

MCI (P) 132/04/2014

SINGAPORE CANCER



SINGAPORE
CANCER
SOCIETY

SOCIETYNEWS

Special Edition



Anniversary

1964-2014

SingTel Singapore Cancer Society Race Against Cancer



6996

Total number of runners



700

Total number of volunteers mobilised



22

Total number of corporate sponsors



89

Teams

Number of teams in Team Challenge



More than \$1,000,000

Total funds raised for RAC 2014

On 3 August 2014, the SingTel Singapore Cancer Society Race Against Cancer (RAC) rallied people from all ages and walks of life to offer solidarity to those who have been affected by cancer. This year, Singapore Cancer Society (SCS) achieved a record of \$1 million raised to further its mission of 'minimising cancer and maximising life'. Title sponsor SingTel made a generous \$250,000 donation from its Touching Lives Fund to support the SCS Help the Children and Youth programme.

Preparation for RAC began months ahead, with dedicated individual and corporate volunteers contributing their valuable time and energy to prepping race packs and registering participants. A total of 22 corporate sponsors contributed funds, goods, and services, which ranged from the provision of beverages and race bibs to sun screen.

Despite the threat of thunderstorms, some 7000 enthusiastic runners assembled at East Coast Park, Angsana Green, to support our cause. There was a place

for runners of every stripe – from serious racers to leisurely strollers, corporate teams and even entire families – all were united in a common cause: to celebrate life and to take a stand against cancer. SCS Charity Athletes also made a strong showing at this year's RAC. In addition, 700 volunteers stepped forward to manage race logistics and to ensure safety.

Mr Lawrence Wong, Minister for Culture, Community and Youth & Second Minister for Ministry of Communications and Information, reprised his role as the Guest of Honour. He also accompanied 70 SCS beneficiaries as they walked a portion of the race route together, and took an interest in the Society's wide range of programmes and services at the corporate showcase tent. SCS Cancer Support featured activities such as sign language instruction and jewellery making.

SCS council members, management, and staff sincerely thank all runners, volunteers, donors, sponsors, beneficiaries, and people of goodwill for the success of RAC 2014.



L-R: Mr Albert Ching (SCS CEO), Dr Ang Peng Tiam (SCS Council Member), Mr Choo Eng Chuan (SCS Chairman), Minister Lawrence Wong, Ms Chua Sock Koong (SingTel Group CEO), Mr Yuen Kuan Moon (SingTel Touching Lives Fund Chairman & SingTel CEO Consumer Singapore)



SCS beneficiaries and staff rewing to go. Cancer patients and families in need are able to seek assistance from SCS through its SCS Cancer Treatment Fund and the SCS Welfare Aid Fund. Children and youth impacted by cancer also receive support from the SCS Help the Children and Youth programme, which provides allowance grants, awards, and free tuition services to defray their education expenses. Miss Nur Amirah Binte Amir, 17, is one such beneficiary who received financial and emotional support from SCS. She had the privilege of personally presenting her painting as SCS' token of appreciation to Mr Lawrence Wong.



Skillful brushwork by Mr Lawrence Wong. SCS organises enrichment programmes throughout the year including Chinese calligraphy, tea appreciation, and playing the ukulele. These activities are open to cancer support group members and volunteers.

Mini-superheroes make an appearance.



And they're off! The annual RAC features a 15km & 10km Individual Competitive Run, a 10km Team Challenge, and a 5km Fun Run.

Corporate sponsors

- Advanced Holdings Ltd • Becton Dickinson • Credit Suisse • Cymer • Dou Yee International / CPAK
- Ernst & Young LLP • Extra Excellence • Halliburton Far East Pte • Humphrey Oei Foundation Limited
- Horwath HTL & Crowe Horwath First Trust • KS Distribution Pte Ltd • Merck Pte Ltd • MFS Investment Management • PEC Ltd • Roche Singapore Technical Operations • SingTel • Temasek Holdings
- Thermo Fisher Scientific • Toll Offshore Petroleum Services • UTC Aerospace Systems • Woh Hup (Private) Limited • Yakult

First-Ever Women's Gynaecological Cancer Awareness Campaign

Singapore saw the launch of its first-ever Women's Gynaecological Cancer Awareness Campaign from July 2014 till September 2014. The campaign was initiated by the Singapore Cancer Society (SCS), supported by the Health Promotion Board (HPB), KK Women's and Children's Hospital, National Cancer Centre Singapore (NCCS), National University Cancer Institute, Singapore (NCIS), Parkway Cancer Centre and Singapore General Hospital, to create greater awareness towards three women's gynaecological cancers - uterine, ovarian and cervical cancers, which are among the top 10 cancers diagnosed in Singapore women.

"Our women have always dedicated their heart and soul to taking care of their families, and many times, placed their individual welfare last. By launching Singapore's first-ever Women's Gynaecological Cancer Awareness Campaign this year, we are committed to educating our women in knowing that gynaecological cancers can affect all across generations. It is time that we celebrate the gift of motherhood and womanhood by raising awareness of these cancers through public education of its risk factors, symptoms and signs. We also want to encourage regular Pap smear screening (once every three years) among women aged 25 years and above, for early detection of cervical cancer."

Dr Timothy Lim

Chairman of SCS Women's Gynaecological Cancer Awareness Campaign 2014, Head & Senior Consultant (Gynaecological Oncology) and Head, Pre-Invasive Disease & Screening Unit, KK Women's and Children's Hospital.

Gynaecological cancer refers to any cancer of a woman's reproductive organs. Each gynaecological cancer is unique, with its own different signs, symptoms and risk factors. It is essential for women to be aware and pay attention to their bodies so that they can recognise the signs and seek appropriate treatment early.

According to the Singapore Cancer Registry's Interim Annual Registry Report - Trends in Cancer Incidence in Singapore, 2009 - 2013, uterine cancer is the fourth most common cancer (6.3%) diagnosed among Singapore women. It has scaled up from being the seventh most common cancer among Singapore women a decade ago. The incidence of new uterine cancer cases has also more than doubled from 904 in 1998-2002 to 1,910 in 2009-2013. Ovarian cancer is the fifth most common cancer (5.4%) diagnosed among Singapore women, and the number of cases has increased by 55% since 1998-2002. Cervical cancer is the 10th most common cancer (3.2%) diagnosed among Singapore women. It has gone down from being the fifth most common cancer diagnosed in 1998-2002.

Free Pap Smear Screening

Women are stronger than we think. They are also more vulnerable than they know. Remind the women in our lives that they are always on our minds by encouraging them to stay vigilant and up to date with screening for cervical cancer. Free Pap smear screening is available to eligible women at the Singapore Cancer Society Multi-Service Centre at Bishan. Telephone: 6499 9133

Public forums

Some 600 participants attended the English and Mandarin Women's Gynaecological Cancer public forums held at Suntec Singapore Convention & Exhibition Centre. Topics included 'Is pregnancy possible after cancer treatment?', 'I have irregular bleeding, should I be worried? Menopause or cancer?', 'My mom has ovarian cancer, will I get it?' and 'Fertility sparing'.

Free Pap smear screening

As part of the Women's Gynaecological Cancer Awareness Campaign, SCS had also collaborated with 149 general practitioner clinics islandwide to provide free Pap smear screening from 1 July to 30 September 2014 to all female Singaporeans and Permanent Residents aged between 25 and 69 who are or have been sexually-active but have not had a Pap smear test in the preceding three years. This is to further promote and encourage regular Pap smear screening and early detection of cervical cancer. SCS has been providing free Pap smear screening services at its clinic since 1969.

Celebrity power

Singapore Press Holdings radio DJs - namely Hot 91.3's Jillian Lim, UFM 100.3's Carine Ang and Kiss 92FM's Desiree Lai - came on board together with their mothers, to help raise awareness of women's gynaecological cancers.



17岁自我检查时发现胸部有硬块让我顿时陷入恐慌。还好切除检测后证实是良性的肌瘤。但是那次的经历提醒了我更好地掌握自己的健康。对抗疾病最好的方法就是了解它。知道产生的原因才能懂得预防。知道治疗的方法才能沉着面对。你也要好好掌握自己的健康哦! 7月26号, 别忘了参与防癌协会主办的公开讲座。

- Jingyun

Everyone's excuse is not having time or the money to do it. Now that they are providing free Pap smear screening, there is zero reason not to get yourself checked. If you are not going to make time for yourself, no one else will.

- Jill Lim

**FACT
01**

The universal colour in the fight against Cancer is Lavender.

**FACT
02**

Over 150,000 Singaporeans have attended the many talks, forums, and seminars that SCS has organised over the years. And we still believe we have a long way to go.

**FACT
03**

SCS started Race Against Cancer in 2009 and has attracted over 40,000 participants and raised close to \$4.3 million to date.

**FACT
04**

SCS routinely hires Cancer survivors as full-time and part-time staff, over and above the many Cancer survivors who volunteer with us.

**FACT
05**

SCS launched *Help the Children and Youth Programme* in 2010 to provide financial assistance and free tuition services to children impacted by Cancer.

**FACT
06**

SCS has ferried more than 7,000 patients to hospitals for treatment and is committed to serving them for years to come.

**FACT
07**

There are 8 warning signs of Cancer and one person can spot them first: YOU.

**FACT
08**

SCS has been a long time supporter of the New Voice Club, whose members have had Nasopharyngeal Cancer and undergone surgery to remove their vocal chords. Rehabilitation aims to help these patients learn how to speak again, with or without speech devices.

**FACT
09**

1971
First SCS Cancer Fashion Show.

**FACT
10**

2009
Race Against Cancer kicked off.

**FACT
11**

Our volunteers hand-crochet outfits for bears that bring joy to Cancer patients, and help raise funds and awareness for our many campaigns.

**FACT
12**

BREAST CANCER IS THE #1 KILLER OF SINGAPOREAN WOMEN.
It's off our chest, now IT'S UP TO YOU.

**FACT
13**

SCS has organised more than 1,700 talks, forums and seminars around Singapore to educate Singaporeans on Cancer awareness and early screening. We are happy to provide the same outreach to companies and corporations as well.

**FACT
14**

President Yusof Ishak was the first patron of SCS. And we have had many well regarded patrons since.

**FACT
15**

SCS opened a new Stoma Care Clinic in September 2013 to provide stoma care for patients and caregivers in their daily lives. Consultation is provided free of charge.

We were looking for answers
long before any search engine.

Singapore Cancer Society Research Fund | Search

**FACT
16**

Since 1971, SCS has funded close to \$4 million to over 168 cancer-related research papers.

**FACT
17**

Statistics show that early detection saves lives. Convince your friends, family and loved ones to go for Cancer screening. It can save their lives.

We lived, breathed and
slept Cancer from the start.

**FACT
18**

The Singapore Cancer Society Newsletter was first published in 1968 and later renamed Cancer Focus.

**FACT
19**

SCS has been providing Cancer patients free transportation to hospitals for their treatment since 1971, thanks to your kind donations.

**FACT
20**

SCS provides counselling support to our clinical staff to help them cope with the emotional challenges they face in their course of work.

**FACT
21**

SCS opened its first Pap smear screening clinic in 1969.

**FACT
22**

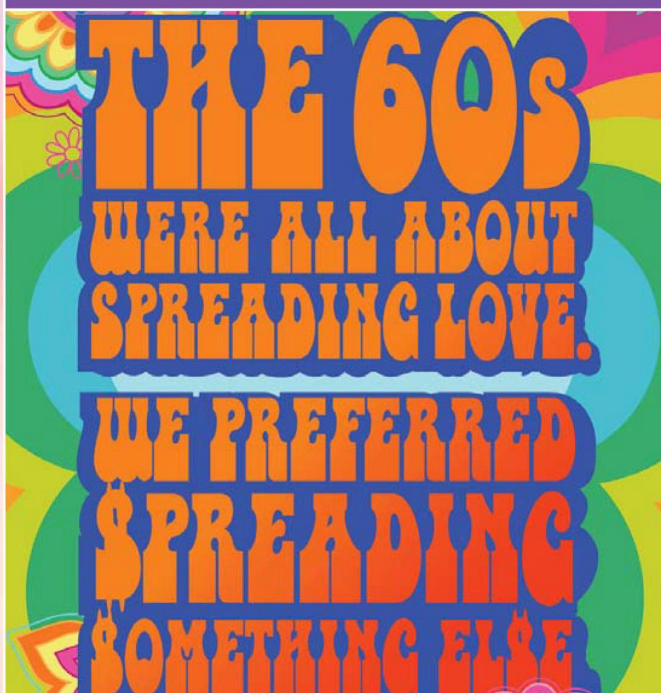
Volunteer doctors have been helping SCS spread the message about Cancer awareness and early detection for 50 years.

**FACT
23**

1 in 3 Singaporeans dies of Cancer.

**FACT
24**

SCS has screened more than 500,000 Singaporeans to date and more importantly, saved many lives.



**FACT
25**

SCS started giving out welfare aid to struggling patients and their families from 1968.

**FACT
26**

The Faecal Immunochemical Test (FIT) takes less than 10 minutes. It can save your life, especially if you are over 50.

**FACT
27**

SCS launched the *Look Good, Feel Better Programme* in 2002 to help patients manage the physical changes brought on by Cancer. The programme has since brought smiles to over 1,200 patients.

**FACT
28**

SCS values and appreciates the 1,500 active volunteers who give their time, effort, and energy to our programmes and services.

**FACT
29**

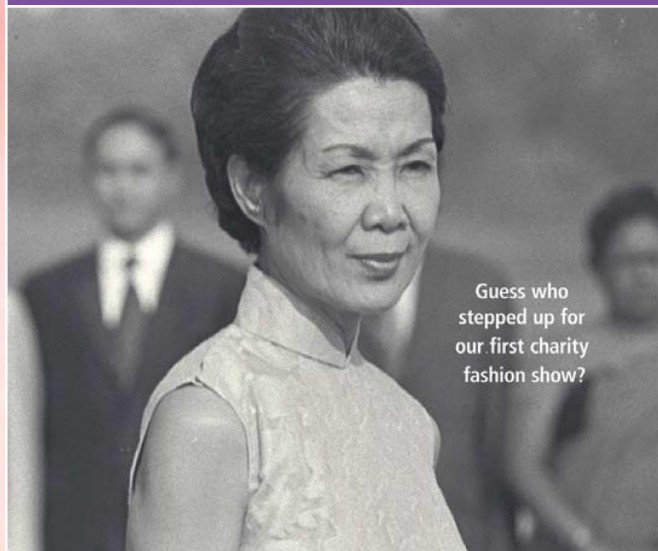
COLORECTAL CANCER IS THE #1 KILLER OF SINGAPOREAN MEN.
GATHER YOUR BUDDIES AND KICK ITS BUTT.

**FACT
30**

Having politicians, entertainers and students as SCS' Cancer ambassadors is impressive but what's more amazing is knowing they collectively served a total of 12,500 hours in 2013 alone. That's more hours than the whole year combined!

**FACT
31**

The FIT kit is available to all Singaporeans and PRs 50 and above.



Guess who stepped up for our first charity fashion show?

**FACT
32**

Former First Lady Mrs Benjamin Sheares supported SCS' 1st Cancer Fashion Show.



The three words
that every woman
in a relationship
needs to hear:



**FACT
33**

Cervical Cancer is a leading Cancer amongst Singaporean women. Go for regular screenings if you're sexually active.

**FACT
34**

SCS has supported close to 30,000 Cancer patients and families since 1968.

**FACT
35**

To date, SCS has distributed over \$10 million in welfare aid.

**FACT
36**

SCS actively visits schools to provide a comprehensive education on Cancer, particularly the ill-effects of smoking.

**FACT
37**

COLORECTAL CANCER IS THE #2 KILLER OF SINGAPOREAN WOMEN.
GET YOUR GIRLFRIENDS BEHIND THE FIGHT.

**FACT
38**

The SCS *Help the Children and Youth Programme* has been warmly received and actively supported by SingTel, which has enabled us to distribute more than \$1.2 million to over 500 children impacted by Cancer.



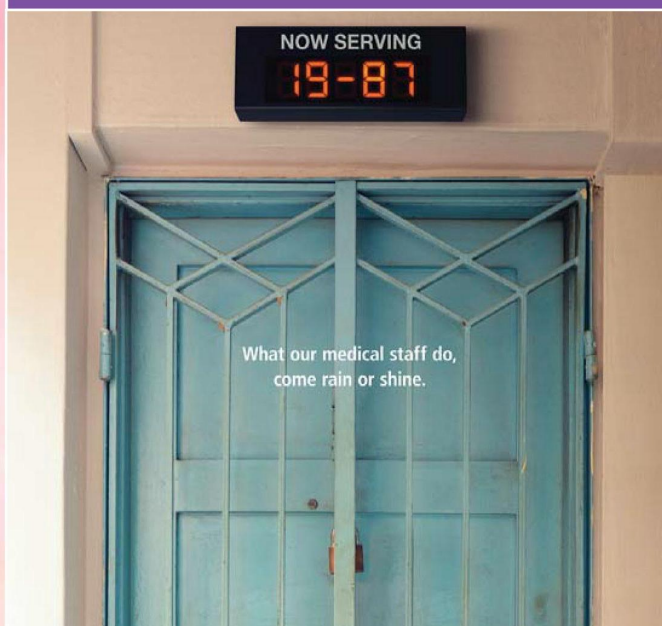
We've been providing extra support for Breast Cancer patients since 1973.

**FACT
39**

The first support group for Breast Cancer patients, Reach to Recovery, was started in 1973.

**FACT
40**

SCS provides holistic palliative home care to patients in Singapore whose preferred place of care and/or place of death is home. It's our way of respecting our patients' wishes and ensuring they have a dignified departure.



What our medical staff do,
come rain or shine.

**FACT
41**

SCS started Hospice Care in 1987 and our medical staff have recorded more than 31,000 home visitations, reaching out to close to 7,000 patients.

**FACT
42**

"GO FOR BREAST CANCER SCREENING TODAY."

Breast Cancer is as easy to spot as the typo in the headline. In fact, 80% of women who discover they have Breast Cancer first notice a lump themselves.

WE HATE APATHY.

**WE WANT PEOPLE
TO GIVE A**

SHIT.

**FACT
43**

SCS launched our Colorectal Cancer screening in 2002 and to date, we have distributed over 270,000 Faecal Immunochemical Test (FIT) kits to the public.

**FACT
44**

SCS advocates a tobacco-free Singapore because it has been proven that tobacco smoke causes up to one third of all cancer-related deaths.

**FACT
45**

SCS is a strong supporter of Reach to Recovery, the support group for Breast Cancer patients. Many women involved in the programme have lived through Breast Cancer themselves, making them the best people to share personal experiences, exchange information and offer insights into how best to cope with the illness.

**FACT
46**

SCS is proud to host the Walnut Warriors, a support group that reaches out to men who have been diagnosed with Prostate Cancer and provides these men with the psychological support and encouragement they need.

**FACT
47**

SCS' educational talks about Cancer to communities began in 1976 and it still continues.

**FACT
48**

SCS provides assistance, understanding and support to the following Cancer support groups:

- Colorectal Support Group - Colorectal Cancer
- New Voice Club - Nasopharyngeal Cancer

**FACT
49**

To keep up with modern Singaporeans, SCS has an online edition of *Society News* that updates over 10,000 readers on what's happening at SCS.

**FACT
50**

**Here's a gift for
those turning
50
this year like us:**



**FULLY
SPONSORED*
SCREENINGS**



**FACT
50**

Here's a gift for those turning 50 this year like us: **FULLY SPONSORED* SCREENINGS**

The FIT50 Project is an initiative by the Singapore Cancer Society (SCS) to mark our 50th anniversary.

The FIT50 Project aims to encourage those entering their silver years to stay "FIT" and adopt regular cancer screening as a way of life for the three commonly diagnosed cancers affecting Singaporeans.

This year, SCS provides sponsored cancer screening services, including Pap smear test, mammogram, and FIT (Faecal Immunochemical Test) kits to eligible Singaporeans born in 1964 through invitation letters from the Health Promotion Board to sign up for the free cancer screenings.



Prof Cynthia Goh Comes Full Circle

Associate Professor Cynthia Goh is determined to ensure that everyone who needs palliative care should get it and that a range of hospice and hospital palliative services is available to people suffering from life-limiting illnesses today.

Since 1986, A/Prof Goh has been one of the pioneers of the hospice movement in Singapore. She was involved in starting the first hospice home care service in Singapore, under the auspices of Singapore Cancer Society (SCS), which later became independent as the Hospice Care Association (HCA Hospice Care). From 1994 to 1999, she was Medical Director of Assisi Home and Hospice, and presently sits on the Assisi Hospice Board.

A/Prof Goh is back to where she first started the hospice (home care movement). In April this year, A/Prof Goh returned as a Visiting Consultant to share her invaluable insights built on her years of experience in spearheading the growth of the palliative care sector in Singapore with our doctors and nurses at SCS Hospice Care. A/Prof Goh provides guidance on field training to our doctors and nurses, and also offers professional patient consultation and advice on case management. Her expertise and guidance are pivotal in building the capacity and capabilities of the SCS Hospice Care team.

A/Prof Goh has dedicated her career to the development and establishment of palliative medicine as a specialty. The fruits of her labours have benefitted many patients and their families who are supported to the end. Since 1996, she has nurtured the development of the Asia Pacific Hospice Palliative Care Network, legally registered in 2001 in Singapore, to support the development of palliative care in the Asia-Pacific

region, which she currently chairs. In 1999, she started the Department of Palliative Medicine at the National Cancer Centre Singapore (NCCS), leading to palliative care services being established in all public sector hospitals in Singapore and palliative medicine to be recognised as a medical sub-specialty in Singapore in 2006.

A/Prof Goh is an Internal Medicine specialist by training, with a PhD in Molecular Biology. She currently practises as an accredited specialist in palliative medicine at the Division of Palliative Medicine, NCCS.

SCS currently has three Visiting Consultants on board, namely A/Prof Cynthia Goh, Dr Kok Jaan Yang, and Dr Norhisham Main. These specialists in palliative medicine ensure that the SCS team of doctors and nurses are kept abreast with the best practices in palliative care.

Beyond palliative care, SCS also provides psychosocial services with a dedicated team of medical social workers and counsellors to provide the necessary psychosocial support at home.

Singapore Cancer Society is the first secular Voluntary Welfare Organisation in Singapore to include in its Hospice Care team, a Spiritual Care Professional.

At SCS, spiritual care is about caring for our patients and their loved ones. It focuses on patients' and their families' own personal belief systems, core values, and relationships that they share in the communities they belong to. This enables them to make better sense of the difficulties and challenges they face as they seek to find meaning and purpose in their cancer journey. Having a Spiritual Care Professional on the psychosocial services team emphasises SCS' commitment to providing total care, not only for SCS hospice home care patients but also to provide expertise and support for SCS survivorship programmes.

There is also a full-time Occupational Therapist who provides home rehabilitation assessment. In addition, patients who are in need of the necessary medical equipment are able to freely loan some of these equipment from SCS.

Singapore Cancer Society provides holistic hospice care for patients with advanced cancer in the comfort of their own homes. The SCS Hospice Care team comprises Medical, Nursing and Allied health professionals who make regular visits to our patients and families. With the strengthened team of palliative care professionals and \$10 million budgeted over the next five years, SCS is working towards the projected scale up of its hospice care services.

First overnight camp to build resilience

Singapore Cancer Society (SCS), Duke-NUS Graduate Medical School, and Yong Loo Lin School of Medicine organised the first 3-day Camp FERO for SCS beneficiaries at the Singapore Zoological Gardens in June 2014.

Camp FERO (Fun, Empowering, Resilience, Overnight) had its theme 'I Have, I Can, I Am' integrated into all activities to address issues and challenges faced by the 21 participants aged between 11 and 20 years, who are from families impacted by cancer. Through guided daily reflection sessions and affirmation from their peers, the youths discovered their strengths, realised what they could achieve during the days' activities, and learned about their own resilience and discovered who they are as individuals.



Conquering their fear of heights, the campers put aside their hesitation and gamely went on the Forest Adventure.

The objective of Camp FERO was to raise awareness among the young campers of the resources available to support them as they grow into adulthood. With this goal, SCS planned fun sessions on self-discovery and character-building for them. Besides physically-challenging activities and bonding exercises, an integral part of the camp was the guided self-reflection time carried out at the end of each day.



Participants reflected on the day's activities and created personal boards documenting their self-discoveries and achievements and exchanged notes of encouragement with fellow campers.



Campers were also involved in setting up and tearing down the tents.



We've never cooked outdoors before. It was hot but worth it!

The Singapore Zoological Gardens was a perfect place for the camp. Campers were most excited to camp on grounds surrounded by 'wildlife' despite having to forgo the comfort of their bedrooms, enduring the scorching heat during the day and relentless downpours at night. From the get go, the campers warmed up to each other readily, forged friendships, and cultivated a team spirit that served to help them get through the challenging activities during the camp.

"It was my first time facilitating a youth camp outside of church in a volunteering capacity. It has been fun seeing them grow and bond; these children did not speak to each other before but were working together. It was a very rewarding process," remarked Tan Jon Wei, Camp FERO Facilitator, and a first year NUS medical student.

"One of the key activities was 'SCS FERO', which focused on developing 'connecting behaviours' aimed at reminding us that one can

choose to react positively in negative circumstances. This activity helped us to manage and control our emotions better and adopt a positive outlook on the things that frustrate or annoy us. I will try to be more positive and calm during difficult circumstances," reflected Syafiqah, 19.

At the closing campfire, Mr Albert Ching, Chief Executive Officer of SCS, encouraged the campers to continue strengthening their friendships beyond Camp FERO. He also reminded them that the qualities they have discovered in themselves during the camp could be employed in their personal lives.

“Coming from similar backgrounds and experiences, you may share certain challenges in life. Many a times, it is better to journey with someone else. I am sure that during the last three days, each of you had helped, affirmed, supported, and encouraged one another. That is what life is all about. We should continually be thankful and to give to others who are in need. In different circumstances in our lives, we can make a difference to people around us, especially for some of us. You can be a pillar of strength and hope in your home front. There are many things you can achieve. Uncover the potential in you. We hope to see you back as volunteers or campers to help us reach out to more people, to strengthen this community of care, and to grow together.”

Mr Albert Ching,
CEO, Singapore Cancer Society



SCS FERO encourages campers to adopt a healthy and positive approach towards difficult situations in life.

Minimising Cancer, Maximising Life

"I liked everything about the forum. Thank You everyone involved in this event. Take care & have a good day."

Mr Dallas Koran, 70
Participant

SCS Gastric Cancer Awareness Forum 2014

"I am able to experience and appreciate good things in life again. Thank you Singapore Cancer Society for supporting me through my toughest time in my life. Your financial and emotional support is greatly appreciated."

Miss Nur Amirah Binte Amir, 17
Very rare malignant Rhabdoid tumour of anterior mediastinum Survivor
SCS Beneficiary

"Thank you so much for providing us with such a wonderful volunteering experience, and thank you for the effort you put in organising the event! We volunteers enjoyed ourselves very much and we look forward to volunteering for future SCS events too."

Cheong Jaine, 17
Student Group Leader from River Valley High School

"Despite the loss of our beloved dad, Mr Lim Choon Kuan, my family wishes to take this opportunity to express our heartfelt appreciation to the team of dedicated doctors, nurses and social workers for all the help and assistance rendered to my dad and my family during this difficult time. The social assistance rendered also meant that we had a problem less to deal with at a time when my dad's condition was turning from bad to worse."

Special thanks go to Dr Rina Nga, Dr Tok Sock Cheng, Dr Elisa Ng, Staff Nurses Josephine Poh, Suhaila Hanum, Siti Mahmood, Social Worker Ernest Ho, Hospice Services volunteer Stuart Lee, and all staff of Singapore Cancer Society for all the hard work in visiting my dad at home and making sure that all care and concern was accorded to my dad during his last days. We will share with all people the good that Singapore Cancer Society does."

Mr Daryl Lim Kok Heng
Son of late Mr Lim Choon Kuan, SCS Beneficiary

Dear Doctors and Nurses of SCS,
Thank you for being there for Martin. Your kindness and patience will not be forgotten. You made his last days better, and for that, we will be grateful.

Yours Truly, Violet & Sons

"I also helped to pack the Race Against Cancer race kits with other corporate volunteers and I came in contact with cancer survivors which was really rewarding to see them helping too. With the United Kingdom going through continuous National Health System (NHS) budget cuts, charities such as Singapore Cancer Society are becoming increasingly needed and valued to make sure a range of support gets to patients that NHS may struggle to support, especially in after cancer care. I really enjoyed my attachment and want others to have the same experience."

Miss Shannon Flack, 16
Attachment volunteer from United Kingdom

"My girls really enjoyed the volunteering session at your Multi-Service Centre in Bishan. It was a real eye-opener. Indeed, it is very heartening to know the important role your organisation plays in helping cancer patients and also reaching out to people to promote cancer screening. Bravo to your efforts! Thank you for having us."

Mdm Khalidah Begum
Teacher, East View Secondary School

"God is good and has blessed me in many areas. Doing charity work has always been in my mind and Singapore Cancer Society is a good platform for me to contribute in this area. SCS has a wide programme for volunteering and I can contribute from being a trainer, outings aide to packing goodie bags, assisting at exhibitions & forums, answering the registration hotline. The staff at SCS are friendly and helpful and there is no long red tape to get projects moving. Working with SCS together with other volunteers to help the needy is like a one big happy family."

Mdm Jenny Mak
Volunteer and Key Trainer, SCS The Crochet of Love Project

"Celestica is supporting The Knit of Love project by funding the programme and more importantly for our employees to directly contribute their time & effort to help the society. We are also heartened to have our colleagues from different departments at various offices working together to support this meaningful project."

We will be giving the beneficiaries of this project one of the most precious gifts, which is the gift of personal time and effort. It is an act of love that is definitely not measurable in dollars and cents. And as a company, we're happy to be the main sponsor for this project and doing our part to serve the community."

Danny Lim
General Manager, Celestica

感谢 Singapore Cancer Society 给予我儿子的援助，
救命一命。我儿子非常的感恩，未来的日子，我会告诉
孩子们：“你们长大后，赚了钱，一定要多多支持 Singapore
Cancer Society，以协助有须要援助的癌症患者。”
谢谢！
for everything you did Fr: Pang Lang Kheng

"Singapore Cancer Society, thank you for helping my kids and myself financially. We are very appreciative of your help. In the future, I will tell my children when they grow up and able to earn money, they must support Singapore Cancer Society in order to help more cancer patients."

Mdm Pang Lang Kheng
Breast Cancer Survivor, Mother of 7-year old triplets
SCS Cancer Treatment Fund and Welfare Aid Beneficiary



SINGAPORE CANCER SOCIETY was established in 1964. It has since taken a leading role in cancer prevention and control. As a self-funded voluntary welfare organisation, funds are needed to support its various programmes and free services.

Our Mission

The Singapore Cancer Society is a community-based voluntary welfare organisation dedicated to minimising the impact of cancer through public education, screening, patient services, financial assistance, research and advocacy.

Our Vision

To be the leading cancer organisation in Singapore and the region, with a reputation for effective programmes for the prevention and control of cancer.

Our Programmes:

1. Welfare Services

- Cancer Treatment Fund
(Cancer treatment subsidies for cancer patients)
- Welfare Aid for needy cancer patients

2. Free Cancer Screening

- Pap smear test (For Cervical cancer)
- Health Education: Breast Self-Examination
- Faecal Immunochemical Test [FIT] (For Colorectal cancer)

3. Public Education

- Cancer awareness campaigns
- Cancer-related talks and forums
- Cancer information (via website & telephone service)

4. Cancer Support Services

- Support group activities for cancer patients

5. SCS Hospice Care

- Medical and psycho-social care for terminally ill cancer patients

6. Cancer Research

- Cancer research grants and awards

7. Volunteer Management

- Volunteering opportunities to suit people with different interests and skills

How You Can Help Us

There are many ways in which you can donate to the Singapore Cancer Society and help us in our fight against cancer. You may donate online via SG Gives at www.sggives.org/cancersociety or donate to us via GIRO. Please call 6421 5861 or email fund_raising@singaporecancersociety.org.sg for details on donating via GIRO. More information can be found on our website at <http://www.singaporecancersociety.org.sg>.

Volunteer Your Time

Volunteers share a precious relationship with us. The time and efforts rendered by them help make a real difference to people who are affected by or living with cancer. The time contributed by volunteers enables us to extend and develop the quality and scope of our services. Please help us in our fight against cancer by being a volunteer. You can email your contact details to volunteer@singaporecancersociety.org.sg

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F www.facebook.com/sgcancersociety

📧 enquiry@singaporecancersociety.org.sg

Personal Data Protection and You

Dear Friends

Singapore Cancer Society recognises that the privacy of your personal information is important to you.

As we work to minimise the impact of cancer in Singapore through our programmes and services in public education, cancer screening, cancer support, welfare aid, and hospice services, we come into contact with beneficiaries and supporters, and in doing so, collect their personal information. We do this in order to communicate with them, introduce them to our organisation, inform them of the work that we do, and encourage donations as this will enable us to carry out our mission.

In different aspects of the work that we do, we require your information to better serve our beneficiaries, cancer support group members, patients as well as donors. We collect the information we need to deliver and improve the services we provide. We do not use the information in any way other than the purpose it is collected for.

With the Personal Data Protection Act in effect since 02 July 2014, we take this opportunity to share with you our **Privacy Policy** on our website www.singaporecancersociety.org.sg, which outlines how we manage, and the purposes for which we collect, use and disclose, your personal data.

We thank you for your continuing trust and support.

Yours sincerely

Singapore Cancer Society



HOPE 50 TOGETHER AS ONE

Date: Friday, 16 January 2015

Venue: The Star Performing Arts Centre

Time: 7pm - 9.30pm

Guest of Honour:

Prime Minister Lee Hsien Loong

Exciting performances by Moses Lim,
Koh Chieng Mun, Liu Ling Ling,
Rahimah Rahim and many more!

*Commemorating
50 years
Supporting &
Helping Cancer
Patients*

This 50th Anniversary event aims to pull together the largest gathering of cancer patients, survivors, caregivers, volunteers, donors and anyone with an affinity for our cause as a show of solidarity and affirmation. Let us celebrate life and remember those struggling with cancer and those who have lost their lives to cancer. It is also a wonderful opportunity to rally the community to collectively fight against cancer.

Concert by invitation only
For the cancer community