



Tribute

to our children



OUR SURVIVORS "APPRECIATE, CELEBRATE AND EMBRACE"

BATTLING THE ODDS,

ON CHILDHOOD CANCER SURVIVORS' DAY >> page 6

Love Continues

"Perfect Canvas" Music Video - Fulfilling dreams of bereaved caregivers.

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Citi-YMCA Youth for Causes

How have the 10 groups of students embarked on their entrepreneurial projects for our cause? Read on!

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Beneficiary's Story

Get inspired by Clement Choo, Childhood cancer survivor, who has learnt to re-evaluate his priorities and principles in life after battling cancer at the age of 16.

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#HUMANS OF CCF

A Voice in Music

Stefanie Loh, Childhood cancer survivor and CCF volunteer

The first time Stefanie Loh composed a piano score, she was in the general ward of KK Women's and Children's Hospital, recovering from surgery for post-nasal cancer.

The surgery left her speech temporarily slurred, frustrating the usually-chatty Stefanie. Schoolmates who visited her joked, "Oh, for once Stef is quiet!"

But Stefanie found her voice in music. At night, after the hospital visiting hours, she wrote down the tunes in her head.

"Music was a way for me to express how I felt," says the 25-year-old, who plays the piano, violin, trumpet and guitar. Later, her band mates brought a trumpet for her to play, which lifted her spirits even further. "I became the noisiest patient in the ward," she says, laughing.

While studying music at the Nanyang Academy of Fine Arts, Stefanie applied for the CCF

Opportunity Fund, and received her own trumpet.

The fund, administered under the CCF Survivorship Programme, helps childhood cancer survivors achieve their personal goals and aspirations.

And, Stefanie has found a way to give back. She performs regularly at CCF events. At CCF's Family Day in 2015, she performed a piano composition she wrote in hospital, titled "Love, Faith and Hope".

"I want to show people that cancer is not a death sentence, and that kids who have cancer shouldn't be shunned or pitied," says Stefanie, who is now a music teacher.

She adds, "Even with cancer, you can continue leading the life that you want, and doing the things that you want to do."

From Rags to Donor

Apelles Poh, CCF donor

Growing up as the youngest of nine children, Apelles Poh and his family struggled to make ends meet.

At eight years old, Apelles helped his father, who sold dried noodles for a living, deliver the noodles to the market. From the age of thirteen, he worked in a series of odd jobs for pocket money for school, including giving tuition and working in retail and as a production officer.

“As they say, a rough sea makes a good sailor. Those early years honed my character and strengthened my values,” says Apelles, now a Senior Financial Services Director with Professional Investment Advisory Services Pte Ltd and one of CCF’s long-standing individual donors.

“My struggles made me want to help other people in challenging situations,” he says. When he published his first inspirational book, *Live Well, Love Much, Laugh Often*, in 2008 (which went on to be a national bestseller), Apelles


decided to donate all the proceeds from the book towards CCF.

The decision was an easy one for Apelles, who is also the principal trainer at Eagle’s Wings Training and Consultancy, a platform birthed from his passion to impact lives with the spoken word.

“Money is like fertilizer. If you keep hoarding it, it stinks. But if you give it away and use it to nurture lives, it can help people to flower,” says Apelles, who also donates his earnings from local and international public speaking engagements to CCF.

He recalls an incident when he helped to fulfil the last wish of a little girl suffering from Leukaemia who wanted a party with all her friends and a magician. Apelles sponsored the party, which he called a bittersweet, yet special, celebration.

He says, “If we can alleviate the children’s pain and put a smile on their faces, it is enough for me. When you put a smile on a young person’s face, your heart smiles too.”



#HUMANS
OF
CCF



Hair for Hope 2018!

CCF's signature annual outreach campaign, Hair for Hope (HfH) 2018, has concluded with 5487 shavees from all walks of life coming together to make their bald statements!

The idea of HfH was mooted by a group of nine CCF volunteers back in 2003. Understanding the ordeals that children with cancer are subjected to, the volunteers decided to shave their heads to create childhood cancer awareness in the Singapore community. HfH is the only head-shaving event in Singapore that serves to raise childhood cancer awareness and funds for CCF.

Back for the 16th consecutive year, the first satellite event kicked off at Kong Meng San Phor Kark See Monastery on 29 April 2018. To encourage more like-minded individuals to support the good cause, HfH was also brought

to the doorsteps of 52 different venues including corporate offices, schools and grassroots organisations.

Held on 28 and 29 July 2018 at VivoCity, the two-day main event attracted 2482 shavees to shave their heads, to show children with cancer and their families that they are not alone in the battle against cancer.

CCF would like to thank all shavees, donors, sponsors, satellite partners, volunteers and the media, for the continuous support!

Continue to stay tuned, by following CCF on Facebook and Instagram, for more updates on HfH 2019!

Read more about HfH 2018, in the special HfH Supplement!



“Teh Tarik” Session at The Red Box

In partnership with Youth Corps Singapore, CCF hosted a “Teh Tarik” session at The Red Box on 16 August 2018. The closed session was attended by 20 youths, aged between 18 and 35 years old. Coming from all walks of life, these youths signed up for the session to learn more about the works of CCF, and to find out how they could contribute in helping children and families impacted by cancer.

The youths were first introduced to CCF’s programmes and services and gained insights into a child’s cancer journey, through a sharing session by Clement Choo, a childhood cancer survivor and active volunteer of CCF. Following which, the participants formed teams to discuss how youths could come together to increase childhood cancer awareness in Singapore. Several ideas were exchanged, and the youths shared their respective views on the topic. Apart from being inspired to play a part in spreading childhood cancer awareness to their family and friends, many also expressed interest to volunteer with CCF! The session ended on a high note, with a group photo and inspired hearts.

Thank you, Youth Corps Singapore, for the opportunity, and also to all youths who attended the session!



If you would like to know more about CCF’s programmes and services and/or to invite CCF to share about our work in your organisation/school, do get in touch with us at comms@ccf.org.sg.



Childhood Cancer Survivors' Day



In conjunction with the World Cancer Survivors' Day held annually in the month of June, CCF organised its first Childhood Cancer Survivors' Day with the aim to provide a platform for childhood cancer survivors to connect with one another, share their experiences, celebrate how far they have come in their journey of recovery, and acknowledge the hardships they face beyond treatment. It is also an opportunity for the survivors to appreciate their caregivers, friends and family who have fought alongside them on their journey.

Themed 'Appreciate, Celebrate and Embrace', the event took place on 23 June 2018 at the Toa Payoh Town Park. Despite the wet weather, a total of 163 participants attended the carnival.

The carnival commenced with opening remarks by CCF Chairperson, Mr. Ho Cheng Huat, and Mr. Rashpal Bhatti, Vice-President of Marketing Freight and sponsor of BHP's The Singapore Community. Following which, they were joined by CCF Executive Director, Ms. Neo Lay Tin, on stage to launch the event by leaving their thumbprints on a piece of canvas known as the Thumb Print Tulip. All participants were encouraged to leave their thumbprints on the empty space within the tulips, as a symbolic act of coming together as a community, in support of childhood cancer survivors on their survivorship journey.

Stage performances by childhood cancer survivors and family-based booth activities were conducted throughout the carnival. These included song performances and a magic show. Families also gathered at the activity booths to make badges and party-poppers and assemble a potted plant. They also participated in games conducted by the youths from CCF YouthConnect and caregivers from CCF Parents Connect. Food booths offering popcorn, candy floss and kachang puteh were a hit with the participants.

The last segment of the programme was the End-of-Treatment Party to mark the significant milestone for beneficiaries who have completed their treatment and have moved on to regain their normalcy in life. During this segment, caregivers presented trophies and said words of encouragement to their children. It was a heart-warming moment for everyone at the carnival. The event then ended on a high note, with the unveiling of the completed Thumb Print Tulip by Ms Neo.

A total of 34 BHP volunteers have also dedicated their time in bringing smiles to the caregivers and making the event a great success. We would like to say a BIG "Thank you" to BHP, once again, for sponsoring the event!

Thumbs up to the organisers for organising the event, and I have got to meet some old friends and make some new friends. I hope to participate in this event every year!

- Nabila, Childhood cancer survivor

I had a rewarding experience working alongside the BHP volunteers to man a game booth. My little survivor, Justin, was our "booth manager" whenever he was not checking out the other activity booths. It was a fantastic event! I really appreciate the opportunity and was deeply touched by the enthusiasm and effort from BHP. Thank you, CCF and BHP!

- Yuen Wah, Caregiver

KiDzConnect



On 26 May 2018, eight CCF beneficiaries and their siblings from KiDzConnect participated in a flower arrangement workshop. During the two-hour workshop, the children were introduced to different types of flowers and their characteristics and taught the basics of flower arrangement. The children also had the opportunity to construct their very own 'boxquet' (flower arrangement in a box), which they really enjoyed. The workshop was made possible by a group of kind-hearted volunteers who dedicated their time, on a Saturday afternoon, to the children. We would like to thank the volunteers, for bringing smiles to our beneficiaries.

Be a part of KiDzConnect!

KiDzConnect is a CCF programme, catering to childhood cancer survivors aged 5 to 12 years. Through this programme, children get to connect, bond and forge friendships with one another. In addition, children have the opportunity to build social skills through common experiences and stay connected to CCF. KiDzConnect runs activities, once every quarter. Hence, do keep a lookout for our activities in your mailbox and register your child for the activities!



Recruitment for YouthConnect

Formerly known as "ClubSurvivor", the programme was renamed YouthConnect in 2017 to emphasise the objectives of promoting social interaction, through the creation of a platform for youth survivors to connect with each other. In this fast-paced and dynamic landscape, YouthConnect aims to act as an anchor for its members, as they progress through the various milestones in their lives.

As the members foray out of their comfort zone to learn new skills, forge relationships, grow and challenge their own perceptions, the activities also provide enriching experiences to help the participants in their voyage of self-discovery, self-realisation and building of self-confidence.

Survivors are also given the opportunities to give back to the society, through volunteering at the gatherings and CCF events.

YouthConnect gatherings will be held in October and December 2018. Join us now! To find out more, please contact CCF Assistant Senior Social Worker, Ms Kwok Yoke Wah, at 6229 3750 or email communityconnect@ccf.org.sg.



Love Continues - “Perfect Canvas”

It is extremely difficult and painful for family members to cope with caring for children with poor prognosis or who are at the end stage of life. CCF offers palliative and bereavement support, to improve the quality of life of the affected families.

In 2017, CCF launched Love Continues, a bereavement open support group for bereaved caregivers coping with grief and loss of a child due to cancer. The programme utilises creative arts as therapeutic tools to help bereaved caregivers integrate the reality of the loss into the ongoing story of their lives, while also reconstructing their continuing bond with their loved ones.

In early 2018, a father expressed his wish to dedicate a song in remembrance of his daughter, a wish that resonated with caregivers in the support group. This wish came true in March 2018 when CCF was selected to participate in “Live Your Dream” (完成一个梦), a digital video series by zaobao.sg (of Singapore Press Holdings) aimed at fulfilling the dreams of people from all walks of life.

With the support of zaobao.sg, CCF had the privilege of working with Lee Wei Song, the multi-award winning Singapore music composer

and songwriter and Managing Director of Lee Wei Song School of Music (LWSSOM), and Jay Lim, Principal of LWSSOM, for this music video.

On 24 April 2018, 10 bereaved caregivers from the Love Continues support group visited LWSSOM and shared the journey of their children who have braved the fight against cancer. Stirred by the unconditional love of the caregivers, the composers were inspired to produce a song titled “Perfect Canvas”. A child is a perfect canvas in the lives of the caregivers. The memory of their children will continue to light up their darkest days, as the caregivers now paint the canvas with colours and strength, while moving from grief to grace.

With much enthusiasm and excitement, the caregivers had their first song recording experience at LWSSOM on 29 May 2018. After months of refining all aspects of the song and music video, the dream of the caregivers finally materialised, as they watched the music video being screened at the Hair for Hope main event on 29 July 2018 at VivoCity.

CCF would like to thank zaobao.sg, Lee Wei Song and Jay Lim once again for fulfilling the dream of our caregivers! Watch the music video at <https://bit.ly/2oMRRBX>!



Racial Harmony Day @ PALS

Racial Harmony Day is the day designated by the Ministry of Education, for Singaporeans to reflect and celebrate their success as a racially harmonious nation. Since 1997, schools have been organising celebratory activities to educate students on the importance of maintaining racial and religious harmony.

On 20 July 2018, PALS celebrated Racial Harmony Day. The students donned ethnic costumes as a celebration of diversity in Singapore. It was a sight to behold the students strutting from classroom to classroom in baju kurungs, mandarin collars and kurta to learn about the different cultures. They also tried their hands playing 'kampong' games, making lanterns, smelling spices and creating "Kolam" by using coloured sand to form patterns on paper. It was a truly enjoyable day for the students!



NAFA 3D Sculpture

Who says one can't have fun with recycled materials? With guidance from our NAFA volunteers, PALS students had a field day with bottle caps, beads, buttons and construction paper on 11 July 2018. Given the World Cup fever then, it was not surprising that some students crafted 3D models of football clubs and soccer fields. Others made their own interpretations, of zoos and famous landmarks. They even built a giant giraffe! Thank you, NAFA, for dedicating your time for our students!



Nagomi Art Session

Nagomi Art Instructor, Alena, spent an afternoon with PALS students on 15 August 2018, to teach them about self-expression through Nagomi art by using soft pastel fingers to create an artwork. The students first sat through a live demonstration, before they had their chance to get their hands dirty. They grounded the pastel sticks, and blended the colours, before using stencils to imprint butterflies, aeroplanes and birds. With dexterity, they smeared and smudged their powdery concoctions, to produce myriad effects on their mini-canvases. At the end of the session, they got to see the fruits of their labour – colourful bookmarks and pieces of paintings for keepsake. CCF would like to thank Alena, for conducting the session!



Relay Games for Healthy Lifestyle

PALS held a Relay Games Day on 3 August 2018, to promote an active and healthy lifestyle among our students. The relay games also provided an opportunity for the students to bond with their friends. Among the games was the passing of a hula-hoop from one side of a human chain to the other side. Students also took part in another game, to transport table-tennis balls with spoons to their team mates. Though it might seem to be an effortless action, it turned out to be not so simple, as the students were required to move from one end of a room to the other with a balloon in between them and a partner! Everyone was all smiles, in spite of the challenges of the game!



Father's Day celebration: Tee-shirt designing

To celebrate Father's Day, the children and youths at CCF@NUH were invited to design a Father's Day tee-shirt on 12 June 2018. The children were excited to know that they could design and paint customised tee-shirts for their fathers. After choosing the tee-shirt sizes, the children and youths began to ponder over the designs for the tee-shirts. Some of them made fast decisions and immediately started painting on the shirts. With some suggestions and templates, the younger children stenciled the wordings carefully on the shirts. During the process, the children also shared about their respective designs, moments with their fathers and some even imagined their fathers donning the shirts. One of the youths also commented that she was troubling over what to get for her father, and the tee-shirt designing activity came at just the right time!



Magic Show at CCF@NUH

Magic Show is, undoubtedly, the most popular and anticipated activity at CCF@NUH. On 12 July 2018, an illusionist and magician was invited to perform for our children in the wards and playroom. The children gathered punctually at the playroom, eagerly waiting for the performance to begin. The magician fascinated the children with his illusionist tricks, and the children's eyes were glued to his hands. He also invited the children to participate in his stage performance, getting them to assist in the magic tricks. While the parents were amused by the disbelief looks on the children's faces, the magician annotated each of his tricks with motivating messages to encourage the children and their family.



HOSPITAL EVENTS

Magical Moments at CCF@KKH

The children at CCF@KKH had the pleasure to attend the magic show performance by magician Dr Syros on 13 July 2018. Dr Syros had his way with the children, and ensured that everyone truly enjoyed themselves. The children and families were thrilled to watch the magic tricks, as Dr Syros folded roses, and made coins appear and disappear, amongst others. The participants truly enjoyed all these magical moments!



Nurses Day Celebration

To show appreciation and gratitude to the nurses who care for our children at CCF@NUH, our beneficiaries were invited to make a heart pillow for the nurses in celebration of Nurses Day on 31 July 2018. Each of them took two pieces of heart-shaped cut outs and stuffed them with cotton, creating a pillow.

They also wrote special “thank-you” notes which were tied to the heart pillows.

The children and youths then presented their handmade gifts to the nurses personally, and it was heartwarming to see the nurses receiving the sweet gestures with ready smiles.

SOCIAL & RECREATIONAL ACTIVITIES

Rock Climbing at Ground Up Climbing

Climbing is for everyone, and everyone can climb! It is an activity that engages a person both mentally and physically, to build determination and strength in children. As a gym that caters to beginners and children, Ground Up (GU) Climbing Gym decided to organise a rock climbing activity for 14 CCF beneficiaries on 9 June 2018.

While CCF provides the children who are battling cancer with psychosocial support, GU Climbing Gym hopes to contribute towards building character and resilience in these children, and is confident that climbing will help them cope with their varied, future challenges!

Believing that everyone should be given the chance to live life courageously, I will be climbing Mount Everest for a second time, in 2019, to raise funds for CCF as well!

Contributor: Jeremy Tong, Sales and Marketing Manager, Ground Up Climbing Gym



SOCIAL & RECREATIONAL ACTIVITIES

Photo Hunt at Gardens by the Bay

On 21 June 2018, Lucite International Singapore Pte Ltd (LISPL) organised Photo Hunt at Gardens by the Bay for 23 CCF beneficiaries, as part of its corporate social responsibility initiatives in accordance with one of Lucite's values of being a caring neighbour. A total of 29 employees volunteered their time and effort to support this event.

All participants and Lucite volunteers were divided into groups, and competed in a friendly competition of Photo Hunt. At Gardens by the Bay, they also enjoyed the scenery and views of the conservatories and had the opportunity to snap photos for keepsake.

The responses from Lucite volunteers have been overwhelmingly positive, as they had a great time together with the participants. Jefry, a volunteer from LISPL, shared that he enjoyed looking at the happy faces of the

beneficiaries and their family members. LISPL plans to continue organising similar events in future, to promote corporate social responsibility and foster greater volunteerism among its employees.

Contributor: Leong Kok Hou, Mechanical Engineer, Lucite International Singapore Pte Ltd



Camp Challenge by M1 SunCare Club



On 16 June 2018, and in conjunction with the school holidays, staff volunteers from M1 SunCare Club accompanied 100 beneficiaries from its adopted charities (including Children's Cancer Foundation) to Camp Challenge, where they embarked on an outdoor adventure aimed at character development.

Fuelled by enthusiasm, the beneficiaries arrived bright and early, to participate in activities ranging from ice-breakers to high elements obstacle courses, including Parallel Wires, Balancing Beam and Monkey Climb. The children worked together, to overcome their fears and tackled the obstacle courses successfully, conquering even the most challenging ones!

It was certainly a rewarding day for both our volunteers and the children, who learned the value of confidence and perseverance in overcoming future adversities.

Contributors: M1 Limited

SOCIAL & RECREATIONAL ACTIVITIES



Teleflex Singapore partners CCF in JOIN Event

Teleflex Singapore staff members got together on 18 June 2018, for a JOIN Act with Purpose event to provide CCF beneficiaries with a therapeutic and joyful horse-riding experience.



Horse-riding and exposure to animals have been shown to be an effective form of therapy, in aiding physical and mental recovery and indeed, there was not a dull moment for the children on that day. The children were actively involved and engaged in interacting with the horses and learning about them. Other activities included the feeding of ponies, riding horses, grooming horses, painting horse shoes, face-painting and caricature. Bursts of laughter and scenes of children scuttling about excitedly were a common affair that day.



In the words of one of the Teleflex staff, “this is what we work for every day.” In Teleflex, it is “always people at the centre”, and this event really translated their core beliefs into actions. While it seemed, at first glance, that the Teleflex staff were the ones giving to the children, it turned out that they had received the most meaning from serving the latter. Among the staff, there was a fresh sense of purpose and joy from the event itself. They certainly look forward to continue giving back to society in the many years to come.



Special thanks to HR Talent Development Specialist, Jayce Lin, as well as the ZEAL Team (Grace, Lena, Aslina) for planning the event and rallying everyone together! Notable mentions include the Human Resource, Finance and Marketing Departments which were also part of the organising committee and which offered generous help and time to make the event possible.

Contributor: Alvin Tan, Human Resource Intern, Teleflex Singapore

Acknowledgements for noteworthy events (listed in chronological order):

- **National University of Singapore (NUS) Students' Cultural Activities**, for inviting CCF beneficiaries and their families and friends, to NUS CAC+US Concert on 24 February 2018;
- **Sentosa Development Corporation**, for organising Sentosa Gives, and inviting CCF beneficiaries to visit various Sentosa attractions on 14 March 2018;
- **Pee-Ka-Poo**, for providing custom-made Superhero costumes, and organising a Superhero photoshoot for CCF beneficiaries on 1 April 2018;
- **Singapore Dance Theatre**, for inviting CCF beneficiaries to the Giselle performance on 14 and 15 April 2018;
- **Marsh Singapore Pte Ltd**, for inviting CCF beneficiaries to the MMC Walk & Jog on 17 May 2018;
- **Woodlands Youth Executive Committee**, for inviting CCF beneficiaries to its Open MIC session on 19 May 2018;
- **ICBC Standard Bank PLC**, for inviting CCF beneficiaries to an Easy Bakes! Baking workshop on 31 May 2018;
- **Fun Hats Group**, for organising Peranakan tile-painting workshops at KKH, NUH, and PALS, in the months of April to June, as well as a crochet workshop on 3 June 2018;
- **National Heritage Board**, for inviting CCF beneficiaries to a gallery tour and fringe activities at Asian Civilisations Museum on 19 June 2018, in conjunction with its Hair for Hope satellite event;
- **Emerson Automation Solutions**, for organising a movie outing for CCF beneficiaries to watch "Jurassic World: Fallen Kingdom" on 20 June 2018;
- **Drew & Napier**, for organising a movie outing for CCF beneficiaries to watch "Hotel Transylvania 3: A Monster Vacation" on 19 July 2018.

FUNDRAISING EVENTS

Ironman Triathlon



It was indeed an honour, to be able to help raise funds for CCF through my participation in the Ironman Triathlon at Busselton, Western Australia, on 3 December 2017. Many preparation sessions were done, but nothing beats standing at the start-line on the actual day.

At the start during the preparation on the actual day, just before the commencement of the race, an announcement was made alerting all participants that sharks were spotted in the waters. At that time, I had to manage my emotions and do what was necessary to have a change in approach to the entire race. It was not easy, and as I have always told others, “expect the unexpected”, it actually happened to me! Isn’t that what the cancer patients encounter, every now and then?

The swim leg was cancelled, and the event started with the bike leg. During the event, I was knocked down by another cyclist, and I thought that I was unable to continue due to the bruises and bad bike. But, thank God for giving me the determination, to continue and push through one kilometer at a time. It reminded me of cancer patients who always press on to face another day! Kudos to them!

Oftentimes, we are faced with challenges that we may not have expected, and many uncertainties could come along the way. We have to assess the situation, make the necessary adjustments, move forward and make instant changes to complete the tasks or challenges.

Through this Triathlon event, I was truly overjoyed to raise a total of \$25,116.05 for CCF. I had raised funds for CCF in the past years from 2013 to 2015, and I was very glad to be back again to contribute once more to the work of CCF. To all staff & children in CCF, keep up the good work and the great fight against cancer! Never give up and I know you won’t!

Contributor: Koh Suan Lam, Organiser

Spreading love through education

With the intent of making Data Science accessible to more people while supporting good causes, I decided to donate the course fees from my weekly class in Data Science. From the 8-session course, inclusive of training in programming (Python), predictive analytics (Machine Learning) and coding sessions, a total of \$4,800 was raised for CCF through this initiative.

I decided to organise this fundraising initiative, as I believe in the cause and work of CCF. I hope that CCF will continue to put a smile on the children’s faces, and help their parents go through the difficult journey.

Contributor: Koby Karp, Lead Data Scientist



Fitness Family @ TransLantau 2018

It has been two years since the group has been actively running together and participating in overseas trail races. Notwithstanding, we decided to support CCF on this maiden project on 2 and 3 March 2018 as many of the runners directly, or indirectly, know of families and friends whose children are diagnosed with cancer. Their resilience and courage to stay strong for their child, inspired us to do our little part and we certainly learnt a great deal from this experience.

In the midst of raising funds for CCF, we also witnessed two noteworthy incidences at the event – the first being a marriage proposal by one of our members, and the second being a team member who was plagued by severe cramps during the race. Despite so, he completed the race at 1 am, albeit 3 hours past the official cutoff time. Besides his sheer determination to complete the race and fulfill his commitment to the fundraising cause, he also exhibited true sportsmanship by bringing two other race stragglers back with him. We are happy to raise a total of \$7,850.50 for CCF!

Contributor: Christopher Chen Ee Hsin, Organiser,



Great Eastern Women's Half Marathon Singapore 2017

Children have always been close to my heart, and I truly believe every child needs to live with love, respect and compassion and enjoy their childhood to the fullest. I hope to give children, who are suffering or impacted by cancer, a leg up in life.

It took me numerous half marathons, full marathons, a Spartan Trifecta and a Triathlon to finally realise that I should give back to community through my passion. I hence initiated this fundraising campaign in conjunction with the "Great Eastern Women's Half Marathon Singapore 2017" on 12 November 2017.

I decided to support CCF as I believe in its mission of improving the quality of lives of children with cancer by enhancing their emotional, financial and social well-being, with a focus on therapeutic play and psychotherapy for the children. CCF also supports the caregivers, to help them cope better with the challenging journey after doing good for others was doubled for me, and I am happy to raise a total of \$3,300 for CCF.

This fundraising was made even more special as my company, Barclays Capital, matched every dollar that I raised through this campaign. Contributing to saving lives and the fuzzy feeling after doing good for others was doubled for me.

A heartfelt thanks to all my donors who trusted me, stood by me and supported me in this fantastic cause. Your donation, big or small, has definitely brought a warm smile to the faces of the children.

We make a living by what we get, but we make a life by what we give - Sir Winston Churchill

Contributor: Shilpa Dayanand Salian, AVP, Barclays Capital

FUNDRAISING EVENTS

Sales of 'Sesame Street' NETS FlashPay cards

NETS first began supporting CCF in 2008, through fundraising and staff volunteerism. Over the years, we have continued to support CCF in a number of ways.

In 2017, while brainstorming for fundraising ideas, the team decided to tweak its original campaign by donating part of the proceeds, from the sales of a set of two 'Sesame Street' NETS FlashPay cards, to CCF.

Designed in-house, the limited-edition cards featured characters from the much-loved children's television programme, Sesame Street, including Elmo, Cookie Monster and Oscar the Grouch. Only 1,000 sets were available for purchase.

NETS' Head of Sales, Ang Sok Hong, said, "As a homegrown payments company, NETS is committed to helping the underprivileged and less fortunate in our society. NETS recognises that childhood cancer can be equally devastating for children and their families, when they experience the pain and distress caused by this life-threatening illness. We hope to help CCF in its admirable work, in improving the quality of life of children and families impacted by cancer." Through the campaign, a total of \$2,485 was raised for CCF.

Contributor: NETS

Pro-Teach, Together We Care!

CCF was chosen as the beneficiary for this year's fundraising event. Often, the word "Cancer" frightens practically everyone. Through this fundraising event, the children were educated on the facts and myths about childhood cancer and together, we aim to build a community of support for the CCF beneficiaries.

Through this project themed 'Pro-Teach, together we care!', we hope to inculcate compassion and encourage our children to be more understanding towards children battling with cancer. At the same time, this event gave the children an avenue to give back to the society. The children started working on their handicrafts and canvas paintings as early as December 2017, and garnered their parents' support to purchase their art pieces.

During the fundraising event in January 2018, the little ones were enthusiastic about helping to raise funds by promoting their artwork, game stalls and participated in this giving. Our children may be young, but they are not limited by their age. We were heartened to see them put their best foot forward for the event, and doing their utmost to raise funds for CCF. We were proud to raise a total of \$2,640 for CCF!

Contributor: Candy Heng, Branch Manager



UBI CARITAS – LOVE. FAITH. HOPE

The Yishun Town Secondary School Voices and Chorale held their very first concert at the Esplanade Recital Studio on 8 April 2018, and raised \$2,857 in support of CCF.

The Choristers were nervous yet excited, as this was their first major performance outside of school and they took every opportunity available to rehearse their parts. This concert featured two original compositions titled 'Love, Faith, Hope' and 'All Around', written by the teacher and student conductor, respectively.

It was a once-in-a-lifetime experience for the students to do something meaningful, and they have learnt the importance of teamwork, resilience and perseverance through this concert as they had to step out of their comfort zone to dance for one of the items as well as to memorise the pieces for this concert.

Contributor: Stefanie Loh, Teacher-in-Charge, Yishun Town Secondary School Voices & Chorale



Youth For Causes

Funded by the Citi Foundation, the Citi-YMCA Youth For Causes (YFC) is a community initiative providing youths aged 15 to 25 with seed funding, resources and guidance of volunteer mentors, to execute sustainable social entrepreneurship ideas and business models that benefit and support charitable organisations of their choice.

This year, CCF welcomed ten groups of students who embarked on their 15-week community project in May. From street sales to publicity campaigns, these students executed self-initiated projects to raise public awareness and funds in support of CCF. Thank you to all teams for the fervent support and dedication!

The Dreamwork Project 2018

(Ashley Fok Shi Qi, Michelle Ong Yong Hui, Megan Khoe Zhi Han and Jerlynn Chia)

We have chosen CCF as the charity of choice, as we have been supporting CCF since 2015, actively raising childhood cancer awareness and funds. Over the years, we have been working with CCF, as we believe that our philosophies align strongly, and we also hope to carry on the good work by previous organising teams. Because all our four core members were involved in YFC last year, we have had a concrete idea of what to achieve this year and worked with CCF to the best of our abilities.

This YFC journey had been a very enriching and fulfilling one, with many ups and downs. We faced many challenges and hardships throughout our implementation period. Juggling YFC and the heavy school work was no easy feat. However, with one another's support as well as manpower from our 100-man strong organising team, we managed to come through and emerge as individuals who derived joy and satisfaction from raising childhood cancer awareness and funds for CCF and being

part of a team that bonded together through our love and interest in helping the community.

Through this exposure, we learnt the importance of communication within a team. Without effective communication, the team would be unable to convey important messages quickly and might end up hindering key processes of the YFC journey. Another key takeaway was that time management was a huge factor of success. Having to manage both schoolwork and YFC, we learnt the importance of juggling various commitments as well as getting our priorities right. During the project period, we were once at a risk of account deficit as we were unable to secure sponsors for our events. Putting away the feeling of demoralisation, we encouraged ourselves to work harder and improve the publicity of our fundraising events. We were happy to overcome these challenges, and raised funds for CCF to improve the quality of life of the children and families!



YOUTH FOR CAUSES

Shatter Cancer

(Amy Zhang, Kyle Tan, Tara Kripalani and Bryan Defjan)

As a team, we believe that no child should lose the freedom of their childhood to the harsh and painful battle against cancer. Hence, the decision to support CCF arose. Each of us has had a personal experience with cancer in our respective family, making this a cause we were passionate about from the get-go.

Over the months, Project Shatter Cancer held a series of fundraising events, beginning with Carnival of Colours, held at SJI International in June. We also held weekly busking and street sales through the summer break to not only raise funds, but also awareness for the cause. To conclude our project, we organised Heartstrings - a charity concert to raise awareness of CCF while creating a platform for young performers in the region to showcase their talents.

Our experience has definitely been intriguing, allowing us to learn not just about the cause but also more about

each other. Inevitably, we faced challenges along the way. We struggled to find a balance and good team dynamics to begin with, but each obstacle we faced only helped make our team stronger.

Ultimately, what warmed our hearts was being able to create a community of support for a good cause. Some of the key takeaways were learning more about working styles and the need for flexibility, and how having a strong passion has enabled us to create change.



Galaxy

(Ge Shu, Zhang Yuhui, Liu Xiangning and Zhang Yimei)

Our team would like to give back to society through our passion to serve the community. We chose to work with CCF as we would like to play our part to help improve the quality of life of children and families impacted by cancer. We also hope to educate the public about psychological and social impact of childhood cancer and dispel misconceptions.

It was our first voluntary project, and we encountered several difficulties along the way due to the lack of manpower and logistics limitations. We also faced many unexpected situations during our activities, but we managed to circumvent the constraints and carried out our activities successfully. We also learnt the importance of courage and teamwork. We really appreciate this opportunity to hone our skills and contribute to the society.



SUPER

(Chen Anni, Li Jingwei, Zhang Haoyu and Zhao Xi)



'Serve', 'Uplift', 'Passion', 'Embrace' and 'Respect' are our visions.

With the firm belief that every little act of kindness will make a difference, we want to inculcate the values of giving in youths, by showing them how they can express their love and gratitude by contributing back to society.

During the implementation period, we mobilised over 300 volunteers to help in the organising of activities such as the O-level sharing session, street sales, school sales and concert to raise public awareness of childhood cancer. Through the involvement, our volunteers had the opportunity to grow, sharpen their leadership skills and build camaraderie along this meaningful and fruitful journey.

This is our fourth year participating in YFC, but this journey never ends. Together, let's work for a super caring, inclusive and gracious society!

Project Orenda 2018

(Chen Xintong, Chloe Kan Kwan Yu, Wong Siew Yee and Hu Siyuan)

CCF was our charity of choice, as we felt that its mission to help and contribute to the cause of childhood cancer is in line with our ideals. We were also inspired by our seniors from Project Orenda 2017, to continue the support for CCF. Some of our friends have had experiences with cancer among their family and friends, and this gave us quite an insight into the impacts of childhood cancer- for instance, we observed that families were unable to afford the hefty medical treatments, and parents had to leave their jobs to care for the child with cancer. The YFC experience was great, as we were able to help the vulnerable via such a platform. It was an eye-opening experience for us, and has helped hone our empathy skills.



Project Ameliorate

(Peng Victor M X, Tan Zhen Jie Adam, Ou Ningxiang and Soh Inn Siang, Douglas)

We chose to work with CCF for YFC, as their beneficiaries and mission statement resonated with most of us.

In the initial stages, when we went in search of like-minded individuals to set out on this journey, we were not certain if our idea would materialise. But once we ironed out the uncertainties among ourselves, our doubts melted away, and we worked towards becoming one of the hundred YFC teams. Once that obstacle was cleared, our journey truly started as we implemented our ideas, dealing with hardships along the way.

We had invaluable gains from this odyssey such as learning to manage a project. But more importantly, we gained a better understanding of the less privileged in our society and formed lasting bonds among our team members.



Team Resalire

(Lim Xin Yi Chloe, Low Si Ling Sheryl, Regina Tan Tze Shuen and Shevonne Lim Kai Hui)

'Resalire', meaning 'to be resilient', represents our group's vision for our project. Through raising funds, we wish to empower children with cancer to bounce back by aiding in their recovery process. Participating in YFC for the first time, the responsibility and commitment to organise street sales and charity dinner with performances were unexpectedly challenging. It was a constant uphill battle in organising the charity dinner, particularly as we grappled with the heavy school work and lack of support for the dinner. We were glad to overcome these challenges, and we would like to express our gratitude to Wang Learning Centre, Joo Chiat YEC, Teacher-Mentor, Ms Christine Tan, YFC Mentor, Ms Fiona Loh, our volunteers, and our family and friends for their unwavering support for all our events!

"The Dunman High organising committee has learnt much through this event and the charity dinner was fun for all who attended. We also hope that the Dunman High Team has met their target in raising money for CCF, and look forward to seeing more collaborations in future." -Jasmine, Chairperson of Joo Chiat YEC



YOUTH FOR CAUSES

Adiuvo

(Feline Gozal, Papattarada Apithanangsiri, Alissa and Irene Lie)

We chose CCF, as we believe in helping the future of Singapore who has had it the hardest. Through fundraising, we hope to improve the quality of life of children and families impacted by cancer and hope that every penny will help to regain their health and happiness. Being in a YFC team was not easy, as it required much dedication, time and effort. We constantly reminded ourselves whom we are helping, to keep the drive going to execute the project. Unfortunately, not everything went as planned. However, we still tried our best and considering it was our first time doing this kind of project, we felt accomplished and satisfied that we pushed through despite every hurdle thrown in our path.



weConnect

(Ong Zhen Dong, Zhang Yiqing, Pattarachut Zhuang and Chong Shih Rui Zachary)

Before embarking on our YFC journey, meticulous discussions and considerations concerning our aims and goals were made. We wanted to positively impact the lives of the vulnerable and underprivileged, in order to allow society to progress as a whole. CCF's mission to improve the quality of life of children and families impacted by cancer perfectly corresponded with ours, so we decided to choose CCF as the beneficiary for this project.

Our voyage as a YFC team was certainly not smooth-sailing, despite our seemingly flawless planning, but we were proud to say that we managed to overcome all obstacles with utmost faith and determination. Examples would be the lack of official and ideal locations to hold the handicrafts sessions, and the difficulty faced recruiting volunteers. Nevertheless, we embraced these setbacks as valuable lessons, of versatility and perseverance. If given another opportunity to take up this project, we would undoubtedly better organise our time and resources, to create a greater and long-lasting impact on the society.



Team Hachiu

(Ng Xiwen Celeste, Lim Zhi Feng, Eint Yadanar and Tan Ler Siang Lucas)

We chose CCF as our beneficiary, as we felt strongly for children with cancer and that they were unable to partake in the same daily activities as their peers of the same age. We hope to raise funds for CCF, to help these children to the best of our abilities.

Though we were unable to conduct direct volunteering services for them due to age restrictions, we had an eye-opening and fruitful YFC experience. We found it fulfilling to propagate childhood cancer awareness in the community. Through this project, we learnt to be appreciative of what we have, and cherish the joy of giving back to society which would remain etched in our hearts.





Rising above the challenges



CCF beneficiary, Clement Choo, was diagnosed with Acute Lymphoblastic Leukaemia (ALL) at the age of 16 years when he was taking his GCE O-level examinations. He developed symptoms such as fatigue and fever, which were thought to be attributed to examination stress. But the symptoms went on for months before a blood test was administered by the family doctor.

Clement was warded at the National University Hospital on the day when the family was notified about his diagnosis, and began rounds of intensive treatments. He is now in remission for close to five years, and is grateful for being able to receive Polytechnic education and complete his National Service.

Having been through the adversities of the cancer journey, Clement has learnt to re-evaluate his priorities and principles in life.

“It might seem like a cliché but when faced with adversities in life, it is imperative that you face it head-on with optimism. Hope is a powerful motivator, to get us through any adversity that we may face. The support from family and friends is also important, whether they become a sounding board for your problems, offering

advice or an alternative perspective to help you view the situation in a different light and get through the tough times together,” said Clement.

Experiences are the best teachers. Clement has also learnt to do self-reflection, to constantly remind himself to reflect about things that might have happened and the possible ways to better handle the different situations.

The arduous period has also taught Clement to appreciate the little things in life.

“Life is but a fleeting moment in time, and we should always cherish what we have.”

“I am thankful for all the support I’ve gotten from my family, friends and CCF,” said Clement.



Join our Donation Box Placement Programme!



We invite corporations, business owners and retailers, to support the work of Children's Cancer Foundation (CCF) through the CCF Donation Box Placement Programme. By placing CCF's donation boxes at your premise/outlet(s), it allows you to involve your customers and/or employees to raise funds in support of children and families impacted by cancer.

To join us as a Donation Box Programme Partner, kindly e-mail our Fundraising Department at fundraising@ccf.org.sg.