



# Tribute

to our children



**SIBSCONNECT 2022:**  
**RESCUING NEVERLAND**  
>> pg 7

**CCF30:  
Faces of Children's  
Cancer Foundation**

>> pg 2 - 3

**ComFur Zone:  
Comfort and Discomfort**

>> pg 4

**Staying Positive  
in the Face of Cancer**

>> pg 8 - 9

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# CCF30: Faces of Children's Cancer Foundation

At the heart of Children's Cancer Foundation are its people. As we commemorate CCF's 30 years of serving children with cancer and families, let's take this opportunity to celebrate our staff's dedication to our beneficiaries, and find out what makes working at CCF extra special for them.



"I was with CCF's Place for Academic Learning and Support (PALS) when it first started in 2012.

Teaching the children as compared to those in mainstream schools was a brand new experience. While emotionally challenging, working at CCF is certainly fulfilling, especially when I get to see the children leave PALS to return to their mainstream schools."

~ **Ms Leong Lai Fong**

Supervisor and Teacher,  
Place for Academic Learning and Support



"I am glad that I can be present and render a helping hand to our families during their period of transition as they grapple with the cancer diagnosis.

In fact, I have learned a lot from the families I've worked with in the 10 years I have been at CCF. From imparting life values to challenging my views, they have inevitably developed both my personal and professional self."

~ **Ms Kwok Yoke Wah**

Senior Social Worker



"In the 10 years I have been with CCF, there have been many emotional ups and downs as I have witnessed recovery as well as death. Losses are part of life and I have learned to cherish the life we live and that of our loved ones. Being in CCF is very meaningful.

I hope more people will become aware of childhood cancer and graciously support our survivors who are reintegrating back into the community."

~ **Ms Rachel Ho**

Assistant Senior Child Life Therapist



"At CCF, I've had a chance to witness the inner workings of the social service sector firsthand. Being in the research team, I work with colleagues from various departments, providing the necessary support in designing, evaluating and improving their programmes.

It is always a great joy seeing how everyone is doing their best and ready to support one another in the work that we do."

~ **Mr Zach Lee Jin Yong**

Executive, Research



The children and their families is the very reason why CCF exists. Therefore, I hope we can continue to be sensitive and attuned to their needs, and serve them to the best of our abilities.

Journeying with the children and their families throughout the treatment trajectory often reminds me of how strong the human spirit is."

~ **Ms Yao Zhurong**  
Senior Social Worker



"CCF's harmonious culture creates a positive and vibrant working environment. We are respectful and friendly, and take pride in our work. This is why I am keen to see the services and programmes that our staff worked hard on but had to pause due to COVID-19, implemented and be well-received by our beneficiaries."

~ **Mr Peh Ren Jie Franky**  
Manager, Operations & Service Alliance



"Witnessing firsthand how we have a steady community of support, and getting to collaborate and partner with our donors and sponsors for the childhood cancer cause is extremely heartening. Childhood cancer is more common than we think. The psychosocial support to help a child make sense of their diagnosis and treatment is as important as the medical support they get. That's why we do what we do!"

~ **Ms Shermain Chang**  
Senior Lead Executive,  
Fundraising & Sponsorship



My time at CCF has been fruitful and full of smiles – I have been able to get to know the children and youth, learn about their strengths and resilience at a young age, and witness the love and support they receive.

I wish for CCF to continue to grow in strength and hope our volunteer partners will become an integral part of the organisation as we redefine childhood cancer care in Singapore."

~ **Ms Teo Ai Ling**  
Manager, Volunteer Management

We are grateful for the support of our partners, donors and volunteers for journeying with us through these 30 years, and we want to celebrate our 30<sup>th</sup> birthday with you!  
Here's how YOU can join in our pearl anniversary celebrations:



**Participate in our on-going fundraiser!**

**The Hope Train**  
(September - October)



**1**  
[www.thehopetrain.org.sg/](http://www.thehopetrain.org.sg/)



**Make a \$30 birthday donation to CCF here:**



**2**  
[www.ccf.org.sg/donate](http://www.ccf.org.sg/donate)



**Participate in our 30<sup>th</sup> anniversary trivia quiz found in our Tribute EDM!**

Stand a chance to win CCF merchandise!

**3**



**Follow us on social media!**

Like and share our posts so others can also find out more about CCF and our work!

**4**

# Heart Work Programme



Taking that first step into the working world and contemplating career choices is tricky for most of us. For CCF's youth survivors, there are added concerns about the suitability of a job, especially if they have long-term health-related issues.



This year, CCF introduced Survivor's Employment Support to provide relevant services to enhance employment opportunities, employment fit and sustainability for our youths. As part of this pilot initiative, Heart Work Programme, a customised work skills training foundation programme, was launched.

Each year, a group of participants, who face difficulty securing employment due to their health, will get the opportunity to cultivate an interest in a specific set of work skills.

For its first run, Heart Work Programme will be focusing on art techniques, allowing a group of seven beneficiaries try their hand at being ARTpreneurs!

Through bi-monthly sessions from April to October 2022, participants get to broaden their craft by working with different mediums and methods – acrylic painting, hand building pottery and creating jesmonite dishware. Equipped with these new skills, our talented youth survivors hope to share their joy and creations with the rest of the world!

To find out more about Heart Work Programme, please email [communityconnect@ccf.org.sg](mailto:communityconnect@ccf.org.sg)

## ComFur Zone: Comfort and Discomfort



CCF's Animal Assisted Therapy has a new programme: ComFur Zone! On 18 June 2022, eight CCF childhood cancer survivors made mane-tastic friends at HERD Singapore's horse stables.

ComFur Zone is a monthly group activity initiated this year to help CCF's younger beneficiaries understand their realities and cope with their extreme anxiety or panic through animal interactions. The participants embodied the theme of the workshop - "comfort and discomfort" - by bravely stepping out of their comfort zone and befriending the elegant equines.

"I was surprised I actually managed to get close to the horse!" exclaimed childhood cancer survivor Fithri.

After embracing new experiences of feeding, petting and taking the horses for a walk, our beneficiaries proceeded with an expressive art session to reflect on their emotions. Every one of them had a great time! We would like to extend our gratitude to HERD Singapore and our volunteer photographer for making the day especially memorable for our beneficiaries.

# YouthConnect: Games Day

The air was rife with merriment, and cheering could be heard at CCF's Hangouts on 30 July 2022. If you were near the premises that afternoon, you would be forgiven for thinking that it was someone's birthday party. Instead, it was YouthConnect's Games Day, attended by 12 very happy youth survivors!

Almost immediately upon arrival, the youths dove straight into selecting games from the wide variety of card games and board games available at Hangouts. Some went with the more classic options such as Monopoly and Snakes and Ladders, while others opted to try games they had never played before. One of the youths even contributed his own game of *Unstable Unicorns* to add to the day's fun.

After playing a few rounds, they diverted their attention to the dart machine and the multi-game table that is suitable for both table tennis and air hockey. The youths were quick to engage in some friendly competition and attempted to better each other's scores.

With buoyant spirits and tummies filled with pizza, our youth beneficiaries barely noticed that time was passing. The day ended with a group photo to capture the fun and camaraderie of Games Day.

Until the next YouthConnect gathering!



## Calling New YouthConnect Members!

YouthConnect is a platform that holds a series of activities throughout the year for childhood cancer youth survivors and their siblings, both between the ages of 13 to 35 years, to promote social interaction and bonding.

To register and be a part of CCF's YouthConnect community, drop Preeya or Sharvin an email at [communityconnect@ccf.org.sg](mailto:communityconnect@ccf.org.sg).

# Take a Peek at CCF's New Facilities

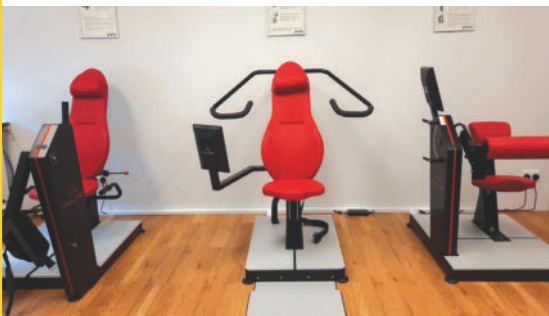
CCF's new community office at GB Point offers many benefits (apart from being so close to good hawker fare). The larger premises make it possible to expand our variety of programmes and services. It also provides a space of respite and comfort for our youth and children beneficiaries who have integrated back into the community.

Check out the two new spaces for beneficiaries to utilise whenever they want!

## WELLNESS STUDIO

Wellness Studio is a members-only gym for childhood cancer survivors aged 13 to 35 years old. The studio is equipped with interactive cardio machines and pneumatic gym equipment. Pneumatic machines allow resistance increment in small variations to match differing physical abilities and training goals. They also ensure a safe workout experience for our gym-goers.

To gain access to our Wellness Studio, beneficiaries can sign up as members under CCF's Wellness Membership Programme. This membership provides exclusive access to the Studio and the opportunity to work out with like-minded peers under the guidance of a professional trainer. Wellness members will also be invited to members-only monthly group workouts that are conducted by experienced instructors.



## HANGOUTS



You guessed it right. This is a prime spot for hanging out among our youth beneficiaries.

Vibrantly decorated and filled with video games and table-top games, Hangouts provides a safe, warm and inviting environment for youths to bond with each other. The spacious room also offers some quiet for those wanting to complete their assignments or work.

CCF social workers often hold regular activities for our beneficiaries, ranging from gatherings to workshops on playing table pool and much more!

If you are a CCF childhood cancer survivor and interested in accessing the Wellness Studio or Hangouts, please contact Winnie or Yoke Wah at [communityconnect@ccf.org.sg](mailto:communityconnect@ccf.org.sg)

# SibsConnect: Rescuing Neverland!



SibsConnect — an annual programme to strengthen the bonds between children with cancer and their siblings — returned on 25 June 2022 with a magical twist. Loosely inspired by Peter Pan, 19 childhood cancer survivors and their siblings embarked on an adventure through Neverland. Held at National University of Singapore (NUS), Neverland was brought to life with the help of Project Kaleidoscope from NUS Volunteer Action Committee (NVAC).

The participants were informed by Luna, a fairy from Neverland, that her home was in chaos with its inhabitants turning against each other! To restore peace, they participants had to work co-operatively within their sibling units by defeating scary sea monsters and rebuilding the homes of Neverland.

Armed with only a Neverland map, some materials and food, the siblings traversed through unknown lands and met magical creatures beyond their imagination, including mermaids, pirates and the Lost Boys. Through the children's spirited intervention, Neverland could continue to exist and thrive under the care of its now-happy residents.

More importantly, the people of Neverland were reminded of the values needed to face life's difficulties: counting on each other for strength and support; always learning and being open to the wonders of the world; and not shying away from failure.

In celebration of successfully completing their adventure, the participants had a ball of a time taking fun Polaroid photos with their siblings at the SibsConnect photo booth. In the spirit of reminding themselves of what is true and important like the residents of Neverland, the children also received handwritten cards from their siblings that conveyed how much they are loved and appreciated for simply being who they are.

SibsConnect may have ended for the year, but the memories created will stick with the children till their next sibling adventure together.

A huge thank you to Yunita Rebekah who volunteered her time and talent in bringing the story of rescuing Neverland to life with her illustrations, and to the NUS NVAC Team for sportingly taking on the roles of Neverland inhabitants!



# Staying Positive in the Face of Cancer



Little Nigel is a fighter. Just four years old, he has battled cancer head on and come out on top — all while demonstrating a positive spirit that belies his age.

When he was two years old, some swelling around his eyes led to several rounds of tests at the National University Hospital (NUH) which came back negative. By then his symptoms had progressed to include a shoulder ache and bouts of fever. After more tests, that included a painful bone marrow biopsy, Nigel was diagnosed with Acute Myeloid Leukaemia (AML) which was brought on by Myelodysplastic Syndrome (MDS).

"It felt like a nightmare. I couldn't accept it," said his mother. "He was still so young and having to watch him go through all these things was just so heart-wrenching for me."

Given his age, Nigel did not understand he had cancer. He only knew that he needed to fight the "bad guys" in his body, and it was a tough fight. His treatments included chemotherapy and, due to the high risk of MDS relapsing, little Nigel also had to undergo a stem cell transplant. Throughout his treatment processes, he experienced several side-effects which included having his Hickman line (a central venous catheter) infected, mucositis, diarrhoea, and a bad rash that

caused him to scratch his skin raw. The young warrior also had to battle against Graft versus Host Disease (GvHD) after his transplant, which brought about very bad cramps and diarrhoea, rendering him unable to eat anything.

Despite all the discomfort, Nigel never threw a tantrum. Instead, he remained content with staying indoors and accepted the treatment stoically, even being mindful to wear his mask and not touch his port and treatment areas. Supporting him through the process was CCF Child Life Specialist Sarah. By engaging him in therapeutic play with medical toy dolls, she showed him what the Hickman line was used for and helped him to understand the intravenous (IV) installation process. "The sessions allayed his fear about the procedures. He didn't have trouble going for them after that," explained Nigel's mummy.

CCF social worker Zhurong followed up closely with the family to ensure that they were coping well – something that Nigel's mummy is very thankful for. "She helped me so much. She gave me emotional support and shared many tips on how to care for Nigel."

To give Nigel a sense of normalcy, he is now enrolled in Place for Academic Learning and Support (PALS). Amidst a safe and hygienic environment with attentive teachers, he plays with other children his age and receives one-on-one lessons that are customised to his needs. Confident that Nigel is in good hands, his mummy has returned to work.

Having recovered well from his ordeal, the young Transformer fan is ready to take on more battles. "I want to be a Transformer! I want to transform from car mode to robot mode to fight bad guys!"



Your monthly donations will allow CCF to continue our work to support more children like Nigel and their families in the childhood cancer journey. Scan the QR code to sign up as a Will and Hope Giver today!

## Enrichment: Magical Milk at CCF@KKH

On 21 April 2022, CCF beneficiaries at CCF@KKH became mini scientists and learned about the perils of pollution. By experimenting with milk, ink color and dishwashing detergent, the children were provided clear examples of how Earth is being contaminated and the repercussions of pollution. Intrigued and informed by the chemical reactions they witnessed, the children understood that we all have a part to play in saving the earth. Refuse, Reduce, Reuse, Recycle!



## Entertainment: Baked Pasta at CCF@KKH



CCF@KKH was filled with the warm and comforting aroma of freshly baked pasta on 24 May 2022. The children were thrilled to figuratively don a chef's hat and try their hand at preparing their own baked pasta for lunch. They mixed fusilli with pasta sauce before adding yummy delights such as cheese, sausages, bell peppers, mushrooms and ham. The little ones eagerly waited as their pasta baked in the oven before happily digging into their freshly baked meal, proud of their achievement.

## Let's Celebrate: Mother's Day at CCF@KKH and CCF@NUH

For this year's Mother's Day celebrations, the children at CCF@KKH and CCF@NUH made customised photo frames instead of the usual flower-making activities. From 4 to 6 May 2022, CCF staff went around with a camera to take photos of the children to place inside the frame. The children were particularly enthusiastic about ensuring the photo frames remained a surprise, with one beneficiary requesting her mother to hide while she completed decorating it.

The children were so eager to present their handmade gifts to their mothers that they had to be reminded to do so on the actual day itself. When finally able to give their mothers their beautifully crafted photo frames, some beneficiaries also shared what they love the most about their mothers, before ending the sharing with a hug and a very heartfelt "I love you, mummy!".



## Let's Celebrate: Father's Day at CCF@NUH



This year's Father's Day was made a bit more special due to the generosity of Francis and his friends. The group of volunteers prepared activity kits each filled with a white baseball cap, tote bag, fabric markers and glitter glue. The beneficiaries were tasked from 13 to 17 June 2022 to design the cap as a gift to their fathers. The children's creativity was on full display, with many coming up with very interesting designs. The fathers also got involved in designing the cap, turning it into a bonding activity. Some fathers even joked about having to act surprised upon receiving it!

## Let's Celebrate: Nurses' Day at CCF@NUH

From 26 to 30 July 2022, CCF beneficiaries showed their gratitude to their nurses as part of Nurses' Day. With help from our Nanyang Technological University student volunteer, the children designed Do-It-Yourself appreciation cards and distributed it to the nurses. The cards, along with goodie bags prepared by CCF staff, definitely put a smile on the nurses' faces and made their Nurses' Day extra memorable.



## PPD at PALS



During the June school holidays, CCF offered us an opportunity to volunteer and support PALS Active Learning. We worked closely with CCF to produce a simple curriculum for the children, choosing a theme from various topics. After some thought, we decided on the topic 'Science & the Environment', and held a customised workshop for the PALS students on 22 June 2022.

The presentation included interesting explanations about the power of gravity and the use of robots in some of our daily tasks. Each child was given a set of walking robot to assemble, and everyone had a lot of fun building these robots. During the testing of the

assembled robots, we realised that one robot was dancing while the other was moving backwards instead of forward. The children laughed happily at the robots' funny antics and these minor issues were soon rectified by the children. In a separate activity, we demonstrated the power of gravity to the children using magnets and pencils. It was a simple activity, so the children were able to fully immerse themselves in the hands-on experience. We are thankful for the meaningful opportunity to be with the children, which turned out to be a fun experience not just for them; but for us also.

*Contributor: Sally Song – Learning Specialist; Enterprise Learning; PPD, part of Thermo Fisher Scientific*

## Medtronic Project 6 at PALS

Medtronic returned to CCF for a second year running. As part of Medtronic's global volunteering initiative, Project 6, the volunteers from several departments in Medtronic held a series of activities ranging from improvisational speech and drama to celebrating Racial Harmony Day, at PALS over the course of July 2022.

Two stand-out activities of the series were the ones that revolved around simple Physics and the celebration of Racial Harmony Day, respectively. For the science activity, the PALS students were tasked by the volunteers to construct their own self-made catapults and parachutes. They were awed by their creations which they repeatedly tested under close supervision. To teach the children about Racial Harmony Day, the volunteers pulled together all their energy to engage the children on the languages, traditional dance and food of the ethnic groups associated with the celebration of Racial Harmony Day. This learning session ended with a great performance by the children. Thank you Medtronic!



## Saving Young Saints



The “Saving Young Saints” event launched by Yoozoo Singapore’s “Saint Seiya Awakening: Knights of the Zodiac” during Christmas 2021 raised a total of \$150,861.65.

purchases provided real-time feedback and gave players a special charity certificate so that every player’s kindness was recognised and appreciated throughout the gaming community.

Throughout the event from 22 December 2021 to 12 January 2022, all fundraising details were fully open and transparent. Each donation from in-game

*Contributor: Eddie Peng, Global Marketing & Brand Department, Youzu (Singapore) Pte. Ltd*

## Klicks for Smiles



Klicks for Smiles is a group of five avid cyclists: Kelly (KR), Sufyan (SG), Reza (ID), Leonard (SG), and Ari (KR). Inspired by the 4x4x48 David Goggins Challenge, we cycled 40km every 4 hours in 24 hours to push our limits and complete the challenge as a team.

Cycling is loved and enjoyed by many including young children, and by supporting CCF, Klicks for Smiles hopes to raise awareness and let children fighting against cancer know that they are not alone.

Our cycling challenge kicked off at 10 a.m. on 14 May 2022, with its last leg at 6 a.m. the following day. Team Klicks for Smiles successfully completed our charity ride on 15 May 2022!

It was heart-warming to receive so much support from old and new friends. We had some minor incidents but everyone finished the ride safely. Klicks for Smiles is thankful to all who supported us in our ride, and helped us raise \$17,310.38 from 28 March to 14 May 2022.

*Contributor: Kelly Lee Jee Eon, Organiser*

## COMMUNITY PARTNERSHIPS

### Embrace the Walk

We launched the Embrace the Walk campaign to raise funds for CCF as we felt that its mission aligned with our Cytiva's mission to improve human lives and protect the planet. Between 16 November to 31 December 2021, 13 teams of up to 10 Cytiva associates across Asia Pacific region joined the walkathon challenge. We set a goal to donate S\$1,000 for every 5.5 million steps clocked. Although it seemed unachievable at first, we managed to surpass our goal and raised a total of S\$4,140 from our associates' donations on Giving.sg and matching by Cytiva! We are very grateful for the opportunity to contribute to CCF and commend them for their continued efforts to make the lives of children affected by cancer and their families better.

*Contributor: Cytiva, Organiser*



Embrace the walk



### Walkathon by IGNITE



PROJECT IGNITE, a student initiated Values-in-Action project by seven Dunman High School students, hosted a virtual walkathon from 1 May to 11 July 2022. Our walkathon aimed to advocate the message of 'every step matters' amongst our peers, reminding them that every step they make (literally) can make a difference in someone's life. It was an eye-opening experience for us, having to liaise with multiple sponsors and plan the mechanics of an entire virtual walkathon. We are proud that we raised \$1,110 for CCF, and would like to thank our sponsors and participants for their support in this fundraiser. 100% of the gross donations are donated to CCF.

*Contributor: Project IGNITE (Dunman High School), Organiser*

### Hard Rock Café Sentosa Fund Raising Live Band Concert

The Love All, Serve All Concert held on 13 May 2022, was conceptualised to raise funds for the Children's Cancer Foundation (CCF). Our friends from the band Circle of Thrust (Kelvin, Kevin and Timothy) supported the event and volunteered to be our guest band for the evening. We raised funds by donating a portion of the ticket sales towards CCF. The Love All, Serve All Concert raised a total of \$1,614.

Hard Rock Cafe Sentosa is grateful for the opportunity to contribute through the power of music and embrace our mottos – Love all, Serve all, All is one, Take time to be kind and Save the Planet.

*Contributor: Mr Jeremy Goh, General Manager, Hard Rock Café Sentosa*



## Sales of Tote Bags for Charity by Lil' Brushes

The brainchild of siblings, Zach and Sara Edwards, aged 10 and eight, respectively, Lil' Brushes is a not-for-profit-initiative to help those in need. Making use of their skills, four designs were lovingly hand-painted by Zach and Sara, and printed on reusable canvas tote bags. Singapore street artist Mr Yip Yew Chong was the special consultant for this project.

A total amount of \$8,207.47 was raised from 1 May to 31 August 2022, with 100% of nett sale proceeds pledged to CCF. Zach and Sara hope that everybody will love these pieces as much as they enjoyed painting them! Lil' Brushes hopes to continue to do their little part to help others in need.

Together, we can all make a difference!

*Contributor: Zach Edwards & Sara Edwards, Organisers*



## Donation to Children's Cancer Foundation



Montfort Junior School's vision for all Montfortians is to be "A Man for Others". Hence, we have a long existing partnership with Children's Cancer Foundation's Hair for Hope campaign. From 4 May to 12 July 2022, we decided to encourage our students who did not shave to donate part of their daily pocket money (Compassion) and/or ask their parents and relatives to donate (Service and Humility).

Our target was to raise \$1,000. However the donations collected went way beyond the target and we reached \$2,058.20. A great indication of our students displaying the values of Compassion, Service and Humility!

*Contributor: Mr Leong Chee Kin, Teacher-in-Charge, Montfort Junior School*

## This Moment

Children's Cancer Foundation has always been very close to my heart.

I have been a piano teacher for more than 30 years now. Giving my students a platform for them to showcase their musical talents annually and seeing them so blessed with full support from their parents, reminds us how fortunate we are. I am hopeful in bringing awareness to my students and all, to share their happiness and joy in music especially to those in need. \$2,757 was raised from 11 July to 18 July 2022 and donated to Children's Cancer Foundation.

Where words fail, music speaks. When music speaks, stars will shine.

*Contributor: Lim Seok Wah (Elizabeth), Organiser*



# WILL & HOPE

GIVING PROGRAMME



I want to be  
a Transformer!  
I want to transform  
from car mode to  
robot mode to fight  
bad guys!  
- Nigel, 4



Scan to donate

Because of your monthly giving, Nigel is able to live out 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**