

TRIBUTE TO OUR CHILDREN



Children's
Cancer
Foundation



NEWSLETTER
ISSUE 04/2017

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Photovoice: Unreachable

*In life, we all have an
unspeakable secret,
an irreversible regret,
an unreachable dream,
and an unforgettable love.*

Diego Marchi



Initiated by CCF in 2009, Photovoice is a therapeutic photography project for childhood cancer survivors. Back for its fifth run, the two-day workshop aimed to help CCF beneficiaries reflect and express their perceptions, values, or insights about cancer experiences and life.

Held from 1 to 2 July at Objectifs - Centre for Photography and Film, the workshop revolved around the theme "Unreachable", which allowed the 15 participants to address questions not commonly discussed. The youth survivors first began writing down burning questions that were of concern to them, before dividing into groups to discuss and curate their photographs through long exposure techniques.

Towards the end of the day, participants sieved through their precious photographs and selected a handful for print. However, they were caught by surprise when they had to present the photo that they liked least.

Looking at the unsatisfactory photos presented an opportunity to look at their failures, the trials and errors, and what might be seen as not aesthetically pleasing. And in seeking for an answer to the questions in life, participants shared that they were confronted with unmet expectations, or that they learnt to forgive and accept the imperfections in life.

The workshop concluded with an exhibition of the participants' letters of reflections and the unsatisfactory photographs – the side that is usually not presented but present. As one of our participants shared, "Being bad at something is the first step, until I become good at it."



All smiles after presenting their photographs.

Say
CHEESE!



A Patron, an Encourager and an Advocate

Years ago, when Professor Ho Peng Kee was the master and resident fellow of the National University of Singapore's Kent Ridge Hall, he was asked one day if the hall could be used to house young cancer patients participating in Camp Rainbow.

"The organisers had difficulties finding a place to host the kids. Perhaps at that time people did not want to be involved with children with cancer, because they were worried that something might happen to the kids," he said.

But Prof Ho wanted to encourage and affirm the camp's participants - both the children and their parents.

"These were very spunky kids who were determined to get well," he said.

His affirmation and support would continue in the years to come. In 1996, when the charity was renamed from Working in Aid of Leukaemia Kids (WALK) to Children's Cancer Foundation, the then-Senior Parliament Secretary for the Ministries of Law and Home Affairs assumed the role of Patron.

While he asserted that CCF staff were the ones doing the critical, day-to-day work of caring for patients and supporting families, Prof Ho tapped on his professional network to advocate for the charity. For instance, he reached out to fellow office holders to lend their presence as Guest-of-Honour for events such as Hair for Hope.

"It is my privilege to have connected with a lot of people, and I want to add value in any way I can to be that link for CCF," said Prof Ho.

Through the years, he has seen how CCF has grown in its offering of services for both patients and their families. "In the early days, the support was more basic, covering things like financial aid and transport of patients. Today, CCF is doing more to fulfill the needs of patients, not just through the dark times but through their recovery and reintegration into their normal routines as well," he said.

To the patients and families, he has a simple message of hope: "You are not alone. You have people at CCF that understand your struggles. Let us know how we can help. We are a work-in-progress, but we will work together to meet your needs. We are here for you."

"It is my privilege to have connected with a lot of people, and I want to add value in any way I can to be that link for CCF."

"Seeing patients and their loved ones overcome their struggles as a family is one of the most rewarding parts of my job."



The Gingerbread Man

When children face cancer, Senior Child Life Specialist Liow Hwee Hsiang knows that their biggest form of emotional support will come from their loved ones.

Hence, her counselling sessions focus on the strength and resilience of the child and family.

"We talk about concrete ways the family can support the child and one another. Having a network of support helps to reduce the sense of isolation in their experience," she said.

Hwee Hsiang also helps patients and families understand the illness, treatments, lifestyle changes and physical changes that will take place during the cancer journey. Sometimes, this means finding ways to explain difficult scenarios to children.

She recalled an eight-year-old with bone cancer who needed to have his leg amputated.

"I made a gingerbread man out of play dough and pointed to where the cancer was. Then I asked him what we could do to stop the cancer from spreading to other parts of the body.

The boy drew a line across the limb of the gingerbread man with his finger and said to cut it off. And I responded that the doctor also said it was the best way to help," said Hwee Hsiang.

An outpouring of emotions followed, with the boy crying and shouting "no" over the prospect of losing his limb. Hwee Hsiang gave him the time and space to grieve.

When the child was more composed, she answered his questions as compassionately and honestly as she could. He wanted to know what would happen to the amputated leg and asked questions such as – "What would life be like for a person with physical disability?"

He was one of the many children Hwee Hsiang has journeyed with throughout her 17 years with CCF - listening, understanding and validating their concerns and fears.

She said: "Seeing patients and their loved ones overcome their struggles as a family is one of the most rewarding parts of my job."



Siblings' Day 2017 – Let's Go, Superheroes!

"Superheroes" was the theme for this year's Sibling's Day, which had 20 siblings embarking on a superhero adventure at Bricks 4 Kidz on 18 November 2017.

CCF Very Important Brothers and Sisters (VIBS) Programme dedicates this special day to the siblings to acknowledge their strengths in coping with the challenges resulting from their brother's or sister's cancer. It also aims to build relationships and support within the sibling community.

At Bricks 4 Kidz, the siblings were tasked to take down a team of super villains who were causing harm to the world. To do that, the siblings in the superhero teams first had to build their team identity and weapons in order to defeat their nemesis.

With diligence and creativity, the siblings created and built their team mosaic, 3D figurines and team catapults as

weapons. Decked in superhero masks, the battle between superheroes and super villains commenced with a relay of Batmobile car racing to shooting down the nemesis with the catapults. After shooting down the villains, the siblings were rewarded with goodie bags and prizes from Bricks 4 Kidz.

With a great sense of unity and synergy forged, the siblings returned to CCF Community Office in Novena for a time of sharing, where they affirmed one another of the strengths they each had and that they are not alone in their journey – even in the face of difficulties. The day ended on a high note with awards and applause for the strength shown by the siblings.

CCF would like to thank and show our appreciation to Bricks 4 Kidz for their collaboration with CCF and for their time to give our sibling beneficiaries an empowering experience as superheroes.





SMASH



BOOM!!

CCF-KKH collaboration enhances patient care

Children with cancer face tremendous stress while undergoing treatment, sometimes taking a toll on their cognitive, emotional and physical well-being. Some children may experience difficulties in his/her learning, emotions and behaviour.

The child's diet is also very important during his/her treatment and different nutritional plans are necessary to maintain a healthy weight.

To meet these needs and further enhance the quality of life of children with cancer, CCF has collaborated with KK Women's and Children's Hospital (KKH) to roll out the CCF Psychosocial and Supportive Care Programme for Paediatric Oncology (CCF PSCP) from 1 March 2017. The 3-year PSCP is a holistic supportive care programme which provides children with tailored interventions customised to their individual needs to optimise emotional, cognitive, and physical outcomes through timely neuro-psychosocial, rehabilitative and nutritional care.

Said Dr Jasper Tong, Director, Allied Health, KKH and Deputy Group Director, Group Allied Health, SingHealth: "The fight against cancer impacts children and their families mentally, emotionally and physically. Survivors continue to be at an increased risk of developing a multitude of post-treatment effects such as neurocognitive sequelae and deficits, and a higher risk of complications in body functions later in life."

Childhood cancer survivors, especially those who have undergone haematopoietic stem cell transplant, can develop complications such as poor bone health, infertility, secondary cancers, chronic liver, lung or renal diseases at a later stage.

"We are very grateful to CCF for their contributions which enhances our ability to provide psychosocial and supportive care for patients during treatment and beyond," added Dr Tong, who also leads CCF PSCP.

In another collaboration with KKH – the CCF Paediatric Oncology Survivorship Programme (CCF POSP) – the aim is to develop a comprehensive model of care for long term follow-up and transition of care as well as support clinical trials and research through the collection of data of young cancer patients. It will also help childhood cancer survivors with the resources and knowledge to lead healthy and independent lives beyond their treatment period.

Said Associate Professor Tan Ah Moy, Senior Consultant, Haematology/Oncology Service, Department of Paediatric Subspecialties, KKH: "KKH manages approximately 70 per cent of children with cancer in Singapore. Harnessing valuable information on the disease and follow-on effects of treatment is valuable to expand the existing database of what we know about childhood cancer."

"This will support the initiation of clinical trials and research aimed at enabling us to better help each child with cancer and their family achieve an optimal quality of life," added Assoc Prof Tan, who also leads CCF POSP.



We are Surventure!

"Clip and Climb to the top!" exclaimed Javier, as he reached the summit of the Fun Rock wall. Javier was one of the 20 survivors who pitted their skills through a series of sports activities.

We are Surventure! seeks to empower childhood cancer survivors and help them build a positive self-concept and gain insights to better cope with life challenges by stepping out of their comfort zone.

The programme hopes to increase their psychosocial adaptation, as well as provide them with an opportunity to connect with fellow survivors.

Themed "Clip and Climb to the Top", the three-hour programme took place at Let Em Play on 19 August 2017. Survivors were divided into groups and tasked with missions at every climbing station, simulating daily life challenges.

It was heartening to see the survivors overcome their fears with sheer determination. Everyone cheered one another on, ensuring no one was left behind.

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



So
**PROUD
OF YOU**

Survivorship Talk and Workshop

On 23 September 2017, CCF conducted a Survivorship Talk and Workshop titled "You & Me: A Billion Emotions". The half-day workshop, held at the CCF Community Office, touched on topics such as intimacy and relationships.

In the morning, guest speakers Associate Professor Tan Poh Lin and Dr Susan Logan from National University Hospital (NUH) discussed the potential survivorship issues impacting relationships building for our youth survivors. One of the segments was an interactive panel discussion for the survivors to raise further questions that they had. Tokens of appreciation were then presented to the guest speakers to round up the session of insightful sharing.

After lunch, relationship coach, Mr Vincent Soo, taught the youth survivors a few practical tips in building new relationships with self and the others. Topics included four steps to love yourself, rebuild relationships and cope with rejections in relationships that were affected by post-treatment effects.

At the end of the programme, all participants agreed that the course was relevant and beneficial to them. They also shared that the session was engaging and the discussion topics were relatable.



Associate Professor Tan Poh Lin (Senior Consultant, Division of Paediatric Haematology and Oncology, NUHS)



Dr Susan Logan (Consultant, Women's Centre, NUHS)



Mr Vincent Soo (Relationship Architect / Relationship Coach)

CCF Youth Camp 2017

“Review the past, evaluate the present and prep for the future” – That was the message to the 21 enlivened CCF beneficiaries during the two-day, one-night Youth Camp.

Held from 4 to 5 September 2017 at D'Resort @ Downtown East, the youths were taught how to cope positively in life. Themed, “Past, Present, Future”, the youths gained insight into their past, assessed their present lifestyle and prepped for the future through a series of thoughtfully planned activities.

After a few rounds of light-hearted icebreakers, participants were divided into groups before they set off to Pasir Ris Park for an adrenaline-packed series of “Running Man”-inspired tele-match. The game was simulated to bring the youths back in time – specifically to the 90s – to help the participants reflect and acknowledge that the past is now behind them.

The afternoon unfolded with a session of STOMP music-making, followed by a cat-cuddling session, which increased the sensory stimulation of the youths, encouraging them to live in the present.

Dusk fell and the youths took on the role of a culinary chef, by putting their skills to test at the barbecue pit. Their task: To bring out the most delectable barbecue chicken wings. It was such an endearing sight to see them working harmoniously together regardless of all odds.

After spending the first day reviewing their past and evaluating the present, the youths spent their second day dragon boating, which equipped them with skills for the future. Upon checking out, the youths headed to Kallang Water Sports Centre.



Despite the sudden change in weather, it did not deter them from setting out to row. Some of the youths faced difficulties as they got physically drained along the way. However, they bonded as a team and were focused to complete their task.

According to the youths, the heavy downpour signified the challenges they might face in the future. The participants left the place with a strong sense of accomplishment.

Back at the CCF Community Office in Novena that afternoon, the youths were asked to reflect and write some positive words of affirmation for their group members. It was heartening to see them leave words of encouragement and appreciation for one another. From their messages of love, it was clear that they had bonded during their time together.

Besides feeling enriched with a new perspective towards life, the youths also walked away with newly forged friendships.

We would also like to acknowledge the hard work, commitment and support of our wonderful volunteers and staff who helped make Youth Camp 2017 possible. Until we meet again next year!



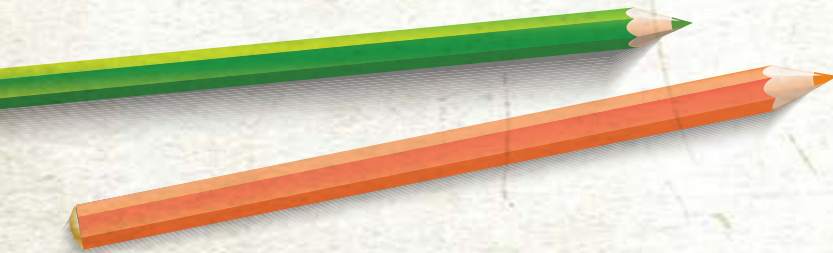
Art with Yoko

Art sessions with CCF volunteer Yoko are always fun and creative. It is not simply about creating a visual image. On 11 October 2017, each student from PALS had the opportunity to “make” his/her own story book with the help of other children.

They were taught how to cut and fold an A3-size drawing paper to form a book. The child, who is the owner of the book, began his/her story by drawing on the first page of the book. He/she then passed it on to the next child to continue with the story through speech bubbles and drawings. This continued on until all the pages were filled and the book was then returned to its owner. He/she then drew, devised the ending of the story and designed the cover with a title for the book.

Thereafter, all the children shared their stories. They each had to weave together a story using their imagination based on the pages of drawings and words of the other children in the group.

Beyond the art experience, this activity allowed the students to learn the foundations of writing and storytelling. We would like to thank Yoko for conducting the fun-filled art session!



Storytelling at PALS

Volunteers from the Society of Children's Books Writers and Illustrators (SCBWI) have been actively involved in engaging children at PALS with interesting and thought-provoking stories through the monthly storytelling sessions. The recent session was conducted on 25 September 2017.

Stories, through the characters and events depicted within, gave the children a chance to learn new ideas and concepts. They were also given a conducive environment to learn without fear.

The stories that were shared are in line with the social values taught at PALS. Through these storytelling activities, children are taught examples of good and bad deeds, boundaries and discipline, as well as problem solving, empathy and other moral values.

The volunteers often encouraged children to draw their own lessons from a story through art and play activities. PALS would like to express our heartfelt thanks to the volunteers SCBWI for their time and dedication!



Oral care at PALS

Did you know that more than half of all children in Singapore have one or more decayed teeth by the time they start primary school?

On 23 August 2017, PALS students had the opportunity to learn from staff of the Health Promotion Board about the importance of teeth, the cause of dental caries and how to prevent tooth decay. They were taught proper brushing techniques, the importance of flossing and they even had the opportunity to demonstrate their understanding by brushing a set of dummy teeth!

At the end of the session, the students were given a complimentary dental health kit. The informative session would go a long way to encourage our children to maintain their beautiful smile! PALS would like to thank Health Promotion Board for organising the educational session for our students!



NUS Choir at PALS

"Happy!", yelled out six-year-old Lucas, who was the youngest participant in the group. On 13 October 2017, volunteers from the NUS choir conducted a music lesson with PALS students by teaching them how music could be used to convey feelings under the topic of music expression.

Music expression is the art of playing or singing with a personal response to the music in order to stir feelings in the audience. As a result, the aim of a piece of music is to produce a particular emotion, for instance joy, sadness, anger or calm.

Our students were first taught to recognise emotions in a song. The volunteers from the NUS choir played various segments of music and had the participants guess the emotions conveyed by the songs.

The students were able to surmise that songs, which were loud and with a fast tempo were generally happy, and those which were soft and with a slow tempo were usually sad. They also learnt to read the gestures of the conductor and managed to transform "Twinkle, Twinkle Little Star" into an emotive song with their voices.

The students spent a joyous afternoon with music from "Frozen", "Jaws" and even christmas carols. The session had helped to increase the students' appreciation of music and choral singing. Knowing that musical expressions often reflect human expressions in itself provides an avenue to express oneself. Thank you NUS Choir for the music lesson!



Let's celebrate Deepavali!

A group of youth volunteers from SINDA visited NUH and KKH on 13 and 17 October 2017 respectively. The youth volunteers, together with our children, made traditional Rangoli artwork and jasmine flower garlands in celebration of Deepavali.

Deepavali, or the festival of lights, is known for traditions such as flower garlands, rangoli, oil lamps and of course Indian sweets.

The children were given the tools and guided through the activities by the volunteers. Although some children found it challenging to string the flowers into bracelets or necklaces, they insisted on completing the tasks with their little hands.

The children were also given a brief introduction to the special celebration, as well as an insight into the customs and traditions of the Festival of Light. The session came to an end after each child received a Deepavali goodie bag from the volunteers.

We thank the volunteers from SINDA for spreading festive cheer to our children at NUH and KKH!



Children's Day Celebrations!

Volunteers from Pause for a Cause dressed up as Spiderman and Power Ranger during their visit to CCF@NUH on 6 October 2017 to spring a surprise for our children. The superheroes handed out colourful balloons to children at the playroom and patiently posed with them in front of the camera.

On 7 October 2017, the children were treated to a magic show and balloon sculpting session. They watched in awe as the magician performed his tricks, including a fork-bending illusion and disappearing red-coloured sponge balls.

Before calling it a day, the children stood in line and waited for their turn to receive a balloon sculpture of their choice, which was either their favourite animal or cartoon character.

Special thanks to volunteer group Pause for a Cause for bringing smiles to our beneficiaries!



Paint Pals at CCF@NUH and CCF@KKH

Paint Pals connects children and youths at KKH and NUH through art exchanges. The three-month programme, which began in September this year, had five volunteers assigned to the participants. The five pairs of Paint Pals participants created artworks that reflected the different aspects of their experiences, including their stay in the hospital. In total, about four art mails were sent between each pair of participants.

Below is an artwork and poem by 11-year-old CCF beneficiary Myra Khullar.



Freedom, Myra

My Locker is a Monster

My locker is a monster
It's definitely not handy
It's not even sweet, as
Mint flavored candy

It likes to eat
My books, pens and pencils
It even likes to eat
My drawings and my stencils

I need to do my homework
But how shall I manage
With all my pens and pencils
All so badly damaged

Can you give me a solution
To what should I do
Maybe I should move
Or hide my things in the loo

~ Myra Khullar

Entertainment & Enrichment – Storytelling session at CCF@NUH

A story-telling session was conducted on 20 September 2017 at CCF@NUH by our volunteer, Xue Ling from Books Actually. She narrated the book that she authored, which revolves around the adventure of two young sisters on a mysterious island. The children were so engrossed, they could not stop asking about the characters even though the storytelling session has ended. The children also received some colouring sheets and stickers – much to their delight. Thank you Xue Ling for conducting the engaging session!





Children's Day Celebration by Thome Ship Management Pte Ltd

On 14 October 2017, 20 volunteers from Thome Ship Management Pte Ltd headed down to CCF Community Office in Novena for the Children's Day Celebration. A total of 16 CCF beneficiaries and their siblings joined in the celebration as they enjoyed a series of interactive activities, including magic show, station games, balloon sculpting and designing of photo frames. A dessert table was set up for the children to indulge in the sweet treats. Goodie bags and game prizes were also given to every participant. Our volunteers and the CCF beneficiaries truly enjoyed the close interaction with one another.



Contributor:
Hazelle Ke,
HR Executive,
Thome Ship
Management
Pte Ltd

Creativity through clay moulding with ICBCS

During the September school holidays, ICBC Standard Bank (ICBCS) Singapore hosted a clay storytelling workshop for 12 CCF beneficiaries and their family members on 5 September 2017 at their office.

Children were taught the different textures and colours of clay through the sense of perception. They also got to express their creativity through the creation of their clay art piece. It was a fun and meaningful morning for both the CCF beneficiaries and volunteers from ICBCS.

Earlier in August this year, ICBCS also initiated a charity auction that saw staff donating items to the cause. Our CEO in Asia, Mr Victor Yu, also hosted a weekend barbecue for the staff and their family members where pop-up stalls were set up to sell drinks and CCF merchandise. Through these activities, a total of \$2,000 was raised and donated to CCF as outright donations.

Contributor: **Pang Jia Khee, Singapore Social & CSR Committee, ICBC Standard Bank PLC**



Children's Day Celebration at Building and Construction Authority (BCA)

To promote BCA's 'WE CARE' spirit and to encourage bonding opportunities with CCF beneficiaries, BCA's CSR committee organised a Children's Day Celebration cum Mooncake Making Workshop with CCF and Fei Yue Student-Care Centre (Yew Tee) on 6 October 2017.

27 BCA volunteers, 20 CCF beneficiaries and their families embarked on a journey of discovery at the BCA Gallery. The children first explored the rich history behind Singapore's built environment from the early 18th century till today. They found out how buildings were built - from conceptualisation to occupation - and discovered the many processes and work done behind-the-scenes in a building's construction process. There were also interactive displays and panels for the children to explore.

The tour left the children discovering many possibilities in the built environment sector and the role we can play in creating the built environment of our future.

After the tour, the children were paired with BCA volunteers for a fun-filled snowskin mooncake making activity. The children had so much fun kneading and moulding the mooncakes, which they later brought home to enjoy with their family. The children were also treated to a MacDonald's tea break session.

Each child received a specially prepared goodie bag at the end of the day. It was truly an enriching and memorable day for our volunteers, and we hope the children enjoyed themselves!

Contributor: **Evelyn Gwee, Higher Customer Relations Associate, BCA**



Family and parent-child cook-out with ToTT

In collaboration with CCF, ToTT teamed up with its Chef Instructor to conduct two hands-on cooking classes on 1 and 8 October 2017 respectively.

The classes focused on healthy cooking and eating, and attracted close to 50 CCF beneficiaries and their families over the two weekends. It was a fun-filled session for the families to bond and they picked up valuable cooking skills at the same time.

At the heart of these two classes lay a simple objective: It was to reach out to the CCF beneficiaries and their families to brighten up their day by empowering them to exercise their imagination, empowerment and translate their creativity to delicious, healthy meals.

Both classes were led by experienced ToTT Chef Instructor Michele Ow. "This year, I roped my family in for the event," she said. "We all had a rewarding interaction with the children. My husband was immensely moved by the courage that the participants and their families possessed. We felt that we were part of something bigger than ourselves."

On the menu were scrumptious and nutritious dishes that included Wholemeal Chicken Bolognese and DIY Frozen Yogurt topped with Crunchy Granola.

Each family enjoyed the quality bonding time, which they spent on picking up healthy cooking tips. The smiles on their faces were an indicator of how much they enjoyed the food! Participants were abuzz with excitement as they prepared their meals.

Finally, all participants were invited to the Bistro, where they enjoyed their food together as one – rounding off the day's activities with satisfied stomachs and full hearts.

ToTT would like to thank CCF and its beneficiaries, and also our volunteers for making these two classes a success. We look forward to working together again in the near future.

Contributor: Sarah Foo, Assistant Manager, Marketing, ToTT



MSD Summer Kiddos Day at Universal Studios Singapore

Merck Sharp & Dohme (MSD) Singapore invited more than 90 CCF beneficiaries to Summer Kiddos Day at Universal Studios Singapore on 6 September 2017.

Some 70 MSD volunteers planned a fun-filled programme starting with a round of ice-breakers and games at Casa Del Wild, a Madagascar themed restaurant, and a photo hunt activity that transported participants to the 1930's golden age of Ancient Egypt.

MSD befrienders were each assigned to a family to assist them during the activities. The programme ended with a best-dressed Super Hero contest and goodie bags for all children. It was heartwarming to see the children enjoy themselves and we hope to continue making a difference in the lives of CCF beneficiaries. We also seek to help strengthen ties among the families coping with childhood cancer.

Contributor: Tabitha Ang, Policy & Communications Manager, Merck Sharp & Dohme (MSD) Singapore





CCF Annual Family Retreat 2017

Nine families went on a journey of discovering love, perseverance and appreciation as part of CCF's Annual Family Retreat 2017 in Penang, Malaysia.

Held from 25 to 28 November 2017, this year's retreat was based on a Hawaiian theme - "Aloha Ohana! We Love and Care for One Another". It was especially meaningful for many of them, who never had the chance to travel on a plane out of Singapore due to their medical condition.

The retreat began with a round of icebreakers for the families to get to know one another. One of the activities involved the participants sharing the definition of love in their own words.

When the bonding session was over, CCF beneficiaries and their family members retreated to their rooms for a quick break before heading out for dinner.

More exciting games ensued the next day, and families had to work together to complete various challenges. CCF volunteers also used the opportunity to brief the families on the service learning activity that would be held at Penang General Hospital on the third day of the retreat.

The families then sculpted balloon animals, drew handmade cards, wrote heartfelt notes of encouragement and packed goodie bags for the patients.

After the session, participants tucked into the local dishes and visited places of interests in their free time. The attractions they visited in Penang included Teddyville (Teddy Bear Museum), Upside Down Museum and Glow Mansion (Glow in the Dark Museum).

On the third day, the families distributed their specially prepared handiwork to bring smiles to the patients at Penang General

Hospital. While it was a short session, the families found it meaningful and were grateful for the opportunity to visit those at the hospital.

Participants then returned to the hotel for a round of psychosocial activities, revolving around the theme – The Five Languages of Love.

Soon, it was time for the highly anticipated segment at the retreat, which was the Gala Buffet Dinner Night. Themed "E Komo Mai" (Welcome in!), families were greeted with Hawaiian Lei (flower garlands) as they walked into the function room.

To show their appreciation to their loved ones, participants had to serve one another food and drinks during the buffet. It was a truly a heartfelt moment as participants personally thanked and conveyed their appreciation to their family members while they served.

Photos taken during the retreat were also put together as a video montage and screened during dinner. As the time came for the finale, the fathers at the retreat were invited on stage to lead the sing and dance segment, prompting gasps of delight from the other participants.

This year's family retreat was specially organised for family members who needed a short getaway from their daily routines. Through this event, families also found the opportunity to bond and share quality time with one another. In all, the retreat was loaded with fun, love and laughter, and participants left with precious memories of the heartfelt moments.

A big thank you to all participants and volunteers for making CCF Annual Family Retreat 2017 a great success.



Walk today for a better tomorrow

As part of Roche Singapore Technical Operations (RSTO) community outreach programme, our volunteers came together in early 2017 to organise a series of events for Roche Children's Walk (RCW), our global fund-raising initiative for children around the world. RSTO has continued to choose CCF as beneficiary to give back and 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.

Over a period of two months, our employees participated in several activities, such as Build-a-bear, Yoga for Kindness and Shop-arity. The finale was a 5-km charity walk by our employees along Marina Bay. Our employees were glad to have contributed to the good cause. With their strong support, we raised a total of \$26,977.60 for CCF this year (after dollar-for-dollar matching by RSTO). We would like to thank CCF for the opportunity to collaborate once again, and look forward to organising similar activities in the near future.

Contributor: Jae Hu Jiayan, Automation Engineer, Roche Singapore Technical Operations Pte Ltd



Small change makes a difference

This is the third year that CrimsonLogic rolled out its "Small Change Makes a Difference" programme, which aims to promote giving back to the community through cultivating good saving habits among the students. In July 2017, CrimsonLogic supported CCF for the first time to help create more awareness on the works of CCF.

A coin bank, resembling a Lego brick, was handed out to each student at six participating schools in Singapore. The students were encouraged to save over a period of two months as a donation to CCF. They were also allowed to keep the coin banks at the end of the programme to continue the habit of saving.

Separately, more than 400 employees in CrimsonLogic joined the students in this saving programme. CrimsonLogic hopes to support CCF in their mission to improve the quality of life for children and families impacted by cancer through such fundraising events. In total, CrimsonLogic together with the students, helped raise \$21,593.01 for CCF.

CCF and CrimsonLogic would like to thank the students and teachers from Ang Mo Kio Primary School, Beatty Secondary School, Seng Kang Primary School, St. Margaret's Primary School, Yishun Town Secondary School and Zheng Hua Primary School for their participation in this project!

Contributor: Leah Goh, Assistant Manager, Corporate Communications Department, CrimsonLogic Pte Ltd

Charity Fun Walk/Run and Charity Bowl by Thome Ship Management Pte Ltd

On 18 August 2017, we held a Charity Fun Walk/Run that was opened to all Thome employees. For every staff who signed up for the event, Thome pledged \$10 in support of CCF.

There were two routes starting from NTUC Centre. The 5km route included a mid-point at Marina Barrage, before turning back in the direction of our office at Hong Leong Building. As for the 10km route, our staff ran past Gardens by the Bay (East) towards Benjamin Sheares Bridge, before returning to Hong Leong Building.

We saw an active participation from our staff and we managed to raise \$5,000 for CCF.

Besides the Charity Fun Walk/Run, Thome also held its annual Charity Bowl event at Kallang Bowl and invited CCF beneficiaries and their families on 29 September 2017. Thome pledged to donate \$1 to CCF for every point scored. The games concluded with a total cumulative score of 16,464 points! In total, we raised \$20,000, including personal donations from Thome and its employees.



Awards were presented to the Top Three Teams with the highest scores, the Top Male and Top Female Bowlers, as well as the Top Male and Top Female Junior Bowlers. Every CCF beneficiary also received a goodie bag that was prepared by the organising committee. It was an enjoyable event for both our employees and CCF beneficiaries!

For both events, we raised a total of \$25,000 in support of CCF.

Contributor: Hazelle Ke, HR Executive, Thome Ship Management Pte Ltd

Paying tribute to childhood cancer warriors



More than 150 students of Anglo-Chinese School (Independent) shaved their heads on 18 August 2017 to raise childhood cancer awareness and show support for CCF beneficiaries.

“Through the act of shaving, I believe it will help to create childhood cancer awareness and at the same time, build a community of support for the children and families who are battling cancer,” said Mr Loy Xing Jian, a teacher who participated in the event. The event was also a way to pay tribute to a former student who had succumbed to childhood cancer. Since then, the school’s rugby team has continued to organise the event to show support for cancer warriors.

Besides the head-shaving event, a booth was set up at the school canteen for students to understand more about childhood cancer. We also raised funds for CCF through the sales of merchandise and outright donations. Through our collective efforts, a total of \$10,346.60 was raised for CCF.

Contributor: Emmanuel Yeo, ACS (Independent) Rugby ‘C’ Division Captain and Organising Team Head



Sales of CCF myBags @ MUJI Plaza Singapura opening ceremony

We are delighted to collaborate again following the success of our first fundraising event with CCF!

As part of MUJI Plaza Singapura’s opening initiatives, we organised a competition with an open call for designs for the MUJI Cotton myBag with the theme ‘Rediscovering Singapore’. The top five designs were printed and sold exclusively at the flagship store in Plaza Singapura, where 100% of the nett proceeds from the sale of bags were donated to CCF. We raised a total of \$4,697.00 from this campaign.

It was a very meaningful event for us to mark the opening of the store, and being able to create this opportunity and platform to discover local design talents, while at the same time playing a part in raising funds and awareness for the Foundation. We believe this is a step forward in encouraging more people to join in and support CCF’s cause. A big thank you to everyone who have purchased the bags for validating the designers and playing a part in building a compassionate society.

Contributor: MUJI (Singapore) Pte Ltd

Spa with LOVE

At The Ultimate Group of Companies, we are passionate about what we do and our CEO, Ms Pushpa Tulsidas, believes that every individual has a role to play in improving the society that we live in. This year, Adeva Spa is honoured to have the opportunity in helping to improve the quality of life of CCF beneficiaries, through a spa party in partnership with OCBC Plus.

OCBC Plus Cardholders were immersed in a multi-sensory experience, indulging all five senses in their preferred Natura Bissé spa treatment and a generous “thank you” gift bag comprising skin products, fragrance and vouchers.

Thanks to our kind sponsors, OCBC Plus Cardholders were also treated to complementary beauty treats at a nominal fee of \$5, which Adeva Spa matched every dollar raised in support of CCF.

A total of \$8,000 was raised through this event which has made it possible for us to connect with people in the most rewarding way.

Contributor: Adeva Spa



Drivers for Change



Last August, Uber Singapore Technology Pte Ltd launched Drivers for Change, an initiative that enabled our driver-partners to support the causes closest to their hearts. We hope that this project would not only inspire our driver-partners to give back, but also spark a change within their communities.

One of the top four finalists, Ms Kee Zi Yun, nominated CCF as her chosen cause. As an active volunteer in the organisation, Ms Kee believes that education remains important, no matter the patient's circumstance.

With her great passion for the cause, it was no surprise to us when she was chosen as one of the top four finalists in our campaign. As one of the Drivers for Change winners, Ms Kee had the opportunity to fulfill her goal of helping the CCF beneficiaries. Raising over \$3,330, Ms Kee definitely sparked a change in the lives of these children.

Contributor: Uber Singapore Technology Pte Ltd



STEP UP! Charity Run-Walk

For the second year running, STEP UP! Charity Run-Walk organised by Students' Science Club Flag Sub-Committee from the National University of Singapore kicked off at Kent Ridge Park on 20 May 2017.

This event was not only undertaken as a fundraising effort for CCF but also to foster interactions among Science undergraduates, alumni and staff.

STEP UP! stands for Service Through Endless Passion; Unlimited Possibilities! which is the vision and mission that we hope to inculcate within the Science family.

For the event itself, participants could choose to sign up for either the 10km run or the 5km walk. Although the participants had to wake up very early for the event, it was heartwarming to see them run with enthusiasm for a good cause! The amount raised through this event was \$1,610.

We would like to sincerely thank all the participants and volunteers for contributing to the success of our event. We would also like to extend our appreciation to CCF for allowing us to plan this event and for the support rendered along the way.

Contributor: Jeslyn Lee, Flag Director, Students' Science Club, National University of Singapore



Start Small, Dream Big

Sherwood Childcare took part in the "Start Small Dream Big" project initiated by Early Childhood Development Agency (ECDA) from 17 June to 29 September 2017. To educate the children in a more meaningful way and as part of the school's core value on showing empathy towards others, the school embarked on a project to raise funds for the less fortunate.

Children viewed videos and images of different beneficiaries and the purpose of the fundraising was explained to them. The children came to an agreement to nominate CCF as the beneficiary as they empathised with the children of their age group who are battling cancer.

We had six months to plan and execute the fundraising initiative. Aside from the tight schedule, we were initially sceptical as to whether the parents would respond to our call, or whether we could meet our fundraising target.

However, the parents rose to the challenge and supported the cause by donating their preloved items for sale at the different events and making cash donations. We were surprised and gratified by their overwhelming participation.



Throughout this project, we have worked to instill the spirit of giving, sharing and caring for others in our Sherwood children. We are also thankful for the teachers' hard work and our parents' generous giving. We would not have been able to raise \$1,646.76 for CCF without their support. It has been a great learning journey, and a memorable one for all of us! Kudos to all parents, children, staff and teachers of Sherwood Childcare.

Contributor: Mrs Nancy Teo, Director, Sherwood Childcare

Art Auction at West Grove Primary School

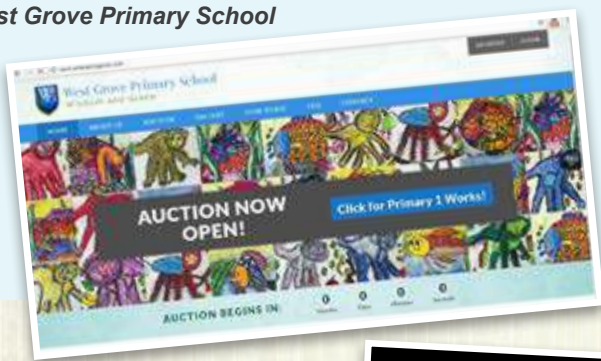
West Grove Primary School has been organising art auctions and various community exhibitions since 2010. We held our first online auction in 2016 and continued to do so this year.

Artworks from different Primary 1 to 5 classes were selected for display and auction on our website, www.whereartsgrow.com. These art pieces were created during their weekly art curriculum lessons.

We believe that through the Art Auction, students get to learn concepts of demand and supply factors determining the art market. This helps them to move into the future of art making, where art is done not just to express oneself, but also to meet the needs of the community. A valuable learning point for our students is the importance of giving back to the society through their diverse talents; learning to be active agents of change for a better future for those in need.

We chose CCF as the beneficiary of our fundraising initiative because we recognise that children are keenest when asked to help other children, and it is an opportunity to educate our students on childhood cancer. We managed to raise \$1,459.60 at the end of the auction.

Contributor: Ms Nicole Cheong, Art Teacher, West Grove Primary School



Selling shirts and raising funds for CCF

As a business owner, I feel that we should give back to the society, especially for the less fortunate, when possible. It is not entirely easy but is a fulfilling experience.

My aim is to raise awareness and let more people know about the lives and challenges that children with cancer face every day. Sometimes we take our lives for granted and do not understand the struggles that children with cancer have to go through.

The mention of the words Children and Cancer make our hearts ache. No one wants to suffer, including children.

I am glad that my customers rejoiced when they found out that 100% of the gross proceeds from the sales of T-shirt went into helping beneficiaries of CCF. We have raised \$1,300 – it may not be a significant amount but I hope every bit counts and will make a difference to the lives of these children and their families.

Contributor: Andy Goh, Business Owner, Wheel Angel

Florence Tan's 20th Anniversary Party

FLY Entertainment Artiste Florence Tan celebrated her return to Singapore with a party on 26 August 2017 marking her 20 years in the industry. Hosted by radio deejay Dennis Chew, the event was attended by fans, family, friends, media and sponsors.

Revisiting Florence's journey and milestones of her personal life and acting career, she thanked people in the industry who had supported her in the past 20 years. She also shared personal pictures of all her past works in various productions and interacted with guests during stage games and prize giveaways.

Florence received a surprise video from her family at the event, and the China post office also gave out 100 copies of her autobiography titled "Dream China – Florence Tan Special Edition" that were sold to raise funds for CCF. A total of \$1,300 was raised in support of CCF.

"We have planned and anticipated the anniversary event for almost a year. I was looking forward to raise some funds for CCF as I have two kids and I love children, therefore I hope to support more children whenever I can," said Florence Tan, FLY Entertainment Artiste.

Contributor: Florence Tan, FLY Entertainment Artiste



Raising funds for CCF through Donation Box Placement Programme

Schneider Electric Singapore is proud to support CCF for the first time by participating as one of their Donation Box Placement Programme (DBPP) partners from 17 to 31 July 2017. We strongly believe in the works of CCF which inspired us to support the children and their families impacted by cancer. Schneider Electric Singapore raised \$1,000 through the programme and is honoured to be able to contribute to this worthy cause.

Contributor: Germaine Goh, Sales Engineer, Recreation Club 2017, Schneider Electric





Supporting social causes is part of Deutsche Bank's DNA

TRIBUTE speaks with Deutsche Bank, who marked 45 years in Singapore with a community celebration in 2017.

Deutsche Bank has been supporting CCF through our annual community outreach event Hair for Hope (HfH) since 2014. The company has a very pro-active CSR committee that is always on the look-out for good impactful projects to support, and HfH was introduced to the bank by one of its colleagues at that time.

Supporting social causes is part of the Bank's DNA. On the very strong partnership, Deutsche Bank shared that its HfH satellite event first started with one of its staff shaving alone, but was gradually extended to families of its staff, business partners and people from other organisations.

Jitesh Ramchandani, Vice President in Deutsche Bank's Wealth Division, a first-time shavee and the third highest individual fundraiser in HfH 2017 said: "Hair loss can be distressing for a young child, since they may not understand the full effects of cancer yet. As a first-time shavee, I wanted to support children with cancer by showing them that they are not alone in this journey. Cancer may or may not be something that we can control just yet, but the least I can do is to show my solidarity by shaving my hair and raising funds to help the beneficiaries of CCF."

Additionally, staff from Deutsche Bank are eager to volunteer their time and resources for CSR initiatives. The culture of giving is strong in Deutsche Bank – one in four of its employees has given their time as well in volunteering activities throughout the year.

Most recently in October this year, Deutsche Bank hosted 17 CCF beneficiaries to a special charity concert that it organised in partnership with the Singapore Chinese Orchestra. Staff from the bank also conducted two workshops for CCF beneficiaries this year - a financial literacy workshop and a National Day workshop for students from Place for Academic Learning and Support (PALS), an in-house learning centre operated by CCF that serves to facilitate a smooth school reintegration.

Standing firm to the notion that business performance and social responsibility go hand in hand, the bank seeks to enable communities and economies to prosper and aims to target issues that affect millions of people around the world.



Going forward, Deutsche Bank wishes to engage more actively with CCF beneficiaries, such as increasing its engagement sessions at the CCF Community Office in Novena.

"We consider it a privilege to shave for HfH as part of the Deutsche Bank team and it is heartening to see friends and colleagues from other firms also joining to shave with us. We can see the difference it makes to the children, and the amazing work that CCF does," said Akash Mohapatra, Associate General Counsel, APAC and Vice-Chair of the bank's Corporate Social Responsibility committee in Singapore.

And to children with cancer and their families, Mr Mohapatra added: "You inspire us with your bravery. We stand behind you to support you as you go through your journey of resilience and recovery."



CALENDAR OF EVENTS (January to March)

EVENT	DATE
New Year Celebration	6 Jan 2018
International Childhood Cancer Day	15 Feb 2018
Survivors Service Learning Project	17 Feb 2018
CCF-VIVA Family Learning Exchange	10 Mar 2018
Children's Camp	15 - 17 Mar 2018
Photovoice	17 Mar 2018
Appreciation Night for Volunteers, Donors and Partners	29 Mar 2018

Dates are subject to change.

CCF merchandise for sale

Give a gift of love! CCF has a wide range of merchandise that can be purchased all-year round. These items include stationery, tumblers and tote bags.

You can contribute to CCF's fundraising efforts and show your support for children with cancer and their families by purchasing these exclusive merchandise. They make great gifts too!

Prices (clockwise from the left):



CCF tote bag: \$15

Collar pin: \$2
(Gold Ribbon/ Girl Mascot/ Boy Mascot)

CCF folder: \$10

Tulip: \$2

CCF diary: \$10

CCF tumbler: \$10

For the full list of merchandise, do visit our website at <http://bit.ly/ccfmerchandise>.

To make a purchase or find out more, do drop us an email at fundraising@ccf.org.sg or contact our team at 6229 3764 / 6229 3738.

MISSED AN ISSUE?

If you have just discovered TRIBUTE and are keen to get your hands on past editions, please find us online at <http://bit.ly/ccftribute>.



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
- Expressive Arts Therapy
- 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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