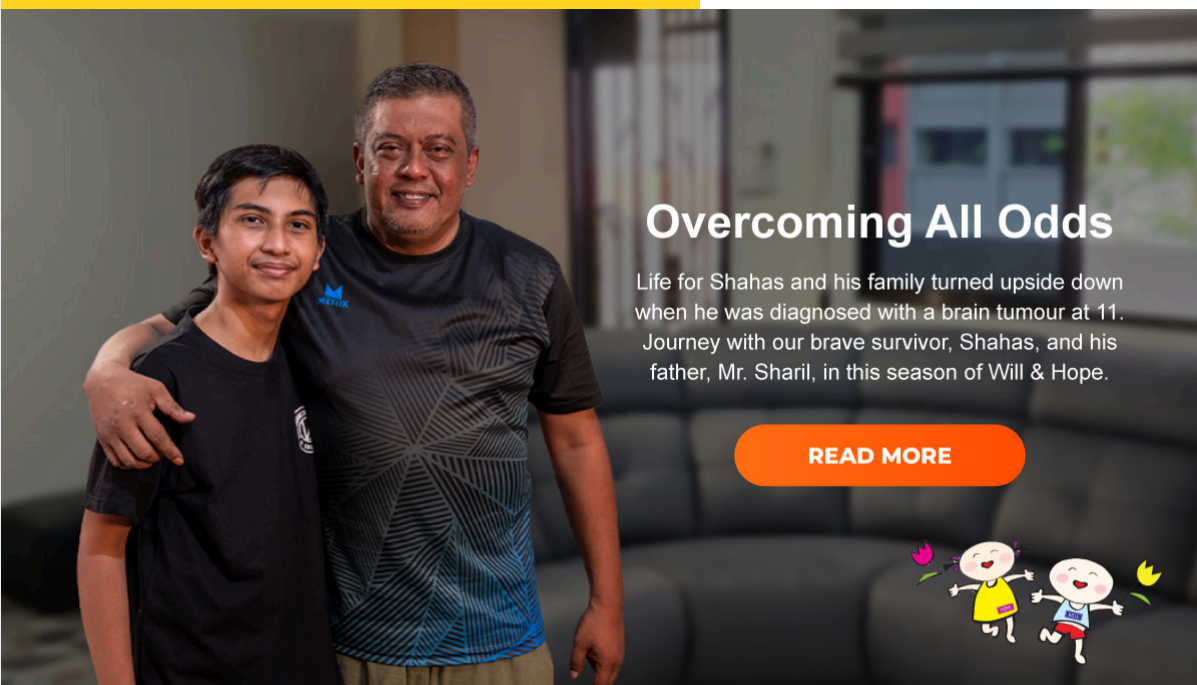


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Dec 2023 Issue



SPOTLIGHT



FOR OUR CHILDREN: EXPLORING EMOTIONS THROUGH SENSORY PLAY

At Children's Cancer Foundation (CCF), play is a language through which children learn and communicate. Guided by our experienced Play Therapists, our 3 to 6 year olds in Place for Academic Learning and Support (PALS) engage in gross play therapy through sensory-rich play activities. In Playcove, our children were taught to identify and express their emotions. For example, in the photo above, our children were invited to add bright colours to their shields to chase away their "tears." Through this activity, the children were better able to express themselves freely.



OUR COMMITMENT: ADVANCING OUR RESEARCH TO IMPROVE QUALITY OF LIFE FOR CHILDREN WITH CANCER

Earlier in 2023, Mr. Zach Lee represented CCF at Denmark's Aalborg University to share our learnings from a practice research project that explores the needs of the caregivers of children with cancer as part of our continued efforts to improve our support to them. Zach recounts the experience as eye-opening and has allowed him to explore the diversity of practice research and witness its impact and influence on practice worldwide. Moving forward, CCF aims to further develop the research capabilities as part of our commitment to improve the quality of life of our children with cancer and their families.



CAPTURING COMPASSION THROUGH THE LENS: PHOTOVOICE'S COLLABORATION WITH THE SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS (SPCA) AND GARDENS BY THE BAY

Photovoice is an annual photography event for cancer survivors that provides a platform for them to narrate their experiences through images. Driven by a therapeutic intent, it aims to foster introspection, compassion, and connection through photography.

In 2023, Photovoice partners with SPCA to uncover the untold stories of rescue animals. At its core, it is a therapeutic journey that encourages survivors to delve into their inner selves, cultivate compassion, and explore the art of giving and receiving. It employs photography as a medium for survivors to voice their experiences, transcending the boundaries of illness and survivorship while capturing moments that resonate deeply with their hearts. Thank you to our partners (SPCA, Nikon School of Singapore, and Gardens by The Bay) for making this happen.

"(Photovoice) brought me out of my comfort zone to try new things and see things from different perspectives. Really appreciate all the things CCF has done for us, reminding us all about empathy and that life is more than work; it is also about embracing the different opportunities we have to hone ourselves as an individual."
- Stephanie

WHAT'S NEW



WANDERING, CREATING & THRIVING IN NATURE: RAINTREE PROGRAMME FOR FAMILIES

Raintree is an arts-in-nature-based programme for children with cancer and their families. Rooted in the belief that nature holds the power to heal and inspire, Raintree invites families to embark on a journey of self-discovery and strength through a harmonious connection with the environment. With four sessions completed this year, Raintree seeks to cultivate a sense of mindfulness and appreciation for nature.



FUNDRAISING FOR OUR CHILDREN: HOPE TRAIN 2023 X SEASONS OF GIVING

The Hope Train 2023, in its heart-warming Christmas Edition, sets forth on a mission to seek support for these young warriors and their families. Our goal is to raise \$700,000 by 31 December 2023. It's not just a goal; it's a journey of compassion, and we invite you to be part of it. Your every dollar goes directly towards providing crucial support and resources to children and families navigating the tough road of cancer. Support our children and families today.



THE YEAR OF MILESTONES & BREAKTHROUGHS: WRAP-UP FOR HAIR FOR HOPE 2023

This year, Hair for Hope 2023 marked a memorable one for CCF, as we watched over 4,000 shavers and many others, including yourself, come forth to show their support for us. We are appreciative of all the support in 2023.

See you at Hair for Hope 2024!

COMMUNITY ENGAGEMENT

SERVING WITH A HEART

Meet Wendy Chan, an active volunteer who finds meaning in regular volunteering as a Play Personnel with CCF.

As Play Personnel, Wendy is involved in the preparation of play services, assistance during events, and facilitating parent-child activity at hospitals for our little warriors. Wendy shares that serving others in need is a humbling and learning experience that can give a new perspective to life. She hopes to bring light and smiles to these children and their families.

"Play Personnel programme is set up by CCF to provide an avenue for a child to have fun even in a hospital, a place they associate with pain and isolation. The programme was held in both RHH and NHH on weekdays."



5 December marks International Volunteer Day. CCF would like to take this opportunity to extend our heartfelt gratitude to all volunteers who selflessly devote their time and energy to support our cause - you made an impact on the hearts of our children and their families.

To aspiring volunteers, join us - <https://bit.ly/CCFvolRegister>. Together, we can light up the lives of these children, even in their darkest hours!

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