



Tribute

to our children



“

HAIR FOR HOPE IN FULL GEAR, COMMENCING WITH

OVER 400 SHAVEES

AT KONG MENG SAN PHOR KARK SEE MONASTERY >> page 4

CCF Education Awards 2018

It's that time of the year to honour our deserving awardees.

>> [page 6](#)

CCF Volunteer wins Healthcare Humanity Award

Richard Wee has walked into our children's hearts, and away with a national award.

>> [page 8, 9](#)

Beneficiary's Story

Meet Low Wen Pei, cancer survivor, who bravely fought Stage 2 Burkitt's Lymphoma and now urges other cancer fighters to soldier on.

>> [page 23](#)



#HUMANS
OF CCF

Paying It Forward

**Mona Ee, Human Resource Manager, GLOBALFOUNDRIES Singapore,
Hair for Hope Satellite Event Coordinator**

Three weeks before Mona Ee's wedding, her mother was diagnosed with Stage III Colon Cancer. "It was the first cancer diagnosis in our family. We prayed every day that she would recover and lead a positive life," she recalls.

After surgery and chemotherapy, her mother recovered. 25 years on, she remained cancer-free. However, the experience of taking care of her mother during the cancer journey left a deep impression on Mona.

"It was challenging to have a cancer patient in the family. All of us went through the journey together, providing caregiving and emotional support for our mother," says Mona. That experience allowed Mona to fully empathise with cancer patients and families. It strengthened her resolve to support the cancer cause and to help patients and caregivers.

So when her company GLOBALFOUNDRIES (the former Chartered Semiconductor) was looking for a beneficiary for their charity golf tournament in 2004, Mona suggested Children's Cancer Foundation. The event raised \$250,000 that year, and \$270,000 in 2005. However, in

2006, Mona thought that beyond fundraising, the company could do more to create awareness of the ordeals faced by cancer patients.

That year, she garnered the support of her colleagues to shave their heads for Hair for Hope, sharing how the symbolic act would encourage and support cancer patients.

Over the next few years, the number of shavees at GLOBALFOUNDRIES grew, slowly but steadily. In 2015, the company organised its first Hair for Hope satellite event, targeting 50 shavees to commemorate SG50. 55 employees, including Mona, responded to the call. Mona has been a shavee for the past eight years, with the fullest support of her hubby, daughter and mother.

"The first time I shaved, I didn't tell my family. My daughter, who was 14 then, didn't speak to me for a week," she chuckles. She has, since, come around. Mona says, "My daughter will ask, 'Mummy, aren't you going to shave your head again this year?' I know I have her support, and that means a lot to me."

Run For Hope

Rajan Raju, CCF Supporter

Endurance running enthusiast Rajan Raju once completed three marathons in three months, in support of Hair for Hope.

In 2010 he ran the marathons in Singapore, Mumbai and Hong Kong, covering a total of 126km. He did all his fundraising online via Facebook and other social media platforms, to raise awareness of the event beyond Singapore.

"Usually we think about Hair for Hope in the Singapore context. But, I wanted to get people enthused and inspired to do the same in their countries," he says.

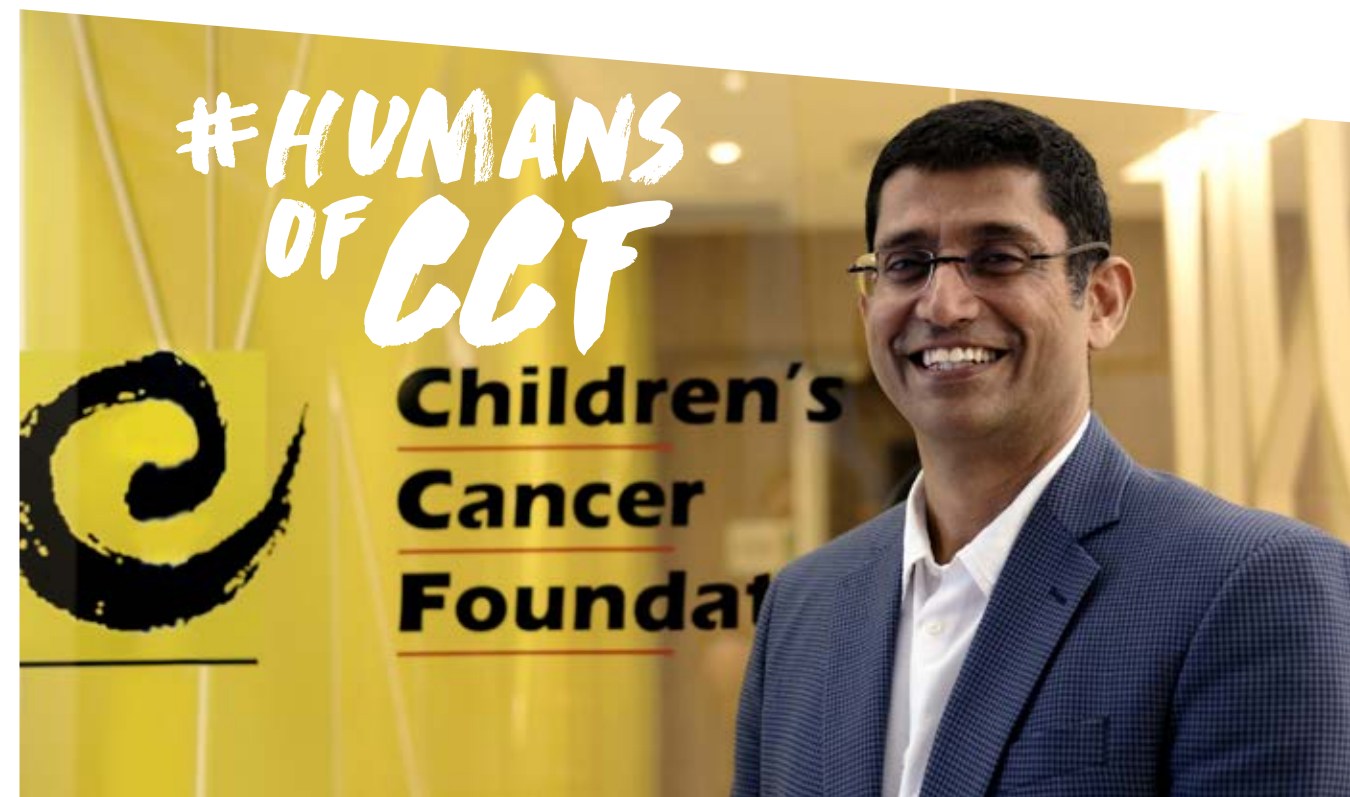
But the following year, while training for his next endurance race in Paris, Rajan met with a road accident that left him with a spinal cord injury and temporarily paralysed from the neck down. During Hair for Hope 2011, Rajan was slowly relearning several bodily functions. "I could not do much, but I could sit and still shave my head," he says.

His doctors were more hesitant. Shaving would involve plenty of movement around his neck and upper spine, still delicate from the accident. But they gave the go-ahead, and Rajan had his head shaved in the hospital, wearing a neck brace to minimise movement of his spine.

Today Rajan is back on his feet, though his recovery journey is still on-going. He is diligent with rehabilitation exercises, realistic about his progress, and ambitious about his goals. "I want to go back and run a marathon in Paris," he says.

He wants to complete what he started. He wants to support the children fighting cancer, and the families fighting alongside them.

"The journey for the families of children with cancer is really difficult," he says, "But when the community supports them, it makes a big difference to help the families come out more positive. Hair for Hope is a big part of showing solidarity for the family in their time of need."





404

Shavees Made their Bald Statements at the Hair for Hope Satellite Kick-off!



Back for its 16th year, Hair for Hope (HfH) 2018 made its debut at Kong Meng San Phor Kark See Monastery (KMSPKS) on 29 April. Into its seventh consecutive year, the KMSPKS HfH satellite event saw a record high of 404 shavees who made their bald statements to raise childhood cancer awareness and funds for CCF.

Among the shavees were childhood cancer survivor, Ang Howe Jun, and four of the HfH 2018 ambassadors, Toh Yi Qin, Chua Ching Chong, Tong Yen Sng and Jeffrey Lee Chee Keong.

14-year-old CCF beneficiary, Ang Howe Jun, was diagnosed with Acute Lymphoblastic Leukaemia in 2008. With his cancer in remission now, Howe Jun is currently receiving CCF's Back-to-School Service to better help him integrate back into his secondary school after being away with his family in Australia for two years. Shaving his head for the second time for HfH, Howe Jun said, "I decided to shave because I want to say 'Thank You' to CCF for helping me during my cancer journey."

34-year-old Toh Yi Qin has been shaving his head in memory of his grandfather who succumbed to cancer seven years ago. "It's never easy to go bald due to the nature of my job



as a property agent. However, having participated in Hair for Hope for so many years, it has become a routine for me to shave my head every year. I feel that this is really a simple gesture that I can do to support children with cancer," said the seventh-time shavee.

Besides showing his support through the symbolic act of shaving, Yi Qin also roped in his friends and relatives to shave at Hair for Hope over the years. One of them is his 45-year-old cousin, Chua Ching Chong, who first learnt about Yi Qin's shaving in 2012. Ching Chong then began making his bald statement since 2013, and invited his schoolmate, 43-year-old Tong Yen Sng and friend, 47-year-old Jeffrey Lee, to support the good cause in 2014. In 2017, Ching Chong also invited another of his friend, 46-year-old Wilson Ong, to join them in the act of shaving.

CCF would also like to thank Kay and Jiafa, DJs from 88.3Jia FM, HfH's Official Radio Stations, for taking their time to join us at the event! We would also like to thank Selfprint Singapore Pte Ltd, HfH's Official Photo Booth Partner, for setting up the fun-filled booth to capture the beautiful moments of our shavees and their supporters.

This year, CCF hopes to encourage at least 6,500 participants to make a bald statement and raise \$3.6 million to help children with cancer and their families. The two-day main event of Hair for Hope 2018 will be held on 28 July 2018 (Saturday) from 11am to 7pm and from 11am to 6pm on 29 July 2018 (Sunday) at VivoCity.

You can support our cause, by participating as a walk-in shavee and/or making a donation online. Simply visit www.hairforhope.org.sg for more information.



CCF Annual General Meeting 2018

CCF's Annual General Meeting (AGM) was held on 2 June 2018 at the KK Women's and Children's Hospital's (KKH) Auditorium. At the AGM, CCF members approved CCF's Annual Report 2017, Financial Statements for the year ended 31 December 2017, and the CCF Management Committee for the year 2018/2019. Members also passed the resolution to amend Clause 9 of the CCF constitution, to allow for termination of membership based on uncontactability or lack of response over a certain period of time.

The Management Committee (2018/2019) comprises:

Chairperson: Mr Ho Cheng Huat

Vice-Chairperson: Mr Benedict Leh

Vice-Chairperson: Dr Chong Tsung Wen

Honorary Secretary: Ms Nancy Thio

Honorary Treasurer: Ms Emily Sim

Members: Ms Caroline Lim Joo Peng, Ms Quak See Ten, Dr Gilbert Fan, Mr Moh Hon Meng, Mr Go Ashokh Menon, Mr Stanley Lim Bee Kang, Mr Wong Yue Jeen



CCF Education Awards 2018

CCF held its annual Education Awards on 2 June at the KKH Auditorium. This year, a total of 10 bursaries, 25 scholarships and 30 achievement awards were presented to 65 recipients.

The awards programme seeks to offer assistance to, and recognise the academic performance of, CCF beneficiaries who have undergone cancer treatment and returned to school. From 2017, the "Back-to-School Awards" was renamed as "CCF Education Awards", to better reflect a more holistic approach to the children's academic and learning pursuits that go beyond their returning to school.

CCF would like to thank the Air Line Pilots Association Singapore (ALPA-S) for sponsoring the achievement awards. Captain Yang Siew, Chairman of the Charity Committee of ALPA-S, presented the achievement awards to the recipients.

19-year-old Siti Fatimah Binti Shapiee, one of the achievement award recipients, also shared her back-to-school journey with the attendees and guests. Her sharing has truly inspired many to overcome the odds and realise their goals.



CCF Appreciation Night



95 guests turned up on 22 March 2018, at Golden Village VivoCity, to grace the CCF Appreciation Night, an event to thank donors, volunteers, and partners for their support towards children with cancer and their families.

Participants networked with CCF staff and like-minded individuals over light refreshments, before proceeding to the cinema hall to begin the evening's programme.

In his opening address, CCF Patron, Associate Professor Ho Peng Kee, emphasised the need for CCF to recognise the commitment and work of volunteers whom have toiled hard to journey tirelessly alongside CCF beneficiaries. He acknowledged the volunteers for dedicating their time to our beneficiaries by taking on various roles, such as being a play personnel to engage the children in structured play activities or being a befriender to provide support and friendship to children who are confined at home due to cancer treatment.



After his speech, Associate Prof Ho presented 43 Philanthropy awards to the recipients. Following this was the presentation of 14 Volunteerism awards by CCF Chairperson, Mr Ho Cheng Huat.

The evening's programme culminated in a movie screening of "A Wrinkle in Time", which narrated a young girl's struggles with self-worth issues, her magical journey with her companions in search of her missing father, and how she looked deep within herself and embraced her flaws to harness the strength necessary to defeat the darkness closing in on them.

Similar to the protagonist's companions, CCF's volunteers and corporate partners have journeyed indefatigably alongside CCF's beneficiaries and it is through every well-meaning supporter's ongoing help and contributions that the beneficiaries are able to stand strong and resilient in their cancer journey.

CCF would also like to thank a donor for sponsoring the movie tickets, and Golden Village for partial sponsorship of the venue.





Funfit Volunteer wins Healthcare Humanity Award

On 26 April 2018, CCF Volunteer, Mr. Richard Wee Siow Kiang, was awarded an Honourable Mention in the Volunteer Category of the Healthcare Humanity Awards 2018 organised by The Courage Fund.

Held annually, the Awards serve to pay tribute to healthcare workers, family caregivers and volunteers for their courage, compassion and dedication. Richard was nominated by CCF for his on-going contribution in the Funfit programme, a series of classes incorporating elements of play. Funfit helps to improve the children's fitness, strength, motor skills and confidence before they return to mainstream schools.

After retiring at the age of 55, Richard put his Mixed Martial Arts (MMA) skills to full use by developing the Funfit programme for students at CCF's learning centre, Place for Academic Learning and Support (PALS). Richard also donated his award money to CCF in support of CCF's cause and work.

Tribute spoke to Richard to hear his thoughts on receiving the award >>

CCF: *You have been volunteering regularly with PALS since 2015. What kept you going and what gives you the most satisfaction?*

Richard: *The Funfit programme is held weekly on Wednesdays and bi-monthly on Fridays. What drives me to come back again and again, are:*

- a) knowing that I am making a real difference when I notice the children's visible improvement in motor skills, strength, mobility, agility and general fitness;*
- b) hearing their laughter and watching them having fun during the session;*
- c) receiving positive and affirmative feedback directly from parents, teachers and CCF staff about the children's improvement; and*
- d) getting acknowledgement from the children themselves when they are ready to move on to mainstream schools.*

One case in point was a student at PALS. When I first met her, she was using a wheelchair. But, she wanted so much to be able to walk again. When she left PALS, she could walk on her own again.

CCF: *Has receiving the award changed things (about yourself, about the volunteering, etc.) in any way?*

Richard: *Since receiving the award, I felt that I have to work even harder to help other children before they return to mainstream schools. I want to make sure I live up to the many award recipients before me. Receiving such an award could help to motivate my peers to step forward and volunteer too. I am actively inviting many others to volunteer their time and skills so that they can use their time meaningfully and effectively. I want to continue contributing as a volunteer, for as long as I can.*



“

Nothing can be more satisfying than seeing your voluntary service making an impact on the children.

”

CCF: *Do you have any parting thoughts to share with other CCF volunteers and potential volunteers?*

Richard: *As a volunteer, you will be playing an important role at CCF. Your contribution touches every child and helps them as they re-discover themselves, regain confidence and gain new skills. Your passion and dedication to walk the path with these children, will go a long way towards helping them overcome their health challenges as they enter into the new phase after treatment. Nothing can be more satisfying than seeing your voluntary service making an impact on the children. For me, seeing the happy, healthy and confident children in itself, is very satisfying.*

To find out more about volunteering opportunities with CCF, do contact us at volunteer@ccf.org.sg.



Richard doing Funfit with the PALS students.

CCF-VIVA Family Learning Exchange 2018



In conjunction with the 12th St. Jude-VIVA Forum 2018, CCF and VIVA Foundation for Children with Cancer jointly organised the CCF-VIVA Family Learning Exchange on 10 March 2018. CCF has been a longstanding learning partner of the St. Jude-VIVA Forum since 2006. As a learning partner, CCF supported the continuous training and education of medical professionals at the forum.

35 participants attended the CCF-VIVA Family Learning Exchange. Participants were given an overview of childhood cancer-related late-effects through the sharing by Dr Michaela Seng, Consultant in the Department of Paediatrics, KKH. Dr Greg Armstrong, Member of St. Jude Faculty at St. Jude Children's Research Hospital, spoke on the topic of late-effects impacting survivors and their families. Also, participants gained insights into the cognitive challenges faced by survivors, through the sharing by Dr Alexis Clarke, Clinical Psychologist, KKH.

There was also an enhanced understanding on the late-effects of gynaecological issues in female cancer patients and survivors, through

a sharing by Dr Susan Logan, Director of Residency Training Program for Obstetrics & Gynaecology and Assistant Professor at the National University of Singapore. Ms Kwok Yoke Wah, Assistant Senior Social Worker of CCF, spoke on the empowerment of childhood cancer survivors with the adoption of an integrated service model.

In addition to the sharing, participants were engaged in a spirited discussion with the panelists comprising Dr Greg Armstrong, Associate Professor Tan Ah Moy, Dr Melissa Hudson, Dr Alexis Clarke, Dr June Lou and Dr Michaela Seng from KKH, Dr Evelyn Law from the National University Hospital and Ms Kwok Yoke Wah.

Participants opined that the panel discussion was a platform for them to hear a variety of views on late-effect issues by different experts and professionals.

CCF would like to thank all speakers and panelists for taking the time to share their expertise and knowledge.

1 Camp, 36 Children and 5 SUPER Powers!



For this year's CCF Children's Camp, titled "SUPER Hero Academy", 36 of our beneficiaries went on a mission to 'save the missing friendships of the world' at the campus of the Singapore Sports School. In the 3-day, 2-night Camp (held from 15 to 17 March 2018), the children were divided into five groups and engaged in training activities to gain "SUPER powers". The training focused on social skills development, involving a five-pronged approach:

- Support and help each other;
- Understand that my actions impact others;
- Put myself in others' shoes;
- Encourage with kind words and actions; and
- Respect and listen actively

The first day started with a series of group and station games for the children to learn and practise the five social skills. Amid all the fun and excitement of working together with their team mates, the children ended the day with a brainstorming session on the design for their superhero costumes.

The second day unfolded, with the children getting hands-on experience in creating the superhero costume which they have designed the night before. The children had to work together to gather the materials which they needed for their costumes. They had great fun customising their own capes and masks, and could not wait to try them on. The afternoon was a time of fun for the children, as they engaged in a series of trampoline activities at Katapult Trampoline Park. In the evening, the groups reflected on what they have learnt and experienced as a team. The children also wrote

some words of affirmation and encouragement for their friends, as they cherished all the fun times they had.

For the camp finale, the children prepared themselves to go into the 'final battle'. The groups competed against one another, in a relay tele-match to unlock the treasure chests to reveal the SUPER powers which they have learnt in the camp. As a finale surprise, the children were treated to a special superheroes appearance by the costumers from Pause for a Cause. The children were thrilled by the surprise visit, and took the chance to get up close and personal with their favourite superheroes. The camp ended with a 'Graduation Ceremony' whereby the children received their certificates from the superheroes. The children enjoyed themselves thoroughly, and are already looking forward to the next camp.

A word of thanks goes to Pause for a Cause, for its cosplaying as 'Superheroes' to provide an enriching and unforgettable experience for the children. We also thank all the volunteers and staff, for making the camp memorable and meaningful for the children.



We are Surventure!



This year, We are Surventure! hosted seven survivors who experienced late-effects such as hearing, visual, physical and/or sensory limitations. They participated in bell-boating, specially designed for them.

We are Surventure! aims at empowering childhood cancer survivors to gain a more positive self-concept and insights to cope better with life's challenges through achievements outside their comfort zone.

Through developmentally appropriate, outdoor-based activities in the ocean or wilderness setting, the programme hopes to increase the survivors' psychosocial adaptation and coping, by providing an outlet for normalcy as well as an opportunity for them to connect through the experience and engage in meaningful reflection with other survivors.

Themed "Rowing towards an Adventure", the three-hour programme took place at Passion Wave @ Marina Bay on 14 April 2018. Survivors, accompanied by their caregivers, split into two teams and rowed harmoniously along the scenic landscape of Gardens by the Bay.

It was indeed heart-warming to witness the survivors overcoming their limitations with sheer determination despite the heavy downpour.

CCF would like to thank the survivors for making We are Surventure! 2018 a success.

(Bell-boating is a platform which allows participants to focus on camaraderie and cooperation, without the distraction of balancing techniques or direction control.)

Childhood Bereavement Programme: "Captain of Life"



The Childhood Bereavement Programme aims to provide a platform for children to honor, and remember, their deceased loved one.

Held on Saturday 14 April 2018, this year's event, titled "Captain of Life", saw 14 children taking on the role of captains, to construct their own toy boat.

The event began with a guided imagery, a form of relaxation technique used by Play Therapists to help children focus on their imagination to create calm and peaceful images in their mind that could be revisited any time. This imagery exercise helped the children process their feelings after the loss of their loved one, and this was captured thereafter through drawing. The paper boat symbolised fragility at the start of

their grief journey which many of the participants could identify with. It was evident that all of them wanted to strengthen their own boats which led to the construction of the wooden boats.

With the guidance of professional carpenters, the children learnt how to construct their own boats. This included sawing, sanding, hammering and even attaching a sail to their boat. In this activity, the wooden boats symbolised the children's strength and resilience that they discovered in themselves through their grief journey.

The programme ended with the children testing out their boats in water. It was a heartwarming moment, as all the children bonded meaningfully, remembering their deceased ones together and affirming the strengths of each other.



A Heart for Mummy

It took the children two days to complete this craftwork for Mother's Day. Firstly, each child had to patiently crush the crepe paper into tiny balls. This process helped to develop their patience as well as fine motor skills. Secondly, the children had to decide on the colours to be pasted on the heart-shaped cut-outs. This was the beginning of decision-making for our little ones. Lastly, each child had to paste the selected crepe paper balls on the heart-shaped cut-outs. This helped the children to improve their eye-hand coordination, spatial awareness and patience. This activity might be tedious, but the children became very excited about making a gift for their beloved mothers. They could not wait to bring their creation home for mum!



Multi-sensory Experience

On 2 March 2018, volunteers from the National University of Singapore (NUS) put up a multi-sensory performance for PALS students.

They wove a tale of a fairy who embarked on a search for her lost flower. The students were treated to a storytelling experience which engaged many of their senses. In one scene, students got to see and hold flowers in their hands, as they 'walked through' gardens and forests.

The performers also called on the rain to come with their special drums and instruments, imitating the pitter-patter sounds of falling raindrops. The students got to play out the sounds of nature, stroking the serrated back of wooden frogs with rods to create croaking sounds. To top it off, they even saw a tiger come to life, as a volunteer gamely put on his tiger costume to roam among the kids, serenading them with songs.



Friend or Foe?

On 11 April 2018, Muhammad Taufiq Bin Jumal, a National Parks Board (NParks) Manager, conducted a sharing session with PALS students on the types of trees and bugs in the garden. They were introduced to stingless bees, butterflies in Singapore and mealy bugs, which could destroy cocoa crops quickly. Our students were then tasked to guess which of these bugs were 'friends', and which of these bugs were 'foes' to the farmers and plants. Answering these questions was no walk in the park, but they calmly took them on.

The highlight was the finale, where the students got to make their own garden bugs using recycled materials and googly eyes. Here are some fun facts our participants took away that day:

Do you know that the banana plant is not a tree, but is actually a type of giant herb? Or that ants protect aphids because they eat the latter's excrement, which interestingly is named 'Honeydew'!



Thrills and Spills

Oil spills can have a devastating effect on the environment, and Xylem Water Solutions made this the topic of their sharing with PALS students on 25 April 2018. The students were introduced to the effects of oil spills on animals and plants. The session started with a hands-on activity where students got to see, for themselves, how oil spills could affect the waterproof functions of birds' feathers.

Later, they also learnt how oil spills were removed using physical and chemical methods, such as booms, skimmers and adsorbents. Using a tub of water, straws, kitchen towels and detergent, PALS students simulated a clean-up operation, and saw how these techniques worked together to make the waters clean again.



Mother's Day Celebration



In celebration of Mother's Day, an occasion for children to express appreciation and gratitude to their mothers, we prepared a DIY flower pot-making activity on 10 May 2018, for the children at CCF@NUH to make and decorate their own flower pot as a gift to their mums. The children filled their respective mini-flowerpots with colourful sand, and then carefully planted their handpicked flowers in the pot.

Knowing that it would be a gift to their mothers, the children went through the steps with precision and meticulousness. Some of them even went on to make a few more flower pots, as they really enjoyed the process of potting their own flowers and plants. To help the families create beautiful memories, we set up a photo-taking booth in the playrooms, so that mother and child could take photos of themselves with their handmade flower pots. Both the kids and their mothers had fun posing with the photo-booth props and taking somewhat quirky shots. We also made the booth mobile, going around the ward to children who were unable to visit the playrooms.

DIY Terrariums

Volunteers from SINDA introduced DIY terrariums to our children and their caregivers at CCF@KKH on 20 April 2018. Layering the colored sand and assembling the different plants, the children and their caregivers employed innovative ways to brighten up their own mini eco-system. They poured the sand carefully into the mason jar, and gently tapped it to even out the layers.

Besides, the caregivers also enjoyed the bonding session with other caregivers, as they shared memorable moments of their caregiving journey with one another. Upon completion of their terrariums, the participants could not wait to present their masterpieces to their family members. In addition to making their own terrarium, the children also got to decorate their own photo-frame with mosaic tiles with guidance from the volunteers. Using small ceramic tiles and coloured stones, the children slowly pieced the coloured pre-cut tiles and stones one by one, which soon filled the empty spaces.



Handmade Strawbee-Umbrellas

Our new strawbees-making activity has been a hit among our children at CCF@NUH. On 5 April 2018, the kids learnt how to make use of straws to make an umbrella! Equipped with the basic skills of joining the straws together in a previous session, the kids were excited to put their skills into practice, challenging themselves to make an umbrella out of the straws. The children also put their creativity into action, and constructed umbrellas of different shapes and structures. At the end of the session, the children left the playroom with glee, having mastered the skills of making their own umbrellas.



Chocolate Chip Muffins Treat

After a long break from their favourite activity (baking!), the children at CCF@NUH were tasked to make their own chocolate chip muffins as a treat for their family and friends on 12 April 2018. Before the activity, each child sanitised their hands and donned their aprons. They then received a set of their own baking ingredients. The kids listened to the instructions carefully, and followed them accordingly. After mixing the ingredients together, the children put their batter into the oven, and watched in amazement, as the batter began to slowly rise and turn golden-brown. Once the muffins were baked, they sprinkled their favourite chocolate chips on the muffins and packed them into boxes.



Balloon-sculpting at CCF@KKH

Balloon-sculpting has always been a popular activity for children of all ages. On 27 April 2018, Lily, our talented balloon artist, visited CCF@KKH to surprise the children with her eye-catching balloon sculptures. Shortly after, many requests came streaming in, as the children wished to have their very own personal sculpted balloons.

Hey, Presto! Lily magically transformed the long balloons into virtually anything the children requested (ranging from famous cartoon characters to bracelets), while engaging them in light-hearted conversations. The session brought immense joy to the children, thanks to Lily's sense of humor and her ability to fulfil the children's spontaneous requests for their very own sculpted balloons.



Pizza-baking Session

On 14 March 2018, a group of employees from Thome Singapore were at PastaMania for a pizza-baking session with some of our beneficiaries.

The session started with some light exercises to get participants warmed up, and ready, for hands-on dough-making. The children thoroughly enjoyed the class - from getting to know about the ingredients that went into the dough, to the kneading and the toppings, and of course finally having a taste of their very own pizza!

Here's looking forward to even more similar, fun-filled sessions in the near future.

Contributor: Ruth Beh, Senior Insurance Executive, Thome Ship Management Pte Ltd



Visit to the Singapore Airshow 2018



On 10 February 2018, the Air Line Pilots Association of Singapore (ALPA-S) hosted a visit for CCF beneficiaries to the Singapore Airshow 2018 (SA 2018). The Airshow tickets were sponsored by Experia, the organiser of SA 2018. Members of The Republic of Singapore Air Force (RSAF), provided the CCF with an insight into the state-of-the-art multi-role fighter jet, the F-15SG, and the workhorse and high versatility transport aircraft, the C130 Hercules. This tour also highlighted to participants the RSAF's credibility as a superior force that has, time and again, defended the skies of Singapore!

The beneficiaries were also given the opportunity to meet, and have a picture taken with, the crew from 122 Squadron whom participated in numerous Humanitarian Assistance and Disaster Relief (HADR) missions.

Contributors: Captain Jeffery Ang, SFO Jackson Kho and SFO Shah Salim



Outing to the Singapore Zoo

On 21 April 2018, AbbVie volunteers and 15 CCF beneficiaries and their families went on an outing to the Singapore Zoological Gardens. The day started bright and early with a meet-and-greet between the enthusiastic volunteers and the families. After an engaging ice-breaker game, the participants set off with their respective volunteers to enjoy the myriad of activities planned by the volunteers.

Participants had the option of walking or using the trams to tour the zoo. Along the way, they had to collect clues to complete a crossword puzzle, which helped hone their wits and observation skills. The participating families also stopped by the various venues to watch entertaining animal

shows which amused adults and kids alike. As the morning progressed, AbbVie volunteers spiritedly interacted with the families. Beneficiaries were reminded of how they could have fun like any other children despite their battle with cancer. The activities helped to promote independence in the children, and also facilitate precious family bonding time. Participants were then treated to a sumptuous lunch at the zoo's café, where the interaction continued with a family art competition. All families received gifts as part of their participation in the crossword puzzle competition, art competition or just being on time for lunch! The children beamed with joy, as they also received the AbbVie merchandise kindly sponsored by the organisation.

Indeed, the experience proved meaningful for the volunteers to be able to give back to the community through their interactions with the CCF beneficiaries. The AbbVie staff learnt that beyond affecting a child's health, cancer could also affect the whole family, both psychologically and socially.

AbbVie looks forward to future opportunities to partner CCF, as it sets out to render even more support to CCF beneficiaries.

Contributor: Kelly Tan, Executive Secretary, AbbVie Operations Singapore Pte Ltd

Clarksons Platou Asia organised a charity duathlon to raise funds for CCF. The organisation has always been actively involved with charities, albeit via its London office (and more often than not, it had usually been UK charities rather than local Singapore ones). This year marked a departure from its usual practices.

The organiser chose to participate in the MetaSprint Duathlon, inviting a number of its clients to join in competing with Clarksons. The main aim was to raise funds for CCF, and its goal set was generally well surpassed. Clarksons would like to give a shout-out to all those who had participated/donated, in particular, Navig8 (which not only competed but also got their company to match the funds raised by their group). A fun breakfast was served after the event, where further targets were set for the next year's Duathlon. Through the charity duathlon, a total of \$13,480 was raised for CCF.

Contributor: Debbie Hampton, Director, Deep Sea Tankers, Clarksons Platou Asia Pte Ltd

MetaSprint Duathlon's Fundraising for CCF



Run for the Future: Marathon Des Sables for a Cause

To survive seven days in the Sahara Desert, one of the hottest and most hostile environments in the world, and with minimal support, is no small feat. And, to cover a total distance of 250km within 7 days was what Marathon Des Sables (MDS) actually entailed.

The experience was as amazing as it was challenging. The environment was beautiful and diverse. The brave participants ran across sand dunes, dried river beds and oases, and climbed mountains that seemed insurmountable. At night, the entire desert horizon was filled with stars and a faint sign of the Milky Way.

But the true experience of the MDS was the people - runners from 49 different nationalities coming together, all united in spirit, and joined by a cause.

Patrick Bauer, the founder of MDS, opines, "Children are the future. All should be given equal rights and a chance to experience life". MDS (which, incidentally, has been a huge contributor to UNICEF for the past 10 years) has inspired me very much to follow the idea. Personally, I chose CCF as my beneficiary, as I've been working in the pharmaceutical industry that produces cancer treatment drugs. Thus, I can empathise with the struggle to fight cancer.

A total of \$1,270 was raised for CCF. We also express our thanks to all the donors and Sonic R Mastery, for sponsoring our expenses in making this event possible."

Contributor: Thet Zaw Oo



Photovoice

Articles and research have reported on the price of survival for childhood cancer patients. While survivors continue to grapple with school and employment issues, some may face an array of social difficulties which may be almost as insurmountable as cancer itself. Photovoice 2018 “Edge of Chaos” invites conversations on feelings of isolation and connection in the community, with survivors discussing the costs of survival and how they cope with these.

With the support of Republic Polytechnic, survivors were introduced to different types of drones and participated in simulation exercises of flying a drone. Having explored the fundamentals of flight theory and aerial photography, they conceptualised and took pictures from the skies to express their ideas about survivorship. The workshop ended with a reflective dialogue within the group, where they shared their printed photographs, laughed about common themes faced after treatment and left encouragement notes for one another.



Making a Bald and Bold Statement



CCF beneficiary, Low Wen Pei, was diagnosed with Stage 2 Burkitt's Lymphoma in 2013. Having personally experienced the lows of being ostracised by her friends, the 15-year-old childhood cancer survivor hopes to erase the social stigma of baldness.

In 2017, Wen Pei decided to make her first bald statement at Hair for Hope 2017. “I have gone through the phase of not becoming somebody's friend just because I was bald,” she said. “I completely understand the situation and I want to tell children with cancer that with self-confidence, it's OK to be bald.”

She had since recovered and returned to school, and is now actively spreading positivity to other children who are still battling cancer. “When people mention the ‘C word’, negative connotations start coming in. Instead of associating the word with death, why not see it as a process of growth?” she said.



“

In its 16th year running, Hair for Hope will be held on 28 and 29 July 2018 at VivoCity. Join us as walk-in shaves on the two-day event or make a donation at www.hairforhope.org.sg!

Date & Time:

Saturday, 28 July 2018
11am - 7pm

Sunday, 29 July 2018,
11am - 6pm

Registration Venue:

Amphitheatre, Level 3

Event Venue / Public

Education Exhibition Venue:

Central Court A & B, Level 1

**Registration will start at 10am.*



PLEDGE YOUR SUPPORT
FOR CHILDREN WITH CANCER

Hair for Hope 2018 @ VivoCity

Date & Time:

Saturday, 28 July 2018,
11am - 7pm

Sunday, 29 July 2018,
11am - 6pm

Event Venue / Public Education Venue:

Central Court A & B, Level 1

Registration Venue:

Amphitheatre, Level 3

Walk-in registration begins at 10am, based on a "first-come, first-served" basis.

Back for the 16th consecutive year, Hair for Hope (HfH) is the only head-shaving event in Singapore, which serves to raise childhood cancer awareness and funds for CCF. All funds raised will go towards supporting CCF's programmes and services for children with cancer and their families.

How you can help:

Join us as
a walk-in
shavee

Make an
online donation at
hairforhope.org.sg

Organised by:



**Make a Bald Statement to help
Children with Cancer and their Families!**

For enquiries, contact us at 6229 3757
or email info@hairforhope.org.sg.



www.ccf.org.sg/
www.hairforhope.org.sg



sgccf /
hairforhopesg



ccfsingapore



ccfsingapore