to participate in the making of the gingerbread cookie dough.

Thereafter, the kids sat around the tables to roll the dough and then used the cookie cutter to cut the dough into little pieces of gingerbread man and Christmas tree before sending the cookies into the oven for baking. Once the cookies were out of the oven, the children enthusiastically decorated them with vibrant red and green colours before putting them into nicely-wrapped gift bags.



Balloon Sculpting at CCF @ KKH

We had the honor here at CCF@KKH of having balloonist Lily, to come run an event with us. I personally have never seen a balloonist so talented and chirpy all at the same time. Not to mention, we had a great event turn out and all our children and their caregivers too had a really enjoyable time. Lily was lovely, as she was very patient with the children and ensured that they received the balloon sculptures that they had requested for. Everyone, was really impressed at how fast Lily was at sculpting the master pieces that looked so real to the actual thing. This was definitely an event well-loved by all especially our children and we are all looking forward to having her back.



Festive Celebration (Christmas Party!) at CCF @ NUH

In celebration of Christmas 2016, a group of volunteers from SG Festives! held a Christmas Party at the CCF Playroom and in the inpatient ward. There were a wide array of activities planned for the children. We started the party with balloon sculpting. Each child chose their favourite design before they were seated to watch the entertaining magic show.

The Playroom was filled with the children's euphoric laughter and applause. All the children were engrossed in the magic show, and were reluctant to leave their seats when the show ended. This was followed by the highlight of the Party - the appearance of Santa Claus when all the children rushed forward to get their Christmas presents and to have their photos taken with Santa Claus. The volunteers also set up a photo booth, where the photos taken were printed out and given to each family as keepsake.



Let's Celebrate (Lunar New Year Celebration) at CCF @ NUH

In celebration of the 2017 Lunar New Year, Mr Yeo from Sin Hoe Ping troupe volunteered to do a puppet show for the children at CCF@NUH. Mr Yeo enacted a scene from the popular Chinese fable "Journey to the West" using his handmade string and hand puppets. The children were fascinated with the big monkey puppet, as it was something that they had not seen before. Mr Yeo's skillful manipulation of the puppets also enthralled the children, who were delighted to play with the puppets after the show.



MUJI Living in a Garden City

Late of last year, we have concluded the fundraising event initiated from the re-opening and expansion of MUJI ION Orchard Singapore. Eighteen local designers and artists were invited to create a print for our Organic Cotton myBags, where 100% nett proceeds from the sales of the bags were donated to CCF. As we work to promote a green and sustainable future for Singapore with the use of eco-bags, we also seek to build a compassionate society where those who require attention and help from society receive the support they need.

We count ourselves very fortunate to be alive and healthy, and we believe that the future lies with the next generation. Children with cancer often have to face tremendous challenges, and requires support from society to pursue their dreams for the future. With the support and help from charity like CCF, these children have the ability to strive for their future.

Acknowledging this noble cause, we partnered CCF in a fundraising effort to raise childhood cancer awareness, and to encourage more people to step forward in giving their support to CCF beneficiaries. Thanks to everyone who have purchased the bags, a total of \$15,160 was raised!

Contributed by MUJI (Singapore) Pte Ltd



Christmas Charity Drive

Christmas is a time to give and love. We thought that it was a great idea to collaborate with CCF to organise a Christmas party cum fundraising event. We took the opportunity to share with our children the importance of caring and sharing. Our children contributed to the charity drive by creating items and preparing food and drinks for sale.

As a preschool, it was quite natural for us to choose CCF as the beneficiary of the fundraising event as we wanted our children to relate to other children of the same age group, and to think of ways that they could help one another.

For this charity drive, we are thankful to have very supportive parents who donated generously towards this good cause. Overall, it was a meaningful and fun experience for all of us.

Contributed by Gladys Ng, Centre Director, Maple Bear Educare Pte Ltd



Santa's Christmas Party

The Management Corporation on occasion organises Christmas Parties for their Residents in the estate. This year, the Management Council decided to add a charity element to the event so as to bring smile to the less fortunate. As Christmas is a time for sharing and giving, all ticket sales from the event were donated to the Children's Cancer Foundation. It was heartening to see that the spirit of charity was much alive among the residents of the estate. A total sum of \$1,870 was raised for the Children's Cancer Foundation.

Contributed by Residents of Costa Del Sol



Wow! Wild Christmas



"Cancer is a painful and scary illness. I personally have seen family members who fought this illness. Being the wife of a brain cancer survivor, I understand how this illness not only bring turmoil on the patient but the caregiver too. My heart goes out to the children who are fighting this illness at such a young age.

As Christmas is the season of giving, we felt that it was the perfect opportunity for us to raise funds for CCF and give back to society. We hope that the funds raised will make a difference in the lives of CCF's children!

Contributed by Ashley Lim, Supervisor and Tan Hui Yin, Assistant Supervisor, Pro-Teach Hong Wen

Christmas is the season of giving. As we count our blessings, we wish that our students also do their part in bringing joy to others and lifting up their spirit. I believe that one small candle flame can light up an entire room. All of us here in Pro-Teach Hong Wen can create a bonfire of joy and love for the children at Children's Cancer Foundation," said Ms Fiona Pea, Branch Manager.

The proceeds from the carnival were fully donated to CCF. Our students volunteered enthusiastically to help decorate the centre and prepare game booths. They contributed creative ideas and worked hand in hand with the teachers to prepare for the big day. All in all, organising the fundraising carnival for CCF was such a wonderful and meaningful experience for all of us!



Awesome Beary for Awesome Buddy



Nestled within the Telok Ayer Street heritage area is a traditional shophouse that has been transformed into My Awesome Café, a place known for heartfelt service, fresh food, innovative drinks and a palpable energy that can only come from the spirit of love, joy and togetherness.

"You are not alone, and you always have a friend through ups and downs" is the message from My Awesome Café to the children. We know our customers would help in raising funds, and this could become a yearly affair. In the future, we would love to play a role in employing or training survivors for better integration into the working and social life, while being coached and guided by a dedicated and loving team. CCF calls them Survivors; we shall promote them to become Awesome Survivors!" said Bong.

"Love has always been part of our offering since day one", says Franck Hardy, one of the café's owners. Franck is a bespoke hospitality expert whose career includes stints at The St. Regis Singapore, Quincy, and ONE15 Marina on Sentosa.

On top of the pre-loved Christmas teddy bears, other Christmas items were also on offer at the café during the Christmas period. Priced from \$3 to \$20, the proceeds from these special items also went towards CCF.

In 2016, My Awesome Café celebrated the yuletide season through A Beary Awesome Christmas, a Christmas project with Children's Cancer Foundation (CCF) for children with cancer, who are in need of great love and nurturing.

Contributed by Awesome Cafe Team

Franck, together with Bong SC, brand consultant and partner at My Awesome Café, wanted to spread the Awesome spirit to more people through Awesome Bear Buddies, where 58 pre-loved Christmas teddy bears were displayed around the café for adoption at a special price during Christmas.

"Some of the bears were intentionally hidden, so that our patrons can hunt for all the bears, and post pictures on Instagram with the hashtag #ABearyAwesomeChristmas. All proceeds from this initiative went to CCF to kickstart an Awesome 2017.



Christmas cum Raffle Fundraising Party 2016

It has always been a tradition in Armstrong's Corporate Social Responsibility (CSR) mission, and a value held by our Founder, Mr Gilbert Ong, to give back to the community and share joy with others during the festive season. Hence, we as a small Armstrong family in the HQ, were all excited to embark on this Christmas raffle ticket fundraising project.

The outcome went beyond our expectations. We were touched by the generosity of our management and staff, who stepped forward to contribute in their own way. Overall, it was a heartwarming event, and everything went well. On top of achieving our fundraising target, Armstrong management went a step further and matched the donations dollar for dollar.

We chose to support Children's Cancer Foundation because the cancer rehabilitation journey can be emotionally and physically challenging for children, especially as they struggle to cope with their illness, and at the same time undergo treatment. As such, we want to support these children, and to ease the financial burden on their families. We hope this donation can help CCF and the beneficiaries in a meaningful way.

As part of this project, we have also increased the awareness among our staff of the rehabilitation journey of cancer patients.

Looking back, it was definitely a rewarding experience for us in Armstrong, where extending a little helping hand to the society has brought us closer to each other in our own community.

Contributed by Karen Goh, Senior Manager, Group HR, Armstrong Industrial Corporation Limited



Birthday Party for a Good Cause

I count it a blessing that my daughter is a healthy and chirpy girl. I have always been educating her about giving and helping the less fortunate.

For her last birthday party, she decided not to receive gifts. Instead, she encouraged her guests to contribute to a charity. I gave her the liberty to decide which charity she would like to support, and she chose CCF after doing some googling. I believe that since she is a kid herself, she can relate more to charities involved in helping children.

The party went smoothly, and everyone enjoyed themselves. Other than donations from adult guests, it is heartening to see some of her friends and classmates donating their savings to CCF. Though we only raised S\$1,625.20, we hope that our initiative has inspired others to come forward to donate to a good cause.

Contributed by Lim Ying Ying, Event Organiser

Dance Esperanza

During a brainstorming session in July 2010, we stumbled upon the idea of conducting Zumba Fitness classes to raise funds for charity. For the first charity fundraising event, we raised more than S\$7,000 in less than three weeks.

Organising charity events has taught me many valuable lessons, and brought me to various organisations and government agencies which I would otherwise not have the opportunity to visit.

Although there were some hiccups in the initial year, we managed to attract 800 Zumba enthusiasts to support our event in the second year. It became easier organising this charity event in the subsequent years, as we grew adept at running this annual event.

The enormous support from a small circle of Zumba enthusiasts and the supporting Zumba Education Specialists and Zumba Jammers has inspired me, and also deepened my passion for charity work because of the tremendous joy I derived from helping those in need.

In recent years, we decided to support and help children with cancer and their families. Therefore, on 31 October 2016, we organised a fundraising event for Children's Cancer Foundation.

I felt a great sense of happiness when I presented the cheque to the CCF staff, because I knew that the funds raised would be used to run many programmes and services to help children with cancer and their families.

I wish all the children every success as they strive for recovery and freedom, and I salute the family members who provide care and support to these children.

Contributed by Alan Lee, Manager, Local Focal Singapore



GLOBALFOUNDRIES' Strong Support of Hair for Hope

GLOBALFOUNDRIES has been a long-standing corporate partner and supporter of Children's Cancer Foundation. The support towards CCF started all the way back in 2004, when the then Chartered Semiconductor Manufacturing (CSM) organised a charity golf tournament which raised \$250,000 for CCF. In 2005, the company repeated the feat and raised \$270,000 through another charity golf event.

In 2006, Ms Mona Ee, (Manager, Human Resource Operations Department), whose mother is a surviving cancer patient, felt moved to help children with cancer and their families, and hence persuaded her colleagues at Chartered Semiconductor to participate in CCF's signature fundraising event, Hair for Hope. One brave male employee took up the challenge, and had his head shaved to tell children with cancer that it is ok to be bald.

With this, the seeds of Hair for Hope was sown into GLOBALFOUNDRIES, and this seed started growing stronger and stronger year by year. Over the next few years, the number of shavees from GLOBALFOUNDRIES - and the accompanying donations - grew slowly but steadily, from 11 shavees and \$25,000 in 2010, to 21 shavees and \$59,000 in 2014.

In 2015, GLOBALFOUNDRIES organised its first Hair for Hope satellite event, with a goal of garnering support from 50 shavees to commemorate SG50. The goal was exceeded with 55 employees shaving their heads that year, including Mona, who had been doing so for the past eight years.

2016 saw GLOBALFOUNDRIES coming on full force to support CCF on many fronts. The company raised \$116,290 at its Hair for Hope satellite event, and Mona became an 'ambassador' for CCF when she agreed to be one of the 'poster girls' for Hair for Hope 2016. This year, Mona is featured in the #HumansofCCF, a social media campaign to mark CCF's 25th Anniversary.

K C Ang Senior VP & General Manager, GLOBALFOUNDRIES Singapore Pte Ltd, said, "My heart goes to all children with cancer. We are behind them to give our support. It is heartening to see many employees coming forward to do their part by joining the hair shave to help raise funds and others who help to contribute by donating generously to this worthy cause."

Support Hair for Hope 2017! Log on to www.hairforhope.org.sg.



Be A Volunteer Play Personnel

"Playing with the volunteers helped me to forget about the pain and suffering," said Jarenn, a childhood cancer survivor.

Caregivers like Zaric (Jarenn's father) also appreciates the help from Play Personnel, albeit for a different reason. "It (when the Play Personnel engages the patients in play) is the only time when caregivers can rest," he explained.

Jarenn and Zaric succinctly sums up the importance of volunteer Play Personnel.

Join the CCF Family as a Play Personnel to provide an avenue for a child to have fun in the hospital, a place they associate with pain and isolation.

Roles & Responsibilities

- Engage the children in play activities at the hospital wards, outpatient clinic and CCF's Family Resource Centres at National University Hospital (NUH) and KK Women's and Children's Hospital (KKH);
- Sterilise toys, prepare art and craft activities and/or run group activities.

Requirements

- 18 years old and above
- Compulsory vaccination against mumps, measles, rubella and chicken pox (or has a history of chicken pox)

Commitments

- Minimum of 2.5 hours per week for six months
- Able to volunteer during the following hours:
CCF@KKH: Monday – Friday: 9.30am – 12.30pm or 2.00pm – 5.30pm
CCF@NUH: Monday – Friday: 10.00am – 12.30pm or 2.00pm – 5.00pm

For more information, or to sign up as a Play Personnel, please contact us at 6229 3729 / 6229 3730 or email to volunteer@ccf.org.sg, or sign up at <https://volunteer.ccf.org.sg/ccfselfhelp>.

CHILDREN'S CANCER FOUNDATION (CCF) is a non-profit organisation with a mission to improve the quality of life of children with cancer and their families and children impacted by cancer through enhancing their emotional, social and medical well-being.

Founded in 1992, CCF provides children with cancer and their families and children impacted by cancer the much needed support in their battle against the life threatening illness. Over the years, CCF has helped more than 2800 children and their families at different stages of the illness.

Armed with the vision of providing leading resources and psychosocial services to families impacted by childhood cancer, CCF employs professional caseworkers and counsellors, and adopts an integrated hospital-community-home service model to offer a spectrum of critical services to our beneficiaries.

SERVICES TO THE CHILDREN AND FAMILIES

- Casework and Counselling
- Therapeutic Play
- Art Therapy
- Play Therapy
- Child Life Service
- Caregivers Support Services
- Hospital Play Services
- Survivorship Programme
- Back-to-School Service
- Place for Academic Learning and Support (PALS)
- Tuition & Befriending
- Psychosocial and Recreational Activities
- Financial Assistance
- Palliative and Bereavement Service
- Very Important Brothers and Sisters (VIBS)
- Children Impacted by Cancer Programme

OTHER PROGRAMMES

- Volunteer Management and Engagement
- Public Education and Engagement
- Training and Research

HOW YOU CAN HELP

- Be a regular donor through GIRO or our online donation portal @ www.ccf.org.sg
- Support our annual signature fundraising event: Hair for Hope (www.hairforhope.org.sg)
- Organise activities to raise funds for CCF among your network
- Invite CCF to conduct public education talks/workshops to your colleagues, schoolmates, family and friends
- Recommend CCF as a beneficiary for corporate sponsorships and donations
- Participate in CCF's Donation Box Programme to raise funds through placement of donation boxes in your organisation
- Refer CCF for gifts in-kind
- Adopt CCF as beneficiary of your will-making to continue the legacy
- Invite our beneficiaries for social and recreational activities
- Volunteer with us on a regular (minimum commitment of 6 months) or ad-hoc basis
- Be a resource person – share your skill sets and area of expertise

CONTACT US

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📘 www.facebook.com/hairforhopesg

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