

# *Tribute*

*to our children*



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## Annual Family Retreat 2011

# Annual Family Retreat 2011: 2-5 December @



## Reflections of a Volunteer

By Steven Chung

Of all volunteering experiences, traveling abroad with CCF families remains special to me, because it is one shared with not just the children, but with their families as well. It is a time when families get to travel with other families who have gone through the similar journey of giving care to a child with cancer. Hence, when I was presented an opportunity to help out at this year's Annual Family Retreat, I greeted it with sheer excitement.

In Kuching, the places we visited may not be the most exotic of destinations, however, that did not matter to the children and their families. The retreat was to them four days of respite from their arduous cancer journey. It was precious time for them to bond as a family, and also a great opportunity for caregivers to come together to share their experiences, to inspire and encourage one another.

The abundance of life lessons and inspiration I draw from the little warriors and their families never cease to make me feel that I have received so much more than I have given. They taught me true courage.

Thank you CCF!



# Nature Touch, Community Spirit Kuching, Sarawak



## Day 1 - Getting to know one another

Excitement filled the air as families gathered at Changi Airport for the flight to Kuching, Sarawak. For some families, it was their first time on board a plane! While onboard, we celebrated Ang Howe Jun's birthday, with all passengers singing him a birthday song.

Upon arrival at Damai Puri Spa and Resort, we had mass ice-breaker games, followed by an opening address by CCF Executive Director Chee Wai Yee.

After dinner, families gathered for group activities with their leaders and co-leaders. It was an opportunity for bonding and to get to know one another better.

## Day 2 - Cultural immersion & psychosocial activities

It was a wet morning, but that did not dampen our spirits as we departed for the Sarawak Cultural Village. Families visited the different tribal houses and got to learn about the indigenous groups in Sarawak. They even participated in a dance workshop and learnt a simple Bidayuh dance!

After lunch, it was free and easy time for families to relax by the pool and beach. CCF set up a beach toy library to loan items such as kites and beach tool sets to the families.

Thereafter, we proceeded indoors for psychosocial activities. Led by CCF social workers, the activities had families demographically divided into parents, teens and children groups respectively. Each demographic group activity had different objectives: for the children, the objective was for them to learn the importance of sharing and friendship; for teens, it was about building a caring and sharing community amongst them; and for the parents, it was to encourage compassion for others, and to increase positive self-statements.



## Day 3 - Inter-family bonding and talentime

After a morning exercise by the beach, we had an awesome time of station games! One of the games had the families decorate their own family autograph book, in which they could use to gather messages from other families and volunteers as part of their AFR memories.

Then, we had a cultural carnival where families were presented with opportunities to dress in tribal costumes. We had an exhilarating time trying out traditional games such as the improvised blow-pipes!

It was then the long-awaited gala dinner. Together with guests from Sarawak Children's Cancer Society (SCCS), we were treated to delicious dinner and impressive performances by each group, based on the theme of 'Nature Touch, Community Spirit'. The children performed on stage, and enjoyed themselves tremendously. It was a spectacular night!



## Day 4 - Giving back to the local community

After an early breakfast, we further embraced the 'community spirit' theme of the AFR by getting ourselves involved in community service at three different locations. A group of us visited the Oncology and Surgical Ward of Sarawak General Hospital, where families presented gifts to the children and put up Christmas decorations to spread the festive cheer. Another group visited SCCS Children's Care Centre, where they played games with the children and taught them the cheers they have learnt during the Retreat. The third group visited SCCS's upcoming Children's Care Centre, and witnessed the tree-planting ceremony at the site.

After a meaningful time of giving back to the community at Sarawak, it was Home Sweet Home.



# Children's Day Party @ Play Nation

*"As someone who loves children and enjoys giving back to the community, spending Children's Day with CCF beneficiaries could not have been more meaningful. Seeing the children grin from ear to ear while having fun is simply heartwarming."*

- Clara Su, CCF volunteer



**W**ii's the name of the game for Children's Day this year, as 55 CCF beneficiaries and siblings, along with 14 passionate Credit Suisse volunteers, took Play Nation @ Prinsep Street by storm!

Held on 1 October 2011, the laughter-filled party saw the children and volunteers challenging one another in games such as Rayman Raving Rabbids, Wii Sports Resort, Mario Kart and Kinect Adventures. Amidst the fun, the children learnt the important values of sharing, teamwork and sportsmanship.

CCF would like to thank Credit Suisse for their unwavering support in helping to make this Children's Day party a fun and memorable one for our beneficiaries and their siblings.



## Delicious Deepavali @ KKH

*"My child truly enjoyed the cookie-baking session. He had so much fun cutting the cookies into different shapes and decorating them. The cookies are delicious too!"*

- Pauline, mother of Jerald

**I**n celebration of Deepavali, six dedicated and fun-loving volunteers decided to bring holiday cheers to eight CCF beneficiaries in the hospital by organising a cookie-making session.

Held on 27 October 2011 at KK Women's and Children's Hospital (KKH), the session began with the handing out of ready-made dough to the children. The caring volunteers then went around the ward to demonstrate the techniques of dough rolling and kneading, and that got the children really thrilled and fascinated.

In addition to dough rolling and kneading, the children were given an opportunity to express their creativity by cutting the cookies into a variety of shapes and sizes. They created star, heart, alphabet and animal-shaped cookies, and decorated their 'work of art' with colourful sugar sprinkles.

When the volunteers brought out the freshly-baked cookies from the oven, the children beamed with joy and excitement as the butter aroma filled the ward! Not only were they elated to see their hand-made creations, they were eager to taste and share the cookies with their parents.

It was a fun-filled day which brought smiles to the beneficiaries and families in the hospital. CCF would like to express our heartfelt thanks to all volunteers who have made this possible.





## FUNDRAISING CAMPAIGN



### What is a head of hair worth?

**11** passionate Yahoos put a price on their heads to kick-off Purple Hope – a community initiative by Yahoo! Singapore to extend the company's reach in support of non-profit organisations and their social causes. CCF is honoured to be the first beneficiary of this annual campaign.

Purple Hope had Yahoo! Singapore dedicate its frontpage and a microsite from 10-14 October 2011, to feature articles and interviews with children and families affected by childhood cancer. Singaporeans came forward to make donations to CCF and by the end of the week-long campaign, contributed a generous sum of \$48,975 towards this cause.

The inspiration to support children with cancer came from Yahoo!'s Finance Director, Ms Lorna Tan, who shaved her head at Hair for Hope 2011 and raised \$25,400. Impassioned and inspired by one of their own, the 11 Yahoos pledged to rally their support behind Lorna and make a "bald statement".

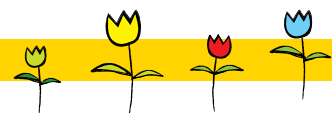
The shaving ceremony was held at its local office on 19 October 2011, witnessed by Yahoo! co-founder and Internet legend, Mr Jerry Yang.

Thanks to Yahoo! Purple Hope and the Yahoo! community for the overwhelming support!

*"As the only female shavee from Yahoo!, I am both proud and honoured to show my support to children with cancer. Cancer affects people indiscriminately - young or old, rich or poor. It is painful to watch children suffer; there is no justification in the world for something like this. Shaving my head is a symbolic gesture of support for those undergoing chemotherapy. Here at Yahoo! I have received tremendous support from my colleagues for being the only female shavee. They tell me how brave I am to shave my head, but it is not me who is brave; brave are those battling cancer. I would do anything to beat cancer and show support to those who are suffering from this dreadful illness."*

- Ms Madhavi Tumkur, Corporate Communications Manager

Photos courtesy of Yahoo! Singapore



*"Attending ADORE is a blessing for me. I wish other families will attend ADORE in the hope of healing their grief. You are not alone. Thank you to the team of ADORE! You have helped me in my acceptance of my loss."*

**- A bereaved parent**

# ADORE:

**A** Day of Remembrance (ADORE) is CCF's annual memorial service, a special day dedicated to remember children for whom we had the honour of caring, and to commemorate their courageous and well-lived lives.

Held at the National Library Building on 8 October 2011, ADORE was attended by 38 guests, including 17 bereaved family members. The memorial service began with a sharing from two bereaved family members, followed by testimonies from two CCF social workers.

To mark the 10<sup>th</sup> year of ADORE, a memorial wall was specially created in honour of the children who had touched many lives and brought joy to those around them. As guests walked along the memorial wall with names of the little brave warriors, they wrote heartfelt messages on golden ribbons and pinned them beside the names of those whom they knew and cherished.

At the close of the memorial service, each family was presented with stalks of tulips, in recognition of the journey they have taken and in remembrance of their children.



**F**rom April to August 2011, 19-year-old Adel Geow did an internship with CCF@KKH as part of her Diploma course in Psychology and Community Services. During her short stint with CCF, the third-year student from Ngee Ann Polytechnic had the opportunity to interact with CCF beneficiaries, many of whom shared with her their cancer journey.

Through her interaction with the teenage patients and survivors, Adel was deeply moved by their optimism and bravery. She was inspired to share their stories of courage with other teenage cancer patients, in hopes of encouraging them to press on and not give up their fight with cancer. This led to the publication of *Cancer Courage: A guidebook for teenagers with cancer*.

"The idea is to develop a resource booklet for teenagers newly diagnosed with cancer, to help them better understand what they are going through," said Adel.

The 40-page booklet written and designed by Adel herself covers topics ranging from medical to psychological aspects of cancer. It provides insights about the common types of cancer among teens, tips on coping with side-effects of treatment, as well as advice from fellow teenagers on dealing with hospitalisation. It also includes activities for the readers to express their thoughts through writing and drawing.

"The process of producing *Cancer Courage* has given me the opportunity to know many new brave friends. They have inspired and motivated me to see things from a different perspective, and to never give up even in the face of hardships. Their courage and optimism have given me a renewed appreciation for life," Adel said.

The publication of *Cancer Courage* is made possible through the collaborative efforts of CCF and Ngee Ann Polytechnic, and is supported by National Youth Council's Young ChangeMakers Grant.



# PUBLIC EDUCATION

## A Fundraising Community Involvement Project (CIP)

By Gwyneth Chua, Primary 6 Integrity 1,  
Henry Park Primary School

**R**aising funds for CCF through our CIP has been an enriching and rewarding experience for our class. We began by dividing ourselves into groups of four. Each group then brainstormed for ideas on how to raise funds for CCF. The boys in the class were an innovative lot – they designed fun and interesting games for our fellow schoolmates to play, while the girls made handicrafts for sale.

Through the whole process of planning, making and selling our games and products, we actually acquired many new skills! We learnt about advertising, pricing of products and ways to attract customers. We also discovered the means and ways to improve sales - by making available more popular items for sale, such as the Angry Birds figurines.

We had a happy problem - our products were snapped up too fast. Hence, we had to work faster to make more! We also had to manage the long queues at our stall. Nevertheless, all our efforts paid off – we raised a total of \$3,000 for CCF through this fundraising CIP. Every student in the class is proud of this achievement, and we hope to do more of such meaningful projects in the future.



# CORPORATE PARTNERSHIPS

## CA Closet: Under the Same Shade with CCF

**T**o engage its customers to give back to society, CA Closet included a fundraising element in its promotional campaign which kicked off in August 2011. Titled 'Under the Same Shade with CCF', customers received a free umbrella with a minimum spend of \$100, and at the same time were encouraged to make a token donation to CCF. \$1,564.43 were raised through this campaign.

## Global EduHub:

## Limbo Rock Children's Day Carnival

**A** new Guinness world record was set on 1 October 2011, when 1,208 children and their parents from schools managed by Global Eduhub did the largest Limbo Dance! Held at ITE College West, the fun-filled carnival featured an auction of art pieces done by the children. A total of \$5,359 was raised for CCF. It was a fruitful and meaningful Children's Day indeed.



## NUS LSIRC: Children's Day Charity Drive

**F**or a group of students from NUS Law School International Relations Club (LSIRC), Children's Day was made purposeful through the organising of a charity drive on campus on 3 October 2011. Kudos to the students' kind efforts, \$1,487.15 were raised for CCF!



# CORPORATE PARTNERSHIPS

## Motherswork: Exclusive Stroller for a Worthy Cause



motherswork  
mother • baby • kids



On 20 August 2011, Motherswork hosted a private party at its flagship store for the launch of 'Bugaboo Meets Missoni' limited edition strollers. At the event, an exclusive Bugaboo stroller designed by Bas Koster, with only 10 pieces produced globally, was put up for bidding. Motherswork donated the sales proceeds of \$4,000 to CCF.

## Advantest Walk-Jog-Cycle

On 17 September 2011, Advantest (Singapore) held a Charity Walk-Jog-Cycle at East Coast Park for its employees. For every kilometre jogged or every 3km cycled, Advantest made a \$10 contribution to CCF. A total of \$2,390 was raised.

## Modesto's Charity Night 2011

For the second year running, Modesto's held a Charity Night on 27 September 2011 whereby nett sales proceeds from 7 to 10pm at its VivoCity outlet were donated to CCF. The hard work and efforts of Modesto's staff raised \$18,284!



## Birthday Gifts

- 1) Instead of gifts for himself, Hao Juan decided to have his guests donate to CCF on his 12th birthday celebration on 9 October 2011. His simple birthday wish raised \$390 for CCF!
- 2) On 8 October 2011, Surya celebrated his 50th Birthday at Capella Singapore. As a loyal supporter of CCF, he requested for guests to make donations to CCF in place of gifts. His thoughtful gesture raised \$5,002 to improve the lives of children and families impacted by childhood cancer.
- 3) For the fifth year, Sharmeela made birthday celebrations for her sons Rahal and Shail, especially meaningful by requesting all gifts for the boys to be in the form of donations to CCF. A total of \$658 was raised at the birthday party held on 6 November 2011.

## 'Back to School' with Deloitte

During Deloitte Singapore's Annual Dinner & Dance held at Resorts World Sentosa on 4 November 2011, enthusiastic staff embraced the 'Back to School' theme by turning up in school uniforms and making generous donations to help children in need. Celebrity quizmaster Hossan Leong hosted the 'Are you smarter than a 5<sup>th</sup> grader?' quiz which saw different departments challenging one another to win money for their designated charity. The amount raised by the winning team from the Tax Services Department was matched by a contribution from Deloitte Singapore's management, raising a grand total of \$16,800 for CCF.



## Never Too Young for Charity

PCF Nanyang held its first Entrepreneurship Day cum Charity Fundraising on 12 November 2011, which saw children from nursery to K2 classes selling their handicrafts for charity. The efforts of the preschoolers raised \$1,250 for CCF!





# CORPORATE PARTNERSHIPS

## Rolls-Royce Employees Cycle 24 hours for Charity



Over 300 Rolls-Royce Singapore employees showed the true meaning of team spirit and determination as they cycled round the clock for its "Ride for Charity @ Seletar" fundraising event. Held from 18 to 19 November 2011, the employees worked in teams to cycle round the Seletar campus, clocking nearly 1,500 laps in total. The charity ride raised \$23,850 for CCF.



### Zee Juniors

In celebration of Children's Day, Zee Juniors held a funfair at their school premises on 7 October 2011. All proceeds from the sale of food and games were donated to CCF. The efforts of the preschoolers raised \$5,374.05.



From 1-4 September 2011, Audio-Technica held a 'Bin an Earphone, Save a Kid' programme at its COMEX booth. Customers were given a \$10 voucher for every earphone received at its collection bin, and Audio-Technica matched the same amount in donations to CCF. A total of \$2,280 was raised.



### Sir Stamford Raffles Lodge: F1 Memorabilia Auction

In conjunction with the annual Singapore Grand Prix, Sir Stamford Raffles Lodge of The Freemason's Lodge organised a live charity auction of F1 memorabilia for three nights to raise money for CCF. Held at The Ritz-Carlton, Millenia from 23-25 September 2011, 'The Podium Lounge 2011' party was a platform where race fans mingled with members of the international racing community. Through the auction, \$18,979 were raised for CCF!



### Semakau Run 2011

On 8 October 2011, the National Environment Agency (NEA) and Mediacorp jointly organised a run at the Semakau Landfill to raise funds for environmental and charitable groups. The run saw 24 donors pledging a total of \$280,000, of which \$46,800 was donated to CCF.



# SOCIAL AND RECREATIONAL ACTIVITIES

## Thanksgiving with a Difference @ Bayer

On 18 November 2011, Bayer HealthCare Asia Pacific (BHC AP) invited 14 CCF families to its year-end Thanksgiving tea party held at Oasia Hotel Singapore.

It was an afternoon filled with fun, laughter and creativity as Bayer employees mingled and played buddies to the group of 27 kids to complete various art and craft activities like Christmas cone, photo frame decorating and cupcake decorating. Led by employee volunteers, these activities were designed to encourage family bonding and employee-child interaction, as well as spread Christmas cheer.

"At the end of the day, the kids and employees really enjoyed themselves. We hope that our employees do bring back something heartfelt and meaningful as they

give away a few hours of their time doing this," said Alok Kanti, Regional Head for BHC AP.

One proud employee, Rain Siow, shared her volunteering experience: "Through interacting with the kids, I found it very heartwarming, especially when I saw the smiles on their faces upon finishing their Christmas cone creations. They looked so happy. It was priceless. By giving back to the society in however small gestures we can, we are improving and making a huge difference in their lives."



## Charity Jamboree 2011

On 24 September 2011, 15 CCF beneficiaries attended the M1 Charity Jamboree 2011, a carnival filled with galore of fun and exciting games and activities to promote camaraderie amongst M1 employees, their families, and business associates through charitable deeds. Held at SCAPE-PLAYSPACE, there were a variety of carnival games and food stalls such as rodeo bull, arcade basketball, miniature golf, air hockey, popcorn, cotton candy machine and an ice-cream truck. As one of M1's adopted children charities, CCF received a donation of \$52,000.



## A HALLOWEEN Children's Day @ NUS Sheares Hall

By Rachel Seah, undergraduate

It was a day full of smiles and fun for 37 CCF beneficiaries and their siblings and caregivers, as they attended a Halloween-themed Children's Day party organised by NUS Sheares Hall Voluntary Corps.

Held on 15 October 2011 at the Hall, the party started with a brainstorming activity for team names. We had suggestions ranging from Ben10 to Transformers to Justin Bieber and Bruno Mars! In the end, my team combined two of our favourite names and called ourselves 'Bruno10'.

Thereafter, we went into a time of icebreakers and mass games. There was an engaging Quizzy Whizzy Wizard's Quiz, and an entertaining game of charades. It was delightful to see all the children participate with much enthusiasm.

Following the games, we savoured delicious food, and gathered back together to design costumes for the team mascots. The children got their creativity flowing as they wrapped their mascots in multiple layers of craft materials. At the end, we had all mascots danced to groovy tunes by our very own Sheares Band! It was a truly fun and joyous party for all the beneficiaries and volunteers.





# CCF 20<sup>th</sup> Anniversary Symposium

## “STRONGER THAN YESTERDAY”

### Quality of Life and Cancer Survivorship

#### PROGRAMME HIGHLIGHTS

- Keynote speech on Quality of Life and Cancer Survivorship
- Hands-on expressive therapy workshops
- Interactive panel discussions
- Launch of book, 'Playing In The Rain'
- Creative Fiesta

#### TARGET AUDIENCE

Social service professionals, doctors, nurses, allied health professionals, expressive and play therapists, educators, cancer survivors, caregivers and volunteers.

#### Date

**11 February 2012**

#### Time

**9.00am to 4.30pm**

#### Venue

**Furama Riverfront Hotel**

#### Guest-of-Honour

**Minister for Health  
Mr Gan Kim Yong**

#### Fee

**\$50** (for non-CCF members)

**Free** (for CCF members,  
Volunteers and overseas partners)

- Closing date: 27 January 2012
- Registration will start at 8.15am.
- Please be seated by 8.45am.
- Lunch and tea refreshments will be provided.

#### KEYNOTE SPEAKER



Dr. Brad Zebrack is an associate professor with the University of Michigan. He has vast research and clinical social work experience in both pediatric and adult oncology, and he has been involved in the development of peer support and advocacy programmes for adolescent and young adult cancer survivors. Dr. Zebrack serves as a consultant to several organisations dedicated to enhancing support and the quality of health care for cancer patients, survivors, and their families. Dr. Zebrack is a survivor of Hodgkin's disease.

#### WORKSHOPS

Target audience	Childhood Cancer Survivors	Caregivers/ professionals/ volunteers	Professionals/ Volunteers	Professionals/ Volunteers
<b>Concurrent Workshop 1</b>				
Topic	Life after Cancer: Surviving or Thriving?	Helping Caregivers manage stress through dance	Children Impacted by a Life-Threatening Illness in the Family	HeART Therapy
Focus	Psycho-educational	Experiential	Psycho-educational	Experiential
Presenter	Dr Brad Zebrack	Agnes Law	Tan Yee Pin	Lim Wee Kuan
<b>Concurrent Workshop 2</b>				
Topic	Healing through Music and Movement	Shaken, Stirred and Moving On: Life after Critical Illnesses	Beyond Words: Using play therapy in a clinical setting	Who Moved My Lily Pad: Transitioning Back to School
Focus	Experiential	Psycho-educational	Experiential	Psycho-educational
Presenter	Agnes Law	Dr Brad Zebrack	Liow Hwee Hsiang	Lin Yusof

#### CONTACT DETAILS

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# Calendar of Activities

## January – June 2012

(Dates subject to change)

- 20<sup>th</sup> Anniversary Symposium  
11 February
- Volunteers' Networking Day  
19 May
- Annual General Meeting  
26 May
- Children's Camp  
15-17 June

## Editorial Box

### Our Mission

To improve the quality of life of children with cancer and their families through enhancing their emotional, social and medical well-being.

### Editorial

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Tan Lay Eng  
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<http://www.ccf.org.sg/information/tribute.html>

