

FOR IMMEDIATE RELEASE – MEDIA RELEASE

Step by Step: Singapore Unites for Childhood Cancer: The Hope Train Launch Walk 2025

Singapore, 2 October 2025 – On 5 October 2025, Children's Cancer Foundation (CCF) will launch the inaugural Hope Train Walk at Gardens by the Bay. This new community event brings together survivors, families, corporates, influencers, and the wider public to stand in solidarity with children and families impacted by childhood cancer.

The walk marks the beginning of The Hope Train 2025, CCF's flagship awareness and fundraising campaign championing wellness, survivorship, and community support. Participants may also join virtually until 31 December 2025, extending the spirit of solidarity across Singapore and beyond.

Clement's Journey: From Survivor to Ambassador

At the heart of this year's Hope Train Walk is Clement, a childhood cancer survivor and beneficiary ambassador for The Hope Train 2025. Clement was diagnosed just before his O-levels in 2011, after months of fatigue and fever initially mistaken for exam stress. The sudden diagnosis put life into sharp perspective: *"Suddenly, exams were no longer the most important thing in life,"* he recalls.

With the unwavering support of his family, friends, and CCF, Clement endured treatment and discovered a renewed purpose. Today, exercise and wellness are central to his life. Staying active helps him rebuild strength, reduce long-term side effects, and maintain mental well-being. He complements his physical activity with healthy eating and mindful practices.

"Recovery doesn't end when treatment does," Clement shares. "Exercise keeps me strong physically and mentally. As an ambassador for The Hope Train, I hope to show families that they are never alone and that every small step forward is worth celebrating."



(Clement Choo, The Hope Train 2025 Beneficiary Ambassador)

From beneficiary to Hair for Hope (HfH) ambassador in 2023, to volunteer photographer in 2024, and now as a beneficiary ambassador, Clement's journey embodies the campaign's message of resilience, wellness, and giving back.



(Clement volunteering at HfH2024)

Why Exercise Matters After Treatment

For many childhood cancer survivors, treatment can leave lasting physical and emotional challenges such as fatigue, reduced mobility, and anxiety. Regular exercise plays a vital role in recovery, helping survivors:

- Rebuild strength and stamina,
- Improve mental health, and
- Lower the risk of long-term complications.

The Hope Train Walk encourages survivors and their families to take the first step toward lifelong wellness, supported by their community.

“When survivors walk alongside friends, family, and supporters, it’s more than just exercise, it’s a powerful reminder that they are not walking their path alone,” said Dr Kevin Tay, Chairman of CCF.

BFT’s 600,000 Wall Ball Challenge

Adding energy to this year’s campaign is BFT (Body Fit Training), with three studios, Geylang Bahru, Paya Lebar, and Upper Thomson, uniting their members behind a bold challenge: 600,000 wall balls.

In just one month, members have already completed 350,000 wall balls, with inspiring stories of dedication, including one individual who achieved 5,000 wall balls in six weeks. For every wall ball completed, BFT pledges a donation to CCF, capped at \$6,000.

For BFT Geylang Bahru, Paya Lebar, and Upper Thomson’s owner **Richardo**, the decision to support was deeply personal.

"We are neighbours with CCF Singapore at Geylang Bahru. One morning, I met a young girl in the lift undergoing treatment. Her hair was falling out, yet she smiled at me. That moment inspired me to rally our studios behind this cause. Fitness and wellness are about commitment and community. Some of our members even come twice a day just to contribute to this cause. The Hope Train Walk is the same. It reminds families that they are not alone, that the community is walking with them," said Richardo.

A Walk Powered by Community

The Hope Train Launch Walk is more than a physical event, it is a living expression of solidarity. On 5 October, over 400 participants will walk side by side with survivors and their families at Gardens by the Bay, while many others will join virtually across Singapore. Influencers and public figures will also amplify awareness, encouraging more people to take part and rally behind the cause.

The Hope Train Event Details

Launch Event Date: 5 October 2025

Location: Gardens by the Bay

Virtual Walk Period: 5 October – 31 December 2025

Fundraising Target: \$500,000

Expected Attendance: 400 participants at Gardens by the Bay



For media enquiries, please contact:

Ms Alethea Lim
Senior Executive
Communications
Contact: 8282 6779
Email: alethea.lim@ccf.org.sg

Ms Low Jing Qi
Team Lead
Communications
Contact: 8338 3105
Email: low.jingqi@ccf.org.sg