



Tribute

to our children



CCF BATTLE AGAINST COVID-19

>> *Special feature*

Photo credits: Michael Oyale

#CCFCares

Our 'heart' work during
COVID-19

>> *page 4 - 5*

Social Services Veteran Takes the Helm of CCF

CCF welcomes a new CEO!

>> *page 8 - 9*

Be a Will and Hope Giver

Help CCF beneficiaries
like Immanuel achieve
their dreams!

>> *page 12*

Contact us

CCF Community Office
8 Sinaran Drive Novena Specialist Centre #03-01
Singapore 307470

T: 6229 3701 F: 6229 3700
ccfadmin@ccf.org.sg
www.ccf.org.sg

CCF Battle Against COVID-19

The coronavirus (COVID-19) pandemic brought life to a standstill across the world earlier this year. Singapore went into a two-month circuit breaker, putting a hard stop to the way of life that we knew before. However, it did not stop childhood cancer and the needs of our children and their families.

Even as we gradually return to a new normal of safe distancing measures, CCF beneficiaries and their families continue to face greater challenges as the impact of the pandemic on their access to resources and support systems deepens.

A child with cancer is unable to meet his/her social worker in person and feels isolated. A sole breadwinner has lost his/her job and is unable to afford hefty medical bills on top of living expenses. Caregivers' physical and emotional stress from the anxiety over his/her child's cancer diagnosis become even more intense with lack of support at home.

This special edition in **TRIBUTE** aims at giving you an insight into the "heart" work of CCF during COVID-19 and how we remain present in the lives of our beneficiaries in spite of our physical absence.

We are also immensely thankful to our partners during this public health crisis. Their generosity enabled CCF to continue providing essential services and support to our children and their families, including additional assistance to help them cope with unexpected expenses due to circuit breaker measures.

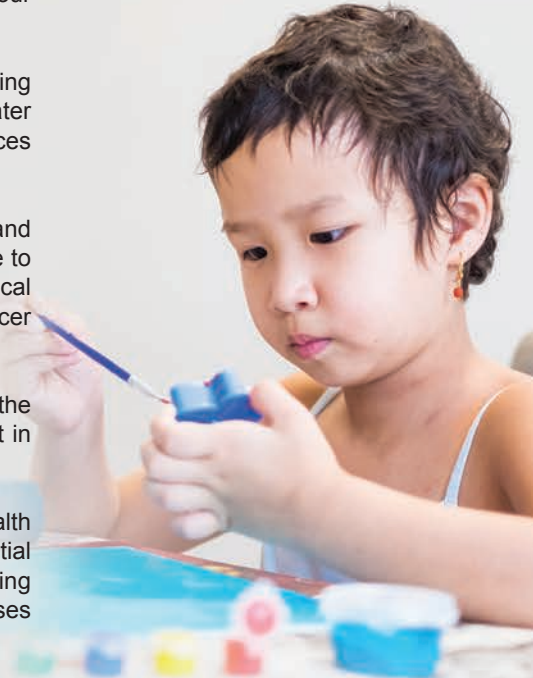


Photo credits: Michael Oyale

Counselling and support

The need for safe distancing was a challenge for CCF social workers and therapists who had always been physically present when rendering support to new and existing CCF beneficiaries and their families.

To ensure our caregivers and children were well supported, CCF social workers maintained connection with them through phone calls and text messages. When needed, our social workers also applied for special exemptions to visit them at the hospital or at home.

For the children in hospitals, CCF's team of child life specialists tapped on the power of technology to prepare them for their medical procedures. From share screens functions to the use of age-appropriate e-books, our team also curated a list of online resources and activities to equip parents with the know-how in supporting their child during this difficult period.

☆☆☆ — ☆☆☆

Emotional Aspects of Cancer
Simply Explained to Children &
Help Children Cope with Big Feelings

We curated a list of resource parents can use with their children to help them understand the conflicting emotions they may feel with the onslaught of changes cancer brings into their life. These are also resources that helps children to help and cope with these big emotions.

We strongly encourage parents to read, do and/or watch with their children even if their are capable to do so independently. This creates opportunity for parent-child bonding. Some of the relaxation and coping exercise resource shared here may also be useful tool for parents. Children must experience co-regulation from an nurturing caregiver before they are able to self-regulate. To reach your child to reach a state of calm, parents must first be calm.

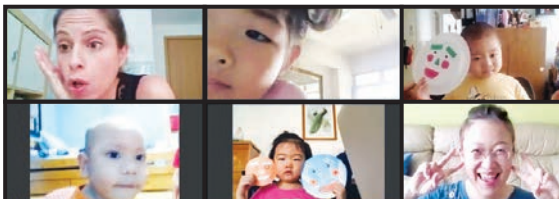
Please contact your child's CCF social worker or child life specialist for additional support for your child to cope with changes and struggles illness and treatment may bring.

Finding Out You Have Cancer by Imaginary Friends Society
<https://www.youtube.com/watch?v=000000000000>
Meet Merinda, a highly advanced wizard and imaginary friend who knows a lot about a lot. In this video, she helps explain the difficult feelings that accompany a cancer diagnosis. (2min 15 sec)

Sadness by Imaginary Friends Society
<https://www.youtube.com/watch?v=000000000000>
In this short animated film, a young boy finds himself venturing into uncharted waters with a difficult diagnosis. An imaginary friend named Leo. This helps him realize that everyone levels sad sometimes in life and how sharing this feeling helps make it better. (4 min 14 sec)

☆☆☆ — ☆☆☆

Home-based Learning for PALS



CCF's interim learning centre, Place for Academic Learning and Support (PALS), suspended lessons at our community office on 10 February 2020 when the nation's Disease Outbreak Response System Condition (DORSCON) level was raised to Orange. This was to safeguard the health and safety of our students who were more vulnerable due to their compromised immunity.

On 16 March 2020, PALS kick-started home-based online learning (HBL) with daily lessons conducted via live video conferencing. The curriculum is supported by the generosity of our online learning partners, Superstar Teacher and SixClouds, who provided free online accounts for primary and secondary students. To supplement their learning, PALS teachers also prepared worksheets which were mailed out weekly for the students' use during their online classes.

Our preschoolers were also enriched with storytelling sessions and craft activities so learning is never a boring affair! Despite the short turnaround, PALS teachers even handmade manipulatives such as flash cards which were used to keep the little ones engaged during their HBL sessions.

THANK YOU

SixClouds for the provision of complimentary accounts to PALS students since April 2020

"One of the key things that drives us in SixClouds is creating products that bring joy and fun in learning. We're inspired to work with CCF as we feel strongly for the brave children undergoing the unthinkable daily. We hope to bring a ray of sunshine to their learning journey. Our experience with CCF has been delightful as we support these dedicated teachers. It's fulfilling to see their passion as they transfer knowledge to the children, who are enjoying learning through our programme."

— Richard Woon, CEO/Founder, SixClouds

THANK YOU

Superstar Teacher for the provision of complimentary accounts to PALS students as well as beneficiaries at CCF@KKH and CCF@NUH for their e-learning needs since 2012

"Superstar Teacher's partnership with CCF started eight years ago in hopes to make education accessible to children with cancer who are medically unfit to attend mainstream school. Since then, we are extremely heartened to know that our online learning platform has been helpful in enabling the beneficiaries at PALS to be a step ahead in making the transition to home-based learning, especially so in these unprecedented times."

Through our online learning platform, we hope that students and parents alike can experience the ease and efficacy of learning and understand the value and importance of education.

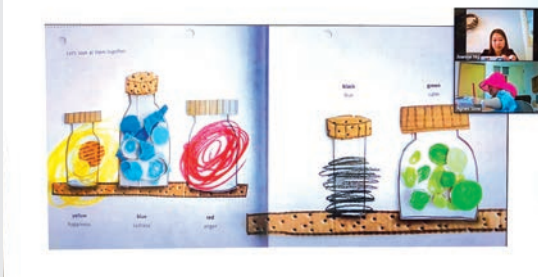
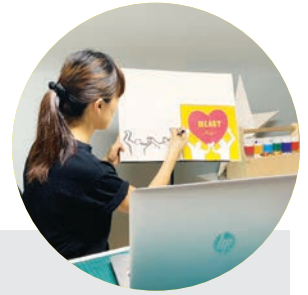
While learning may not be the single most important thing to the children at CCF, we are nevertheless thankful that our lessons have helped them to catch up on their studies and, more importantly, add spark to their lives.

— Superstar Teacher



Art and Play Therapy Goes Online!

Creativity empowers our children by tapping on their inner source of wisdom to express their feelings and ideas. During the circuit breaker curbs, CCF beneficiaries enjoyed their art and play therapy sessions online.



Play Therapy:

CCF's play therapist tells the story of "The Colour Monster" who was filled with mixed emotions and a little girl who helped separate its feelings into jars. The therapist then invited the child to create her own "Colour Monster". The process enabled the play therapist to isolate any triggers and helped the child be more aware of her feelings.

Art Therapy:

Tele-art therapy is a joint process of creation that leverages on the implicit characteristics of therapeutic relationships. It is an important process for the child to find expression in their thoughts and emotions, especially during times when we have to connect while staying physically apart.

In one of her sessions, CCF beneficiary Chloe painted a rainbow-coloured volcano, surrounded by trees, flowers and even a starfish on the island. Her art exudes her joyful personality, confidence and hope in times of isolation.



Care Packs and Meals

CCF Care Packs

Due to their compromised immunity, it is especially important for children with cancer to have ready access to personal protection items such as hand sanitisers and alcohol wipes. As it was difficult for our beneficiaries to purchase these due to a global shortage and rising costs, CCF prepared and distributed 300 care packs to our beneficiaries at the hospitals and at home.





Hari Raya Festive Packs

With the circuit breaker measures still in place during the Hari Raya festivities, CCF prepared Hari Raya Festive Packs to bring cheer to some of our Muslim beneficiaries and their families through our Community Social Work and Affected Children teams. The packs which consisted of daily necessities, snacks and festive decorations, were distributed in the week prior to the festivities.

Meals and refreshments

As hospitals tightened visitation to only one person in the wards during the circuit breaker, it was difficult for caregivers to leave their child alone to grab their meals. On 29 April and 26 May 2020, CCF surprised caregivers at the hospitals with bento meals to commemorate Mothers' Day and the Hari Raya festivities. To encourage self-care, CCF also prepared weekly refreshments and bento lunch boxes for caregivers at CCF@NUH and CCF@KKH respectively in the month of June.



THANK YOU

BHP for the sponsorship of:

- CCF Care Packs
- Therapeutic Kits for children at home
- Courier costs of weekly home-based learning materials to PALS students

Hearing the stories, wishes and hopes of young childhood cancer survivors and their families at the inaugural CCF Survivors' Day held in 2019 was in some ways a very challenging experience for the 34 volunteers from BHP. With the strong support from BHP, we set our sights towards a stronger and collaborative partnership with CCF this year.

Little did we know that 2020 would turn into a survivors' year for all of us. COVID-19 has challenged us in ways we had neither imagined nor experienced before, and the pandemic truly tested our resilience as individuals and as a community. Due to the precautionary measures implemented in our fight

against COVID-19, we learnt that CCF has had to stop most of the in-person services, such as home visits, and temporarily closed its learning centre, PALS.

As our plans to support CCF's Survivors' Day were similarly impacted as a result of the COVID-19 measures, we decided to do our part for CCF beneficiaries in a different way through the sponsorship of CCF Care Packs, Therapeutic Kits and courier services of learning materials to the homes of PALS students.

At BHP, the health and safety of our people and community is our priority. In keeping to the precautionary measures in place, we hope to continue to lend our support through these initiatives. We are truly appreciative of the brave and tireless efforts of the frontline workers and CCF staff in supporting children and families affected by cancer during their treatment and recovery.

Contributor: The Singapore Community at BHP

Therapeutic Resource for Beneficiaries

Creative Intervention Kits

To increase our children's coping abilities at the hospital, various types of creative intervention kits such as **Comfort Kits**, **Art Kits** and **Play Kits** were put together to help them engage in distraction play during their waits between blood tests, doctors' consult and chemotherapy. These kits also provided opportunities for parent-child bonding.

Comfort Kit: Consists of a stress ball, wonder tube and torchlight for patients aged two to four which aims to distract children during medical procedures

Art Kit: Consists of craft packs and materials for children above three years old to promote self-expression

Play Kit: Consists of a storybook on courage, doctor's kit, emotions playdoh mat, and related distraction activities such as "I spy" and "Hospital Snakes and Ladder" for children under 12 years old



THANK YOU

Zurich Insurance Company Ltd (Singapore Branch)

CCF would like to record our appreciation for Zurich's sponsorship of:

- Creative Intervention Kits
- Caregivers' Bento and Refreshments (June 2020)
- Hari Raya Festive Packs
- Art Materials Pack

Thank you for supporting children and families affected by cancer.

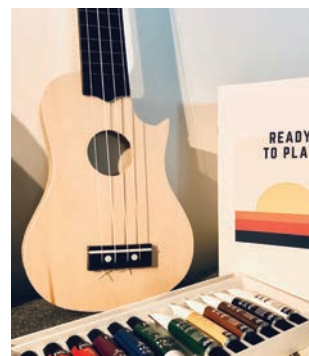
Therapeutic Kits

To support our children and youths whose face-to-face sessions were affected by circuit breaker measures, therapeutic kits were couriered to their homes once a month. The thematic kits were designed by CCF art and play therapists for children aged five to 12, and youths from 13 years old and above. Developed specifically to address the lack of connection, feelings arising from distancing and to instill a sense of renewal and self-empowerment, items in these kits include art materials, peg dolls, clay and even a DIY ukulele!



Photo credits: Michael Oyale

MAY You Bloom: The May edition kits for children consist of peg dolls which are part of the figurine collection used in sandplay therapy and art therapy to introduce storyline and narratives from the child's experienced world.



JUNE Jingles:

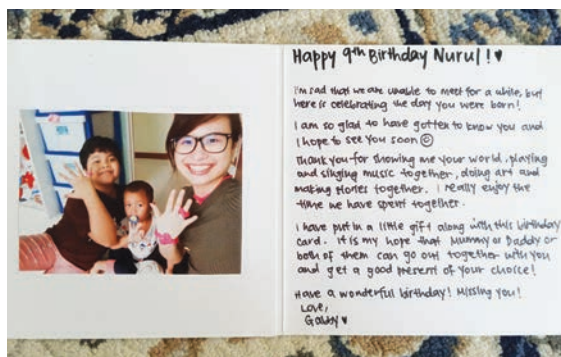
Music has a way of embedding messages and art makes them visual.

The June edition kits aim at enhancing brain functions and emotional balance through integration of art, music and play.

From building a musical instrument, designing and personalising it; to writing a song and playing it; each segment taps into the creative potential of the individual and includes their integrated sensory: attentional, cognitive, emotional, and motor capacities.

Support for Affected Children

Coping with a cancer diagnosis at home can be very challenging. Prolonged periods of absence from their social workers can cause anxiety and fear in siblings of children with cancer and children impacted by cancer. A handwritten letter, a birthday card, a little gift and even spending time with them over a video call session can make all the difference to reassure them that they are not forgotten and support is always within reach. To ease the pressures of being confined at home, our social workers also facilitated parent-child bonding sessions as part of the therapeutic support for children and siblings affected by cancer.

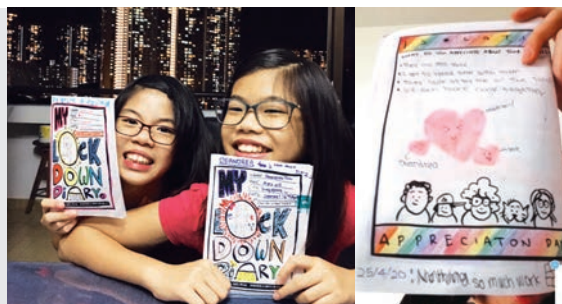


Very Important Brothers and Sisters (VIBS):

Nurul, the sibling of one of CCF beneficiaries, celebrated her birthday on 14 March 2020. Due to enforced restrictions for home visits, her social worker was unable to celebrate with her. Instead, Nurul received a handwritten birthday card from her social worker enclosed with a Toys'R'Us gift card to let her know that she was being missed. Her mother shared that Nurul was very happy to receive the letter and expressed their thanks for the gift.

Children Impacted by Cancer (CIC):

Destinee and Deandra are beneficiaries of CCF's CIC programme which serves children whose caregivers were diagnosed with cancer. Their social worker spent time with them to colour and complete their "Lockdown Diaries", an activity book which aims to journal their drawings and reflections during the circuit breaker period.



Parent-child bonding session:

CCF VIBS beneficiary Xin Hui and her mother, Mrs Lai, attempt at practicing different love acts in the LOVE Bingo activity to express their affections for each other.

WE NEED YOUR SUPPORT

While coping with the emotional and financial stresses due to a childhood cancer diagnosis in the family, our beneficiaries now have to also cope with the economic and psychosocial consequences of the coronavirus outbreak.

If you're doing okay during the coronavirus crisis, we hope you can dig a little into your pockets to make a donation and help support our little ones and their families. CCF will continue to be there for our beneficiaries because #ChildhoodCancerDoesntStop.



Scan to make a donation



Social Services Veteran Takes the Helm of CCF

5 June 2020 marks a new chapter for CCF as **Ms Peng Hai Ying** assumes her position as Chief Executive Officer and officially joins our battle against childhood cancer. A veteran in the social services sector, Hai Ying has more than 17 years of experience on the ground, rising in a myriad of roles that covered family violence, addictions counselling, youth work, children in trauma and disability.

Hai Ying joined CCF in January, a few weeks before COVID-19 hit Singapore, and was soon taking the lead in CCF's response to the escalating series of precautionary measures and guidelines introduced to curb community spread. Her eventful transition from designate to CEO took place when CCF, together with the rest of the country, worked from home during the circuit breaker. As we gradually return to a new normal in a post-pandemic world, **TRIBUTE** speaks with Hai Ying on her plans for CCF and also to learn a little about her inner self.

THE SERIOUS SIDE OF THINGS...

1. **From child protection officer to social worker to Chief Executive Officer. Did you always know that you wanted to work in the helping sector?**
2. **How did you decide to take on the executive leadership role at CCF?**

Hai Ying: Wow, this is actually a long story! In fact, I get asked this a lot. When I was a child, my dad, who works as a medical doctor, sold everything he had and moved us to one of the more poverty-stricken areas in Singapore to open a free clinic.

I spent my childhood knocking on my neighbours' doors to ask them to seek medical help if they ever felt unwell. I soon realised that it was not the medication that helped them. Most of the time, it was the conversations with others that helped. They ventilated their emotions and found comfort knowing that someone cared to help them with their problems.

My initial plan was to become a doctor so I enrolled into medical school. However, something just didn't feel right during my time there. I shared this with my parents and told them that I was more interested in helping people with their emotional and psychological needs.

They said I could heal hearts if I did not want to heal lives. So I switched to pursue my studies in Social Work and have not looked back since.



Hai Ying: I believe that to uplift the social service sector as a whole, we have to build sustainable capabilities, including leadership. I decided on the role at CCF because I hope to value-add and build leadership within the organisation. I wish that when it is time for me to step down, we would have groomed many levels of leaders ready to lead the organisation and the sector.

3. Give us an insight into the first few months at CCF – how has it been for you?

Hai Ying: It has definitely been a very ‘breathless’ start at CCF with the COVID-19 situation in Singapore! I am very thankful for the resilience of my colleagues. The challenges arising from the pandemic have presented opportunities for us to update some organisational processes and also experiment with different ways of doing things.

4. What are your key near term focus and priorities for CCF?

Hai Ying: It will have to be enhancing capabilities, aligning culture for enhanced team engagement and growing leaders within CCF.

5. Would you share your vision for CCF under your lead?

Hai Ying: It is my hope that all children and families that we serve will experience person-centred evidence-based services, delivered in a seamless manner by passionate and engaged team members who love doing what we do.

... NOW ON TO THE FUN SIDE!

1. How would people communicate in a perfect world?

Hai Ying: Being able to read minds and hearts of everyone. When you combine the two, everyone will have speech bubbles for minds and hearts.

2. You open your fridge and see a baby penguin inside looking back at you, what would you do?

Hai Ying: Close the door, take a deep breath and open the door again to check if I saw it wrongly in the first place.

3. What is one essential “must have” in your handbag and why?

Hai Ying: Tissue paper! It’s actually an occupation hazard. In my line of work as a social worker, I tend to come across people who need to ventilate by crying. I’ll usually offer tissues only after they have had some time to have a good cry so as not to interrupt the expression of their feelings.

4. If someone wrote a biography of your life, what would the title be?

Hai Ying: Being kind in the world is courage, not weakness.

5. If you can only bring one item with you to a deserted island, what would it be and why?

Hai Ying: I’ll bring a book titled ‘The Book Thief’ by Markus Zusak. It’s one of the most devastating books I’ve ever read so it will make me forget that I’m on a deserted island. If I can get away with bringing a second item, it will be another book called ‘Extremely Loud and Incredibly Close’ by Jonathan Safran Foer. That one is equally devastating!



Thank You and Farewell

On behalf of the CCF Board of Directors and staff, we would like to extend our heartfelt appreciation and gratitude to **Ms Neo Lay Tin** for her service as CCF’s Executive Director since 2012.

Lay Tin’s commitment to advancing the profile of childhood cancer awareness in Singapore and dedication to improve the quality of life of CCF beneficiaries has been instrumental in building CCF to become what it is today.

We wish her all the best and a happy retirement!

COMMUNITY PARTNERSHIPS

All for Love 2019

Giving is an attitude which Supreme Cars Pte Ltd strongly believes in and serves as a constant motivation for us to contribute to society in any way possible. For the second consecutive year between 1 November to 31 December 2019, Supreme Cars partnered CCF in our annual fundraising event "All For Love 2019". For every retail vehicle sold, Supreme Cars donated \$300 to CCF. We also placed CCF donation boxes at our showroom so our customers who wished to make a direct contribution to support children with cancer could do so.

CCF was chosen as our charity of choice again this year because Supreme Cars believes in their mission to improve the quality of life of children and families affected by cancer. We are glad that through our efforts, a grand total of \$14,384 was raised through the donation drive.



Contributor: Supreme Cars Pte Ltd

MY World Year End Fundraising



At MY World, we believe that a values-centred approach in preschool education can positively influence a child's character development and social competency, which are factors vital in guiding him or her towards success, apart from academic achievements. We engage young children in creative learning experiences that build character, strong values, self-confidence, and independence.

As part of our parents' engagement programmes and community outreach activities, our children and parents from MY World @ Punggol Edge and MY World @ Waterway Sundew had a fruitful experience

at the combined mini fundraising event organised by the centres on 7 December 2019.

In their own small ways, our children learnt the joy of sharing and giving back to society, and we are heartened by the overwhelming support from parents as they snapped up their children's handmade items in support of CCF.

MY World is pleased, honoured and humbled to have made a positive impact to the quality of life of the children and families under CCF's care on this very meaningful and special day.

Contributors: Geannie Goh, Cluster Manager, Annette Lui, Principal of MY World @ Punggol Edge and Fiona Chen, Principal of MY World @ Waterway Sundew

P6 Social Entrepreneurship Bazaar

When they learnt that their Science teacher's 12-year-old son was diagnosed with brain cancer, the Primary Six students from class of Responsibility from Punggol Primary School unanimously nominated CCF as their beneficiary of choice for their graduation fundraising project called P6 Social Entrepreneurship Bazaar held from 13 to 14 November 2019.

Every pupil in the class offered their talents to raise funds such as making handicrafts for sale and performing magic shows for donations. Through their hard work, the class raised a total of \$1,550 for CCF. Needless to say, everyone was surprised that their efforts would result in a multiplier effect of financial blessings to the children at CCF. The students' parents were also heartened to witness how

their child worked tirelessly for a good cause during the bazaar.

Contributor: Lim Gek Wah, P6-Responsibility Form Teacher 2019, Punggol Primary School



Cambridge Preschool Charity iSTEAM Fiesta



The annual Cambridge Preschool Charity iSTEAM Fiesta cum Family Day held on 19 October 2019 was a meaningful event for every participant. The day's highlights included games, a food and craft bazaar

and silent auction of specially curated masterpieces beautifully crafted by the children from our schools! A total of \$10,090 was raised through this initiative.

Prior to the event, the teachers had spoken with our students about completing art pieces for charity and the children were excited to be part of this project. Their parents were also supportive and appreciative of our efforts to inculcate the values of giving back in their children. As it is in our values to share, care and develop empathy for children diagnosed with cancer, we chose to support CCF as we believe in opening future doors of opportunities for their young beneficiaries.

Contributor: Ms Fiona Lee, Cluster Principal, Cambridge Pre-schools (Singapore)

#PledgeYourBirthday For Good

"No act of kindness, no matter how small, is ever wasted." – Aesop

My parents have always encouraged my siblings and I to speak only of good words, think good thoughts and do good deeds. As such, I wanted to do something meaningful for my birthday this year. I ran my first online fundraising campaign held from 1 to 31 March 2020 where I requested for donations to CCF instead of presents for my birthday. I would like to thank my family members and everyone who helped me raise \$1,388 for CCF.

Contributor: Tsai Chen Cheng, Organiser



We Are Singapore, The Future Begins With Us



was stricken with cancer. Back then, we wanted to do our part to create childhood cancer awareness in Singapore and to show children with cancer and their families that they are not alone.

This time, we were inspired to do the same through an inclusive collaboration with our staff, students and their families. Parents and children from all our preschools across Singapore donated generously during the Kindergarten Two graduation concert themed "We are Singapore, The Future Begins

Skool4Kidz first collaborated with CCF in 2016 on a fundraising drive at one of our preschools when one of our children

with Us" and via CCF donation boxes placed at the event and the centres between 18 October and 31 December 2019. During the fundraising period, our centres also embarked on an education campaign to raise awareness of childhood cancer, healthy lifestyles and to inspire support for the afflicted to our little ones. Both teachers and children responded positively to the activities as they were designed in an educational yet fun way. Through these activities, Skool4Kidz raised a total of \$1,206.73 for CCF.

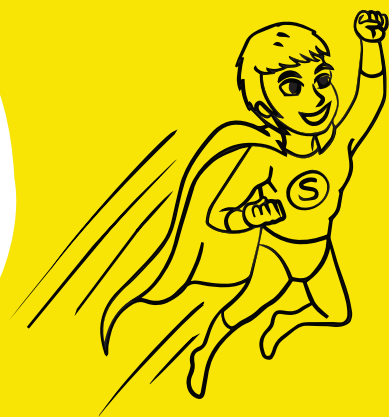
Skool4Kidz is committed to our mission to work with families and communities to give every child a successful early start in life. We are delighted to partner CCF to improve the quality of life of children and families affected by cancer in Singapore.

Contributor: Teri Teo, Director (Comms & Capability Development), Skool4Kidz Pte Ltd

WILL &

HOPE

GIVING PROGRAMME



“ I can run faster than a bus. I can also fly
and see very very very very very far.

I am superman ! ”

- Immanuel, 6



Your monthly donation will help beneficiaries like Immanuel!

Be a Will & Hope Giver, pledge your monthly donation at

tiny.cc/willandhopegiving.

HOPE OF LIFE, WILL TO THRIVE