



# Tribute

to our children



ARIQAH NUR U'FAIRAH, PALS STUDENT >> page 23

## **Photovoice: Edge of Chaos**

CCF youth survivors reflect on feelings of isolation and connection in the community.

>> page 4

## **Backyard Adventures!**

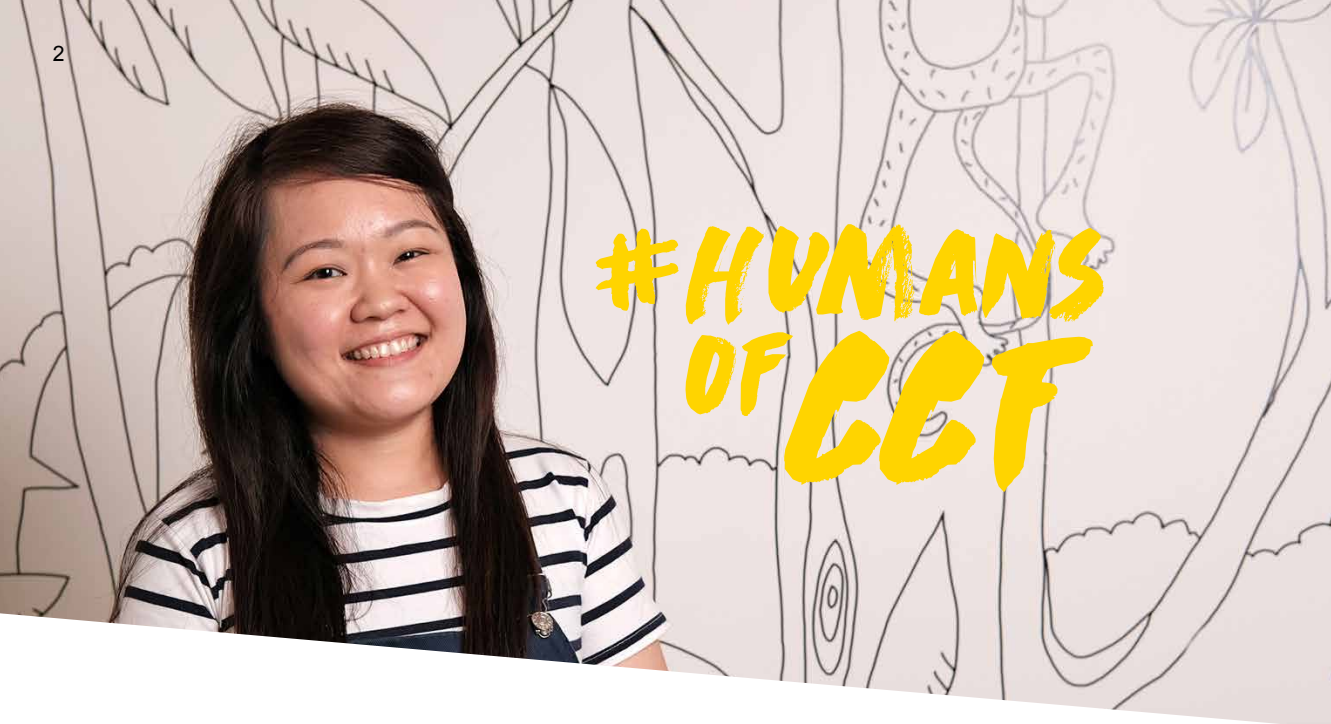
Three days and two nights of fun at CCF's Annual Family Retreat.

>> page 9

## **Beneficiary's Sharing**

Hear from the girtty Nurul Ariqah: "I feel great, I beat cancer."

>> page 23



## Touching One Life at a Time

Rachel Li recalls that when she was a CCF volunteer tutor, she met a secondary three student who had stopped school for a year and a half for cancer treatment and was struggling to catch up with his studies. The boy particularly disliked geography. So Rachel wove the contents of his textbook into a story, bringing to life how volcanoes were formed. Suddenly, she had his attention.

“Then what happens to the lava?” he asked, but Rachel refused to continue.

“I don’t know,” she feigned, “If you want to find out, you’ll have to read your textbook.”

That was how the student came to understand the natural phenomena that had baffled and frustrated him for so long. “Once you get the kids interested in a topic, they are very excited to learn,” says Rachel, who first volunteered with CCF in 2005.

The 34-year-old has been giving tuition since her undergraduate days at the National University of Singapore. She wanted to volunteer in an area she was confident in. A quick Google search using key words ‘Volunteer tuition’ led

her to CCF. Rachel went on to tutor patients either awaiting their return to school, or who have already gone back to school. She helps them catch up with work they have missed during the treatment and recovery phases.

The best part for Rachel is working with students who are keen in learning. “They are very motivated and knows that the tuition is to help them catch up with their schoolwork. Sometimes, they do so much homework that I cannot even finish marking on the spot to go through with them!” she says.

“Individuals can never match the donations that corporations can afford,” adds Rachel, “but we can make a difference and help in a way that money cannot buy.”



# Moving Moments Etched in Memory

For cinematographer Christopher Tay, who runs award-winning wedding videography firm ICHIRO Films, there is little difference between conceptualising a video for a newlywed couple and a child with cancer. The ingredients, after all, are the same - care, hope, and love. These are the emotions Christopher seeks to capture and portray, using moments to tell a moving story.

Often, the patients that he films move him too. Christopher, who has been a CCF volunteer since 2014, recalls a nine-year-old girl Eileen whom he filmed at CCF's Place for Academic Learning and Support (PALS), a learning centre that helps children and youths bridge the gap between treatment and going back to school. Despite being diagnosed with brain tumour and given a poor prognosis, Eileen was cheerful and determined to attend PALS every day, an attitude observed by both Christopher and her teachers.

"She wants to learn, even though she doesn't know how long she will be around. Meeting her

and other patients with poor prognosis made me realise that each time I see them could be the last, and that taught me to be more generous in complimenting and praising them," he says.

Eileen's video, which was produced under CCF's Legacy Building Programme, was shared on CCF's social media platforms. The Programme aims to provide a positive, creative and artistic way for children with cancer and their families to make meaning of their tough journey.

"I hope to bring a little bit of joy to the family through what I do," says Christopher.

The father of two, who first learnt about CCF when he sold tulips to the public to raise funds during his student days, is also a four-time shavee for Hair for Hope. Before shaving in 2011 for the second time, he grew his hair for two years until it was past shoulder length, and was known among the wedding videography circle as the guy with the hair band or ponytail. "I deliberately grew my hair long so that when I shaved it, there would be a visual impact. It would start conversations, and more people would come to know about CCF," says Christopher.



***International Volunteer Day is commemorated worldwide annually on 5 December. CCF would like to take this opportunity to express our heartfelt thanks to all our volunteers for bringing smiles to our beneficiaries!***

# Photovoice: Edge of Chaos

Photovoice 2018 was all about inviting conversations on feelings of isolation and connection in the community. Along the theme of “Edge of Chaos” which typically refers to a transition space or adaption, survivors reflected on how they had transited, adapted and coped during the time when their treatment ended to when they had to reintegrate back to the community.

Kindly supported by Republic Polytechnic, the event took place within the Polytechnic on 16 and 17 March 2018, and at CCF Community Office

on 23 and 24 March 2018. The survivors were introduced to different types of drones and went through simulation exercises of flying a drone. Having explored the fundamentals of flight theory and aerial photography, they conceptualised and took pictures from above to express their ideas about survivorship. The workshop ended with a reflective dialogue within the group where they shared their printed photographs, laughed about common themes faced after treatment and left encouragement notes for each other.



*Steps, Jumps, Leaps...  
Climb higher than the mountains,  
Fly further than the sky.  
Shine brighter than the stars,  
You know you could.*

*Tay Qin Han*



*United by  
shared  
differences.*

## Second Lady of the United States visits CCF@KKH

CCF had the privilege of hosting Mrs Karen Pence, the Second Lady of the United States, at CCF@KKH on 14 November 2018. Upon her arrival, she was warmly received by Ms Neo Lay Tin, CCF Executive Director, Professor Alex Sia, KKH Chief Executive Officer and Associate Professor Ng Kee Chong, Chairman, Medical Board of KKH.

Mrs Pence began the tour with a sharing session on Art Therapy. In attendance were Yenn Ang, CCF Art Therapist, Pearlyn Lee, KKH Art Therapist, Yoko Chai, CCF Art Therapy intern and Roxanne Chew, KKH Art Therapy intern. Ronald Paul-Michael Henry Lay, Programme Leader of LASALLE College of the Arts, Singapore was also invited to join in the conversation. Mrs Pence also observed the CCF's Open Art Studio at the CCF@KKH Family Resource Centre and spent a lovely afternoon interacting with CCF beneficiaries.

CCF would like to thank Mrs Pence for taking time to visit CCF@KKH and witness an Art Therapy session. We would also like to say a big thank you to KKH, the U.S. Embassy Singapore and LASALLE College of the Arts for making this possible.



*A group photo of The Second Lady of the United States, Mrs Karen Pence (third from right) with Yenn Ang, CCF Art Therapist (third from left), Yoko Chai, CCF Art Therapy intern (first from right) and CCF beneficiaries.*

# Survivors' Service Learning Project (SSLP) at KKH

The annual Survivors' Service Learning Project (SSLP) serves as a platform for youth survivors to be empowered and be critically reflective through participation in community service-learning projects. This year, on 6 and 20 October, seven youth survivors volunteered to pay a visit to the KK Women's and Children's Hospital (KKH) paediatric oncology ward to bring cheer to the inpatients.

It did not take long for the wards to be filled with laughter, squeals and cheer. Some children had fun decorating party hats while others were either flipping cups or playing superhero pong! These games helped the inpatients to briefly forget about the painful IV drips attached to them and remember the joy of childhood.

The event ended with a heart-felt sharing session by the youth survivors on their cancer diagnosis and the cancer journey, and how they were faring in the society and workplace. These helped to address the concerns of some of the older inpatients who were worried about their coping abilities both academically and socially after recovery. Seeing how well the youth survivors were doing was assuring to both the inpatients and caregivers.

For the youth survivors, this project was not only meaningful but also provided a platform for them to further develop their teamwork and planning skills. More importantly, they were able to experience the immense joy from volunteering and were thankful for the opportunity to give.



*Group photo of youth survivors (from left to right) - Clement, Nazri, Leonard, Pei Qi, Stefanie, Divesh and Keith.*

# Hospital Tour 2018



On 25 August 2018, CCF held its fourth run of “Hospital Tour” for children whose siblings or parents were diagnosed with cancer. The Hospital Tour aims to support these children in coping with the impacts of having a loved one diagnosed with cancer by providing them with a platform to see for themselves, understand and comprehend more about the diagnosis and treatments associated with cancer.

Before the hospital tour commenced, participants were invited to choose their “healthcare warrior” identity from a selection of medical professions. In groups, participants visited the Operating Theatre, the Department of Diagnostic Interventional Imaging (DDII), the Department of Pathology and Laboratory Medicine (DPLM) and met the oncology nurses! It was an exciting first-hand experience in exploring the roles of each “healthcare warrior”. Participants role-played as ‘surgeons’ involved in removing tumours and suturing, while the ‘pathologists’ analysed real blood samples through a microscope. The ‘radiologists’ got to experiment with the different instruments used to generate radiographs and the ‘oncology nurses’ administered medication to CCF’s medical dolls at ‘The Chemotherapy Station’.

It was an enriching experience for the participants and the tour had helped to increase their understanding of cancer, medical treatments and the hospital environment.

Concurrently, a workshop for the caregivers was also held at KKH to increase their understanding

of their child’s psychosocial needs and equip them with strategies to address those needs. Through heartening discussions and sharing of their experiences, caregivers were affirmed of their efforts and were empowered to better attend to the needs of the siblings and their children.

As the event came to a close, participants received hand-made personalised gifts from their caregivers for accomplishing the mission. It was a heartwarming sight as caregivers affirmed their children and reminded them of their love for them.

CCF would like to show our appreciation to the DPLM, DDII, Day Surgery Team, and the Paediatric Oncology Nursing Team at KKH for their passion and commitment in facilitating CCF’s Hospital Tour since 2015.





## Youth Camp

'Navigate Your Way Through Life – We cannot direct the wind but we can adjust the sail!' was the theme for CCF Youth Camp 2018 held at Civil Service Club Changi from 1 to 2 September 2018. 18 enthusiastic youths "set sail" (literally!) to learn how to become better captains of their own lives. A slew of challenges were planned to put the participants to the test and to cultivate personal ownership of their growth and learning.

On the first morning, the 'sea expedition' kicked off with a round of icebreakers for the youth 'crew' to know each other better. Through an open sharing, everyone recognised that each individual was unique even though they had undergone similar experiences because of childhood cancer.

They were then divided into smaller groups of five to six members and assigned different roles namely captain, navigator, ship surgeon, quarter master and crew for the next activity, Treasure Hunt! The 'treasures' found served as key clues to better prepare them for the challenges ahead. This is akin to why we should constantly 'search' and equip ourselves with skills and knowledge to brace for life's challenges.

Post-lunch, the crew got busy with making their own personal and team flags. They had to imprint their strengths, weaknesses, ambitions, achievements and attitude towards life as part of the flag's design. Just when they were ready to take on even more challenges, the subsequent task "Mini Sea Rafting" proved to be too difficult to complete and the group had difficulties constructing a mini raft that could keep afloat. Meeting with futile attempts was surely not what the youths were expecting but they learnt that life is not always smooth sailing and obstacles will arise along the way. The crew reflected on their learning experiences over a barbecue dinner and did not let their defeat dampen their spirits. In fact, they spurred each other on and kept their spirits up, bonding over sparklers. The dazzles rekindled their determination, and they were ready for what day two would bring.

After a good breakfast, the group geared up for their final challenge – building their very own sea raft which had to withstand the strong waves in the open sea. Working together as a team of 18 proved challenging but the group overcame their differences with a unified goal to 'stay afloat'. The outcome was a huge success and the crew reaped the efforts of their hard work by spending some time rowing in the sea. The newly minted crew-turned-captains captured their learning through a film recording of their reflections. They are now ready to 'set sail' on their future endeavours, bearing new and insightful perspectives.

We would like to thank and acknowledge the hard work, commitment and support of our wonderful volunteers and staff for making Youth Camp 2018 a success.



# Siblings' Day 2018 – Forest Adventure!

CCF's Very Important Brothers and Sisters (VIBS) programme dedicates a special day to affirm the siblings for their strengths and resilience in coping with the challenges resulting from their sibling's cancer. Siblings' Day also aims to provide opportunities to build relationships and strengthen support among the siblings community. This year, 24 siblings participated in Siblings' Day held at Bedok Reservoir on 17 November 2018.

The day started with a round of ice-breakers that helped siblings learn more about their different strengths and to know each other better. The siblings were excited to participate in the obstacle courses at Forest Adventure. Siblings from the younger groups completed the Kids Course and Junior Course, which included high elements, crossings and stunning zip lines. The teenage siblings conquered the Grand Course made up of obstacles of higher difficulties, a fantastic big Tarzan swing, and finished off with a breath-taking zip line across Bedok Reservoir!

The siblings showed remarkable strength, perseverance and resilience in overcoming the challenging obstacle courses despite their fear of heights and lack of confidence in completing the task. It was also heartwarming to see how the siblings supported one another by cheering and encouraging those who encountered difficulties on the obstacle courses.

The adventurers then returned to the CCF Community Office for a time of sharing where they were given the opportunity to affirm and encourage each other on their unique strengths. Each of them also created an artwork to represent their inner strengths displayed during the Forest Adventure challenge. The day ended on a meaningful note with parents preparing personalised notes of affirmation to appreciate their child's strengths and importance within the family.

CCF would like to thank ASLAN Pharmaceuticals and CCF volunteers for their support in creating an empowering experience for our siblings.



***I got to learn new skills  
and make new friends.***

*- Felix, 11*

***I learnt that I must not  
give up when facing  
challenges in life, and I  
also get to meet others  
who are in the same  
condition as me.***

*- Jubal, 11*

***I learnt that I can  
achieve anything as  
long as I am determined!***

*- Le Xian, 8*

# ‘Backyard Adventures’ at CCF Annual Family Retreat 2018

In modern, fast-paced Singapore, we are constantly caught up in the hustle and bustle of everyday chores. Finding the time to slow down and reconnect with ourselves, our loved ones and nature is a luxury and difficult to come by. As such, CCF held its Annual Family Retreat this year right at two of Singapore’s very own ‘backyards’, D’Resort at Downtown East and Bollywood Veggies to allow that reconnection!

Aptly themed ‘Backyard Adventures – Rediscover Family Fun’, the retreat was held from 30 November to 1 December 2018 for 14 CCF beneficiaries and their families. The day started with some ice-breakers and the participants were then further split into five groups and tasked to invent unique cheers for their teams. The programme followed with a sumptuous lunch and competitive tele-match at the beach and park. Participants took turns to compete in games such as building a ‘sandman’, dodge ball and relays, just to name a few. The activities were physically draining yet everyone enjoyed themselves thoroughly and bonding as a family.

The next morning, the group set off for a visit to Bollywood Veggies, an organic farm located in Kranji countryside for a morning of flower arrangements, vegetable farming and treasure hunt. Many of the parents were surprised by the types of plants and herbs that could be grown at home, and some even brought plants back with them! The afternoon was spent at ‘Wild Wild Wet’, a water theme park where many of the children challenged their parents to go on the water rides. It was an exhilarating experience for the adults as much as it was for the kids! While some families retreated back to their rooms to rest, seven families gamely continued on a scavenger hunt. With great teamwork, all the teams completed the game within the slated timeframe.

The last day of the retreat was a great time for some reflective group work. While the parents discussed the values that they hold personally and as a family and how they can impart these values to the children, the children learnt and discovered more about their feelings and participated in game activities that helped boost their self-confidence! All the families were also presented with photos taken during the retreat as mementos.

CCF would like to express our appreciation to Maz Industries Pte Ltd for sponsoring the event lanyards and to our volunteers for dedicating their weekends to our beneficiaries and their families!



***AFR 2018 exceeded our expectations with all the activities being so interesting and exciting!***

*- Family of Chen Jia Jie*

***AFR really used activities to put family members together.***

*- Immanuel Teeju and family*

# CCF is Professional Partner at Grief and Bereavement Conference

Between 31 October and 1 November 2018, CCF partnered the Singapore Hospice Council, the Art Therapists' Association Singapore and the Association of Music Therapy (Singapore) in presenting the inaugural Grief and Bereavement Conference themed 'Our Collective Voices' held at Furama RiverFront Hotel.

Prior to the main conference, CCF conducted a two-day pre-conference workshop titled 'Supporting Grieving Children and Adolescents: A Multi-Modal Exploration' on 29 and 30 October 2018 for 47 healthcare, social care and educational professionals. The session equipped participants with knowledge on how to use various modalities to support bereaved children and adolescents.

The main conference saw an attendance of more than 400 guests and participants. CCF presented at two breakout sessions - Ng San San, Principal Social Worker/ Certified Thanatologist and Vivien Ee, Senior Social Worker/Certified Thanatologist spoke on 'Use of Legacy Building in Grief Work'. 'Partners on the Grief Journey' was presented by Yenn Ang, Registered Art and Sandplay Therapist. At the plenary session, CCF Family Therapist,

Ng Hwee Chin, shared on the topic of 'Bereaved Parents: When a Parent Loses a Child'.

CCF also had the privilege to play host to Guest-of-Honour, Dr Amy Khor, Senior Minister of State, Ministry of Health, the Environment and Water Resources at the CCF Legacy Exhibition which showcased the artworks of our beneficiaries, Wei Xi, Benedict and Gillian in celebration of their lives.

CCF is thankful to be able to contribute to this inaugural conference and hope to continue building a community of support for the bereaved.



## Peer Bonding Workshop

Peer relationship is an important element in a child's schooling routine. To help our children cope better with their transition back to mainstream school, CCF conducts Peer Bonding Workshop for children aged seven to 12 years old. The objective of this programme is to provide an opportunity for our beneficiaries to show appreciation to their schoolmates as well as strengthen the friendships between our beneficiaries and their peers.

On 10 November 2018, six CCF beneficiaries invited their schoolmates to join them for a Japanese-style bento-making workshop. The children took part in a three-hour cookout where they had to work together in pairs to create their very own bento sets. Besides learning to work around their differences, the children were also

taught basic knowledge about kitchen safety as well as safe handling of kitchen equipment. It was heartwarming to see each pair of friends working together and helping each other during the process to create their unique bento sets.

CCF would like to thank our volunteers who dedicated their time on a Saturday afternoon to help facilitate the event.



# Volunteers Networking

CCF organises regular volunteer networking sessions with the aim to connect with volunteers who dedicate their time to journey with our children and also to provide a platform for like-minded individuals to interact with each other.

## 21 Sept 2018

20 CCF volunteers gathered at CCF Community Office for a night of educational games and sharing. To kick off the session, there was an interactive ice breaker quiz to test the volunteers' knowledge on childhood cancer. This was followed by a sharing session on 'A Typical Day of a Social Worker' by CCF Social Worker Esther Chua, who provided the volunteers a glimpse of the work of a social worker.

Many of the participants said that they found the networking session very informative and inspiring!

## 2 Nov 2018

To thank our volunteer photographers who had dedicated their time and services at Hair for Hope and CCF events this year, CCF organised a simple appreciation cum networking session for eight photographers on 2 November 2018.

Over icebreakers and dinner, the volunteers discovered the motivations behind their altruism and discussed their love for photography. The volunteers also shared the types of CCF projects that they were involved in and the challenges and joy that came with the experience. It was a fruitful session as many got to learn more about CCF programmes and renewed their commitment to volunteer for more projects next year.

At the end of the session, everyone gathered for photo-taking but it turned out that this group of professional photographers were really camera shy and were not as skillful with wefies! We entrusted this important photo-taking to the waitress instead and the night concluded with gales of laughter. Once again, a big thank you to all CCF volunteer photographers!



## Lesson on Water Treatment by Xylem Solutions

How many reservoirs do we have in Singapore, and can you name them all? Volunteers from Xylem Solutions posed these questions to PALS students when they visited the learning centre at CCF Community Office on 26 September 2018. Besides sharing about water cleanliness around the world, they also highlighted the advancements of Singapore's water processing facilities. The students understood the importance of having clean water.

How do we know that the water is safe to drink? To answer this, the students were given a task to complete. Everyone had hands-on experience using toolkits to test various water samples by assessing the level of dissolved oxygen content, pH and turbidity (the amount of suspended particles in water). After carrying out a battery of tests with tablets, charts, vials and test tubes, they concluded that Singapore's tap water was safe for consumption.



## Silat Fun!

On 10 October 2018, the students at PALS had the opportunity to dabble in 'Silat', a type of Malay martial arts. The sport is known to promote body coordination, flexibility and hone one's ability to focus.

The instructor started the session with a warm-up activity and the students were encouraged to stretch to their limits so that they could execute the techniques better when learning them. They were then guided on the basic moves which resembled animal movements of tigers, snakes and eagles. It was a session that definitely got all the students into action.



## Arts by NAFA

Students from NAFA held an art session on 19 September 2018 for the PALS students. Using soft, round and colourful fluffy pompoms, they guided the students on creating beautiful artworks of things that were close to their hearts. The students created masterpieces ranging from endearing pets, sharks and mythical creatures to rainbows, blue skies and even a ninja. Each piece of art had an endearing story which the participants shared during the 'show and tell' segment. Thank you NAFA for organising the activity!



## Clay art by The Creative Clay Co

We had the privilege of having The Creative Clay Co conduct a clay art session for the PALS students on 17 October 2018. As the students were new to this art form, the instructors patiently guided them step-by-step to make the session an enjoyable experience. The students wasted no time in yanking out the white pieces of clay from the container. After much kneading, moulding, poking and prodding, soon, everyone had a beautiful clay 'Baymax' model in front of them!

With some extra time on their hands, the students continued to put their new-found skills into practice and created cute one-eyed and three-eyed green monsters with their nifty fingers. Our secondary school students even created a rose and the frog prince to add to their collection. It was truly an enjoyable activity for all the students.



# Children's Day Celebrations

At CCF, the highly anticipated Children's Day is celebrated with a bang each year! After all this day has been designated in honour of children and we celebrate their courage and bravery in the face of cancer.

On 4 October 2018, beneficiaries at CCF@KKH learnt how to make their own keychains and paper cubes. These activities were the first-of-its-kind held at CCF@KKH and the children had so much fun as they got to keep their masterpieces after completing it. The fun did not stop there! On 5 October 2018, the children were pleasantly surprised by a balloon sculptor at the Family Resource Centre who satisfied their insatiable appetite for balloons. The distribution of balloons definitely uplifted the spirits of the children in the wards.

CCF@NUH commemorated the occasion from 1 to 3 October 2018. The Playroom was transformed into a fun carnival consisting of all time favourite carnival booths. There were games, arts and craft stations, balloon sculpting, and a huge 'rocket ship' photo booth where the children could pretend to be astronauts and take photos! Together, both parents and children had a great time bonding and making memories. Each child also took home with them a small 'Minion' bag full of prizes and gifts.

Special thanks to Next Millenium for sponsoring the balloon sculpting services; the Fun Hats group for sponsoring the knitted 'Minion' bags for the children; Ms Asa, for building the 'rocket ship' photo booth, and all CCF volunteers who contributed in making the celebrations a very special one for our children.



## Icing Cookie Decoration

As part of hospital enrichment activities, CCF@NUH held a cookie decoration workshop at the CCF Playroom on 16 August 2018. The theme for this baking session was to encourage creative expression and give the children space for curiosity to explore different tastes and smells and to discover how the cookies will turn out differently when a mix of ingredients were put together.

The children began by putting their pre-mixed butter cookies dough to bake. Once the cookies were done, the children immediately decorated it with toppings such as coloured icing, rainbow sprinkles and cream. It was a sensory experience for many of them and at the end of the session, the children were all so proud of their own creations!



---

## Clay Pottery Making

At CCF@NUH, the quarterly clay pottery workshops are a special time for children and youths to unleash their creativity and freely express themselves through their creations. Held on 18 September 2018, the workshop was met with anticipation and everyone could not wait for it to start!

For the youths, everyone started with a plain lump of clay but with an endless imagination, some rolling, plenty of pinching and lots of squeezing, they watched their masterpiece morph into cups, trays and bowls. On the other hand, the younger kids simply enjoyed the feeling of moulding clay and transforming it into all types of shapes that they could imagine.



## SOCIAL & RECREATIONAL ACTIVITIES

### BAML Seas the Day!

48 volunteers from Bank of America Merrill Lynch took a day off their regular work routine on 7 September 2018 to spend a fun-filled day with 26 CCF beneficiaries and their siblings and families.

The theme for the day was 'Underwater World', and there was no better venue to start the day's activities than at the S.E.A Aquarium Singapore at Resorts World Sentosa. Every child was accompanied by a volunteer and together, they had to complete a fun activity worksheet by venturing around the attraction and learning more about the wonderful sea creatures.

After the underwater experience, the beneficiaries visited Bank of America's Harbourfront Office where they were ushered to a carnival specially organised for them by the volunteers. The children had an amazing time completing numerous station games that tested their skills and knowledge. With much enthusiasm, the children completed the games and were rewarded with a marine animal toy each.

The finale of the event was a special dance involving the children and volunteers as they moved and shook to the beat of popular earworm, 'Baby Shark'! Every child left the event with lasting memories, goodie bags filled with toys and stationery specially prepared by the volunteers, and perhaps even stronger friendships among themselves. For the volunteers, it was certainly a Friday well spent, and one that we would be more than happy to organise again.

*Contributor: Eileen Liew, Analyst, Global Transaction Services, Bank of America Merrill Lynch*



### Baking and bonding with KST

On 5 September 2018, 25 staff volunteers from Kensetsu International (S) Pte Ltd came together to engage 16 CCF beneficiaries and their siblings in a day of baking and bonding at Butter and Bake. The children learnt how to bake 'Disney Tsum Tsum' cookies during the half-day workshop under the careful guidance of the instructor and our staff volunteers.

All our staff thoroughly enjoyed the event and we hope that the children did too! We look forward to organising the next event with CCF.

*Contributor: Jones Goh, Sales Executive, Kensetsu International (S) Pte Ltd*



***It was a wonderful experience to bond with the children and give back to society in our own small way!***

- Val

## Flying High at Republic Polytechnic

On 6 and 15 September 2018, Republic Polytechnic (RP) organised two workshops, 'Flying High' and 'Trust me I am an Engineer' respectively. Collectively, more than 40 CCF beneficiaries and their families benefitted from these activities and had a splendid time with our volunteers.

In its second run, 'Flying High' engineering workshop was organised by staff from RP's School of Engineering and student leaders. Our children and their families enjoyed the tour of the interior of aircraft carriers. They also loved the flight simulator experience where they could pretend to be pilots. After the tour, some of the children even expressed keen interests in pursuing aviation studies and a career in aerospace engineering!

At the 'Trust me I am an Engineer' workshop led by student leaders from an interest group of The

Institution of Engineers (IES) and staff leaders, the programme line-up included designing an electronic robotic card using electric paints, a fun-filled magic performance by the Magic Interest Group and a hands-on activity called 'Rocket Rocks' for the children to explore how a rocket soars. Both the CCF beneficiaries and RP volunteers truly enjoyed the workshop!

RP would like to thank CCF for this great volunteering opportunity and CCF's Volunteer Management team, Mr Jeffrey Tay and Mr Kelvin Yeo for their support. We hope for more opportunities to continue spreading love and joy to CCF beneficiaries.

*Contributor: Ms Loh Hui Ling, Lecturer, School of Engineering, Republic Polytechnic*



## Acknowledgements

We would like to acknowledge the following partners for their kind invitations:

- **Singapore Dance Theatre** for inviting our beneficiaries to the Ballet Under the Stars performance on 31 August 2018;
- **Deutsche Bank AG** for inviting our beneficiaries to the Dream Beyond Charity Concert by Singapore Chinese Orchestra on 6 October 2018.

## COMMUNITY PARTNERSHIPS & FUNDRAISING

### It's their 7th Birthday!

On 11 August 2018, four beloved Kindergarten friends namely Nathaniel, Joanna, Yu Xuan and E-ren celebrated their 7th birthday together. Instead of receiving gifts, their mothers requested the guests to make a donation to CCF in support of children with cancer!

Although the four children have moved on to their respective primary schools, we decided to hold a party for them so that they could catch up with their former Kindergarten classmates while supporting a meaningful cause. We believe our children are privileged and blessed, and hope to use the opportunity to raise funds for CCF as the CCF beneficiaries are the real superheroes!

We sincerely thank all the parents from Beatrix Potter 2017 who have donated generously to the cause. A total of \$4,000 was raised from the birthday party.

*Contributor: Tan Kar Lin, Organiser*



### Carpe Diem Kinder Ace 10th Anniversary Carnival

2018 marks the 10th anniversary for Carpe Diem Kinder Ace. To celebrate this milestone, our childcare centre organised a private carnival on 21 August 2018 for parents and children, providing the young ones with fun plus an opportunity to do their bit for charity.

CCF was chosen as the charity of choice this year as we felt that our children would be able to better empathise with the beneficiaries who are also young children.

At the carnival, the children had loads of fun participating in games and craft activities. Prior to the event, they designed photo frames, bags and pouches to be sold at the carnival. The children enjoyed the process as much as the event itself. In addition to the donations from parents, proceeds from the sale of tickets and merchandise were also donated to CCF and a total of \$1,685 was raised. We look forward to contributing to more charitable causes in the near future.

*Contributor: Patricia Yeo, Director, Carpe Diem Kinder Ace Pte Ltd*



### 17th All Asia Shinkyokushin Karate Championship

World Karate Organisation (WKO) Shinkyokushinkai Singapore hosted a tournament on 2 September 2018. The biennial event was a tournament for Shinkyokushinkai's Asian fighters and Singapore was chosen as the host country for the 17th Championships. The event saw close to 100 competitors fighting in the various weight categories and participation from 24 countries. Held at the Tampines Hub, it won praises from participants and Shinkyokushinkai's headquarters for its high standards of competition and organisation.

The activities of Shinkyokushinkai are centered on the policy of 'Nurturing Youth', 'Social Contribution', and 'International Exchange'. Guided by this philosophy, WKO Singapore is pleased to raise \$3,700 for CCF via ticketing proceeds from the event.

*Contributor: Eddie Foo, Treasurer, World Karate Organization Shinkyokushinkai Singapore*



## COMMUNITY PARTNERSHIPS & FUNDRAISING

### Arts Kidz Art Show 2018

Arts Kidz Pre-School's philosophy includes being positive role models to our children and families by promoting a culture of giving. We try to step up and embed fundraising opportunities into our school's programme and at many of our term events. As such, our Arts Kidz 10th Anniversary Annual Art Show was the perfect platform for us to do our part for CCF.

We are extremely proud of the art pieces produced by our young students this year. While the artworks are typically returned to the students after the show, we made a special arrangement this year and asked for their families to make a donation to CCF for their child's artwork. Our collaborative pieces were auctioned as well to raise more donations and this hyped up the atmosphere as parents jostled to outbid each other for a good cause. A total of \$2,424 was raised for CCF from this event.

We thank all our students and their families for supporting the school's efforts and we look forward to giving more in the future.

*Contributor: Mrs Kim Clinton,  
Principal, Arts Kidz Pre-School*



### Bake Food Sale 2018

This year, I introduced an Elective Module on Food Entrepreneurship for our Secondary One Food and Consumer Education (FCE) subject. This created the opportunity for the students to partake in a fundraising event through selling their bakes and the students participated actively. They managed to raise \$1,121.10 for CCF through their efforts. Through this experience, the students not only learnt more about the subject, but also the joy of giving, seeing how their fundraising efforts could make a positive difference to others. Personally, organising the fundraising event was challenging, but yet a heartwarming and joyful experience.

CCF was chosen as the charity of choice because the Foundation's support extends to teenagers with cancer and my students could relate to the cause. Having undergone a cancer scare in 2012, as well as having family members, relatives, and friends going through chemotherapy, I know that every little bit helps and this drives me to do even more for the community through education.

*Contributor: Mrs Nurlesa Sim,  
Education Officer, Yishun Town  
Secondary School*



### Go Gold for CCF

September is International Childhood Cancer Awareness month and the cause is represented by the gold ribbon. On 28 September 2018, students and staff at St Joseph's Institution International Elementary (SJIIES) wore a touch of gold to school and made a donation in support of CCF.

Beyond that, the Grade 4 students also took the initiative to set up a Gold Day nail, hairspray and a temporary 'tattoo' parlour to raise more donations for CCF! We are proud to raise \$6,489.80 through participating in this childhood cancer awareness campaign and standing in solidarity with children with cancer. We would like to thank the SJIIES community for their generous donations and for supporting the meaningful cause.

*Contributor: Amy Malore,  
Teacher, St Joseph's Institution  
International Elementary*



## MMC Walk & Jog for Children with Cancer 2018

Organising the inaugural Marsh & McLennan Companies Walk & Jog for Children with Cancer 2018 was a bold decision, and one which paid off in the end. It was a humbling experience for us in many ways – learning about the challenges faced by the children and families affected by cancer, seeing close to 1,000 colleagues rallying together for a worthy cause, and experiencing the forthcoming support from our industry peers and business associates representing various sections of the Singapore business community.

This project began as a challenge to ourselves. As a company, we decided to attempt a project on an unprecedented scale, both for us and for the industry. MMC strongly believes in giving back to the community that we live and work in. We wanted to prove that as one of the leaders in the industry, we could go beyond business to lead in other ways, including contributing to the society.

There were several deserving charities to choose from as our project beneficiary, and it was never an easy choice. Ultimately, CCF's objectives tugged at our heartstrings the hardest. Many of us in the organising committee are parents, and to most families, having children is one of life's greatest joys and blessings. However, to a minority of families, things become complicated when children are afflicted with life-threatening conditions.

Admittedly, the selection of beneficiary was to some extent a subjective decision influenced by our emotions. Having said this, it is probably what charity is about – feeling strongly for a cause and wanting to do something about it. This becomes a driving force to galvanise everyone to work together, and that is probably what motivated our colleagues and partners to come together to pool resources for a greater good.

We are happy to raise \$263,090.89 for CCF and hope that our efforts would lessen the financial burden for some of the families. We would also like to take the opportunity to encourage these families and children to remain strong and brave, and that they are not alone or forgotten in their struggles.

*Contributor: Marsh & McLennan Companies*



## Little Entrepreneurs with Big Hearts

In celebration of Children's Day, Onwards Media Group, OMG Venture and its investee companies organised a special fundraising event this year to raise funds for CCF. The children of the employees were briefed on the purpose for this fundraising and that all proceeds would be donated to help children and families affected by cancer. Part of the office space was allocated to set up booths which were manned by our 15 young entrepreneurs who chose to sell breakfast items, drinks and childhood snacks.

The sales lasted for two lively hours with the energetic children going to every office to sell every possible item that they could. The act of giving is always contagious, especially with every smile from our young entrepreneur which inspires everyone to contribute and participate actively. Through impeccable teamwork, the OMG Little Entrepreneurs' CCF Fundraising Day was a great success and a total of \$1,650 was raised for CCF.

*Contributor: Roselyn Ong, HR Manager, OMG Venture Pte Ltd*



## Doing good at Sheena and Alex's Wedding

Alex and I wanted an intimate and meaningful wedding day for us to remember by and we were motivated by how his dear friend, Lena, had selflessly made her bald statement at CCF's annual signature outreach event, Hair for Hope (HfH). This very act of shaving her head truly inspired us. We knew that our special day had to be shared with CCF and we would like to thank CCF's fundraising department, Ms Suzilawati and her team for being very accommodating and guiding us through the fundraising process.

As anticipated, the wedding day was a memorable and sweet one for Alex and I. Surrounded by friends who were cheering for our happiness, we also had Lena who actively urged everyone to do their part for children with cancer and their families. A total of \$1,600 was raised via a dedicated event link on CCF's website.

Thank you CCF and we will also continue to encourage others to contribute in any way they can. Your beneficiaries and dedicated staff are such positive testimonies to never lose hope and it encourages us to believe in the goodness of the human heart.

*Contributor: Sheena, Organiser of Event*



## Thome Group supports CCF

For the fourth consecutive year, Thome Group lends their continuous support to children and families affected by cancer with a series of fundraising events in 2018.

### Paddle for a Cause

On 19 May 2018, staff of Thome Group gathered on a sunny Saturday morning at the Kallang Water Sports Centre for a dragon boat session to paddle in support of the childhood cancer cause. For every participant who attended the event, the company pledged \$100 in donations to CCF. Many staff were new to the sport and an introductory lesson on the basics of paddling was conducted before the two boats were pitted against each other. The members paddled hard and raised a total of \$1,700 for CCF.

### Dragon Boat Outing for Bereaved Siblings

The dragon boat session was so much fun that staff members of Thome Group, together with CCF, co-organised a similar outing for bereaved siblings of CCF beneficiaries on 7 July 2018. At the start of the event, the children were given safety vests and taught the basic types of strokes used in dragon boating by an instructor. Everyone then boarded a 20-men boat where they practised their newfound techniques rowing along the scenic Kallang Basin. We trust that the beneficiaries had a fun-filled day learning about teamwork and rowing together with us!

### Charity Bowl

For the fourth consecutive year, Thome is proud to organise its annual charity bowl on 28 September 2018 to raise funds for CCF. Some of our colleagues had amazing bowling skills and knocked down every pin, while others who were not so versed in the sport tried their best to prevent their bowling balls from landing in the gutter. For every fallen pin, the company donated \$1 to CCF. Staff of Thome Group not only bonded and engaged in some friendly competition but also had a great time meeting the CCF beneficiaries and their families who joined in the event as well. A total of 16,869 points were scored and the equivalent amount was donated to CCF.

With additional donations from staff and registration fees for the event, a total of \$25,144 was raised from Thome Group's annual fundraising efforts.

*Contributors: Joel Silva, Business Analyst and Caleb Poh, Management Trainee, Thome Ship Management Pte Ltd*



## Exquisite Jewels Launch Event

Exquisite Jewels was set up three years ago in 2015 after my recovery from cancer as I wanted to contribute to the community. I am a survivor of two cancers and this has changed my perspective of life. Realising how short life is, what matters most to me is how I could use my time to help as many people as I could. With this in mind, I chose to donate part of Exquisite Jewels' monthly sales revenue from 1 November 2017 to 31 October 2018 to CCF which totalled \$12,000.

During this partnership, we had the opportunity to organise a birthday celebration for the students at CCF's learning centre - Place for Academic Learning and Support (PALS). We brought our mascot 'JOY the Bear' and a balloon sculptor to entertain the children. At the event, one of our customers who had won our 'Spot JOY the bear' contest also donated the sum equivalent to her prize to CCF. Before cake-cutting, the children made their wishes and this brought tears to our eyes as we felt the pure love and joy in these innocent and lovable children.

We ended the celebration with many takeaways as we learnt from the children about resilience and perseverance in the face of obstacles. Thank you CCF for giving us this opportunity to bring joy to the children and instil within us a greater love for others.

*Contributor: Pauline Ong, Founder, Exquisite Jewels*



## Small Act. Big Difference Charity Art Exhibition

*Someone once told me, with so much darkness in this world, it won't hurt to bring a little light to brighten this world.*  
- J'den Teo, 12, Student Artist

Small Act. Big Difference Charity Art Exhibition originated from the idea of 'TAD' conceived by J'den Teo. TAD is an idea about doing something small, taking small steps; starting early. As a result, its aggregating efforts with each minute (TAD) contributing parts would eventually culminate into an impactful significance. A concept for children by children, the exhibition aims to benefit children with cancer and encourage them not to give up their fight against cancer.

The charity art exhibition proved to be a huge success and raised \$17,255 with the support from relatives, friends, media, school, fellow teachers and students, sponsors and strangers at large who stepped forward to support this worthy cause. While all 28 paintings by J'den were sold, we also witnessed commendable young children emptying their entire New Year red packets to purchase merchandises in support of CCF.

The past four months of organising this event has been an immensely meaningful experience and a test of determination for both J'den and myself. Together as a family and with our organising committee and supportive friends, our biggest takeaway from the charity event was the satisfaction in overcoming the numerous challenges and exceeding our fundraising target. Personally, my biggest reward was an opportunity to bond and learn more about my son, J'den, through this meaningful experiential journey.

As J'den vividly commented in the opening of his Art Exhibition, "Continue to spread the idea of TAD, continue to spread this movement with others and never stop your charitable kind deeds. After all, your small act makes a big difference." TAD charity concept will continue its worthy cause and hope to inspire others.

*Contributor: Byron, Event Organiser*





**“I feel great,  
I beat cancer!”**

Beneath her quiet demeanor and petite frame, 14-year-old CCF beneficiary Ariqah Nur U'Fairah displays more grit than she shows. Looking at this bubbly lady, one would not have been able to tell that she had recently beaten Mesenchymal Chondrosarcoma, a type of cartilage cancer, and emerged victorious.

When she was 13, Ariqah felt a cramp in one of her legs during Modern Dance class. She concluded that she had over exerted her muscles during the lesson and ignored it. The cramp lasted for weeks and got progressively worse which prompted her to visit the doctor. When her mother broke the news to her, Ariqah recalls being surprisingly composed and took her illness in her stride. She was also told that she needed to undergo surgery, chemotherapy and radiotherapy. Despite the unfamiliar terms, she remained unfazed. “I just wanted to do what is required to get better,” says the steel-willed lady.

What saddened Ariqah was seeing her mother's tears and how her loved ones spent a great deal worrying for her. This was the hardest part of her cancer journey. As such, Ariqah made sure to maintain active communication with them so that they were constantly reassured that she was coping well. To regulate her moods, Ariqah turned to music which she found calming. Receiving encouraging messages from strangers on her Instagram account also kept her spirits up.

Thankfully, Ariqah is now in remission and looks forward to returning to mainstream school next year. In the interim, she is catching up on school work at CCF's learning centre, Place for Academic Learning and Support (PALS) and keeping herself busy by attending CCF programmes such as Youth Camp, Survivors' Day and Heartsongs. She enjoys meeting and learning from peers who have had similar experiences as her.

“

***I feel great now! I didn't believe that I could overcome my cancer and I couldn't have done it without the support of my family and friends. I also feel that I am more matured now. I believe that things happen for a very good reason.***

- Ariqah

With a 4,200 strong social media following, Ariqah believes she can do her part for children who are still battling cancer by raising childhood cancer awareness in Singapore. Ariqah also has a message for these children - “When there is darkness, there will also be light,” says Ariqah.

## A Big Thank You to our Donation Box Placement Programme Partners in 2018!

Akash Yoga

Anytime Fitness Balestier

BLD Lifestyle Pte Ltd

Cluny Lease Pte Ltd

Ding Yi Xuan Art Centre

Donna iBoutique Pte Ltd

Ecorganics

E.Layer Beauty Artistry Pte. Ltd.

Glamour Beauty Maison Pte Ltd

Grain Wine Oil Pte Ltd

Gratify Group Pte Ltd

Ground Up Climbing Pte Ltd

Handy Food Pte Ltd

Haoh Pte. Ltd.

House of Commons Pte Ltd

Hyggerium Pte. Ltd.

Kong's International Pte Ltd

Koong Yee Renovation Works Pte Ltd

Kramer Electronic Asia Pacific Pte Ltd

MUJI (Singapore) Pte Ltd

RELC International Hotel

Sony Music Entertainment Singapore (Pte) Ltd

Sozo Cardiology

Sun May Unisex Hairstyling And Beauty Salon

Temasek Polytechnic

The Community Coffee Bar

Triquetra Events

Zion Global Marketing Pte Ltd



## Join our Donation Box Placement Programme!

We invite corporations, business owners and retailers, to support the work of Children's Cancer Foundation (CCF) through the CCF Donation Box Placement Programme. By placing CCF's donation boxes at your premise/outlet(s), it allows you to involve your customers and/or employees to raise funds in support of children and families impacted by cancer.

To join us as a Donation Box Programme Partner, kindly e-mail our Fundraising Department at [fundraising@ccf.org.sg](mailto:fundraising@ccf.org.sg).