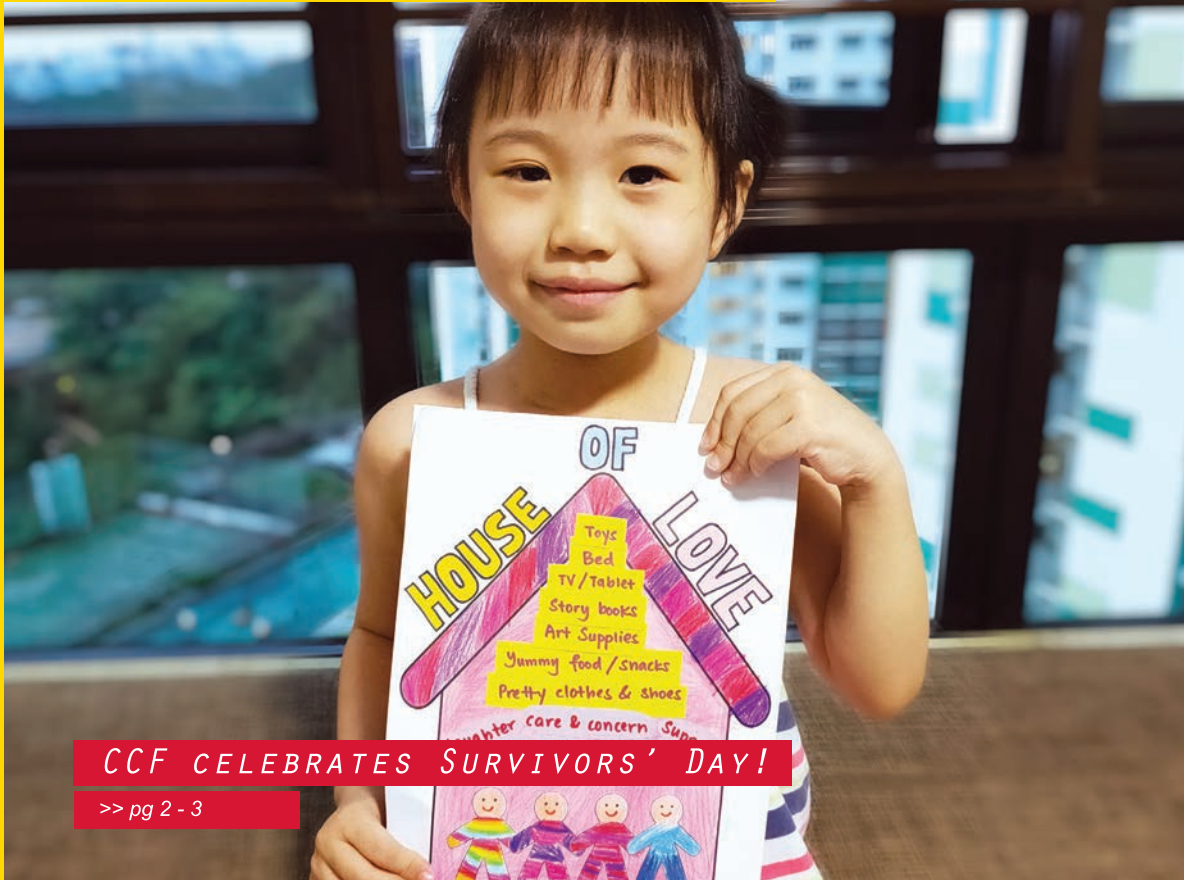




# Tribute

to our children



## Ohana!

A day dedicated to  
celebrate our siblings

>> [page 4](#)

## CCF Education Awards

We celebrate our survivors  
who did well in school

>> [page 5](#)

## Meet Nazri

Childhood cancer survivor  
Nazri worked two jobs and still  
found time to help the needy

>> [page 6 - 7](#)

# Survivors' Day 2020 – Dreams: Celebration of Life After Cancer

Childhood cancer survivors begin a new chapter in their lives at the end of their cancer treatments. While it is important to celebrate this important milestone in their cancer journey, it is equally important for them to contemplate and prepare for what lies ahead.

In conjunction with National Cancer Survivors' Day, CCF commemorated Childhood Cancer Survivors' Day from 1 to 28 June 2020 with an inaugural virtual event themed "Dreams: Celebration of Life After Cancer". 57 survivors who had completed treatment and were in remission participated in the event – the youngest was only four while the oldest participant was 32 years old!

It was the first time celebrations were held remotely due to COVID-19 safe distancing measures but the coronavirus did not dampen the spirits of our children and youths. They had beaten something even more life-threatening – childhood cancer!

The online fiesta comprised a line-up of challenges that the survivors had to complete. These included designing complicated crossword puzzles with words reflecting their inner strengths, completing their 'House of Love' with drawings of people who supported them, and various craft work to celebrate their dreams. Many of the tasks were designed to encourage survivors to reflect on their hopes and aspirations, discover their inner strengths and identify support systems to help them forge ahead with clarity and confidence in their journey after cancer.

Through such meaningful activities, our children and youths learned to recognise themselves as more than just survivors and cancer did not define them. **TRIBUTE** brings to you some of the beautiful entries for a glimpse of their strength and resilience.



My House of Love includes my grandparents, parents, my two sisters and myself. Like the different colours in the rainbow that symbolise qualities, my family shines and glows brightly with warmth, love, care, concern, energy, youth and inspiration.

- Shantosh Sevo S/O Shanmuga Sundaram, 11



Reading takes my mind off the uncomfortable feeling I experienced during some treatments.

- Andrzej Goh, 9



HOUSE + LOVE = HOME

HOME is where; LOVE resides, MEMORIES are created, FRIENDS & FAMILY always belong, and LAUGHTER never ends.

- Teng Min Hui, 7



I want to say this out loud. I want to live a peaceful life. I will learn and model myself among great figures in order to achieve my ideal dream. So I'll end with this. Stay true to yourself. Thanks for reading.

- Hilman Bin Musrin, 18



I want to be more active to swim, play Nerf, scoot, cycle & play with my brother, Haris!

- Asfa Binte Horis, 6

# SibsConnect 2020 - Ohana!

*“Ohana means family, and family means nobody gets left behind or forgotten.”*

– Lilo and Stitch



Siblings of children with cancer often feel neglected as their parents' attention are focused on caring for their sick child. To remind them that they have not been forgotten or left behind, CCF organised SibsConnect, a day dedicated to our Very Important Brothers and Sisters (VIBS) siblings to engage in activities that strengthen the bond between CCF beneficiaries and their siblings.

On 24 June 2020, nine sibling units gathered online in anticipation for the day's activities via Zoom as they had no idea what was planned! The event kick-started with an Indoor Scavenger Hunt where participants were given 10 minutes to solve three riddles. The answers to the riddles were common household items that they had to find while holding hands. They scrambled excitedly around the house with lots of giggles in search of backpacks, pillows and toilet rolls. The siblings definitely grew closer to each other through teamwork!

Following the Indoor Scavenger Hunt was the main activity of the day – BINGO! 25 team-bonding activities filled the squares of a BINGO sheet and each sibling unit had to work together to complete the activities to form a line. It was a race against time for the top prizes!

The game saw siblings dressing each other up in their favourite clothes, fixing puzzles together, recreating photos from their younger days and even helping out with the household chores. It was so much fun spending time with one another that winning did not matter anymore!

The day ended with a prize presentation and the sibling units sharing the importance of each other in completing the tasks; and how indeed 'Ohana' means family and family means leaving no one behind.



# CCF Education Awards



CCF Education Awards are given in support of beneficiaries who have undergone cancer treatment and returned to school, and in recognition of their academic performance during the national examinations.

Earlier this year, 56 beneficiaries received the Back-to-School Award and 36 children and youths were recognised for their academic achievements. The award ceremony was cancelled due to COVID-19 and special arrangements were made for all 92 recipient to receive their certificates and prizes digitally.

CCF Perseverance Award was given for the first time this year to students who demonstrated perseverance in overcoming school-related challenges despite their medical conditions. One deserving recipient was Ariqah Nur U'fairah who remained passionate about learning despite her health struggles. Her Form Teacher said Ariqah took every opportunity to share the lessons she learnt from her battle with cancer and was an inspiration for the school community.



"The CCF Education Award celebrates the resilience of children and youths with cancer. Despite the challenges during and after their treatment, our children and youths persevered in their school work. I applaud and commend all of them for their "can-do" spirit and hope that the awards will spur them to greater heights in their learning journey," says CCF's Chief Executive Officer, Ms Peng Hai Ying.

Congratulations to all award recipients!

*CCF would like express our heartfelt appreciation to Zurich Insurance Company Ltd (Singapore Branch) for sponsoring the Education Awards to acknowledge the outstanding achievements of our children and youths.*

# The boy with a giving heart, Nazri

CCF beneficiary, Nazri Arshad, was only 16 when he was diagnosed with Leukaemia in 2013. Both his parents lost their cleaning jobs trying to stay by his side. After a two-year ordeal undergoing multiple surgeries, chemotherapy and a bone marrow transplant, Nazri was cancer-free in 2015 and returned to school.

Nazri shares: “To be honest, some people would be crying and upset about this. But for me, I didn’t feel anything. I just feel that this is a test from God, and I need to respect what He is asking me to go through. I believe that if God wants to take you through this experience, He will guide you. It is important to think positive!”

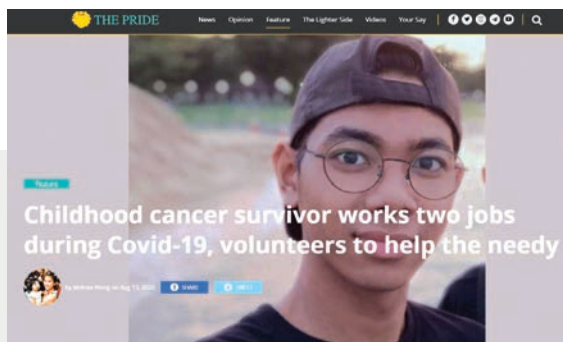
His optimism played a big part in helping him beat the illness. Despite hurtful comments from a fair share of his friends, Nazri’s indomitable spirit has allowed him to look past their ignorance.

“I had a friend tell me, ‘Go away, I’m scared you’ll pass your virus to me’ while another said, ‘Oh, I thought you died already’. But I ignored them. I refuse to allow their words to get into my head.”

Fast forward to 2020, Nazri and his family’s financial situation was hit hard once again by the COVID-19 pandemic as his parents lost their jobs one after another. Nazri stepped up during the circuit breaker to help his family make ends meet, working as a food delivery rider by day and packer by night.

Despite his hardships, Nazri still found time to give back during the Hari Raya festivities. With what little he had, he baked and sent Raya cookies to families who were also going through a tough time during the pandemic. He even got his delivery rider friends who had lost their jobs during the circuit breaker to deliver the cookies so they could earn the extra income.





He explained: "A few families asked if they could pay me but I told them to donate directly to CCF instead. I refused their money because my aim is to help people. Many of my friends said I was wasting my money but I told them that I didn't think of it that way."

Nazri encouraged others to reciprocate his goodwill with a donation to CCF because he appreciated CCF's support at every step of his childhood cancer journey. Nazri used to visit the Family Resource Centre at CCF@KKH, a playroom with games and books, when he felt well enough. CCF volunteers would always be there if he needed someone to talk to or play with, something he is incredibly grateful for.

Besides emotional support, CCF helped Nazri financially with his medical, transport, school, food and maintenance needs. As part of its Schooling Programme, CCF also organised sessions with Nazri's school to discuss his learning and schooling needs due to his medical condition. Nazri also received various CCF Education Awards for three years. Till today, Nazri still calls CCF his "second family".



Scan to Donate

**COVID-19 has stopped many things, but not childhood cancer. The impact of the pandemic has amplified the stressors on our little ones and their families, and affected the resources at CCF.**

**Your support will give hope to children battling cancer and their families. It will also help CCF continue our work in supporting them through the most difficult period of their lives. If you are doing okay during this period, we hope you can lend a helping hand by making a donation.**

# CCF Annual General Meeting 2020

CCF's Annual General Meeting (AGM) was held on 27 June 2020 via web conference. It was the first time that the event took on a digital format this year due to COVID-19 safety measures.

In his opening address, CCF Chairperson Mr Ho Cheng Huat highlighted the impact of COVID-19 on the organisation's operations such as face-to-face service delivery and the cancellation of CCF's annual public outreach fundraiser, Hair for Hope. He emphasised that these challenges can be mitigated by improving our engagement approaches electronically and exploring alternative ways of fundraising.

Cheng Huat also shared that CCF was incorporated as a Company Limited by Guarantee (CLG) since 14 October 2019 and touched on plans to establish a one-stop holistic care centre with programmes to better serve the growing number of survivors.

At CCF's last AGM as a Society, members approved CCF's Annual Report 2019, Financial Statements for the year ended 31 December 2019, and CCF's Board of Directors for the year 2020/2021.

## CCF Board of Directors (2020/2021)



**Mr Ho Cheng Huat**  
Chairman



**Ms Caroline Lim**  
Vice Chairman



**Ms Nancy Thio**  
Honorary Secretary



**Mr Stanley Lim**  
Honorary Treasurer



**Mr Benedict Leh**



**Dr Chong Tsung Wen**



**Mr Go Ashokh Menon**



**Mr Moh Hon Meng**



**Ms Joyce Sit**



**Mr Arthur Lim**



**Dr Kevin Tay**



**Mr Shawn Koh**

## Together Against Children's Cancer

Finalix is a boutique business consulting company from Switzerland. Since 2019, we incorporated a small subsidiary in Singapore and have continued to support the biennial charity initiative by our Swiss headquarters called 'Together-Against-Children's Cancer'.

At a time where we all have to unite for the safety of each other's health, Finalix also wants to support the local charities who were supporting children's cancer causes. Hence, a fitness challenge was issued to all employees and their immediate families – for every calorie burnt during their fitness training on 16 May 2020, Finalix would donate 10 Swiss centimes to organisations supporting children with cancer and their families locally!

A total of almost 100,000 calories were burnt from the staff and families residing in Switzerland and Singapore. We were very excited about the dedication shown by our small team in Singapore as everyone worked hard and contributed almost 10,000 calories, raising \$1,500 for CCF. We were also happy to be able to help children and families affected by cancer in these difficult times.

*Contributor: Finalix Pte Ltd Singapore*



## Audrey's Clean-Baking Fundraiser

During the circuit breaker, Singaporeans received \$600 from the Government's Care and Support package. I decided to use these funds to organise a baking fundraiser from 1 to 14 June 2020 in support of CCF because CCF is a reliable and reputable social service agency. I had previously volunteered as a CCF Play Personnel in 2016 and witnessed the heart that CCF social workers had for the beneficiaries. Furthermore, I had lost my grandfather to cancer in 2019 and his battle against the life-threatening illness allowed me to better understand the extent of support that families with a "cancer warrior" needed.

As this was my first solo fundraiser, I was quite apprehensive when I first began. However, the journey proved to be enriching and fulfilling. There was much to learn about planning and logistics, and I was also unsure how others would receive my bakes. Nonetheless, I persevered with support from friends and family, and managed to raise \$1,000 for CCF. I also developed a newfound respect for bakers because baking in large quantities is truly a great challenge! I strongly encourage anyone who has the heart to help the community to capitalise on their hobbies and take that leap of faith.

*Contributor: Audrey Choo Wen Yee, Organiser*



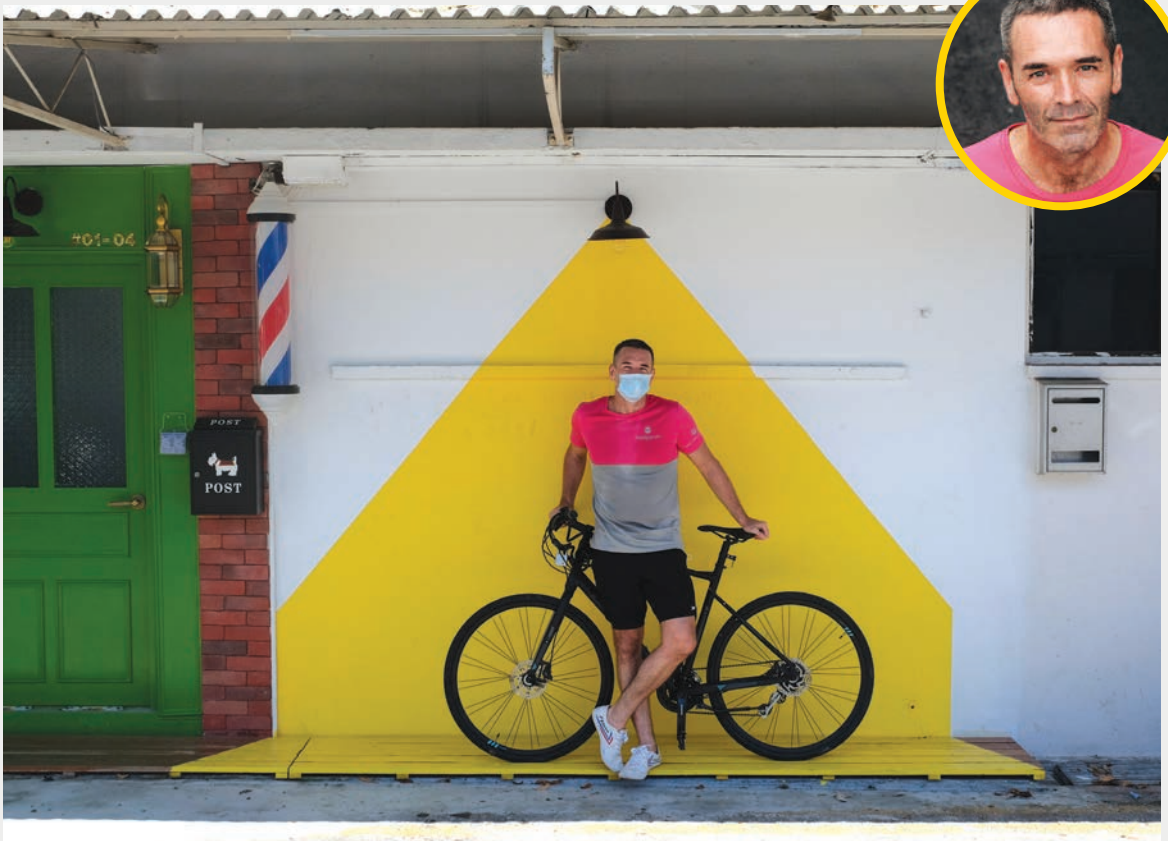
## Food delivery rider for charity

When the Singapore government announced on 21 April 2020 that the circuit breaker was going to be extended till 1 June 2020, Anthony Houlahan knew he needed to do something to stay fit and deal with his feelings of isolation. His wife and daughters had returned to the United Kingdom and he was alone in Singapore.

On the very next day, Anthony signed on as a food delivery rider since he felt that food was something people needed during the lockdown. He resolved to make his efforts worthwhile by committing to raise \$100,000 for CCF to help improve the quality of life of children and families affected by cancer.

“Since I was going to go out on my bike making food deliveries, I also thought about how I could make that meaningful,” said Anthony. “I wanted to help CCF children because they have done nothing to deserve their illness.”

“Children in need, cancer and heart disease are three issues that mean a lot to me. CCF covers two of those. It also has excellent credentials and testimonials from people it has helped.”



## COMMUNITY PARTNERSHIPS

He also added that his mother died of cancer: “When you lose a parent that way, it stays with you and you can always feel the pain other people are going through.”

From 23 April to 29 June 2020, Anthony made his bicycle deliveries in the evenings and during weekends, after he was done with his day job. While delivering the meals, Anthony took time to explain his fundraising efforts to customers via the delivery app’s messaging function. He also provided customers with information leaflets encouraging them to donate. His hard work garnered not only the attention of the media who played a big role in amplifying his efforts, but also the support of corporate sponsors.

Anthony donated his entire food delivery earnings and encouraged others to make a contribution via his Giving.sg campaign. Supporters also pledged donations based on his earnings which he updated daily on his microsite. In support of Anthony’s efforts, Foodpanda also donated \$5,000 worth of food vouchers to CCF.

Anthony clocked more than 2,000km on his bicycle and raised \$118,964 in total. “I am happy that what I did has had such a positive effect but, for me, it was a no-brainer. It was a chance to be a part of society and doing it made me happier and more balanced.”



## Celebrating my 44th Birthday by Giving Back



For many of us, birthdays are always a cause for celebration. I usually celebrate mine by indulging in a nice meal with family and friends, and reflecting on whether I can make my life a little more meaningful in the year after. In 2019, one of my reflections was to turn my birthday into a charity drive. The stars were aligned when I received a mailer from Giving.sg some time earlier this year to pledge my birthday for good!

Since 2020 has proven to be a challenging year with the COVID-19 pandemic, I thought that it was also timely to give back to the community.

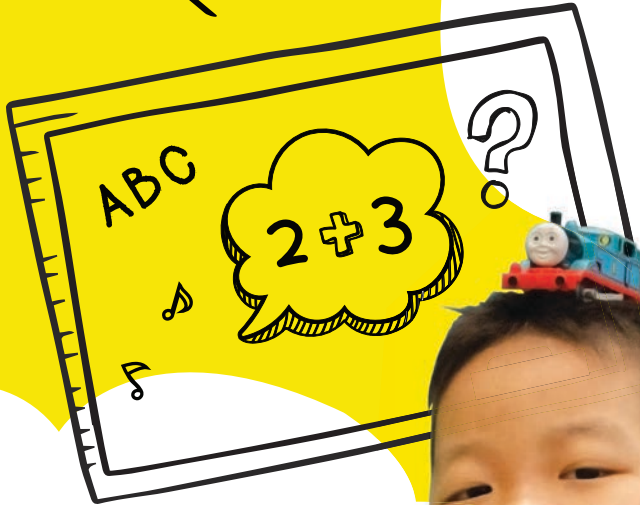
Without hesitation, I set up my birthday fundraising campaign on Giving.sg. The goal was to raise a humble \$4,444 for my 44<sup>th</sup> birthday from 20 February to 20 March 2020 for CCF. When choosing which organisation to support, cancer-related causes were top on my list as I had lost my sister-in-law to colon cancer and saw how the loss devastated her husband and children. I ran a search and was inspired and impressed by CCF’s work when I visited their website. I cannot imagine the type of challenges families with children with cancer have to go through. With CCF’s support, I was able to launch the donation campaign in a matter of days.

I am eternally grateful for friends who supported my campaign and helped to achieve my donation target. It is not a big sum by any measure but I hope my efforts can encourage more people to do the same. On a personal front, the gratitude and fulfilment I felt from organising this campaign cannot be described sufficiently with words. Thank you CCF for this opportunity to do something good.

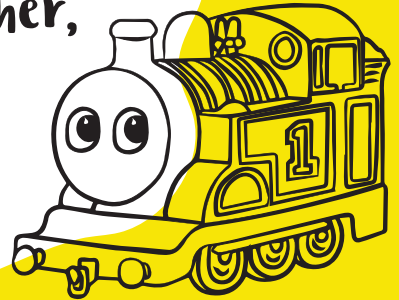
*Contributor: Soon Eng Sing, Organiser*

# WILL & HOPE

GIVING PROGRAMME



“I want to be a teacher,  
like my mummy!”  
- Yang Kai, 5



You can help beneficiaries like Yang Kai pursue his dreams!  
Be a Will & Hope Giver, pledge your monthly donation at  
[tiny.cc/willandhopegiving](https://tiny.cc/willandhopegiving).

HOPE OF LIFE, WILL TO THRIVE