



Tribute

to our children



SIBSCONNECT 2021
- THE QUEST FOR GREATNESS!

>> page 4

Youth Day Camp

>> page 3

CCF's Art Therapy Programmes

Open Studio and
Photovoice

>> page 6 - 7

Meet our new Recruit for Animal-Assisted Intervention, Muffy!

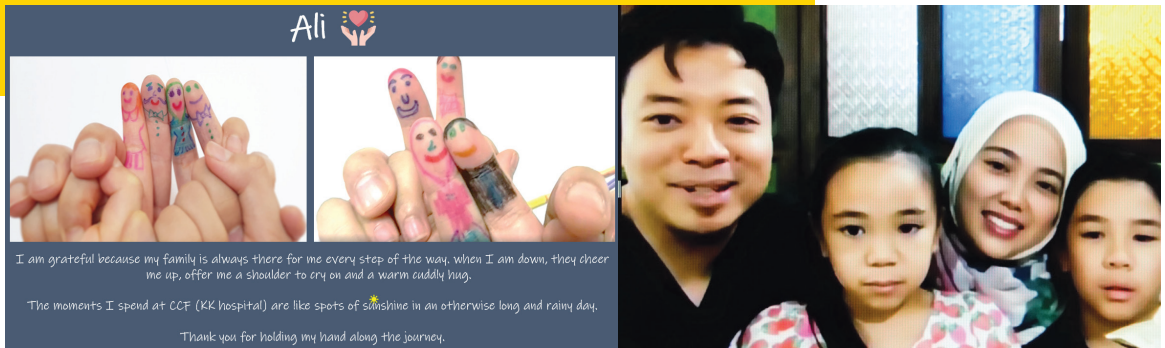
>> page 8

Contact us

CCF Community Office
GB Point, 535 Kallang Bahru, #02-01
Singapore 339351

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

Childhood Cancer Survivors' Day



On 19 June 2021, 36 childhood cancer survivors with their families gathered virtually to celebrate Childhood Cancer Survivors' Day! Themed "Celebration of Life: Gratitude", this year's event aimed at encouraging participants to appreciate the community who had supported them on their childhood cancer journey.

Following a welcome address from CCF CEO, Ms Peng Hai Ying, two CCF childhood cancer survivors, Clement and Qin Han shared their cancer experiences and how practising gratitude had helped empower them to live out their dreams. Their messages resonated with the participants who listened attentively and nodded in agreement, inspired to do the same.

Prior to the session, participants were encouraged to reflect on their personal survivorship journey through a #ImASurvivor journal activity. Survivors recorded the time they last completed treatment and little milestones along the way to celebrate how far they had come. When it was time for a roundtable sharing,

the group found out that some had beaten cancer only recently in the last six months while others had triumphed the illness for as long as 24 years!

Other highlights of the session included a craftwork segment for survivors to express appreciation for their family's support and an End-of-Treatment trophy presentation for newly minted survivors who had recently completed treatment. The different craftworks were eventually pieced together to form a collage, anchoring the message of togetherness and reminding participants that they are never alone on this journey.

Closing the event on a high note, CCF childhood cancer survivor, Stefanie Loh, performed a song and piano item to the tune of 'A Million Dreams' to inspire survivors that they can achieve all that their hearts set out to do. Despite being physically apart, the atmosphere of celebration and support for one another was electrifying as everyone went home with grateful hearts.



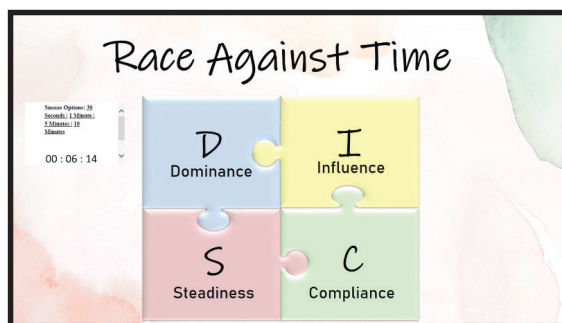
Youth Day Camp 2021



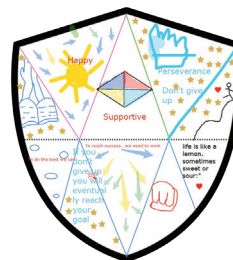
The annual CCF Youth Day Camp, a platform for childhood cancer survivors to connect with one another, took place virtually on 7 August 2021 in line with safe management measures. This year, the camp helped CCF youths develop greater awareness and understanding of their different interpersonal communication styles and behaviours.

Some of the topics covered during the online session included insights on the various types of communication, body languages and behaviours. Participants also learnt about the different characteristics and responses to those communication styles, areas of growth and how these could be incorporated as part of their personal development.

With their newfound knowledge, participants were split into four teams to pit their skills in a game of "Race Against Time". Everyone was on the edge of their seats, observing intently as their team members dropped clues for them to guess as many right answers as possible. The winning team managed a score of eight correct answers within the 10-minute time limit!



Each team was then briefed to develop their "Group Shield" by identifying their collective strengths and evaluating areas of growth in communications. Little did they know this was to prepare them for the highlight of the camp – a virtual escape room. With only an hour provided, each team was tasked to locate and diffuse "bombs" to prevent a city destruction.



Being physically apart from each other, team members found that they had to speak up more than usual and as clearly as possible to be understood. It made the task more challenging to say the least but after one too many squeals and near misses, the mission was completed!

The session brought about much laughter but also valuable lessons on communicating to be heard and understood. Everyone agreed that it was a fun-filled and insightful day camp and is looking forward to the next one!



SibsConnect 2021 - The Quest for Greatness!



When children are diagnosed with cancer, relationships between the child with cancer and their siblings may become strained due to less time spent together. To deepen the bonds among siblings, CCF organised SibsConnect, a day for them to play and overcome challenges together as a sibling unit. This year, the event took on the form of a board game, with materials delivered to the homes of participants prior to the event date.

On 26 June 2021, 16 sibling units gathered online in eager anticipation of “The Quest for Greatness”. Set against a fictional ‘Jungle of Greatness’ story, siblings took on the role of ‘Jungle Guardians’ who were on a quest to keep out hunters who threatened the jungle’s harmony. To do so, they had to collect sufficient jungle emblems by completing challenges at the four animal tribes - Love Bear, Creativity Monkey, Courage Lion and Patience Owl.

One of the highlights of the game was when Jungle Guardians arrived at the Love Bear tribe and were challenged to complete a series of actions together.

Each sibling unit was tasked to create their unique handshakes, feed each other snacks and share hugs and kisses to express their affections.

Another of the siblings’ favourite challenge was the Creativity Monkey tribe. Standing before a lava floor, the Jungle Guardians had to build a bridge using objects found at home to get across. With teamwork and some creativity, the sibling units went on a hunt around their homes and grabbed pillows, chairs and whatever they could find to lay their bridge and crossed it.

With their collection of hard-earned emblems, the Jungle Guardians emerged victorious! The event ended with an endearing reconnection between siblings, and each one learnt that their shared greatness were the very powers that protected the jungle’s harmony.

CCF would like to express our appreciation to Paige who volunteered her time and talent in designing this board game.



Surrounding Them with Care

When an on-and-off fever, constipation and red spots on her daughter's abdomen led to a Leukaemia diagnosis, Azleen and her husband were in denial. After all, CCF beneficiary little Asfa was only two years old and they had just celebrated her birthday. What followed was a blur of hospital visits and new faces, as doctors and nurses began her treatment.

Unable to fully understand her condition, Asfa was afraid of the new environment and clung tightly to her mother. Not wanting her to develop a fear of hospitals, Azleen let her dress up in pretty outfits before each session to give her a more positive experience. Asfa also attended therapeutic play sessions to help her understand her treatment process.

Back home, hygiene became a central focus. As she could not go out as freely as she wanted to, Asfa's parents decided to bring the outdoors to her. "We built a mini playground for her at home. We also purchased toys similar to her favourite ones at the CCF@KKH Playroom to help her ease into the hospital environment."

The Playroom was a bright spot for Asfa during her hospital stays. Besides playing with the toys, she also got to meet new friends there. CCF's help extended well beyond the hospital walls to her learning journey. She enrolled in Place for Academic Learning and Support (PALS), where she attended lessons on reading, writing as well as life skills. "The life skills were especially beneficial as she was taught to be more independent," says Azleen.

Even when Asfa's active treatment ended, CCF continued to surround her with support. When she returned to a mainstream school, her social worker helped her assimilate, speaking to her teachers and helping her overcome social challenges.



Throughout the journey, CCF also embraced Asfa's parents. From free weekly massages at the hospital to Time for a Caring Chat focus group sessions facilitated by both medical and health professionals, CCF provided space for the couple to practise self-care, make friends and learn from other caregivers. The CCF Parent Buddy Programme was especially helpful for Azleen. "I was so clueless. But my buddy shared her experiences and prepared me for what Asfa and I needed to do and go through."

Thankful for the support she received, Azleen was more than ready to give back when asked to be a buddy. "I'm so glad that I'm now able to help others and share everything I've learnt."

One key piece of advice Azleen has for other CCF caregivers is this: "Cry when you need to cry, then bounce back up. The more times you bounce, the easier it gets and the stronger you'll become. You will also need a support system, so ask for help from family or friends."

Now seven, Asfa loves small bags and all things that glitter. "I want to be an artist! I love to draw!" she exclaims clutching a sparkly pink unicorn-shaped bag, full of hope for the future.



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



Art Therapy Programmes

Open Studio

CCF's Open Studio is back! Located now at CCF Community Office at GB Point, the art therapy programme serves as a communal space for CCF beneficiaries to express themselves through art. With new facilities in place, the new Open Studio introduces art mediums such as clay and pastels to help shape the practice of mindfulness.

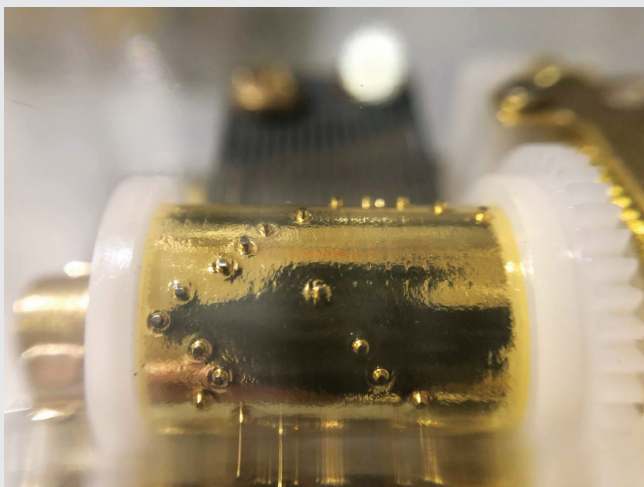
Shaping clay aims to teach CCF children to slow down and experience the physical-sensory-mental aspects of working their fingers through the clay. Nagomi art, the art of smudging pastels, is also introduced with the intention to encourage participants to grow in attentiveness and self-compassion.



Photovoice 2021

Photovoice 2021, a platform for youth survivors to express themselves through photography, took place in the month of July in the form of a three-part webinar. Themed "This is How We Overcome", the series was conducted by award-winning 'Singaporean Son' photographer, Mr Edwin Koo and professional photographer Mr Jonathan Mohan. CCF childhood cancer survivors, Yi Jun and Qin Han, who have been participating in Photovoice for several years were also invited to share their photography experiences on navigating change and sustaining continuity in pandemic times.

It was an eye-opening experience for the 12 participants as they picked up practical tips and techniques on photography. Beyond the hard skills, they also gained a deeper understanding on how photography can play a part in framing their minds to conquer all the 'C's in their lives – Cancer, COVID-19, Continuing life after cancer and Coping with new norms.



If art is how we decorate space, is music how we decorate time? Music continues to play a part in helping me express myself and has helped me overcome obstacles, be it mental or emotional.

~ Qin Han



COVID-19 has placed various limitations in our lives, which can be quite difficult to adapt for many of us. At this point, I would like to encourage everyone to take in the experience and be optimistic for a change. We are in this together! ♥

~ Gloria



A sunrise dawns on my walk as beautiful rays of sun captivate me.

~ Trinity



This is a picture of three photos, taken at three different timings at the same place, then merged manually. It is not perfect but I am pretty happy about it.

To me, overcoming is combining what's beautiful in life and keeping them in focus. Taking time out to appreciate things at different, or even odd hours, was therapeutic for me.

~ Keith

Introducing Our New Recruit for Animal-Assisted Intervention, Muffy!



Meet CCF's newest and youngest addition – Muffy! Since January 2020, the five-year-old pug has been volunteering with CCF Animal-Assisted Therapist, Fion, to provide Animal-Assisted Interventions (AAI) for CCF beneficiaries.

AAI is a goal-directed intervention in which an animal meeting specific criteria is an integral part of the treatment process. It serves to support children and youths who encounter difficulties expressing their experiences, emotional distresses or even psychosocial challenges.

Muffy is highly affectionate. At each hour-long animal-assisted therapy session, she loves interacting with her little human friends, especially when they shower her with love, pats and hugs! She is looking forward to the start of ComFur Zone, an animal-assisted activity slated to begin in the last quarter of 2021. At ComFur Zone, CCF beneficiaries will have an opportunity to have fun and interact with dogs to experience the companionship and comfort of an animal friend.



Contribute to the Lives of Children with Cancer!

Looking to raise funds but don't know how? Look no further! With a click of a button and just three easy steps from the comfort of your own home, here's how you can start your very own giving journey.

Step 1

Keen on raising funds? Here are some ideas!

- **For the aspiring bakers:**
Bake some goodies and gift them in exchange for online donations to CCF
- **For the gym enthusiast:**
Set a personal fitness challenge and ask your friends to make online donations to CCF in support of those targets
- **For your birthday celebrations:**
Request for online donations to CCF instead of birthday presents
- **For the fuss-free givers:**
Simply set up a dedicated donation link and appeal for donations from family and friends

Step 2

Share your fundraising idea with us! Scan this QR code or visit bit.ly/3zxSp19 to complete the online fundraising proposal form.



Step 3

Once we have received your fundraising proposal form, our dedicated fundraising team will reach out to you for the completion of a Giving.sg page.

Once the page is approved, your fundraiser is ready to start!

For any enquiries on fundraising, please email us at fundraising@ccf.org.sg.

How Well Do You Know the Solar System? at CCF@KKH



Did you know that the coldest planet in the solar system is Neptune? On 8 June 2021, children and their caregivers stepped into the world of space! With bite-sized facts about the solar system put up all around CCF@KKH, the children and their caregivers were in awe at the new things they have learnt about the eight planets and the sun. This new-found knowledge was immediately put to the test through a trivia on the solar system. Many achieved a perfect 10 score and proudly walked away with their prize – space-themed iron-on patches!

Father's Day Celebrations at CCF@KKH

The children at CCF@KKH celebrated their fathers on 18 June 2021! Carefully choosing between a black and a white cap, they then picked up some fabric colour markers to personalise the cap for their fathers. A reference sheet containing designs such as flames and superheroes were provided as an additional inspiration for the little Picassos. One child exclaimed, "I chose the batman logo because my daddy is my hero!" Many could not wait to see the look on their father's faces that some gave the gifts to their daddies ahead of time. Many fathers beamed with pride as they received the gifts and wore it immediately. What a joy it brought to the little ones!



Happy 56th Birthday Singapore! at CCF@KKH



To celebrate the nation's 56th birthday, a Singapore-edition activity book was distributed to CCF beneficiaries at CCF@KKH on 6 August 2021. One of the activities involved participants having to match jumbled photo pieces to form Singapore icons – the State Flag, Red Lions, the annual fireworks show at the National Day parades, and the like. While doing so, many reminisced being a part of the physical celebrations in previous years, even doing the Kallang wave at the National Day Parade! Of course, the celebration ended with a patriotic wave of the handy Singapore flag with a shout of "Happy Birthday Singapore!"

HOSPITAL EVENTS

Minute to Win It at CCF@NUH



On 14 July 2021, the 'Minute to Win It' gameshow was brought to the grounds of CCF@NUH. Within a minute, the children had to complete three different challenges which included stacking cup towers, marble transfers using chopsticks or tongs and recreating a geoboard image using rubber bands. Everyone enjoyed themselves so much that children who exceeded the one-minute time limit still pressed on to complete all three challenges. To end the day, prizes were given out to the children to reward their hard work for completing the challenges.

Nurses Day Celebration at CCF@NUH

28 July 2021 marked the early celebration of Nurses Day at CCF@NUH. To express their appreciation and love to their favourite nurses, the children prepared handmade flowers made from felt as gifts. From the careful selection of colours to the cutting of little flower shapes, the children put in their best efforts to make the felt flowers. When they were satisfied with their crafts, they went up to the nurses to say 'thank you'.

CCF staff also prepared mini honey jars for the nurses at NUH as our token of appreciation. To all nurses out there, thank you for your "heart" work!



Racial Harmony Day and National Day Celebrations at PALS with AXA



The months of July and August 2021 saw volunteers from AXA commemorating two of the nation's special occasions with the children at PALS!

As part of Racial Harmony Day celebrations on 21 July 2021, volunteers from AXA showed the PALS students how to play traditional games such as 'Hopscotch', 'Five Stones', 'Goli' and 'Bola Tin'! Through the games, the children learnt the importance of festivities and to accept and respect their peers from different racial backgrounds.

The volunteers returned to PALS on 6 August 2021 to celebrate National Day with the children. The celebrations kick started with a series of animation clips and a quiz on Singapore's history and symbolism of the national flag. Then, the children became excited when they were tasked to decorate a human-sized kite bearing elements of the Singapore flag. To end off the day of celebrations, volunteers from AXA taught the little ones to recite the Singapore pledge – a first for the children!

Our volunteers had a fulfilling and meaningful time through the two sessions. We hope that we have brought cheer to the children.

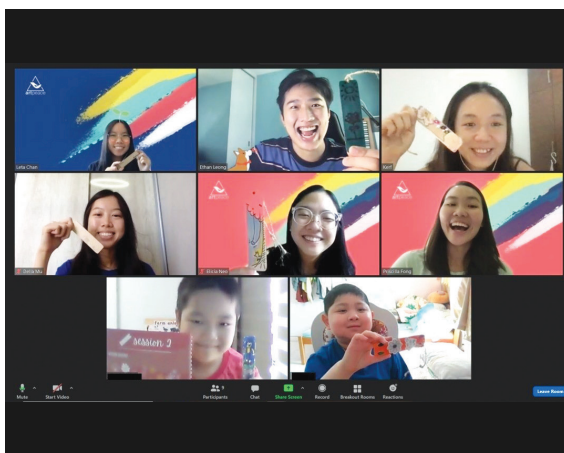
Contributor: AXA Insurance Pte Ltd

Art 5 All at PALS

In June and July 2021, volunteers from Xrtpeace brought their signature 'Art 5 All' programme to PALS. Through inclusive art education, the children at PALS were able to develop a sense of ownership through the creation and design of bookmarks and tote bags. This allowed the children to tap on their creativity and express themselves freely. Thank you Xrtpeace for bringing this meaningful programme to our children!

"Volunteering with the children at CCF has been such an eye-opening and meaningful experience for us. Being able to witness first hand their enthusiasm and eagerness each week and to see their creativity come to life as they design their art works is something we treasure deeply."

- Priscilla Fong, Xrtpeace volunteer



International Friendship Day at PALS with Open Hopes



Open Hopes is delighted to commemorate International Friendship Day with the children at PALS on 30 July 2021. It was a meaningful afternoon for us as we got to befriend the children at PALS and teach them about ASEAN countries and their cultures.

Through the activities, we hoped that the little ones learnt more about the ASEAN countries and the power of friendship formed among the ASEAN nations. It was a rewarding experience planning for this session and seeing the happy faces of the CCF beneficiaries made us feel that all our efforts were worth it.

*Contributor: Owen Chau Zhi Hui, Befriending IC,
NUS High School Open Hopes*

Our Brave Shave for Children's Cancer Foundation



One of our friends, Jennifer, was going for a brain operation and so, to give her moral support, we chose to shave our heads and raise funds for the childhood cancer cause at the same time. Only one out of the 12 of us had shaved at CCF's flagship fundraiser Hair for Hope previously, so it was really wonderful when our friends and families gave us the thumbs up, donated to our campaign from 13 April to 11 May 2021 and even helped us spread the word.

Jennifer's brain operation was successful and we are glad to have gathered everyone's kind thoughts to support CCF and raise \$26,400. We hope we can do more for them in the future too.



*Contributors: Jennifer, Xin Qin, Hui Ying,
Michelle Pong, Tan Hua Hua,
Dax Ng, Peter Hobbs, Gek Yong Hou,
Yang Kwai Fong, Tan Hock Chye,
Phua Koon Poh and Too Chee Keong,
Organisers*

Donation to Children's Cancer Foundation

Montfort Junior School's vision for all Montfortians is to be "A Man for Others". This year, as the pandemic continues, we decided to encourage our students to donate part of their daily pocket money or ask their family members to make a donation to CCF in hopes to inculcate qualities of compassion, service and humility in them.

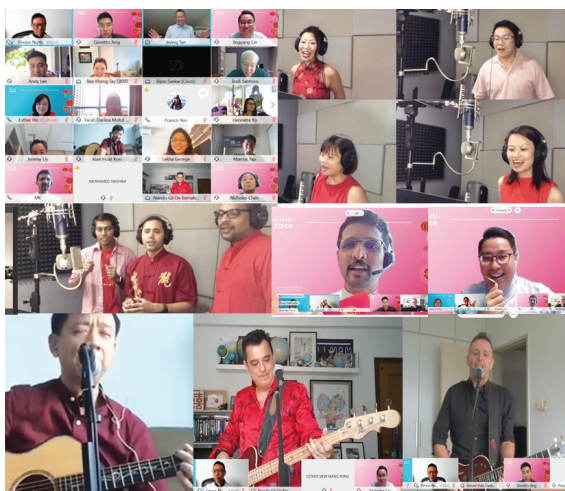
It was rewarding to see Montfortians coming forth after recess or lunch to donate whatever they had left into the CCF donation box. Once, a group of students even came looking for the donation box (it was kept early) just to donate their remaining lunch money - a fine display of "A Man for Others."

We surpassed our initial target donation of \$10,000 and managed to raise \$18,002.81 for CCF between 10 May and 13 July 2021.

Contributor: Montfort Junior School



Lunar New Year Charity Variety Show



Throughout the COVID-19 crisis, Cisco remains aware that people who were vulnerable before the pandemic now face even more risks to their health, stability and well-being. With a history of giving back in response to global challenges, we decided to organise a fundraiser between 19 and 26 February 2021 with an element of fun – a Chinese New Year Variety Show! Our employees presented their musical and artistic talents to raise funds for their charity of choice. One of the performers, Steven Vials, chose CCF as his beneficiary and blew everyone away with his stunning vocal and guitar performance. A total of USD\$3,553 was raised for CCF through his performance. What a way to celebrate the festive season and contribute to the community!

Contributor: Cisco Systems Singapore

COMMUNITY PARTNERSHIPS

A Gift of Love

At Sub-Zero and Wolf, we believe that our social responsibility extends beyond creating long-lasting and energy-efficient appliances that support sustainable living. We also believe in giving back to our community.

The Gift of Love National Day initiative began over a casual chat with Chef Willin Low about organising a charity drive with some of the most successful Singaporean chefs who have worked abroad to put Singaporean cuisine on the map. Together with two other Michelin star chefs, Jimmy Lim and Angela Lai, a *tingkat* filled with Singapore-themed culinary treats was put together as a token of appreciation to donors.

The fundraising event held between 15 July and 9 August 2021 was a success, raising a total of \$10,000. We feel incredibly fortunate to be able to support CCF, a cause that is so close to our hearts. We hope that our donation will contribute to the important work of the organisation.

Contributor: SZ & W (SOUTHEAST ASIA) PTE. LTD.



Giving Back to Society



At The Rainmakers, we believe in doing good and doing right as a core part of our business. We understand the emotional and financial impacts of a childhood cancer diagnosis on families.

From 27 May to 30 June 2021, we decided to organise a fundraising campaign in support of CCF to help children and families affected by cancer. We were humbled that many of our clients also joined in our efforts to contribute and are grateful to have raised \$2,250. We hope that these donations may be of help to the beneficiaries at CCF.

Contributor: The Rainmakers

C'mon Tennis Plank Challenge

During the COVID-19 restrictions in May, we wanted to create a challenge for our students that would also benefit others. For many reasons, we chose to raise funds for CCF from 21 May to 30 June 2021 through a planking challenge.

For three weeks, our 'Tennis Stars' practised relentlessly. On the big day in mid-June, our students clocked a combined plank duration of 47 minutes and 41 seconds while the coaches clocked 49 minutes and 31 seconds, barely winning the students by a whisker.

We would like to thank our friends and family who helped us raise \$2,200 for CCF.

Contributor: C'mon Tennis Coaching



Sparkletots Loving Friends



Between 21 June and 2 July 2021, students and teachers from PCF Sparkletots Preschool@ Queenstown Block 365 held a fundraiser selling potted plants made by upcycling materials in support of CCF.

The children painted their plant pots and were very proud to sell their masterpieces to raise funds for CCF. We appreciate the enthusiastic response and participation from parents, helping us raise \$1,035 for CCF. We hope that our contribution will be able to brighten the lives of the CCF beneficiaries. Thank you CCF for giving us this opportunity to give back to others!

*Contributor: PCF Sparkletots Preschool
@Queenstown Block 365*

NP LEO CLUB X CCF FUNDRAISING

From 30 June to 13 July 2021, we organised an online fundraiser to raise childhood cancer awareness and funds for CCF. We were surprised by the amount of support when the campaign was launched. It was an honour to support CCF and raise a total of \$1,460.

Through this initiative, we have acquired knowledge on both organising a fundraiser and also learnt more about childhood cancer. We hope to think of creative ways to engage more Ngee Ann Polytechnic students for our future fundraisers.

Contributor: Ngee Ann Polytechnic Leo Club





WILL &
HOPE
GIVING PROGRAMME

**“I want to
be an artist!
I love to draw!”
- Asfa, 7**



Scan to donate

You can help beneficiaries like Asfa pursue her dreams!
Be a Will & Hope Giver, pledge your monthly donation at
tiny.cc/willandhopegiving.

HOPE OF LIFE, WILL TO THRIVE