



# Tribute

to our children



## Childhood Cancer Survivors' Day

Bounce to your highest!

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I survived cancer, I can survive anything!

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# Childhood Cancer Survivors' Day – Bounce To Your Highest!

For the second consecutive year, CCF held its Childhood Cancer Survivors' Day in conjunction with National Cancer Survivors' Day, with the generous support from BHP. The event aims to provide a platform for childhood cancer survivors to connect, celebrate how far they have come in their journey of recovery and share their experiences with each other.

On 22 June 2019, 56 survivors together with their families and friends gathered at Singapore Zoological Gardens to celebrate their survivorship milestone. Themed 'Bounce to Your Highest', the event highlighted the strength and resources of our



survivors and celebrated their resilience in bouncing back from the challenges during their cancer journey.

The event was graced by CCF Vice-Chairperson, Ms Caroline Lim. Representatives from BHP, Mr. Rashpal Bhatti, Vice President, Maritime & Supply Chain Excellence; and Mr. Prashanth Athipar, Principal Ocean Freight Sustainability were present too. In their respective speeches, they acknowledged the hardships that childhood cancer survivors have had to endure on their road to recovery and commended the survivors for triumphing the challenges with resilience.



One of the event highlights was the End of Treatment Trophy presentation, a platform to recognise CCF beneficiaries who had completed their treatment and to celebrate this milestone with them. This segment saw 22 caregivers presenting a customised End-of-Treatment trophy to their children, along with congratulatory words, hugs and kisses. Such heartwarming moments! Another highlight was when survivors were invited to build their very own 'Special Vision Board' to share their hopes and dreams. Families and friends then filled their boards with words of encouragement and motivation.

As the saying goes, 'Time flies when one is having fun'. At the grand finale, survivors who were involved in CCF's Expressive Arts Therapy programme, Heartsongs 2019, had butterflies in their stomach as they waited in anticipation for the video premiere of their original song composition, 'Living Life to the Fullest'. The song lyrics reflect the youths' desires to make the most of today. They hope that their song will speak of hope to anyone who is struggling. The audience sang along to the catchy tune and at the end of the song, everyone gave their loudest applause. The rest of the afternoon saw survivors and their families spending quality time together touring the Singapore Zoo.

CCF would like to extend our appreciation to corporate volunteers from BHP and all CCF volunteers for spending their precious weekend with our beneficiaries and their families. CCF would also like to appreciate the volunteer nurses from KKH Children's Cancer Centre who were on standby at the event to provide medic support.

# 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 six groups of students who embarked on their 15-week community project in May. From street sales to concerts and charity bazaars, these students executed self-initiated projects to raise public awareness and funds in support of CCF. Thank you to all teams for the ardent support and dedication!



## Team Lumos

*(Elena Goh, Peh Chen Xuan Odella, Tay Yi Hong and Wee Xin Tong)*

Team Lumos chose to work with CCF as we felt that the childhood cancer cause was one that we could contribute most significantly to. It was a valuable experience as we were able to learn more about events organisation and coordination through this project. We were also surprised at how supportive the public was!

We faced many ups and downs during our YFC journey. Often, these experiences challenged our teamwork, resourcefulness and abilities to think out of the box. Our team's biggest takeaway was learning to stay resilient and adaptable in the face of adversity.



## The Dreamwork Project

*(Alina Mesney, Chloe Atalia Nasya Sutejo, Kuik Tze-Tinn, Phang Li Ren, and Vienna Fiorella Anong)*

For the fifth consecutive year, The Dreamwork Project has chosen to work with CCF as part of YFC. It was an amazing experience as we did not expect to have over 100 volunteers from 15 different schools to help us raise awareness and funds for CCF. In addition, we also held street sales at six locations across three weeks, ran our own booth at the YFC Social Bazaar, designed our very own merchandise for sale and even planned and executed an entire concert featuring 12 spectacular acts for a crowd of 500! Even though the planning was not always smooth sailing, the experience has been very fulfilling and we felt that we have grown tremendously as individuals and as a team. We are grateful for all the support and hope that we have made a difference in the lives of children fighting cancer.



CCF would also like to thank team members of **Incendo** - Anton Timothy Lee Zi Jie, Ng Kah Ming, Nguyen Quang Anh and Tran Hieu Nghia - for their efforts to raise funds through street sales of our merchandise.



We held a charity bazaar for our YFC project and CCF was chosen as we felt that they played a big role in supporting children with cancer.

The YFC experience was a memorable one for us. It allowed us to have wider exposure to the social service sector and we learnt more about campaigning and fundraising. We also made sure to remain focused on the objectives of our project, to do our best despite being out of our comfort zones and ensure that priority be given to our team communications and welfare.

## Project Elixir

*(Koh Pei Xuan, Lee Jing Hong, Natalie Koh Jia En and Tan Kien Yang Ezekiel)*



Our project was named 'Souhait' as it stands for 'wish' in French.

The journey was definitely not an easy one. We were fairly inexperienced at organising charity events and faced many challenges such as lack of manpower and coordinating our different schedules. However, we realised the importance of communications, planning and staying focused on the reason why we had decided to embark on this project. We also learnt to speak to large crowds, manage our budgets and put aside our differences. We are thankful that this project gave us the opportunity to serve and to be the voice of CCF.

## Light Warriors

*(Eric Liang Zhen Hui, Nur Sabrina Bte Md Shahrudin, Tung Zu Hui Cherie and Yang Zhi Ying Mandy)*



Our team chose to work with CCF as most of our members have witnessed first-hand the detrimental effects of cancer on their families. As such, we hope our efforts can help children with cancer enjoy a more meaningful childhood despite their illness. Our YFC journey was filled with many unforeseen challenges but we were fortunate to have friends and seniors sharing their experiences to help us. Nonetheless, we had an enjoyable time and hope to continue to do more volunteering in the near future. We have all learnt a lot from Elixir and thank you CCF for making this experience possible.

## Project Souhait

*(Chiam Jia-Yu, Jasmine, Chua Joon See, Charmaine, Goh Zhi Yu, Zoe and Low Yi Xuan)*



# Hospital Tour



On 31 August 2019, CCF's Very Important Brothers and Sisters (VIBS) team held our fifth consecutive run of 'Hospital Tour'! Held annually, the hospital tour aims to support children whose siblings or parents are diagnosed with cancer in their coping with the impacts of cancer on their family. Through a guided tour held at KK Women's and Children's Hospital (KKH), 14 participants had the opportunity to learn more about the diagnosis and treatments associated with cancer.

During the tour, the children transformed into mighty 'healthcare warriors' such as surgeons, radiographers, oncology and scrub nurses to assist other healthcare professionals in fighting the enemy 'cancer' via a series of interactive activities. With the completion of each activity station, they left behind their fears towards cancer and gained insights into the illness, medical treatments and the workings in the hospital.

In particular, this year's hospital tour featured a new 'battle unit' called the 'Angiosuite' where the children had hands on experience working on big machines used to locate cancer cells. They also had the opportunity to insert the PICC (peripherally inserted central catheter) lines for treatment use.



“

Something new I learnt about cancer is there are different cells like the lymphocyte that help fight off cancer and other viruses.

– Yuan, 11

“

I learnt that cancer can happen at any age.

– Maisarah, 13



Concurrently, the caregivers were invited to attend a workshop to learn more about the psychosocial needs of children impacted by cancer, and strategies to address these needs. Through heartfelt sharing of their experiences and discussions on parenting, caregivers were affirmed of their efforts and empowered to better attend to the needs of these children.

At the end of the tour, the children received hand-made gifts prepared by their caregivers for accomplishing their missions. It was a heartwarming sight as caregivers took the opportunity to reassure the children of their love for them.



All these would not be possible without our dedicated team of volunteers. CCF would like to thank all CCF volunteers and the KKH DPLM, DDII and the Paediatric Oncology Nursing Team to whom we are grateful and thankful for their compassion and commitment in facilitating every hospital tour. CCF would also like to thank KKH's Angiosuite Team for their enthusiasm in coming on board this year to participate in CCF's hospital tour.

“

I would recommend this workshop to other families because it is helpful. I feel a burden has lifted from my shoulders through sharing (with others).

– *Kim, Caregiver*



# #campYOUTHnique



“Are you ready to push yourself beyond your limits?” This was the challenge posed to 15 adventurous youth survivors, aged 13 to 35 years during CCF’s 2D1N Youth Camp held at PAssion WaVe @ Sembawang from 7 to 8 September 2019.

Prior to the camp, participants were informed that they would be experiencing a series of outdoor activities that would put their endurance, resilience and grit to the test. However, they did not know what the challenges were. Some of the youths were very excited and could not wait to start their adventures while others looked a tad nervous!

After a round of ice breakers, the youths had their first test – to pitch a tent that would serve as their accommodation for the night. It was a first for many of the youth survivors but all of them were able to set up their tents in no time with the help of the instructors. The afternoon then unfolded with CCF’s own take of popular Korean variety game show, ‘Running Man’, where the participants had to compete in different station games which tested not just their brains but also their brawns. Through the activities, the youths learnt the importance of teamwork as they completed each challenge as a group.

Post tea break, the youths had the opportunity to learn kayaking. Despite the activity being physically demanding, it did not deter the youths’ spirits as it was a novel experience for many of them and they enjoyed being in the water! The sport also left them with rumbling tummies and they could not wait to tuck into dinner. Little did they know that they would have to prepare their own meals for the night!

As twilight approached, the youths adorned master chef hats for a cooking session over mess tins and stoves. For some of the youths, it was their first experience cooking. For others, it was their first time cooking in less than ideal kitchens. Nonetheless, it was a fun experience and very endearing to see everyone working harmoniously together to get dinner ready. After dinner, the youths were asked to write a letter to their future self. It was a meaningful time as they reflected on their current life and set goals for the future.



With only half a day of camp on Day Two, the youths woke up bright and early for the activities. They were first tasked to compete and build the tallest structure they could using only satay sticks and marshmallows. Some of the structures were as tall as the youths themselves! It was then time for the highly anticipated laser tag competition. It was an intense and exciting session as each team strived to be the last person standing. The youths displayed teamwork and camaraderie within their groups and cheered each other on. It did not feel one bit like a competition! The camp concluded with newly forged friendships and happy campers.

CCF would like to acknowledge the hard work, commitment and support of all our wonderful volunteers and staff who helped make Youth Camp 2019 possible.



# Our Favourite Day!



“

***I was able to show love through words that were not said to my child before.***

*- Winnie the Pooh*

”



Our Favourite Day, was the theme of CCF's inaugural Parent-Child Retreat for bereaved children and their caregivers. The event was held at the East Coast Park from 22 to 23 June 2019 with the aim to draw caregivers out of the hustle and bustle of life to spend uninterrupted quality time with their children, and to create their very own favourite days!

When a child is faced with the loss of a parent, one of the biggest protective factors is the presence of a supportive and nurturing caregiver who models healthy grief and supports the child's emotional expression. However, bereaved parents often have to struggle with attuning emotionally to the needs of their bereaved children, as they navigate various life

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***I was able to show love through words that were not said to my child before.***

**– Mohamed Fadil, Caregiver**

adjustments such as becoming a single parent and the sole breadwinner of the family while coping with their own grief.

Over two days and one night of glamping, six parent-child duos experienced new ways of expressing their love to one another through games based on the theme of the five love languages. The children had their many ‘firsts’ during the camp – their caregivers gazed deeply into their eyes to appreciate their unique features and shared valuable words of affirmation and encouragement with them. Thereafter, the roles were reversed and the caregivers were pampered with acts of service and massage by their children at the ‘spa therapy’ station.

“

***It was nice interacting with others and knowing that I am not alone!***

**– En Toh, 11**

Despite the rainy weather, the parents appreciated the time to slow down their pace, enjoy the sea breeze and connect with one another. They also took the time to share their experiences of losing their loved ones and the struggles of single-parenting. On the other hand, the children disconnected from their electronic devices and connected with newfound friends over games.

The retreat concluded with the families planning bonding activities for the rest of the year in a scrapbook calendar and committing to create many more of their own favourite days!



“

***I feel less alone in this journey – knowing other families who share the same experience.***

**– Kelvin Tan, Caregiver**

## Voiceover Fun!



PALS was honoured to have voiceover artist, Noella, and her family visit the centre on 3 July 2019 to share the art of voice modulation, intonation and inflection with our primary and secondary students.

They gave 'live' demonstrations of how to warm up their voices, tips to speaking in different accents and the tricks to adapting their voices to portray various characters – from the young to the elderly, males to females, and even animals! The students were intrigued and tried to practise with the scripts provided by the voice instructors to discover if they had the talent in them. Some of them took on roles such as Disney characters, while others tried to imitate a polished British accent. Many of them had a good laugh in the process!

## Youth Day Celebrations

It was a special day for PALS students on 5 July 2019 as they celebrated Youth Day! The session kick-started with a presentation on the significance of Youth Day. The students were then divided into two teams and competed to build the tallest structure they could using only paper cups and cardboard boxes. It was not an easy task but the students showed maturity by taking time to plan and strategise before executing their ideas. Building on their excitement, the students were then tasked to walk through a 'minefield' while being blindfolded. Through these activities, the students learnt more about the importance of communication, trust and teamwork.

## Racial Harmony Day and International Friendship Day!



PALS held its Racial Harmony and International Friendship Day celebrations on 19 July 2019 with the help of student volunteers from BCA Academy's Community Service Club. The children were introduced to Burmese culture through a 'live' Burmese music performance by the volunteers. PALS students then tried their hands at old school card games such as 'Donkey', 'Happy Family', 'Snap!' and 'Old Maid'. The students also got to play with pick-up sticks and marbles on sand, putting their dexterity to the test in order to get the marbles into circles on the sand trays. It was the first time that some of the children were playing these games and needless to say, they had lots of fun and enjoyed themselves thoroughly!

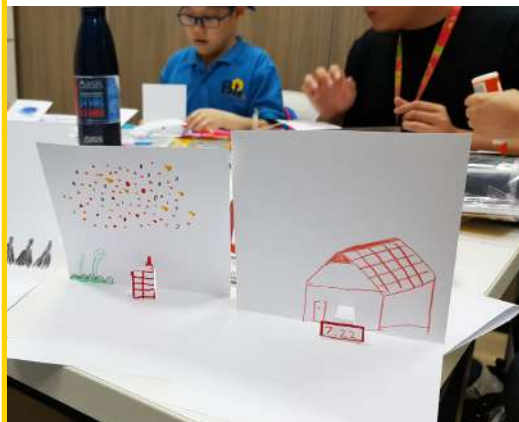
## National Day Celebrations



On 2 August 2019, PALS students celebrated National Day with volunteers from Enterprise SG. The first part of the programme saw students pitting their minds (and luck!) against each other in a modified version of scissors, paper and stones to win their 'stars' and the coveted 'crescent', which are symbols found on the Singapore's national flag. The students also received tumblers which they decorated according to the 'National Day' theme to show their love for Singapore. Most of the tumblers bore the national colours, red and white!

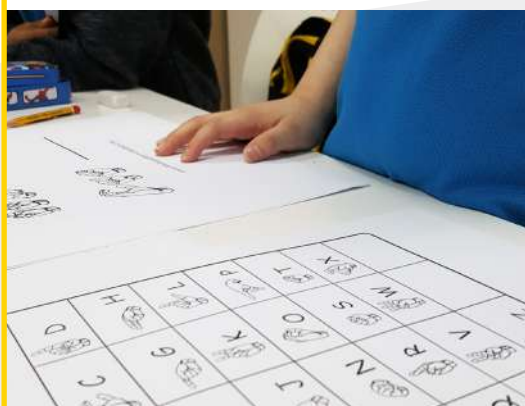
Before the session concluded, the students' memories were tested as they had to complete the lyrics of National Day songs from yesteryears. Whenever the songs came on, the students sang along with gusto and the echoes of their voices reverberated in the room, and it felt as if everyone was attending the National Day Parade!

## Ground Zero Pop-up Book Session!



Ground Zero volunteers from Youth Corp Singapore paid a visit to PALS to create pop-up books with the students on 14 August 2019. The students started with imaginary work and drew their stories on a piece of paper. With a plethora of art tools, they filled their beautiful sketches with colours. They also learnt to cut the centerfolds to create a 'pop-up' effect so that their characters could come to life. To complete their book, each participant received an intricately-designed paper to form the book cover. It was all smiles for them after the workshop – a fulfilling process of making their own book from start to finish!

## Fun with Sign Language!



On 24 July 2019, PALS teachers conducted a Singapore Sign Language (SgSL) introduction for the students at PALS. First, everyone warmed up with some VGC (Visual Gestural Communication) activities without speaking to each other. Each student was then tasked to use their fingers to 'draw' shapes for their classmates to record. Then, it was time to learn the alphabets all over again. The students were diligent and committed the hand signs to memory. In groups, they then had to decode words and sentences using hand signs. It was a new and fun experience for the children learning the non-verbal language!

## HOSPITAL EVENTS

### Story-Play at CCF@NUH

Storytelling and reading are essential in every child's development. It sparks imagination and stimulates curiosity in their little minds. At CCF@NUH, we held a story-play session on 18 August 2019 for the children to read and learn in a fun and engaging way!

In a 'Story Grab Bag' game, the children took turns to pick an item and had to build a story around the item that they had chosen. The narrative took a funny turn when more quirky characters were added as each child's imagination got wilder. Everyone had a good laugh!



### Animal Strawbees at CCF@NUH

What can you make with straws? On 18 July 2019, the children at CCF@NUH enjoyed a fun and interesting 'Strawbees' workshop. The workshop serves as a good avenue to help participants hone their motor skills and creativity through hands-on exploration and design.

Participants were given straws, jumping clay and decorative props to mould their favourite animals. They then built a swing to place their clay animal on it. Many caregivers also joined in the session and were amazed that they could use simple materials such as straws and clay to bring joy to their child.

## Racial Harmony Day Celebrations

Racial Harmony Day is commemorated annually to remind Singaporeans about the importance of maintaining racial and religious harmony in Singapore's multicultural and multi-ethnic society.

CCF@NUH held its celebrations on 11 July 2019 at the Family Resource Centre. The children learnt about the the four different ethnic groups in Singapore and were also taught the language, costumes and flags of foreign countries such as Vietnam, India, Bangladesh and Indonesia.

At CCF@KKH, Racial Harmony Day celebrations was held on 18 July 2019. There was an air of nostalgia for the caregivers when their childhood games such as *chaptah*, five stones and paper balls were introduced to their children! Needless to say, the children had a ball of time playing as the games were very novel to them.

## HOSPITAL EVENTS



## Happy Birthday Singapore!

On 8 August 2019, the children at CCF@NUH and CCF@KKH celebrated the nation's birthday.

With the theme 'Our Singapore', participants at CCF@NUH were invited to create their own Singapore iconic badge and inflatable clapper. Participants were invited to draw or express their impressions of Singapore on the badge and clapper. It was heartwarming to see patients of different nationalities also joining in the fun.

At CCF@KKH, there was a sing-a-long session and the Family Resource Centre was ringing with national day songs. The children participated in a fun activity where they had to pin the crescent on the Singapore flag while being blindfolded. The children were amused by how accurately (or inaccurately) they have placed the crescent and burst into hysterical laughter.



## HOSPITAL EVENTS



### Nurses' Day at CCF@KKH

Nurse's Day was observed between 23 and 30 July 2019 by the children and families in Ward 76 at CCF@KKH. The children were invited to take photographs with their favourite nurses. The photos were then printed and made into appreciation cards for the nurses. Happy Nurses Day!

### Marbling Baking at CCF@NUH

You have seen marbling on cakes but have you wondered how to make it? On 18 June 2019, CCF@NUH held a very unusual baking session for the children where they were taught the techniques to create marbling effect on muffins. As the event was held over the school holidays, many siblings also joined in the fun. At the end of the session, each participant was given two delicious muffins!

### Master Baking at CCF@KKH

The ever popular master baking session at CCF@KKH was held on 16 August 2019. The children made pandan cupcakes during the session and had lots of fun mixing butter, flour and pandan flavouring to prepare the dough. As the fragrance of the cupcakes permeated the room, the children waited excitedly to try their cupcakes. It was such a joy for the caregivers to watch!



## Association of Orthodontists (Singapore) Congress 2019 (AOSC)



The Association of Orthodontists (Singapore) is committed to enhancing the knowledge and skills of the orthodontic community, raising public awareness on orthodontic treatment and creating a positive impact in the society. As the organisers of the Association of Orthodontists (Singapore) Congress (AOSC), a biennial orthodontic event in Asia Pacific, the Association has pledged to raise funds and childhood cancer awareness for CCF through a series of activities.

In November 2018, a movie screening of 'Smallfoot' was held at Cathay Cineleisure Orchard as part of the pre-event fundraising activities. Both members of the Association and beneficiaries of CCF were invited to this exclusive movie screening. Riding on the

success of the event, the Association also pledged to donate five dollars for every registered delegate and organised a supercar charity drive at the AOSC event itself. AOSC partnered with Driving Passion, a local supercar club, to provide participants with a unique ride experience along Singapore's iconic skyline, Marina Bay.

Thanks to the utmost support of the community, \$21,000 was raised through our initiatives and the cheque was presented to Ms Neo Lay Tin, CCF's Executive Director during the AOSC opening ceremony.

*Contributor: Association of Orthodontists (Singapore)*



## COMMUNITY PARTNERSHIPS

### AFC Grassroots Football Day 2019

AFC's mandate is to create conducive environments for everyone - people of all ages, regardless of their playing ability or background, with the opportunity to play football.

Held on 19 May 2019, the Football Association of Singapore (FAS) organised its Asian Football Confederation (AFC) Grassroots Football Day for various charity groups this year. Singapore was one of the 42 member associations of the AFC to celebrate this day across Asia.

28 CCF beneficiaries and their families were invited to the event. They participated in a fitness warm-up, before moving on to the various stations consisting of ball control, dribbling, shooting activities and other



small-sided games. The activities were conducted by FAS grassroots-certified coaches, along with members of the National Women's national team, who mingled and played with the participants.

The FAS felt the immense joy of hosting CCF beneficiaries from all walks of life, ages, gender and abilities. To see everyone run and play and most importantly, enjoy football and have fun on a bright sunny Sunday afternoon, was heart-warming.

*Contributor: Julie Teo, General Manager, Grassroots & Women's Football*



### Project Blaze-On

Held between 27 May and 1 June 2019, Project Blaze-On is an initiative started by a group of four Year 4 ACE (Active Citizenship Education) leaders from the School of Science and Technology.

They printed posters to help raise awareness of childhood cancer and even invited a CCF staff to share more at their school assembly. The sharing was insightful and motivated the student community to donate generously to the cause.



Through the sales of sticker sets at the school's open house, their efforts helped raise a total of \$4,831.05 for CCF. They hope their fundraising event will spur others on to do more for CCF beneficiaries.

*Contributor: Caroline Chua, Teacher, School of Science and Technology*



## Fundraising Party



We hosted an annual Christmas party on 22 December 2018 for all of our friends from primary, secondary, college, university and work as we wanted to celebrate our friendships despite everyone's busy schedules. Instead of the usual wine, toys and desserts that our friends would usually gift us, we decided to inform them 'not to bring anything' and

come prepared to help others with a donation. Our guests were more than happy to comply since it was for a good cause during the season of giving. A total of \$1,748.40 was raised for CCF and we trust that they would continue to do meaningful work to benefit children with cancer and their families.

*Contributor: Suthesh Selvaratnam and Arita Shree Kumar, Event Organisers*



## Rentak 2019

The Muslim cabin crew has been organising our biennial 'Hari Raya Rentak' event since the 1980s. This year, 'Rentak 2019 - Barik Kampung' was held on 14 June 2019 at the Pan Pacific Singapore. The festival of 'Eid' is a celebratory occasion after a month of fasting in Ramadan and on this auspicious occasion, Muslims around the world have a common goal of unity and charity. As such, we chose CCF as our adopted beneficiary for our event this year.

Through the sales of limited edition 'kebaya' print money holder and dinner ticket sales, we managed to raise \$7,950 for children and families affected by cancer. We hope that our efforts will inspire others to also give back to the community in their own ways.

*Contributor: Rentak 2019 Cabin Crew*



## Acknowledgements

CCF would like to express our heartfelt gratitude to the following corporate partners for organising social and recreation activities for our beneficiaries:

1. Imagine+ Pte Ltd for extending tickets to CCF beneficiaries and their families to the Aviva Superfundae on 15 June 2019.

2. SMJ FURNISHINGS (S) PTE LTD for inviting CCF beneficiaries and their family members to the Toy Story 4 movie screening on 23 June 2019.

3. Drew & Napier for inviting CCF beneficiaries and their family members to Disney's The Lion King Movie Screening on 1 August 2019.

# I Survived Cancer, I Can Survive Anything!

As part of childhood cancer awareness month in September, we celebrate the triumphs of 19-year-old Lee Jue Lei, who was diagnosed with Medulloblastoma, a type of brain cancer, when she was 15. Jue Lei shares her struggles with cancer and how her ordeals has changed her perspective in life and made her a more confident person.

## 1. You were 15 when you were diagnosed with Medulloblastoma. What were some of the symptoms you experienced before you were diagnosed?

I started experiencing frequent headaches at the back of my head when I was 11 years old. I made countless visits to both Western and Chinese doctors but the doctors found nothing. A few months before I was diagnosed, I started vomiting every night and lost a lot of weight. I could not taste salty flavours, had difficulty walking in a straight line and often tripped over my own feet. The day before I was admitted into the hospital, I had vomited non-stop and was unable to digest any food or liquid given to me. My mum insisted that the doctor conduct an MRI scan and they detected a tumour in my brain.

## 2. Do you remember how you felt then when you first realised you had cancer? What were some of your thoughts that ran through your mind?

I was flabbergasted and my mind went completely blank. I could not concentrate on what the doctor was telling me and started crying midway during his explanation, which was very unlike me as I would usually try to put up a strong front in the presence of others.

## 3. What were some of the struggles faced when you were undergoing treatments?

After surgery, my motor skills were almost non-existent. I could not walk very well. I had to lie in bed for a few weeks post-operation. I also did not have strength to carry anything nor stand on my own. Chemotherapy also caused the sides of my jaw to ache.

At first, I did not feel lonely as my friends still kept in touch with me. However, as time passed, interacting with peers my age became difficult as we had little to talk about – I could not understand what they





experienced in school and I was not able to go out with them much due to my health. That was when I truly felt isolated and alone. I felt like I was in a black hole and time had stood still in my world while all my friends were progressing in school.

There were a few times when I wanted to just give up but thinking of the consequences of how my actions would affect other people in my life, such as my family who cared for me, prevented those negative thoughts from deepening.

#### **4. How has CCF helped you on your childhood cancer journey?**

The CCF Playroom at the hospital provided a great distraction from the pain of treatments. When I got better, the YouthConnect programme for childhood cancer survivors provided me with opportunities to meet other peers who had undergone similar experiences as I did. The survivorship programme also taught us to be independent, in a safe environment. Attending classes at CCF's learning centre, Place for Academic Learning and Support (PALS) also helped to prepare me for my return to school. Through the tutoring I received at PALS, I was able to catch up on my school work which helped to pull my grades up.

#### **5. What is the biggest difference between life before and after cancer?**

Before cancer, I did not learn to treasure my family and felt stressed out easily. After my ordeals with cancer, I am really grateful and thankful for my family. I also learnt to relax, take things in my stride and to have more confidence in myself.



#### **6. What is one thing you hope members of the public/ your peers would know about the struggles of a childhood cancer survivor?**

I hope that family and friends can empathise more with cancer survivors who may feel socially awkward at first after being in isolation due to treatments. Some of us have quite interesting stories to tell if we are given some time to warm up to you! It would also be nice if they could be more sensitive to the needs of cancer survivors as some of us are still experiencing the side-effects of our illnesses, for instance, walking at a slower pace.

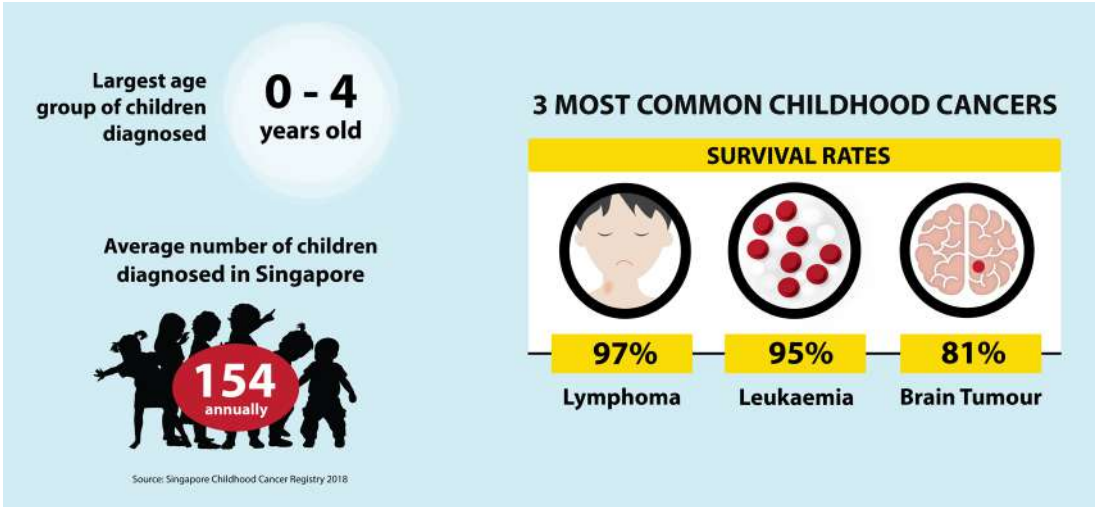
#### **7. Any words of encouragement for the children who are still battling cancer and/or to those who have survived childhood cancer?**

For those who are still battling childhood cancer, do not be stressed, just relax and go with the flow. Take this chance to recover before returning to the world and fight on! For those who have survived childhood cancer, I would say keep a positive mindset. Since you have survived cancer, you can survive anything.



# SEPTEMBER is Childhood Cancer Awareness Month!

How much do you know about the childhood cancer cause? We have summarised the answers to some of the most commonly asked questions below!



As part of childhood cancer awareness month, we also spent an afternoon interviewing CCF Beneficiary, Lee Jue Lei, and Hair for Hope 2019 Celebrity Ambassador, Andie Chen! Head over to our Youtube page (CCFSingapore) for the full videos.

Last but not least, we invited netizens to **#AskUsAnything** on what we do or about childhood cancer via our social media platforms! Here is the most common question many of you want us to answer: **How can I get involved at CCF?**



## Raise funds for us!

Place a donation box at your wedding reception or skip the presents and ask your guests to make a donation on your birthday. Organise a fundraiser as part of your company CSR programme. We welcome all ideas!

## Raise Awareness

Invite us for a public education talk at your school or office. Help us distribute our brochures. Purchase CCF merchandise as gifts or use it as a conversation starter.

## Volunteer with us

Are you at least 18 years old? Have a skill we could use? Have lots of time on your hand? You can volunteer with us! We have volunteering opportunities at CCF Community Office at Novena, NUH and KKH.

# Will and Hope Giving Roadshow

Between 12 and 18 August 2019, CCF held our inaugural 'Will and Hope Giving Roadshow' with the kind sponsorship of VivoCity (venue partner) and MOTHERS AND SONS (logistics partner). The event aimed to encourage more Singaporeans to learn about the prevalence of childhood cancer in Singapore, the psychosocial impacts of a childhood cancer diagnosis in the family, the work of CCF and to become regular donors to support children with cancer and their families.

We were encouraged by the warm response from members of the public who not only expressed their keen interest to contribute as donors but also as volunteers too! To acknowledge their support, regular donors who signed up on the spot at the roadshows were gifted the exclusive 'Will and Hope Giver' magnetic collar pins! Thank you to all our sponsors, roadshow volunteers and regular donors for supporting the work of CCF.



You can still sign up to be a Will and Hope Giver at [tiny.cc/willandhopegiving!](http://tiny.cc/willandhopegiving!) Receive the limited edition 'Will and Hope Giver' magnetic collar pins when you sign up to make a monthly donation of \$10 and above!

## Grab our latest merchandise today!



Looking for gifts for your loved ones, wedding favours or corporate gifts for your dinner and dance event? Look no further! CCF has a wide range of meaningful merchandise that can be purchased all-year round.

Help children and families affected by cancer by giving a gift from our exclusive merchandise selection to raise childhood cancer awareness and help fund the free programmes and services for our beneficiaries.

To view the full list of merchandise, visit <http://bit.ly/ccfmerchandise>.

To make a purchase or for enquiries, drop us an email at [comms@ccf.org.sg](mailto:comms@ccf.org.sg) or contact our team at 6229 3740.

Be an advocate for children with cancer today!



# BRAIN TUMOUR

# LEUKAEMIA

# LYMPHOMA

are the three most common childhood cancers in Singapore.

Pledge to be a Will & Hope Giver at [tiny.cc/willandhopegiving](https://tiny.cc/willandhopegiving).  
Your monthly donation will help make a difference in the lives of  
children with cancer and their families.

**WILL &**  
**HOPE**  
GIVING PROGRAMME

**HOPE** OF LIFE, **WILL** TO THRIVE