VOL 4.01 January 2016

Hootlet



## SOCIETY NEWS

Dear friends.

We are delighted to have Mediacorp Celebrity Desmond Tan partner SCS in his Healthy Movement campaign to promote hugging for health and healthy living. Our SCS Cancer Support group members

survived, who brought hope to those similarly affected and helped them cope better with their condition, collectively got together for their first combined celebration during the year-end festive season. Volunteers are critical to our Society's accomplishments and we will not be able to support, inform and empower our cancer community without the help of volunteers. Do ask us about our many volunteering opportunities available.

who throughout the year listened to others, shared how they had been impacted by cancer and

HIGHLIGHT OF THE MONTH

Mediacorp Celebrity Desmond Tan partners SCS

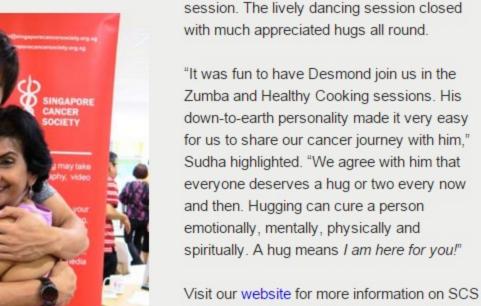


On his visit to the newly operational SCS Rehabilitation Centre located at JEM Office Tower, Desmond chatted with three cancer survivors, Zulfa Anas, Amiron Jee and Sudha Muthukrishnan, from

family support.

easier to spread the message of early screening 1."

the SCS Bishana Ladies Support Group (a support group established for female cancer survivors) to learn about their cancer journey, struggles and



Julie Seah, Desmond skillfully helped to prepare two nutritious dishes "Savoury Mushroom Oat Porridge" and "Fruity Salsa Chicken Wrap". Desmond also gamely took the opportunity to sweat it out with 15 SCS Bishana ladies in a moderate intensity Zumba session. The lively dancing session closed with much appreciated hugs all round. "It was fun to have Desmond join us in the Zumba and Healthy Cooking sessions. His down-to-earth personality made it very easy for us to share our cancer journey with him," Sudha highlighted. "We agree with him that everyone deserves a hug or two every now and then. Hugging can cure a person

Cancer Support Services.

supportgroup@singaporecancersociety.org.sg

Enquiries:

Desmond also participated in two SCS

Healthy Cooking and Zumba. Working

Support Group enrichment activities namely

alongside cancer survivors Anne Chung and



SCS Colorectal Support Group

\* All Photos by Shawn Yeo for Singapore Cancer Society.

Corporate leaders rally support against cancer

SCS Walnut Warriors SCS Reach to Recovery

SINGAPORE

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During the year-end, a total of 30 VISA staff volunteers packed grocery hampers each worth \$60 containing essentials like rice, oats and canned food. They travelled island wide in groups of 10 to distribute the hampers and also brought cheer to the 50 families they

SCS thanks VISA for sponsoring all the

back. The run was organised by Peirce Reservoir Runners (PRR), a running group founded by Chun Yan for running enthusiasts. PRR members also showed their support in the cancer fight by pacing the runners. One of the SCS Charity Athletes, Toh Chee Kiong, is a cancer survivor. He was diagnosed with colon cancer in 2010 and had undergone surgery and chemotherapy. He shared, "2015 was the 5th year of my remission. It is a significant milestone for cancer patients." He also dedicated the run to express his gratitude to "all those who have assisted and encouraged me during the past 5 years." About 'CEOs Against Cancer' For RAC 2015, SCS introduced a new category – 'CEOs Against Cancer' – where senior executives from companies all over Singapore came together to provide community leadership. Many of them set up personal fundraising pages to collect donations from their own network of personal and business

Three corporate chieftains among the 15 Singtel-Singapore Cancer Society Race Against Cancer (RAC) 2015 'CEOs Against Cancer', came together to run to demonstrate their support in the fight

John Smith (Assistant Vice President, Merck Manufacturing Division), Chang Siow Foong (Director, Merck Animal Health), Gordon Cameron (Area Vice President, Asia Pacific, Takeda Pharmaceutical) along with three SCS Charity Athletes ran from Lower Peirce Reservoir to Bishan-Ang Mo Kio Park and

against cancer, as RAC 2015 was cancelled in September due to hazy weather conditions.

Photograph courtesy of Jevon Koh, VISA We were honoured to have VISA as one of our corporate partners in the SCS Sharing of Love Project 2015. The SCS Sharing of Love Project is a programme to supplement SCS beneficiaries' daily

necessities where grocery packages are given to defray their monthly household expenses.

SCS will be launching 'Festive Cheer with a Heart' where volunteers will engage SCS beneficiaries during the major festive seasons (Lunar New Year, Hari Raya Aidil Fitri, Deepavali and Christmas). For the forthcoming Lunar New Year celebrations, SCS is targeting to pack and distribute food hampers to

We seek sponsorship for a minimum of 50 families per corporate sponsor. The food packages should

employees to carry out your company's CSR objective of reaching out to the community. Your team will get to run the entire programme from the ordering of items to packing and delivery, guided by SCS staff.

ancersociety.org.sg or call 8418-7080

cost about S\$60 each and comprise daily necessities. This is an excellent opportunity for your

visited.

grocery items.

Venue: Singapore Cancer Society Rehabilitation Centre 2016 52 Jurong Gateway Road, JEM Office Tower, #08-04 Singapore 608550. RSVP required: Telephone 6661 0590 SCS Volunteer Orientation 27 Time: 7-9.30pm Jan Venue: Singapore Cancer Society 2016 15 Enggor Street, Level 6, Realty Centre, Singapore 079716. See full event listing The Economist HEALTH CARE FORUM

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PCC

Silver sponsors

Could immunotherapy lead to a cure for cancer? According to an article in The Economist, it just might. Yet, this type of treatment is expensive. How are the region's health-care systems collaborating to manage the cost of cancer care and ensure patients have the best chance of survival? Join leaders

from government, industry and academia at The Economist Events' War on Cancer forum where we will

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build on the study by exploring ways to finance cancer control in Asia's low-and middle-income countries and examine cost-effective, results-driven strategies to manage the cancer burden.

abbvie

Vol 1 2015 CANCER Cervical & Ovarian Cancers

WHO WE ARE

SUBSCRIBE

Singapore Cancer Society 15 Enggor Street, #04-01 to 04 Realty Centre

Tel: 6221 9578 Fax: 6221 9575

Singapore 079716

Singapore Cancer Society is a community-based

voluntary welfare organisation dedicated to minimising the impact of cancer through public education, screening, patient services, financial Download

(Feature: Gynaecological Cancers)

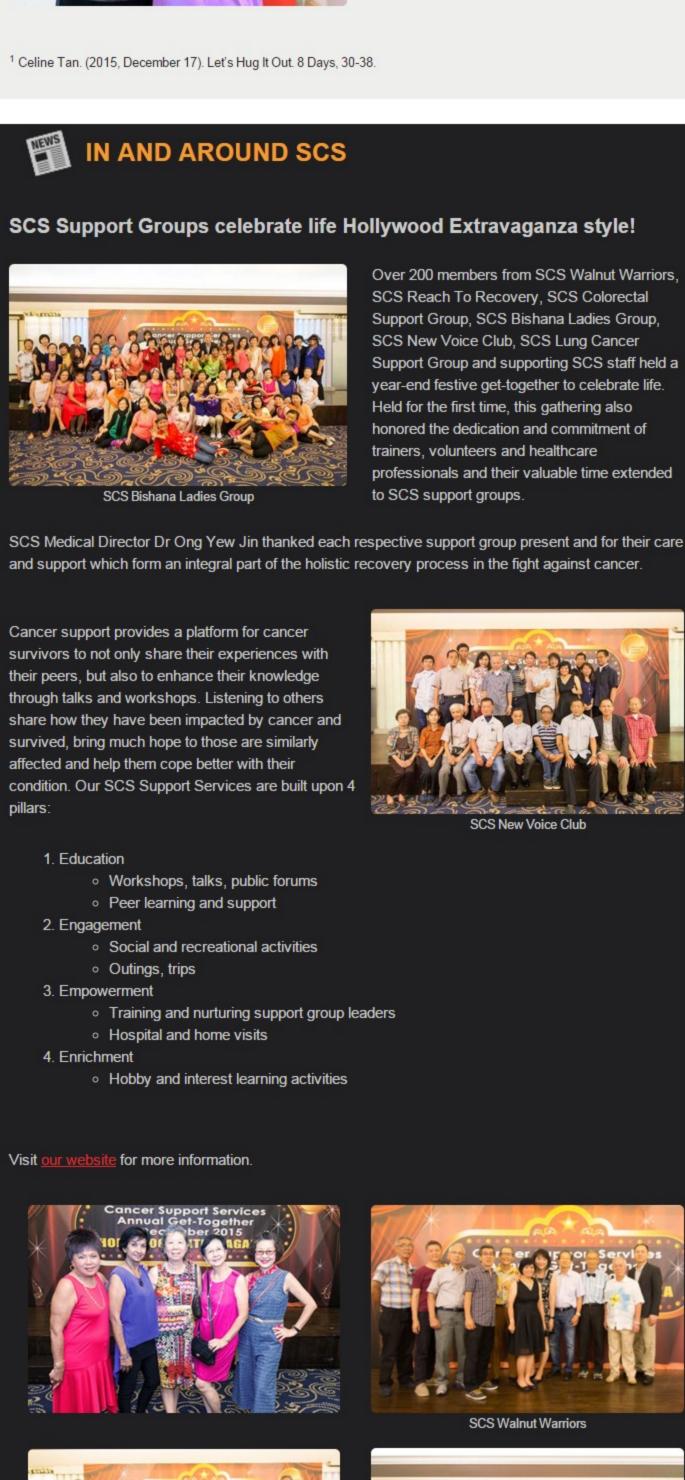
Get the latest edition of Cancer Focus

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新加坡的癌协会 Singapore Cancer Society

> **Multi-Service Centre** 9 Bishan Place Junction 8

> > Office Tower #06-05



contacts, and were initially scheduled to run at the race. The 15 CEOs collectively raised \$266,118. Enquires: fundraising@singaporecancersociety.org.sg Share your love with SCS beneficiaries

**UPCOMING EVENTS** 18 Jan SCS Festive Cheer with a Heart -4 Venue: Islandwide Feb Enquiries: volunteers@singaporecancersociety.org.sg 2016 Caregivers Training 25 Time: 3-5pm Jan

Photograph courtesy of Jevon Koh, VISA

Volunteering opportunities

Enquires: email volunteer@sing

550 needy families.

Subscribers of the Singapore Cancer Society can enjoy a 20% discount on the standard rate. (To register, click here and select "Standard rate" with the code 3531SCS at check-out) **PUBLICATION: CANCER FOCUS**