



# Tribute

to our children



*DANCING IN THE RAIN*

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## A Decade of Volunteering

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has done it all!

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# A Family That Plays Together, Stays Together



CCF Family Day 2019 was held on a beautiful Saturday morning on 14 September 2019. 22 beneficiaries, together with their family members, gathered at Singapore Discovery Centre (SDC) to bond over fun-filled games and activities meticulously planned by CCF staff and volunteers. This year's theme: 'A Family That Plays Together, Stays Together' highlighted the importance of play in strengthening familial relationships.

After a safety briefing, the teams were all set and ready to immerse in one of the main highlights of the event - the Discovery Race! Participants were divided

into six groups and had to pit against each other to complete five challenge stations that stretched their physical and mental prowess. The 'Laser Quest' station and 'Dance Off' station were an absolute hit among the participants! As family members dodged and danced their way to victory, they also learnt to work as a team and communicate effectively with one another to achieve a common goal.

Another highlight was the stage games segment where beneficiaries were tested on how well (or little) they knew about their family members. While some knew their family members at the back of their hands, others were caught by surprise when they realised they had a different understanding of a family member's likes and dislikes, favourite food and colours. Regardless, it was certain that everyone had developed a newfound understanding and appreciation of their family dynamics.





There were also other game booths suitable for younger beneficiaries such as table tennis challenge; crossword puzzle activity; and other fringe games and snack booths by SDC. During tea break, families were entertained by performances by volunteers from Temasek Polytechnic who belted popular hits such as Rachel Platten's "Fight Song" and "Count on Me" by Bruno Mars.

As the carnival came to an end, the highly anticipated Lucky Draw segment saw three lucky individuals and the top three winning family teams receiving attractive prizes. The day was not over for the participants as many of them continued on their journey of discovery at SDC.

CCF is glad that everyone had an enjoyable time and hoped that our beneficiaries and their families would continue to experience the benefits of adopting play in their day-to-day interactions. We would also like to thank all volunteers for making our annual Family Day a great success.

# Hero of Life

'Hero of Life' was the theme for CCF's annual Childhood Bereavement Programme 2019 which aimed to provide a platform for children to honour and remember their deceased loved one.

Held over two days from 9 to 10 November 2019, the sessions were conducted through a storytelling format where five beneficiaries took on the role of superheroes to help civilians on Planet Grief through discovering their inner strengths. The activities in the story were designed to elicit both unconscious thoughts and the children's own wisdom about what needed to happen as they negotiated the changes brought about by the loss of a loved one. The 'superhero' metaphor aimed to instil hope and bring a sense of control for the affected children.

Sandtray was used as one of the therapeutic tools in this programme. It is a therapeutic modality used to help children capture an image of their experience through the sculpting and arrangement of miniatures figurines.

In one of the activities, the children created their own Planet Griefs in individual sandtrays where they had the autonomy to decide the common issues and impacts one would experience upon losing someone they loved. Thereafter, the children assessed the needs of their own Planets, created unique superhero costumes after careful consideration of their strengths and weaknesses, before offering their help to save the civilians. Some of their ideas included

a shield to ward off negative thoughts, or reflective capabilities to help the character see positive sides of himself/herself.

Through their participation, the children felt less isolated and that they could have their experiences understood and validated. Two distinct themes were also discerned from the groupwork – a movement from isolation to integration; and an increased feeling of connectedness with other grieving children.



# Playcove

Playcove is a five-session group play therapy offered to children between the ages of three and six at CCF's learning centre, Place for Academic Learning and Support (PALS). The programme aimed to provide children with sensory-rich play experiences to express their feelings and gain deeper awareness of themselves. The theme for this year was based on Maurice Sendak's picture book, 'Where the Wild Things Are'. The book depicts the young protagonist, Max, taking a trip to the magical land of the 'Wild Things' and eventually became king over them.

Children began by exploring self-portraits, through the use of mirror play. The mirrors served to help young children develop emotionally as they witnessed their own expressions, which aided their development of self-concept. In another session, children explored music and paint as means to express themselves.

When the children encountered the 'Wild Things', they created customised potions to protect themselves. The magic in these potions gave them extra self-assurance at a time when they felt powerless, unsure or scared. They grounded and mixed ingredients like lavender, rosemary, citrus fruits and rose petals



together and there was an immediate soothing sensory aspect to this process.

Just like how Max returned home after his adventure, the children had an opportunity to create their own safe haven through the use of clay and ice cream sticks. Reflecting on the environment they were currently in and the safe haven they hoped to have, their creations which morphed from concrete to abstract reflected their imaginative abilities.

In the last session, caregivers were invited to view their children's work, photographs of their children engaged in the activities, and transcripts of conversations. Exhibiting their works provided parents with the opportunity to look into their child's world more intimately. The event concluded by empowering parents with the knowledge to notice their children in a playful manner.



# Canopy Escapade

*Adventure is out there!*



On 16 November 2019, siblings of children with cancer went on a special 'Canopy Escapade' to bond and support one another. As part of the CCF's Very Important Brothers and Sisters (VIBS) programme, this year's Siblings' Day focused on connecting and building the siblings' support community to help them cope with challenges resulting from their brother's or sister's cancer. A total of 26 siblings participated in Siblings' Day, which was held at Yishun SAFRA's Adventure Sports Centre.



The story of Disney Pixar's movie, 'Up', was the inspiration behind the event because of its spirit of adventure and courage in chasing dreams. The day began at CCF Community Office with three different teams of children constructing their own explorer



badge and a mass ice-breaker session for everyone to get to know each other better.



Thereafter, the teams travelled to Yishun SAFRA where the challenges of high and low elements courses awaited them. As the high elements loomed before them, their excitement was quickly replaced with the thudding of their anxious yet eager hearts. Some grew quiet while others were fervent to brave

the adventure. Despite their differences, it was heartwarming to witness how everyone plucked up their courage to attempt, challenge themselves or even assert that they were not comfortable to try. Regardless of whether they participated in the course, the children cheered each other on and offered encouragement. With greater synergy, it became easier for them to work together in the subsequent low elements challenge.

With some tears and sweat, our young explorers returned to the office for a time of rest and heartfelt



sharing to affirm one another of their strengths as a team. They gave each other stickers with words of encouragement and made an artwork out of it to remember the community of support that had lifted them during challenging times. To mark the completion of their adventure, their caregivers also personally gifted to each of them a handmade affirmation badge and note.

CCF would like to thank all event volunteers for playing an integral part in providing our sibling beneficiaries with an empowering experience.



“

***I like Siblings' Day because I make new friends.***

– AK, 7

“

***(Through Siblings' Day,) I hope I can be a good brother towards my siblings.***

– AZ, 12

“

***I learnt that if you work together, everything will be fine.***

– JA, 10



# Transformers: Empowering Lives



A group of nine CCF youth survivors organised the local edition of Survivors' Service Learning Project (SSLP) this year on 19 October and 2 November at Ward 76 of KK Women's and Children's Hospital.

Themed 'Transformers: Empowering Lives', the project aimed at empowering participants with the courage to do what they love and encouraged them to overcome challenges they may face. The project comprised bedside interaction and games with the inpatients, and a sharing session for the caregivers. The team reached out to 14 inpatients and five caregivers for the SSLP local project.

During the sharing session with caregivers, each survivor shared their unique journey with cancer as well as touched on topics relating to school, dietary considerations and family support. It was an insightful session for the caregivers as they could better understand their children's ordeals and emotions. The youths gifted goodie bags to the inpatients, offered them words of encouragement and shared their experiences like a big sister or brother. This not only brought joy to the children at the ward, but also hope to both the inpatients and the caregivers.



# Dancing in the Rain



On 30 November 2019, eight CCF beneficiaries and their families came together to celebrate their end of treatment milestone at the CCF Community Office. Themed 'Dancing in the Rain', the event aimed to remind our beneficiaries to always face challenges head on and not allow anything to deter them from reaching their full potential.

Upon arrival, the families were warmly greeted by CCF staff and volunteers who adorned themselves with colourful party hats. To kick-start the event, the families participated in a round of icebreaker 'Bingo'. It was a competitive session as everyone strived to match the numbers on their cards in the fastest time possible. When everyone was warmed up to each other, each family was tasked to paint an umbrella as a family. The umbrella designs reflected their experiences of their journey and identified strengths which they had developed as a family through the challenging period. It was heartwarming to see family members sharing about their reflections and expressing appreciation for one another.

The highlight of every End of Treatment Party is the Trophy Presentation Ceremony. Trophies were presented to all CCF beneficiaries by their caregivers to celebrate their triumph over cancer. Caregivers were also given the opportunity to commend their child for their bravery and perseverance through their journey.

The party continued with hearty conversations over lunch. Everyone went home with happy tummies, high spirits, goodie bags and their new family umbrellas. CCF would like to thank the beneficiaries, caregivers and volunteers for making this End of Treatment Party a wonderful success!



## PALS EVENTS

### Children's Day Celebrations



I'll huff and I'll puff...a Magic Winter Wonderland! Volunteers from Thome Group organised a balloon sculpting and magic show for PALS students on 3 October 2019. Balloons in all shapes and sizes from cartoon characters and rainbows to dinosaurs and alligators, were formed from the sculptor's nifty fingers and placed right into their new owners' hands.

Next, the children waited with bated breath as the magician pulled out stunts that wowed and awed. With the many tricks up his sleeves, coins appeared from nowhere (literally!) and vanished faster than the children could say 'wow!'. The magic show culminated with a dramatic display of snowflakes, sending the children into a frenzy amidst the winter wonderland. All the students went home with presents after a joyful afternoon.

### Dance, Dance Bollywood



Deepavali is a time for celebrations, and what better way than to do it with a dance? On 25 October 2019, CCF's volunteer Zumba instructress, Liza, decided to inject a twist into the regular workout session with some Bollywood-inspired dance moves. After a quick warm up, the students moved to the beat, swayed their hips and flailed their hands to mimic their instructress's dance actions. The children enjoyed the fast-paced, heart thumping music and learnt more about the dance aspect of the Indian culture.

### NParks presents Groovy Mangroves!



On 23 October 2019, PALS students discovered the world of mangroves when NParks visited the centre to share about how human activities have impacted the animals. The children learnt about how turtles mistook plastic bags for jellyfish and ate them for their meals. They were told about a recent episode when a dead sperm whale was found in Singapore waters with bubble tea cups



found inside its tummy. Gasp! Through these real life incidents, PALS students learnt the importance of being environmentally-friendly. As a keepsake for the session, the students got to make their own 'turtles' with recyclables.

## Halloween Special Effects



PALS students got a rare treat and glimpse of the spirit of Halloween on 20 October 2019 when volunteers from Madame Tussauds visited the centre to do a face mask painting session. The students could not wait to unleash their creativity and focused on designing the scariest masks. Meanwhile, a few students preferred masks that were not as macabre, and proceeded to paint beautiful designs on it instead. To top it off, one of the PALS teachers even bravely volunteered for the face painting demonstration!

## Have an ArtScience Christmas



On 22 November 2019, volunteers from Qualcomm came to help guide PALS students on how to make Christmas cards with science. The students learnt to use dry wax to create designs such as snowflakes and Christmas trees. They also learnt that sprinkling salt over water colour paint would cause the salt to absorb the water to create a special snowflakes effect on their card. It was a jolly, scientific art session which the children enjoyed very much!

## Fun with filters



Xylem Solutions visited PALS on 6 November 2019 to raise awareness of water in Singapore. They kicked-off the session with a trivia quiz on water and the students learnt more about the number of reservoirs in Singapore and the percentage of our body that is made up of water. The session became even more interesting when students got a chance to build their own filter system and tested it with coffee and glitter suspension. At the end of the session, the students had a better understanding of how filters worked and how Singapore is able to enjoy clean water.

## Glow, Glow, Glow!



NAFA volunteers came to visit the children at PALS on 27 November 2019 to share a new way of painting boxes. What could be better than having a nice glow-in-the-dark gift box. With some help, PALS students got down to work immediately and pasted strips of tapes on their boxes. They then lathered neon paint on the boxes and tore the adhesives away to reveal neatly demarcated areas of paint. The exciting part came when the instructors switched off the lights and brought out torches. What a sight to see your own creation glow in the dark in many colours! All the students got a chance to present their artwork and the inspiration behind their design.

## HOSPITAL EVENTS

### Children's Day

4 October 2019 is Children's Day and the children at both CCF@KKH and CCF@NUH were excited at what was in store for them.

The CCF@KKH Family Resource Centre was decorated with balloons to set the stage for a highly-anticipated magic show. Joy and excitement filled the room as the children were entertained with various tricks and antics in the hour-long performance. The show ended with a bang as 10,000 snowflakes released into the air, rained down on the children! Thereafter, the children adjourned for a matinee screening of 'Aladdin'. They laid on beanbags and snacked on popcorns, immersing themselves in the mock cinema setting prepared specially for them. In that moment, they were brought into a magical Disney world and away from the realities of cancer treatments. When asked what they enjoyed most, the kids proclaimed unanimously – "POPCORN"! Children who visited the hospital in the week of Children's Day were also gifted crochet bags and water bottle holders to commemorate the special occasion.

CCF@NUH celebrated Children's Day with a mini carnival at the CCF Playroom and guest appearance



by Woody from Toy Story! The children were elated at the sight of Woody and could not wait to have a picture with him for keepsake. There were three games booth - Spin a Prize, Memory Game and Tic-Tac-Toe and each child was gifted a crochet bag to collect their prizes. Many of the participants walked away delirious, with lots of goodies and prizes in tow.

Special thanks to the Fun Hats Group for knitting the crochet bags for our children and all CCF volunteers for making Children's Day 2019 a success!



To celebrate the 'Festival of Lights', the children at CCF@KKH tried their hands at making rangoli using coloured rice on 25 October 2019. Rangoli is an art form where patterns are traditionally created on the floor using materials such as coloured rice, coloured sand or flower petals. Children also moulded elephant charms out of soft, air-dried clay and decorated it to look like oriental elephant decorations found at Little India. Some of the older children chose to do henna

## Deepavali Celebrations

colouring and completed their designs using palm-shaped paper templates.

At CCF@NUH, the children celebrated Deepavali on 24 October 2019 with an interesting henna session conducted by CCF staff and volunteers. It was a new experience for many of the children who were discovering henna for the first time. Even though some of the participants had difficulties with piping from the cones, they enjoyed learning a new art form.

Special thanks to CCF Play Personnel, Avani, for conducting a training session for CCF staff prior to the event and providing quality henna cones for the activity.

## Halloween at CCF@KKH

Trick or treat! In collaboration with the Ward 76 nurses at KKH, CCF held our inaugural Halloween Party on 31 October 2019 at the hospital. The children had fun dressing up – there were angels, pirates, princesses, a cat and even Super Mario. The nurses were game for fun and turned up as an evil queen, vampires and devils. There was even a volunteer who turned up as Snow White! The children were amused and tickled to see their nurses in colourful costumes instead of their usual uniforms to give out treats, and not medicine.



## HOSPITAL EVENTS

### Building with Straws at CCF@KKH

The children at CCF@KKH had a chance to unleash their creativity in a straw modelling workshop on 11 November 2019. The activity tested their hand-eye coordination and fine motor skills as they connected the straws and connectors to construct various 3D models.

The primary schoolers built more complicated structures, and ventured beyond the examples provided to build their own unique models. Despite their younger age, the pre-schoolers enjoyed the experience as well, carefully curating the type of models they wanted to construct and spent time pondering over the choice of straw colours. One child had a go at making a catapult, and was delighted to be able to shoot pom pom balls with it. Another child tapped on her imagination to see different possibilities. She started off with the intent of making a colourful bouquet of flowers but eventually held on to a windmill when she completed it!



## A glittery, sparkly time at CCF@KKH

This holiday season, the children at CCF@KKH got to make their very own glitter jars on 20 November 2019. The jars served as snow globes and the children had the option to choose a little elephant, lion or cheetah as their figurine mascots. After decorating it with glitter miniatures in different designs, the jar was filled with a concoction of clear glue, warm water and their desired colour dyes. With some hard shakes, their little magical wonderland came to life!

There was a calm and relaxed atmosphere as the children gazed at their jars in awe, captivated by the swirling glitter. The event enthralled not just the children but also their caregivers who were amazed about the the physics behind the glitter jar. The children were very pleased that they now have a festive collectible to call their own.



## Under the Sea at CCF@NUH

Enrichment sessions at CCF@NUH for the month of November touched on the theme of 'Underwater World'. At the first session held on 5 November 2019, the children learnt fun facts about the types of sea creatures found underwater. They also got to indulge in some craft work using simple art materials and stencils. The children were so excited that they started sharing about their personal encounters with marine creatures.

Thereafter, a balloon sculpting session was held on 25 October 2019 to make learning more fun. The catch was for the children to guess which marine animal was being made even before the balloons were completed and to guide them, various hints were shared. As the balloons took shape, the children watched in amazement and had a lot of fun making their guesses heard. Staff and volunteers were definitely surprised by the children's expansive knowledge of the underwater world. By the end of the session, every child had a balloon they could call their own.



## COMMUNITY PARTNERSHIPS

### Thome Group supports CCF

For the fifth consecutive year, Thome Group lends our support to children and families affected by cancer with a series of fundraising events in 2019.

#### Cycle for a Cause

Thome's annual cycle for a cause event was held on 26 April 2019 at East Coast Park. The event was well participated by around 50 employees from the Singapore Office. The drizzle did not dampen the enthusiasm of the participants and everyone completed the route. For every participant who attended the event, the company pledged \$100 in donations to CCF. Our staff cycled hard and raised a total of \$5,000 for CCF.

#### Ice-Cream Making Workshop

Five Thome employees and 15 CCF beneficiaries gathered at Udders on 20 June 2019 to participate in an ice-cream making workshop. The workshop kick-started with a short introduction on ice-cream, the importance of each ingredient and how ice-cream could be made without the use of machines. Participants then had a hands-on experience making their own ice cream! The workshop concluded with an ice-cream buffet with free flow of ice-cream, waffles, monster cones, and beverages. It was an enriching experience for both the children and our staff as they enjoyed making and tasting the fruits of their labour.

#### Charity Bowl

The Thome Group has been organising an annual charity bowling event since 2016 as part of

fundraising efforts for CCF. In addition to a nominal registration fee to attend the event, the Group also donated \$1 for every fallen pin during the games. Held on 12 September 2019, more than 80 Thome staff and 30 CCF beneficiaries and their families were in attendance to bowl. To add to the fun, all participants were encouraged to decorate their outfit with superhero-related accessories to gain extra points for their team. A total of 16,685 points were scored at the session.

With additional donations from staff and the company, Thome raised more than \$25,000 from our annual fundraising efforts.

*Contributor: Ashish Malik, Head of Procurement Transformation; Amanda Giam, HR Executive; Nathanael Leong, Assistant Marine HR Manager and Joey Koh, HSSEQ Compliance Executive Thome Ship Management Pte Ltd*



### Riders Aid Singapore National Day Charity Ride 2019

On a yearly basis, Riders Aid Singapore organises charity events to raise funds for the various beneficiaries in Singapore as our way of giving back to the community. This year, Loyang Tua Pek Kong



had graciously allowed us the use of their space to hold our charity ride event to raise funds for CCF.

On 18 August 2019, more than 700 motorists came forth to support children with cancer and their families, and we managed to raise \$15,180. We also had the privilege of having Minister K. Shanmugam join us and are grateful for his support over the past 10 years. Thank you to the biking community for attending the event and making it a great success.

*Contributor: Nora Mohd Yusni, Riders Aid Singapore*

## COMMUNITY PARTNERSHIPS

### Adventure for a Cause



I was first inspired to incorporate a fundraiser as part of my expedition to Mount Everest in 2017. My uncle had survived Stage Three nose cancer and I wanted to do my part to help others who suffer from cancer. As I did not manage to summit the first time, I decided to head back to the tallest mountain in the world this year. I chose to support CCF in a year-long fundraiser from 1 May 2018 to 30 June 2019 and the expedition was made even more challenging and memorable because I had to seek sponsorships for the climb as well.

I summited Mount Everest on 23 May 2019 at 6.14am. As I was climbing, I constantly thought about the children who are suffering from cancer, and what

they have to go through. During the climb, I was heartened by many people who were interested in supporting the cause and donated generously. In all, a total of \$13,550 was raised for CCF.

I personally believe that no dream is too big and no mountain is too high as long as one takes small and progressive steps! I hope my efforts would help the affected children and their families alleviate some of their challenges and provide them with the opportunities to pursue their dreams and aspirations, just as I had achieved mine.

*Contributor: Jeremy Tong Zhi Hao, Singapore Mountain Explorer and Everest Summiteer*

### Small Change Makes A Difference 2019



Between 10 June and 30 September 2019, CrimsonLogic organised the 'Small Change Makes A Difference' programme for the fourth time, in partnership with CCF. The fundraiser also aimed to foster good saving habits among the student group and encourage them to give back to the community.

LEGO look-a-like coin banks were assigned to nine different schools in Singapore and students were encouraged to save any amount over a period of

two months as a donation to CCF. At the end of the programme, the students got to keep the coin banks to continue with their saving habits. More than 500 CrimsonLogic employees also joined the students in this savings programme which raised a total of \$32,265.94.

*Contributor: Leah Goh, CrimsonLogic Pte Ltd, Assistant Manager*

## Lauren Ang Turns Three

Our daughter, Lauren, turned three on 6 October 2019 and we celebrated by hosting a party with some of our dear friends. Instead of the customary angpao collections and toy gifts from friends, we decided for all gifts to be in the form of donations to CCF instead.

Lauren herself has been battling Stage Four Neuroblastoma since she was one year old and by the grace of God, she is now on the road to recovery. Throughout this difficult period, CCF staff and volunteers had touched us tremendously with their constant outreach and we are forever grateful for their kindness. Since we had been recipients of their



support during our vulnerable moments, we hoped to do our part to contribute back to CCF to benefit other families.

We managed to raise \$13,168 from donations at the birthday party, surpassing our expectations. This is the second year we are fundraising for CCF and we hope to make this initiative a yearly affair moving forward.

*Contributor: Alan Ang & Michelle Chong, Event Organisers*

## Little Steps Towards A Good Cause

As part of the Little Footprints Preschool (LFP) aim to engage community partners and instil good values in our children, LFP collaborated with CCF for our inaugural Little Footprints event. Themed "Little Steps Towards A Good Cause", 19 LFP centres came together as one big family for the LFP walkathon-cum-carnival held at Punggol Waterway Park on 5 October 2019. We managed to raise a total of \$10,601 through sales of carnival coupons, walkathon tickets and donations from LFP families.

At the event, Ms Julie Koh, our founder and Chief Executive Officer, presented a cheque to CCF for the collective amount raised. She also welcomed the LFP families with an inspiring speech. We had a warm-up session led by Ms Dona, our Dancing Toes instructor, before the three-kilometre walkathon flag-off. It was heart-warming to see our LFP families bonding and cheering each other on.

After the walkathon, our LFP families and children immersed themselves in the various carnival games, bouncy castle and even a sports corner by

our 'Fiitercise' enrichment. In fact, each of our LFP centres were tasked to plan and manage a game station, and they used recyclable materials such as egg crates, cardboards and waterbottles to create their games!

*Contributor: Kyna Kng, Marketing Communications Department, Little Footprints Preschool*



## COMMUNITY PARTNERSHIPS

### Hsien Yi and Rui En's Birthday



Both my children, Hsien Yi and Rui En, had expressed their birthday wish to help others this year. As such, they requested their friends to make a donation to their charity of choice instead of receiving

birthday presents. After careful consideration, they unanimously chose CCF so that every dollar raised from their birthday fundraiser, held between 1 to 20 October 2019, would go towards helping children with cancer and their families.

As parents, we fully support their cause and held a birthday party for them on 5 October 2019. A total of \$3,310 was raised and we hope that their friends had also found it meaningful.

*Contributor: Tan Kwee Lin, Event Organiser*



### HPB CCF Charity Drive

As part of Health Promotion Board's (HPB) community and wellness efforts, HPB's Ministry of Fun, a staff-led wellness committee, conducted a board-wide charity drive in 22 August 2019 to raise funds for children and families affected by cancer. This is a continuation of efforts from our HPB Hair for Hope satellite event held at the Outram Campus in June 2019, organised jointly by Ministry of Health, Health Science Authority, and HPB in support of CCF.



Prior to the event, as part of our handcraft interest group, more than 30 HPB colleagues painstakingly sewed pocket tissue covers and owllets for the charity drive. During the actual event, the beautiful and personalised handcraft were quickly snapped up within an hour by fellow HPB colleagues. The charity drive raised a total of \$1,000, thanks to the generous donations by staff across all levels. We hope our actions would inspire other organisations to hold fundraisers to benefit the beneficiaries at CCF.

*Contributor: Tan Sock Lan, co-chair of HPB's Ministry of Fun*

## RECaress Charity Lunch 2019



We chose CCF as our ReCaress beneficiary this year for their efforts in improving the quality of life of children with cancer and their families. During our corporate ReCare month in September, we organised a “RE Care Charity Lunch” on 23 September 2019 themed ‘Celebrate with colours’ to symbolise the

celebration of life and how colours brighten up our life with hope, dreams and new beginnings.

Overnight, our office’s function space was transformed into a bazaar with colourful stalls, a photo booth corner and carnival games. On the day of event, our in-house chefs and bakers cooked up a storm in their kitchens with home-made mains and desserts. There were also avid foodies who could not resist adding their own contributions to the food spread! A total of \$2,721 was raised from the event and we all had so much fun. We hope that our efforts would bring CCF beneficiaries some cheer.

*Contributor: Tasha Jaslim & Nani Mohamad, RECaress Committee*

## A Warm Reception

On 26 July 2019, Centurion Corporation’s reception area was turned into a shop to support CCF. The pop-up store was manned by five staff volunteers and on display were a selection of exclusive CCF merchandise for sale to raise funds. In addition, the team also set up an online page for staff situated in other offices islandwide to make online donations and place their orders. The hot favourites were the Hair for Hope T-shirts and cute collar pins!



We were glad that the event was well-received by our staff and we managed to raise \$3,102 for CCF. Many of them stepped forward to support as they recognised that CCF served a meaningful cause.

*Contributor: Priscilla Lim, Assistant HR and Administration Manager, Centurion Corporation Ltd*

## Sayesha’s First

Our daughter, Sayesha, turned one this year and I wanted to make her first year celebration a more meaningful one by supporting a cause. I came to know of CCF and it took me only seconds to decide that I wanted to lend my support to them. It also helped that the fundraising process was very smooth and hassle-free.

from the bottom of my heart for making a contribution to this meaningful cause.

A total of \$1,500 was raised from Sayesha’s first birthday fundraiser held from 14 August to 14 September 2019, thanks to the generosity of our friends who gave so willingly. I want to thank everyone

*Contributor: Sonali Mehrotra, Event Organiser*



## COMMUNITY PARTNERSHIPS

### Sea Salty Bakes X CCF Give Back Charity

This was Sea Salty Bakes' first collaboration with a charity to raise funds and we wanted to extend the support that our customers had for us to the community. As such, we decided to donate \$3 from every box of bakes sold from 1 to 31 October 2019 to our charity of choice. I chose CCF as my late grandmother suffered from cancer and as a parent myself, I was also more drawn to causes that supported children and their development.

The experience gave us the opportunity to connect with our customers differently. Some customers reached out to us to make personal donations while a few came forward to share how CCF had helped their family members. Hearing these stories touched our hearts and gave a deeper meaning to our initiative.

In total, we raised \$1,080 for CCF to support its beneficiaries.

*Contributor: Ili Nur Adha Lim, Owner and Baker of Sea Salty Bakes.*



### Golf for a Cause

Held from 2 to 6 October 2019, SgGolfCoach initiated a private Children's Day fundraiser – 'Golf for a cause'. As a golf academy with an emphasis on training juniors, we decided that we would like to help beneficiaries at CCF with our donations.

The event helped to raise childhood cancer awareness among our juniors and their parents. A total of \$7,570 was also raised through the initiative. Special thanks to the support from our generous partners, TaylorMade and Mandai Executive Golf Course, for supporting the event with token gifts for our donors.



*Contributor: Dalston Koh, Director, SgGolfCoach*

### Zoo Tastic Fair

The children of PCF Sparkletots @Queenstown Blk 145 embarked on their 'Start Small Dream Big' project by planning a carnival on 31 August 2019 to raise funds for CCF. The carnival theme was 'Zoo Tastic Fair' as the aim was to nurture our children to care for their family, animals, pets, environment and school.

We had short performances by the children and a mini bazaar was held for our children and teachers to sell handmade crafts to the parents.

It was a meaningful and successful event as parents were supportive in acknowledging the efforts of their children and the centre. A total of \$1,082 was raised from the event. We are thankful for the opportunity to allow our children to partake

in fundraising so that they could learn about kindness, responsibility and the joy of helping others.

*Contributor: Norhayati, Centre Principal, PCF Sparkletots Preschool @ Queenstown*



## Deepavali Art Jamming by SATSACO



As part of our corporate CSR programme this year, we held a Deepavali Art Jamming session at The Fun Empire on 26 October 2019 for 19 CCF beneficiaries and their families. We chose CCF as our CSR (Corporate Social Responsibility) focus for 2019 was

to benefit children and we felt that the organisation was a great fit for the activities we had planned.

It was a very memorable event for our team of 30 SATSACO staff volunteers as the planning process proved challenging. However the hard work paid off and we were glad that the outcome was a meaningful and engaging initiative for all who participated. We hope that through our efforts, we were able to do our part for children and families affected by cancer.

*Contributor: Surriya s/o Chelladurai, HR Executive, SATSACO Group*

## MOH Family Active Day 2019

The Ministry of Health (MOH) held its Family Active Day on 13 September 2019, as a way for MOH's officers and their families to enjoy fun bonding activities, such as tote bag painting and a bouncy castle for the younger children, as well as Laser Tag and Archery for the more adventurous ones! After the warm response to our first Hair for Hope satellite event in June 2019, we wanted to continue the partnership by inviting CCF families to join us for a lively afternoon out.

Some MOH volunteers accompanied the families around the various stations, and even worked up a sweat trying out activities like Kinball! Our CCF friends also had a chat and took a group photo with Minister for Health, Mr Gan Kim Yong, and Senior Minister of State for Transport and Health, Dr Lam Pin Min.

Jin Ju, a MOH volunteer, said, "Being a first-time Hair for Hope shavee this year, it was extra meaningful for

me to accompany the CCF kids at our Family Active Day. I am glad that I could make their afternoon a happy one with simple acts such as pushing their zoomoov to chase each other. It made me feel like a kid again! All the best to our CCF friends, and thank you for giving me the chance to spend the afternoon together!"

*Contributor: Fresh Connexions team, Ministry of Health*



## Acknowledgements

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

- **Ultimate Events Entertainment:** The Dessert Museum on 5 and 19 October 2019
- **MFS International Singapore Pte Ltd:** The Future World Exhibition on 25 October 2019

- **Mangrove Learning Pte Ltd:** Taiko4Youths workshop on 9 November 2019
- **Meritus Hotels and Resorts:** Stars of Christmas Luncheon on 21 November 2019
- **KPMG:** Make a Difference Day Carnival on 23 November 2019
- **SMJ Furnishing:** Disney Frozen II movie screening on 24 November 2019

# It's easy to be a fundraiser!

From inviting us to place a donation box at your wedding, birthday party or corporate event to donating a portion of the proceeds from your retail sales, CCF welcomes **YOU** to join us in our fundraising efforts to make a difference in the lives of our beneficiaries!

To reach out to us or for enquiries, please email to [fundraising@ccf.org.sg](mailto:fundraising@ccf.org.sg) or call 6229 3759/ 6229 3738.

*\*CCF will be able to lend our support in various ways such as conducting public education talks, setting-up a dedicated online fundraising page for your event, loaning of donation boxes and providing information leaflets, etc.*



## CCF wins at AM•EI Golden Apple Awards!



Back row, second from left: Ms Ng Hwee Chin and awardees of AM•EI Golden Apple Awards

We are proud to share that CCF's Principal Social Worker, Ms Ng Hwee Chin, was part of the team who received the Programme Excellence Award for their work on Palliative Care Course for Social Workers (Basic) at the AM•EI Golden Apple Awards organised by SingHealth Academy held on 27 September 2019. The award uniquely recognises distinctive educational programmes in SingHealth and Duke-NUS Medical School across the various healthcare professions for applying best practices in education philosophies and following a scholarly approach.

An accolade for educators, the AM•EI Golden Apple Awards recognise and honour outstanding

educators in SingHealth and Duke-NUS who have demonstrated excellence in teaching. Their passion, dedication and innovation have transformed teaching and helped raise standards of healthcare education. Congratulations, Hwee Chin!

“

*To me, the reward goes beyond winning the award. It is my honour to be part of such an amazing team who is passionate in the areas of capability building of social workers and palliative and end-of-life care to enhance service delivery to the beneficiaries and their families. The team has inspired me to be driven in learning and generous in sharing.*

– Hwee Chin

# A Decade of Volunteering

Held each year on 5 December, International Volunteer Day (IVD) is a day set aside for volunteers and organisations to celebrate their efforts, to share their values, and to promote their work among their communities. To commemorate IVD this year, we catch up with Ang Mingsheng, 34, who has been a CCF volunteer for close to a decade.

Mingsheng has taken on volunteer roles such as an event volunteer, befriender, camp group leader, medic and now, a Play Personnel. Read on to find out what he enjoys about volunteering and how he sustains his passion for a decade.



## 1. How did you get started with volunteering and why did you choose to volunteer at CCF then?

Well, I wanted to use my spare time more meaningfully so I did a search online on charity organisations in Singapore to see what would interest me. When I came to know of CCF, I found that the work was very meaningful and I wanted to give it a try. I remembered feeling a bit nervous but energised to contribute at my first volunteer stint.

## 2. You have been a CCF volunteer since 2011. How did you sustain your passion to volunteer for close to a decade?

When you volunteer on a regular basis, it becomes a part of your lifestyle. Even till now, I still look forward to volunteering sessions. When you start to understand that your actions can make a significant impact to the lives of the beneficiaries, you naturally become more engaged and want to do more.

## 3. You're currently volunteering as a CCF Play Personnel. What do you enjoy most about this role?

I like that I am able to brighten the day of the beneficiaries, even during that short period of time that I am scheduled. Treatment can be very tough for the beneficiaries so I want to make play time as enjoyable as possible for them. It is probably one of the few things that they look forward to at the hospital. At the same time, it is also to provide some relief for the caregivers and to support them as much as possible.

## 4. Share with us a memorable moment for you in your volunteering journey.

I was playing pick-up sticks with a beneficiary at the KKH ward and this little girl beat me at the game. I would usually intentionally let the child win but for this particular match, I was actually trying my hardest but still lost. When I received my five-year service award at a CCF appreciation event, I was presented with a drawing by a CCF beneficiary and coincidentally, it was from the same child! I realised that she was not only good at pick-up sticks but drawing as well. Till now, I still have that drawing in my room.

## 5. What does volunteering mean to you and how has it shaped your character and/or perspectives in life?

To me, volunteering is about giving my time to help others without obligations. People often think of volunteering as sacrificing something. However, you will come to realise that you gained more than what you gave. When you do something good for someone, it makes you happy and in turn, makes you feel good about yourself. Meeting like-minded individuals while volunteering also helped me to see the strong level of empathy across people from all walks of life.

## 6. What is your one greatest takeaway from volunteering?

Everyone can contribute in their own ways and it doesn't matter how big or small the effort is.



Group photo of Mingsheng with other CCF volunteers.

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# LYMPHOMA

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