



Tribute

to our children



HAIR FOR HOPE 2021

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Hair for Hope's Inaugural Livestream Kick-off!



For the first time in its 18-year history, Hair for Hope (HfH) went virtual this year! Hair for Hope is CCF's flagship fundraiser, the only headshaving campaign in Singapore that serves to raise childhood cancer awareness and funds. In 2020, the campaign was forced to take a break with the onset of the COVID-19 pandemic.

To commemorate the launch of the campaign, supporters were invited to tune in to the livestream broadcast held on 2 May 2021 at Kong Meng San Phor Kark See Monastery (KMSPKS). KMSPKS has been the hosting grounds for the kick-off of HfH since 2012 and the monastery continues to support HfH as a satellite partner.

12-year-old childhood cancer survivor, Terry Goh, 42-year-old CCF caregiver, Mdm Thangavelu Latha and 49-year-old KMSPKS Unit Manager, Mr Pua Luck Kheng were the first three ceremonial shaves to make their BALD statements for the 2021 campaign.

Diagnosed with Burkitt's Lymphoma at the age of seven, Terry personally experienced the struggle of hair loss due to chemotherapy. Now in remission, he shaved "to tell other children with cancer that it is OK to be bald, especially for those who are scared that they will be laughed at". Mdm Latha hopes that her act of shaving could spread the message that there is beauty in being bald, especially since her son had refused to shave his head for fear of looking "ugly"



when he went through chemotherapy. For Mr Pua, he shaved to let CCF children know that he wants to understand their challenges.

Seated one metre apart in a massive transparent display in front of a live online audience, the three ceremonial shavees bade goodbye to their mane. Even in the absence of a physical audience, the ceremonial shavees were cheered on for their courageous act as more than 200 online supporters sent in messages of love and encouragement.

Gracing the occasion was Guest-of-Honour, Mr Ong Ye Kung, then Minister for Transport. He also participated in the livestream by shaving Terry's head. Said Mr Ong, "I cannot imagine what the children are going through and how they feel. All I can say is that they are so brave, and I admire their resilience and courage. We can all do our part - big or small - to show our support for them."

CCF would like to extend our appreciation to all sponsors, partners, volunteers and livestream audience for making our first virtual kick-off a memorable one.



Connecting with my Art Amigos!



At home, siblings of children with cancer may feel neglected as the focus in the family is largely directed towards caring for the sick child.

As such, between March and June 2021, CCF organised Art Amigos, an art based pen-pal programme to connect siblings under our Very Important Brothers and Sisters (VIBS) programme. With the aim to provide companionship between siblings with shared experiences, this second run of Art Amigos saw the addition of three new pairs of siblings!

Held fortnightly, participants were invited to create and share their artworks, according to various themes, with their matched 'Art Amigo'. In one of the sessions, the siblings were tasked to draw on the topic of "Picture Me". Many drew pictures of their families to introduce themselves to their Art Amigo. In another session themed "Sibling Scribbles", the children drew adventures they imagined doing together with their siblings. One of them drew his two younger brothers and himself as ninjas using their super powers to fight off their enemies in outer space!

A stay-home art booklet was also mailed to all siblings when Singapore entered into the Phase Two (heightened alert) period, so that they may continue with their remote art exchanges even in the absence of their CCF social worker.



In this climate of isolation and distance, these sessions allowed friendships to be formed remotely through the art exchanges. Through the universal language of art, participants were able to express their thoughts, experiences and feelings with their matched Art Amigos pen-pal, and all of them eagerly looked forward to the next Art Amigos session.

The newfound friends are still reeling in excitement over having found a pen-pal who shares in their experiences. These siblings have shown us the value of human connection, and reminds us to not let the pandemic stop us from forming meaningful bonds that can transcend space and time.



CCF Education Awards 2021



On 29 May 2021, CCF celebrated the academic performances of 57 award recipients at the annual CCF Education Awards! The awards seek to recognise the achievements and hard work of CCF beneficiaries who have undergone cancer treatment and have returned to school.

In line with the advisory for COVID-19 Phase Two Heightened Alert, the award ceremony was held virtually, with the certificates and award money distributed prior to the date.

This year, we congratulated 33 Back-to-School Award recipients, and 24 Academic Achievement Award recipients. To celebrate their wins, award recipients were invited to pose with their certificates and families and post these photos on the virtual 'Wall of Encouragement'. Within a span of two weeks, the wall was filled with notes of encouragement and inspiration for all awardees!

"The resilience and courage we developed during our treatment days are what helps us face any battles in life so, embrace your journey and recognise it for how special it can be," shared Lauren, Back-to-School Scholarship Award recipient, in her speech given during the awards ceremony. The award encouraged her to honour her battles, run her race well, and remember that she is never alone in this journey.

Regine, 'N' Level Achievement Awardee, recalls the unkind remarks she received when she first returned to school with crutches and short hair after treatment. Now, having conquered her fears and accepting who



she is, she encourages others on the same journey, "There will be better days ahead of you so don't give up!"

Kristin, who played a key role in supporting her son, Lewis', return to school, shared, "Stay positive and be very patient, spend lots of time with your child. As long as we never stop showering them with love, our sprouts will one day slowly and surely bloom into beautiful flowers!"

A heartfelt thanks to Zurich Insurance Company Ltd (Singapore Branch) for sponsoring the Education Awards to acknowledge the outstanding achievements of our children and youths.

Last but not least, congratulations to all award recipients!

Calling all Youth Cancer Survivors...

Join us in YouthConnect!

Are you a childhood cancer survivor and hoping to connect with like-minded peers to give back to CCF? Now is your chance!

YouthConnect is a social group that aims at promoting social interaction, mutual support and connectedness among youth cancer survivors between the ages of 13 and 35 years.

Join our YouthConnect community to receive updates on upcoming activities and gatherings, or better yet, you may get a chance to plan these activities with other youths too! There are also opportunities for you to volunteer at CCF events as emcees, photographers, logistics support personnel, and more!

To register and be a part of YouthConnect, drop us an email at communityconnect@ccf.org.sg today!



Photo taken in 2018



Photo taken in 2019

Be part of our Survivors' Service Learning Project (SSLP) team!

Sign up to join our Survivors' Service Learning Project (SSLP), a platform for you to be empowered and gain self-efficacy through participating in community service-learning projects. This year, our very own Youth Survivor Mentors will be spearheading two local community projects and we want you on our team!

We are looking for **Youth Aspirants** to:

- Serve alongside our Youth Survivor Mentors to plan and execute community projects
- Commitment period: Six months
- Requirements: Youth Aspirants have to be a CCF survivor between the ages of 17 and 35 years, and first-time participants of SSLP.

To sign up or find out more, please contact us at communityconnect@ccf.org.sg.

Lifting Spirits, Encouraging Lives

Given his young age and lack of family history, Cindy never thought her son, Casper, would get cancer. But when the active three-year-old developed a fever that did not go away, she knew something was wrong. Armed with a referral from his paediatrician, she and her husband brought him to the hospital. Within 24 hours, Casper was diagnosed with Acute Lymphoblastic Leukaemia (ALL), a type of blood cancer.

The couple was shocked. "Everything happened so quickly and we did not have much time to process it." Thankfully, their friends and colleagues rallied around them and Casper's hospital room was soon filled with balloons and toys.

As Casper began treatment, the couple sought to help the toddler understand his illness through books. Meanwhile, CCF social worker Jaslyn engaged him in therapeutic play sessions using Ducky, a medical toy with a port-a-cath. By performing his treatment processes on Ducky, Casper was able to process the treatment administered and his feelings.

Of all the treatments he had to undergo, intrathecal chemotherapy was particularly challenging for him and he would scream whenever he saw the doctor. Sarah, a specialist with CCF's Child Life Services, stepped in. Using play, she supported him through the procedure during every visit, pre-empting him of each stage and helping him understand that it would end. Recognising the struggles caregivers face, CCF also offered Cindy and their helper, Joy, complimentary massage sessions to help relieve stress as they cared for him.

Casper is now on maintenance chemotherapy. Since his diagnosis, he has had to stay home to minimise contact with others due to his low immunity, with Joy



From left to right: Joy, Casper and Cindy

caring for him. While he misses his daily trips to the park, it is made easier by the uncles and aunties who visit him every weekend. "We are so grateful to all our friends," says Cindy. "They help us feel like a part of the community even though we can't go out much."

As Casper's schooling was interrupted, Cindy enrolled him in CCF's Place for Academic Learning and Support (PALS) programme to support him in his learning journey – something he clearly enjoys. "Studying is my favourite thing!" he says excitedly. "I like the English and Fun-fit classes the most."

Cindy adds, "PALS was very helpful in getting him back to learning. They even added one or two one-on-one classes for him each week."

Other than the online lessons, Casper, who dreams of becoming a policeman or fireman to help others, also benefits from CCF's Playroom which has his favourite toy tram. While she watches him play, Cindy offers hope for other parents. "Be there for your child and don't be too hard on yourself as there is nothing we can do to prevent childhood cancer. Hang in there; it will eventually be okay."



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

CCF social workers, Jaslyn and San San, were also always there to listen to me pour my heart out, which helped me manage and regulate my emotions. The psychosocial support was most crucial to us on this very long journey. I cannot imagine going through all these without them. CCF has helped our family practically, mentally and emotionally to weather the countless dark moments and difficult issues. Truly, we thank God for the CCF staff.

Tell us more about the fundraiser you have organised in memory of Joel.

It was Joel's wish to raise funds for CCF. In the last few months of his life, he was so sick that he couldn't go outdoors and could only draw. He enjoyed drawing and he drew his memory of his first and last sunset we saw together in Seattle. When I saw the drawing, I had an idea to print it on a tote bag and when he saw the tote bag, he excitedly exclaimed, "I can raise funds for CCF!"

He's not around physically anymore but his spirit lives on because this is his work. I find it hard to believe that we have raised \$54,681.50 through this fundraiser! I celebrate his life through this last initiative I've done for him, and reading the messages left by donors helped me celebrate his life even more.

Any words of encouragement for caregivers on the same journey?

Just as Joel would say, "From all the bad, some good will come from it. We just have to find it." Don't allow the bad to steal away the joy; there are still joys if we find it. Don't let it blind us from finding joy.



From left to right: Marianne with CCF social worker, San San

Clay-Modelling at CCF@KKH



On 15 January 2021, CCF beneficiaries tried their hand at clay modelling! From a formless pile of clay, they moistened, rolled, kneaded and moulded the clay. As little figurines started to form in the shape of various animals, the little ones squealed excitedly and could not wait to add splashes of colour on it.

After allowing the clay figurines to dry overnight, our children carefully decorated them with paint. How gleeful the faces of the children were as they brought their precious hand-sculpted figurines home!



Emotions Exploration at CCF@KKH

In the month of February, CCF beneficiaries had the opportunity to learn about emotions through craft-making, play and games at our Family Resource Centre.

Whenever an emotion-dice bearing the words 'happy', 'sad', 'surprised', 'angry', 'scared', and 'love' was rolled, the children had to act out the emotion and share something that makes them feel that way.

One caregiver rolled 'love' and she leaned in to hug her son tightly, sharing, "I love him with all my heart, no matter good or bad."

On the topic of love, children were also invited to make a "love-wand" and card to show their love for their family and friends.



Happy Doctors' Day at CCF @KKH and CCF@NUH



30 March 2021 is Doctors' Day! Children and caregivers at CCF@KKH and CCF@NUH took the chance to express their appreciation for the doctors.

At CCF@KKH, our beneficiaries and their caregivers gave their best poses in front of the cameras and the photos were compiled into a video montage by the CCF social workers for the doctors. From flying hearts to ribbon bows, each one made the extra effort to choose a prop so that they can look their best for the photo.

For the children at CCF@NUH, they too expressed their love and gratitude for their doctors through a video montage, surprising the doctors during one of their weekly multidisciplinary meetings. While preparing for the video, the children had to rehearse their speeches of gratitude. The shyer ones drafted scripts while the youngest ones drew masterpieces to present to their doctors. It was heart-warming to see how much our children appreciated their doctors!

Something's Baking at CCF@NUH

On 8 April 2021, CCF beneficiaries from CCF@NUH put on their chef's hat in an attempt to make their very own "no-bake honey cornflakes". From the mixing of honey and butter with the cornflakes, to the scooping of the tasty mixture onto paper cups, our children couldn't wait to finish making (so they could eat it)! Not forgetting the decoration, each cornflake treat was topped off with rainbow sprinkles. Our little chefs were delighted with their handmade sweet treat that they eagerly packed them into containers to bring them home to their families!



Mini Carnival Games at CCF@NUH



Laughter and joy could be heard and felt all around CCF@NUH on 20 April 2021, all thanks to the 'mini carnival experience' prepared for the children at the CCF playroom.

The children attempted the most popular carnival games – "Ring Toss", "Ball and Cup Throw", and "Knock it Down". With a stamp to collect for the completion of each station, each child excitedly filled up the small carnival card given to them and all who received at least two stamps, received a prize. Children, parents, and staff alike, enjoyed the fun and games hosted in this creative run of an indoor mini carnival!

Mother's Day Celebrations at PALS



In preparation for Mother's Day, volunteers from Amgen gathered our PALS students for two exciting activities on 7 May 2021.

The first activity was a card-making session and the volunteers prepared craft materials for the children to decorate the cards and pen down their sincere feelings for their mummies. It was an easy task for the children given how much they were gushing about their mothers during the event. Love was in the air! The primary-schoolers were then taught and quizzed on the topic of seed germination via an exciting Kahoot! session before they got hands-on to plant their very own carnation seeds. They were told to gift the carnations to their mummies when it blooms!

Thank you to the Amgen volunteers for helping our children appreciate their mothers this Mother's Day!

Hana's Brave Shave

When Hana heard that her best friend in Australia was shaving her head to raise money for cancer research, Hana knew immediately how she could also do her part to help. As the cause was very meaningful to Hana personally, she decided to also shave her head and raise funds for CCF.

The actual "shave" was captured on video and shared a few hours later with family and friends near and far. It was definitely not quite like being there, but surely it was the next best thing! Many generously contributed in support of Hana's bold (and bald) act, and \$4,270 was raised between 22 and 31 March 2021. We are very proud of Hana!

Contributor: Angela Tisdall, Organiser



COMMUNITY PARTNERSHIPS

Beautiful With or Without



At some point in our lives, I believe we have all been told that we can make a difference. When I found out that there were children diagnosed with cancer, my heart immediately went out to them. This was especially so as I have personally lost family members to cancer, including my biological mother. So, that was exactly what I did from 28 October 2020 to 25 January 2021 – I decided to shave my hair to stand in solidarity with children with cancer and raise funds for them.

Through the support of family, friends and even people I never knew before, a total of S\$10,170 was raised. The experience was very gratifying and what surprised me was that the simple task of shaving my head could have such a tremendous impact. I never imagined that I could help CCF to raise so much!

I would also like to take this opportunity to share that looking good on the outside isn't as important as being good inside. We are all beautiful in our own ways.

Contributor: Aalea Gopalakrishnan, Organiser

Charity Yoga to support Children's Cancer Foundation

At Yong Yoga Asia, one of our founding values is 'Nurturing Community'. During a conversation with a friend about CCF's annual Hair for Hope fundraiser, coupled with the knowledge that several of our students are cancer survivors themselves, it made me realise the ongoing needs of children and families affected by cancer.

Hence, as part of our 'Mindfulness May' campaign, we organised a Charity Yoga virtual event on 1 and 8 May 2021 in support of CCF. We received an overwhelming response and raised \$2,500. Some donors even bought the tickets in bulk to invite their teams to join in as their virtual team-building initiatives. Thank you CCF for the opportunity to give back!

Contributor: Yong Yoga Asia Pte Ltd



COMMUNITY PARTNERSHIPS

Cycling Singapore

After a cycle one Saturday, we, a group of amateur sports enthusiasts, discussed about an article I came across about the impact of the pandemic on charities. For the last four years, I have participated in Hair for Hope (HfH) to raise childhood cancer awareness and funds for CCF. Unfortunately in 2020, HfH was cancelled. As CCF was a big focus for us, we decided to raise funds between 9 December 2020 and 2 February 2021 through a 120km cycle around Singapore. Eight cyclists, 120km and a few sore backsides later, we managed to raise \$5,233 for CCF beneficiaries. We look forward to doing the same this December!

Contributor: Doyle John Peter, Organiser



Save Children from Cancer



Between 24 March and 30 April 2021, I decided to organise a fundraising campaign to support CCF by reaching out to my contacts via social media. I also organised a combination of virtual webinars for friends, family and colleagues in my network to encourage them to give. It was heartening to see so many supporters stepping forward to help raise a total of \$6,370 for CCF.

Childhood cancer impacts not only the patients but also their families. I am passionate about creating childhood cancer awareness and raising funds to support children and families affected by cancer.

Contributor: Kaushik Burman, Organiser

Muniammal's Memory

My grandma passed away in the midst of the pandemic. She was diagnosed with cancer and we watched her slowly fade away physically, mentally and emotionally. We cannot imagine children having to go through the same and so, in memory of my grandma, we decided that we wanted to help by organising a fundraiser for CCF from 11 to 29 December 2020. She was a kind-hearted and strong lady with so much love for her family and we hope to continue her legacy through our efforts and actions. It was quite challenging raising money virtually but we were grateful to have raised \$3,950 for this campaign.

Contributor: S Durga Devi, Organiser



Sam's 12th birthday charity bake sale



Hearing stories about children with cancer and their challenges, I wanted to share my blessings and raise funds for CCF on my 12th birthday. My mum and I decided to have a bake sale of our favourite homemade desserts. From 14 January to 28 February 2021, we opened orders to friends and family who responded enthusiastically and many donated generously. We made many yummy Kueh Salats, butter cakes, blackout brownies and canelés. We were humbled and touched by the response from everyone who helped us raise a total of \$3,300. I hope this brings some joy to CCF beneficiaries.

Contributor: Samuel Tay and Sharon Wan, Organiser

My 12th Birthday

My 12-year-old son, Anshuman, wanted to invite some friends for an outing to celebrate his birthday. However, he realised that there were other kids his age who may not have the privilege of doing so. Hence, instead of receiving birthday gifts, he wanted his friends to donate to a good cause of his choice instead.

He chose CCF as he felt that children fighting cancer are very brave. Hence, we organised a birthday fundraiser between 15 and 31 March 2021 and raised a total of \$1,300. We are grateful to all who have supported our fundraising effort.

Contributor: Sangeeta Nair and Anshuman Nair, Organiser



Singapore Minoz's Fundraising Event in celebration of Actor Lee Min Ho's 15th Debut Anniversary



We are a group of Singapore Minoz (fans of Korean Actor Lee Min Ho) and we organised a fundraising campaign for CCF from 13 April to 10 May 2021 to celebrate his 15th debut anniversary. Lee Min Ho has always been a great inspiration to his fans, especially with his kind and charitable nature. CCF is our chosen charity as children causes have always been close to his heart.

We are glad to have raised \$1,880 for CCF and we hope our small efforts will contribute towards helping children and families affected by cancer.

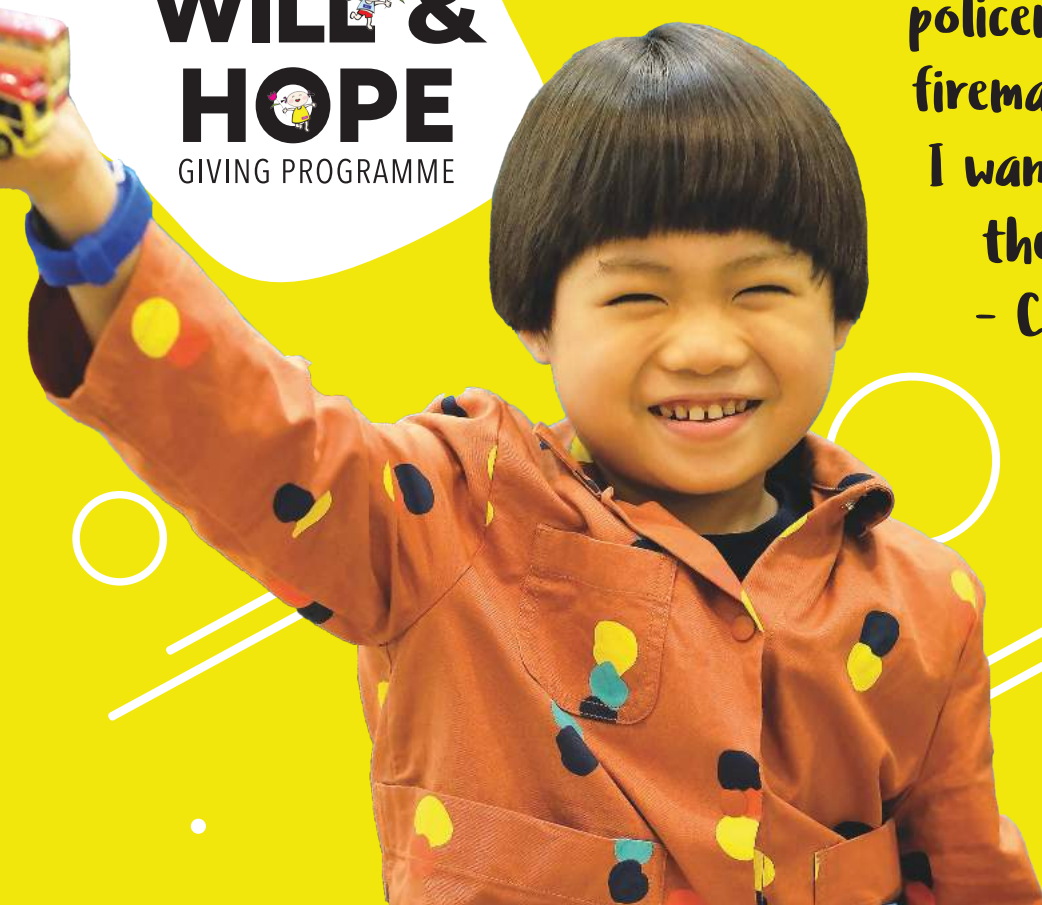
Contributor: Singapore Minoz



WILL & HOPE

GIVING PROGRAMME

**"I want to be a
policeman and a
fireman because
I want to save
the day!"
- Casper, 5**



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tiny.cc/willandhopegiving.

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