



ANNUAL REPORT



2018



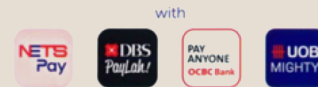
SINGAPORE
CANCER
SOCIETY



MAXIMISING

LIVES

SCAN TO DONATE



Download any of the apps and donate to support the cancer community. All proceeds will be channelled to programmes and services conducted by Singapore Cancer Society.

SINGAPORE CANCER SOCIETY

Singapore Cancer Society (SCS) was established in 1964 and has been actively serving the community for more than 54 years. SCS was registered as a society in 1984 and accorded IPC (Institution of Public Character) status as a charity in 1995 by the Ministry of Health (MOH). SCS is a member of the National Council of Social Service (NCSS), a founding member of the Singapore Hospice Council (SHC), and a member of the Union of International Cancer Control (UICC). Being self-funded, the Society is dependent on public donations to provide quality services to needy cancer patients, their families, and members of the public.

Charity Registration Number: 0053

UEN / IPC Number: S65SS0033F

Statutory Auditor: RSM Chio Lim LLP

Internal Auditor: Baker Tilly TFW

Legal Firm: RHTLaw Taylor Wessing LLP

Honorary Legal Counsel: Mr Ang I-Ming

Registered Address: 15 Enggor Street Realty Centre, #04-01 Singapore 079716

SINGAPORE CANCER SOCIETY MAXIMISING LIVES

VISION

To be Singapore's leading charity in the fight for a cancer-free community.

MISSION

To Minimise Cancer and Maximise Lives through effective programmes.



Mr Wee Leong How,
Chairman



Mr Albert Ching,
Chief Executive Officer

CHAIRMAN'S & CEO'S MESSAGE

Singapore Cancer Society (SCS) strives to minimise cancer and maximise lives through a holistic care system, which is built on effective programmes and services. 2018 was a meaningful year for SCS and our beneficiaries. We continue to contribute in four main areas to Reduce the incidence of cancer, Increase survival rates, Improve the quality of life, and Rally the community to take pro-active action in the collective fight against cancer.

Over the past year, SCS extended support to over a hundred thousand beneficiaries. We did not do this alone – Community support and partnerships are extremely crucial to SCS in expanding and strengthening the outreach in the collective fight against cancer.

Several strategic partnerships developed over the year which brought greater source of support to cancer patients and survivors.

The SCS Prostate Cancer Specialist Nursing Programme, a collaboration with Singapore General Hospital, National University Hospital and Tan Tock Seng Hospital, marks its 3 years of completion in 2018. This programme ensured the development of a "holistic model of care" for prostate cancer patients by empowering nurses with the needed knowledge to support prostate cancer patients, and facilitated their transition from an institutional care to a community based care.

We continued intensifying our cancer prevention efforts by embarking on a 3-year collaboration with North West Community Development Council to roll out the 'SCS Fight Cancer @ North West' to encourage regular screening and cancer education programmes to residents. A Cancer Caregivers Network was also developed to provide support to caregivers.

As part of efforts to educate youths about cancer, SCS partnered the Ministry of Education to develop educational content as part of the junior college Biology curriculum. SCS also launched the SCS HPV Education and Immunisation Programme as part of our dedicated 3-year plan to eradicate cervical cancer in Singapore.

Making progress in our prevention and control efforts, 2018 saw SCS achieve record high numbers of people screening for colorectal cancer using the Faecal Immunochemical Test (FIT). Over 76,000 participants took the FIT test in 2018; 7.5% more than the previous year.

When cancer is diagnosed, it impacts all areas of life. We at SCS strive to provide them with a meaningful and hopeful life through the many enriching programmes and services we run, and will continue to do so with the assistance from our dedicated partners and volunteers.

SCS and our beneficiaries are extremely thankful for the many dedicated people who have come forward in 2018, to support us in this fight against cancer through various means. Marking its 10th year, the Singtel-Singapore Cancer Society Race Against Cancer (RAC) is one of the longest standing and largest charity runs in Singapore. SCS was deeply encouraged to see so many participants and volunteers stepping forward to support this race to save lives. We sincerely thank our valued partner Singtel, CEOs Against Cancer, Charity RACers, Volunteers and other Corporate Partners for the unwavering support for the cancer cause.

Moving ahead, SCS will be placing even greater emphasis on intensifying our cancer prevention efforts to reduce cancer incidence, and partnerships will be inked with the 2 key national cancer centres in Singapore to provide Singaporeans greater access to integrated cancer care – the National Cancer Centre Singapore (NCCS) and the National University Cancer Institute, Singapore (NCIS). One key collaboration is the upstream prevention efforts championed by both SCS and NCCS through a dedicated Cancer Genetics Service Screening Programme that will benefit all Singaporeans; with more support for the financially needy.

To provide a seamless experience for cancer patients and support the above plans, SCS will co-locate with NCCS' new premises within the same building in 2022. Other than the various SCS cancer support departments, the new office will also house an acute cancer rehabilitation centre. This will be the first of its kind, based on a new model of care that aims to maximise the functional capabilities of cancer survivors through safe, comprehensive and integrated patient-centered rehabilitation. This is a key progress in the rehabilitation support provided to patients which also include the opening of Singapore's first cancer rehabilitation clinic, and the ongoing collaboration with community partners like ActiveSG to make exercise a way of life for survivors.

As we gear up to provide greater holistic integrated care for the cancer community, SCS underwent an organisational review to prepare for the diverse changing landscape. A strategic management retreat was held to develop more impact-centric plans which saw the refinement of the vision and mission, and the development of a 5-year strategic plan. In addition, processes and structures were reviewed to strengthen corporate governance and a robust enterprise risk management plan was developed. The organisation also embraced new technology such as customer relationship management and human resource management systems to better support operational needs.

Managing the leading cancer charity in Singapore takes great integrity and focus. Over the years, SCS has restructured itself with a good leadership team and in 2018, with the good guidance from the Council, SCS achieved very good results in the Ministry of Health's periodic audit; a testament to our organisation's dedication in providing an open and transparent range of programmes and services to impact our community positively.

Cancer diagnosis can impose a tremendous financial burden on patients and families. Every year, SCS needs to raise at least \$20 million to drive programmes and services, and create new initiatives to continue improving the lives of the cancer community.

As we move into our 55th anniversary, we look forward to your continued support in bringing hope and opportunities to the many cancer beneficiaries that we serve.

To every Donor, Volunteer, Corporate Partner, Fundraiser, Advocate and Supporter, we sincerely appreciate you for being a part of our cancer journey and showing solidarity and unwavering support for the cancer cause.

Thank you and we look forward to your continued support.

HIGHLIGHTS

SCS CONTINUES TO GALVANISE THE COMMUNITY

IN 2018

Over
\$1,977,922
Raised from the two
SCS Flagship events (RAC, RFL)*

14,500
Participants

1,324
Volunteers

***RAC:** Singtel–Singapore Cancer Society Race Against Cancer
RFL: Singapore Cancer Society-TalkMed Relay for Life
Note: unique volunteers defined within separate flagships events in a year. Example volunteer A volunteered in RAC 2017 and RFL 2017 will be counted twice

FUNDS RAISED WERE USED TO SUPPORT SCS PROGRAMMES AND SERVICES

In 2018, over \$3.17 million disbursed in support to 1,892 individuals from needy or financially challenged families at every stage of treatment to alleviate the cost burden, support them in their illness, and help with the provision of critical supplies to enhance their quality of life. In addition, 1,251 members (made up of cancer patients and survivors) have benefited from SCS support groups.

Over
\$ 3.17 million
disbursed in 2018

To support
1,892
individuals

1,251 members
benefited from SCS
support groups

SCS distribute Faecal Immunochemical Test (FIT) kits to encourage screening for colorectal cancer.

76,463
individuals
screened

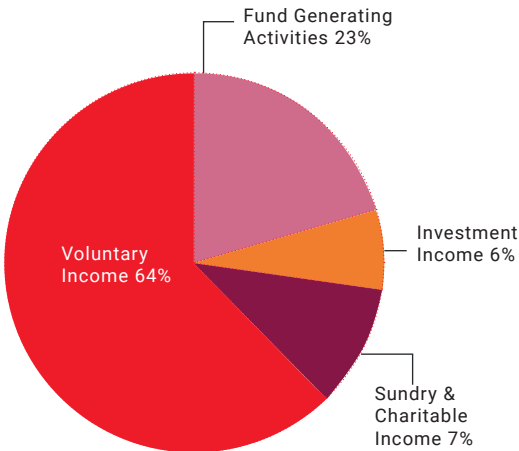
7.5%
Increased
from 2017

3,642
Tested positive for
presence of blood in
stools and accepted
referrals for follow-ups

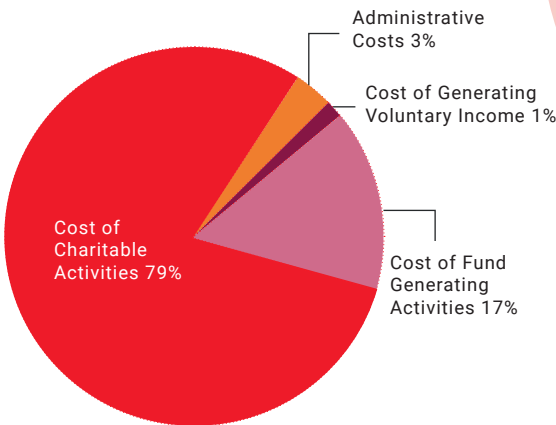
FINANCIAL OVERVIEW

FOR THE YEAR ENDED 31 DECEMBER 2018

	FY2018	FY2017
	\$'000	\$'000
Total Income	20,938	20,052
Total Expenses	18,183	18,979
Surplus for the reporting year	2,755	1,073
Total assets	76,571	74,527
Total liabilities	4,746	5,082
Total unrestricted funds	68,545	66,146
Total restricted funds	3,279	3,299



INCOME
FOR THE YEAR (FY2018)



EXPENSES
FOR THE YEAR (FY2018)

* The full set of audited financial statements is available at [https:// www.singaporecancersociety.org.sg/about/corporate-information/corporate-governance.html](https://www.singaporecancersociety.org.sg/about/corporate-information/corporate-governance.html).

FINANCIAL AID

FUNDS, DISTRIBUTION AND PROGRAMMES

Every year, SCS provides a range of financial assistance to Singaporeans and PRs from low and middle income families at every stage of treatment to alleviate the cost burden, support them in their illness, and help provision critical supplies to enhance their quality of life.



Over
\$3.17
million
disbursed in 2018

SCS CANCER TREATMENT FUND

Established in 2005 to provide cancer treatment subsidies to patients experiencing financial difficulties, the fund has supported more than 5,055 cancer patients and distributed over \$16.84 million since its inception.

214
Patients supported
in 2018

\$853,403
Disbursed
in 2018

SCS PATIENT ACCESS

PROGRAMME

SCS partnered with various pharmaceutical companies to support needy patients with treatment.

Roche

Novartis

MSD

Takeda

Merck

SCS WELFARE AID FUND

Established in 1964 to aid cancer patients and their families with temporary financial aid and sustenance during and after treatment, the programme helped mitigate the financial strain which may arise from unemployment, loss of income, and hefty treatment costs. It was later extended to help patients with supplies such as milk, diapers, medical dressing, stoma bags, and other medical equipment.

438

Patients supported
in 2018

\$948,401

Disbursed
in 2018

SCS CANCER CARE FUND

The SCS Cancer Care Fund is a one-time financial assistance scheme that aims to provide for the immediate needs of patients who come from low and middle income families within their first 6 months of diagnosis. Since its inception in 2015, more than \$3.51 million has been disbursed to 3,903 cancer patients.

1,121

Patients supported
in 2018

\$1,052,450

Disbursed
in 2018

SCS HOME HOSPITAL TRANSPORTATION SERVICE

The Society provides home-hospital transportation to and from all restructured hospitals for patients from low-income families who have medical appointments or radiotherapy/chemotherapy sessions and beneficiaries who are wheelchair bound or have mobility difficulties.

141

Patients served
in 2018

2,198

Round trips
in 2018

SUPPORTING YOUTH & FAMILIES

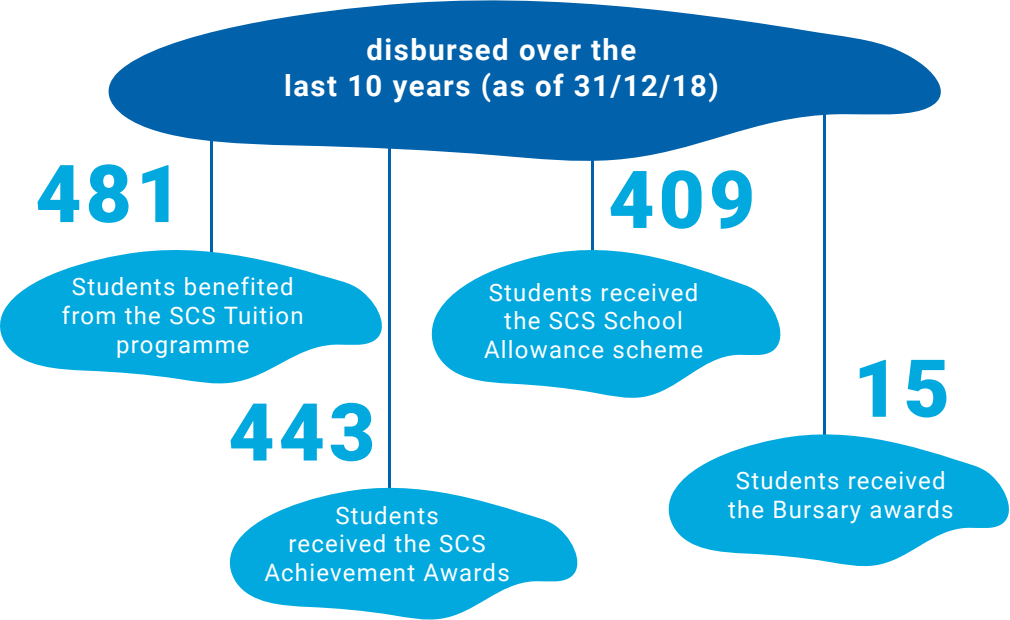
SCS HELP THE CHILDREN & YOUTH PROGRAMME

SCS has set up various initiatives under the “Help the Children and Youth Programme” (HCYP) with the support from SingTel since 2009-2018. Singtel Touching Lives Fund has been contributing \$200,000 to this programme yearly from 2009 to 2013. An additional \$50,000 was added to the fund amounting to a total of \$250,000 yearly from 2014 to 2018.

The programmes engage children and youths to change their lives with the support of their tutors, who act as the point of contact, providing timely feedback to parents and/or SCS caseworkers regarding the student and his/her family development as well as other concerns that might require intervention.

\$2.785 million*

*The additional money raised above the pledged amount is done through fund-raising by SCS



SUPPORT GROUPS

FOR CANCER PATIENTS & SURVIVORS

An essential part of coping lies in finding a support system, the ability to converse with individuals who understand the emotions linked with coming to grasp with the illness or adjusting to new life situations. SCS support groups offer these platforms to cancer patients and survivors across all 5 pillars.



SCS SEMI-COLONS SUPPORT GROUP

This support group aims to help newly-treated colorectal cancer patients to adjust to a new quality of life. Through the support of their peers as well as the professional advice received from volunteer nurses, stoma therapists and the talks and presentations on health-related subjects such as nutrition and exercise, patients gain confidence and are guided to independence in the care of their stomas.

SCS REACH TO RECOVERY

This is a breast cancer support group aimed at helping women cope with life challenges. Breast cancer survivors give their time to provide a listening ear and share their experiences in order to help other women achieve a full recovery – cosmetically, physically, emotionally, spiritually and psychologically.

SCS NEW VOICE CLUB

The New Voice Club brings together patients who have lost their voice completely following the removal of their vocal chords due to laryngeal cancer. The Club teaches patients how to speak again, with or without speech devices, and provide new patients and their families with emotional support in coping with a ‘new voice’ after surgery – an essential step in regaining the ability to communicate with others.

SCS WALNUT WARRIORS

A group targeted at men who have been diagnosed with prostate cancer to help them enhance their well-being through therapeutic and enrichment programmes. By sharing personal experiences, exchanging information and insights into how others cope with their condition, recreational talks or workshops, social and recreational events, enrichment and interest learning sessions, members feel supported in transitioning to their new lives.

SCS BISHANA LADIES SUPPORT GROUP

Bishana invites female survivors and cancer-diagnosed women for monthly meetings, including educational talks, workshops, social and recreational activities, outings, and enrichment programmes. This support group provides a platform for these women to share their experiences and interact with each other to find psychological support, emotional solace, and learn how to cope with the changes brought about by this illness.

PSYCHOSOCIAL SERVICES

Social workers, counsellors and therapists help patients cope with the fear and strong emotions that may result from diagnosis and treatment by bridging patients, caregivers and family members to pertinent information, financial resources and therapeutic groups. Each year, SCS empowers its teams with new skills to enhance capabilities and effectively manage beneficiaries' needs.

CASEWORK & COUNSELLING

Our team of social workers and counsellors seek to help individuals and families cope with the impact of cancer, loss, and bereavement, as well as to facilitate discussion on decision making, care plans and survivorship goals among family members and healthcare providers.

559

Beneficiaries supported by social workers and counsellors



ART THERAPY PROGRAMME

Art provides an alternate form of self-expression when words are not good enough, using images and symbols becomes powerful tools for participants to tell their stories and express their emotions (e.g. their pain, desires, emotions, sense of loss, self-image etc.). And this is exactly what this programme aims at doing – facilitating the emotional well-being of patients using art.

194

Patients helped through art therapy

SCS ENRICHMENT PROGRAMMES

267

Courses

739

Classes

7,294

Attendees

SCS enrichment programmes provide cancer patients, beneficiary survivors, support group members, caregivers, and volunteer-trainers multilateral opportunities to bond and share talents and pursuits.

SCS LOOK GOOD FEEL BETTER PROGRAMME

Look Good Feel Better (LGFB) programme helps female cancer patients cope with the effects of treatments such as hair loss and skin discolouration, by helping them improve their appearance and regain their self-esteem through hands-on workshops teaching make-up techniques or how to wear wigs, hats and scarves.

20

Workshops

161

Attendees

SCS PROSTATE CANCER SURVIVORSHIP PROGRAMME

The Prostate Cancer Specialist Nursing Programme (PCSN) was a collaboration with Singapore General Hospital (SGH), National University Hospital (NUH) and Tan Tock Seng Hospital (TTSH) which came to completion in 2018. \$80,000 was disbursed by SCS to each hospital to run the programme annually, for three years. Funds generated through the annual Movember campaign are utilised to sponsor the training of the specialist nurses and to fund the programme.

The purpose of the programme is to ensure the development of a “holistic model of care” for Prostate Cancer (PCa) patients by providing them with the appropriate resources to ensure and enhance timely delivery of optimum care and address their psychosocial needs. This collaboration also facilitates prostate cancer patients’ transition from an institutional care to a community based care. PCa patients in the participating hospitals are now better informed of treatment and rehabilitation options, and SCS services since the inception of the PCSN Programmes.

Through this programme 1 in 10 newly diagnosed prostate cancer patient from the partnered hospitals joined SCS Walnut Warrior support group. A survey was done to measure and evaluate the outcome of this programme. The survey was conducted by the prostate cancer specialist nurse – collected at baseline as soon as they get to know the patient and with patient’s consent. The same survey is re-administered over 3, 6 and 12 months period.

SINCE THE INCEPTION OF THE PROGRAMME:

IMPROVEMENT/MAINTENANCE OF PHYSICAL WELL-BEING AFTER 1 YEAR¹

Improvement/maintain urinary functions	70%
Improvement/maintain sexual functions	72%

IMPROVEMENT/MAINTENANCE OF MENTAL WELL-BEING AFTER 1 YEAR²

Improved/maintained depression scores	80%
Improved/maintain anxiety scores	83%

¹ Based on completion of EPIC26 (Pre & Post): Bowel Habits (N=171), Urinary Function (N=172), Sexual Function (N=161)

² Based on completion of HADS (Pre & Post): (N=171)

POSITIVE FEEDBACK FROM PATIENT¹

Felt they benefitted from seeing a PCSN	96%
Felt emotionally supported by SCS support services	97%
Agreed that PCSN is helpful for newly diagnosed prostate cancer patients	100%

¹ Based on a feedback survey conducted in 2019 for support group members (N=33)

² Total membership of 169 (as of Mar 2019)

779

Attendees for monthly support group meeting (2014-2018)

3.5x
Increase of membership²

SCS REHABILITATION CENTRE

Into its second year of operations, the SCS Cancer Rehabilitation Centre located at JEM office tower saw exponential growth in the number of clients served. Dietician and speech therapy services were introduced, increasing its capacity to serve and support more clients, including various updates of the rehabilitation programmes to better address cancer-related impairments.

NUMBER OF PATIENTS FOR 2018

CANCER REHABILITATION SERVICES	NUMBER OF PATIENTS
New referrals	275
Clients enrolled in Specialised Rehab Programme	175
Clients enrolled in Next Step Programme	27
Clients served for Lymphedema	76
Clients transited to ActiveSG gyms	24
Clients enrolled in Return-to-work (Phase 1)	20
Nutrition & Educational Talks, Physical Exercises, Caregivers Training	191

HIGHLIGHTS AND ACHIEVEMENTS

- **MANAGING LYMPHEDEMA:** New service to help patients manage lymphedema swelling caused by the removal or damage of lymph nodes
- **IMPROVING MOBILITY:** Approval to apply for assistive devices and consumables under the AIC Senior Mobility and Enablement Fund, as a new service to improve the mobility of needy clients.
- **ENCOURAGING ACTIVE LIFESTYLES:** Transiting clients to exercise in ActiveSG gyms with HUR equipment (Toa Payoh and Jurong West gyms) through a partnership with Sport Singapore
- **IMPLEMENTING REHABILITATION DOCTORS ASSESSMENTS:** Assessment of new clients, prescription of relevant rehabilitation and follow-up through progress through bi-weekly visits. This service will be upgraded into a fully MOH-licensed rehabilitation clinic.
- **REJOINING THE WORKFORCE:** Launch of the Return-to-work programme helping patients who have not resigned from their jobs rejoin the workforce with the support of physical and psychosocial therapy. In collaboration with the National University Cancer Institute, Singapore (NCIS), SCS started to give regular talks on Return-to-work to NCIS' patients who are completing their treatment.
- **EXPANDING REACH:** Through a partnership with St Luke's Eldercare to offer cancer rehabilitation services at their senior care centre located within the Ang Mo Kio Polyclinic.

SUPPORTING CANCER PATIENTS

The close of a cancer patient's journey is painful, daunting and never easy. With care and compassion, SCS Hospice Care team stands ready to journey with the patients and their families in their final chapter.

2017 – 2018 HIGHLIGHTS:

- **VOLUNTEER BEFRIENDER SERVICE (2017):** Initiated in collaboration with Project Happy Apples (PHA), this service comprises of medical and nursing students from Yong Loo Lin School of Medicine, National University of Singapore who volunteer to support and ease the loneliness of cancer patients in their final stages of life.
- **PHA EXHIBITION (2017):** SCS patient, Mr Joey Kurian, was featured prominently in a poster and video display at the PHA exhibition, in which he expressed praise and gratitude to the team for its quality of care and support while at home.
- **EXTENDED INTERIM CARE SERVICES FOR END OF LIFE (ICS-EOL) PROGRAMME (2018):** This programme in collaboration with MOH and the Agency for Integrated Care (AIC) offers patients from needy families who wish to stay at home, the care of trained caregivers to support and guide them in their final days. With the counsel of SCS social workers and counsellors, the team manages anticipatory grief and loss of patients while also providing child care and bereavement support to help families cope with their loss.
- **WORLD HOSPICE DAY ROADSHOW (2018):** SCS Hospice Care team managed a booth at this event organised by the Singapore Hospice Council and took the opportunity to have Dr Teoh Ren Shang, the team's Senior Resident Physician, conduct a live interview of one of its patient (Mr Joey Kurian) on stage, focusing on his experience with terminal cancer and the care he received from the Hospice Care team.

As the pioneer of Singapore's hospice care, SCS is highly committed to efforts that will raise the bar on our knowledge capabilities and capacities to serve better and to serve more. With an increasing ageing population, we anticipate increase in cancer incidences and we aim to be ahead of the curve and ready to serve.

2018 STATISTICS OF SCS HOSPICE CARE

Total New Referral of Patients	525
Total Patients Death at Home for 2018	198
Number of Patients Served	463

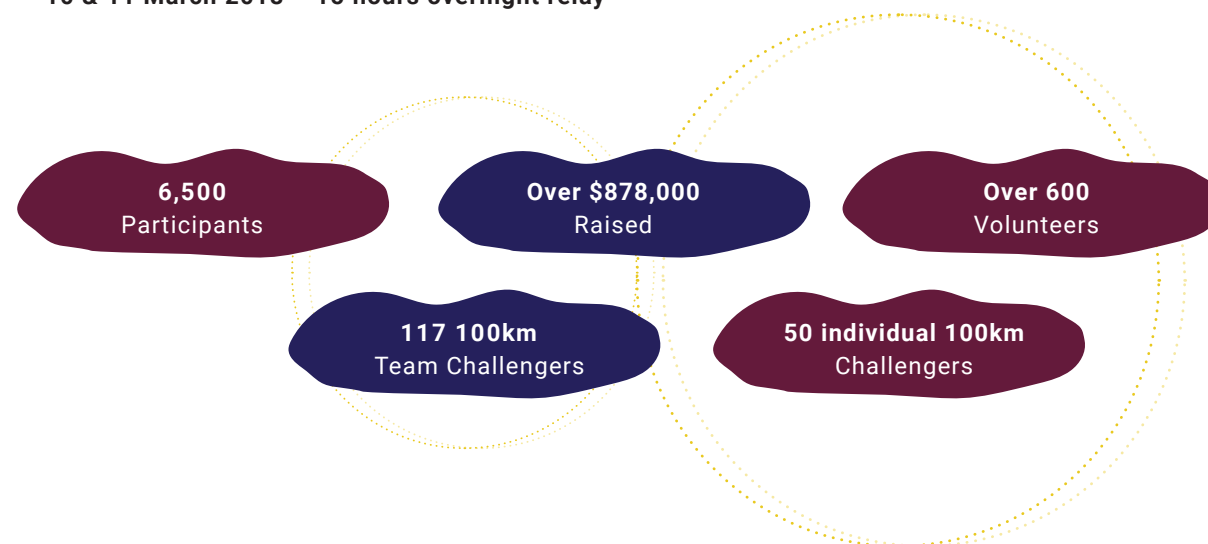
TOGETHER AGAINST CANCER

Cancer can be an arduous journey for many patients, caregivers and family members, but there is strength in numbers. For more than 54 years, with the generous support of partnering organisations, donors, and volunteers, Singapore Cancer Society has been able to serve countless numbers of beneficiaries and ensure that they don't have to battle cancer alone.

2018 saw the return of many events and programmes and SCS would like to express its immense gratitude to all the volunteers and benefactors who walked this journey with them and participated in making care and support available for patients.

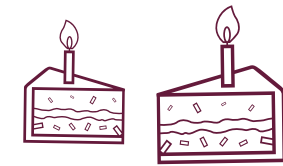
SINGAPORE CANCER SOCIETY - TALKMED RELAY FOR LIFE (RFL)

10 & 11 March 2018 – 15 hours overnight relay



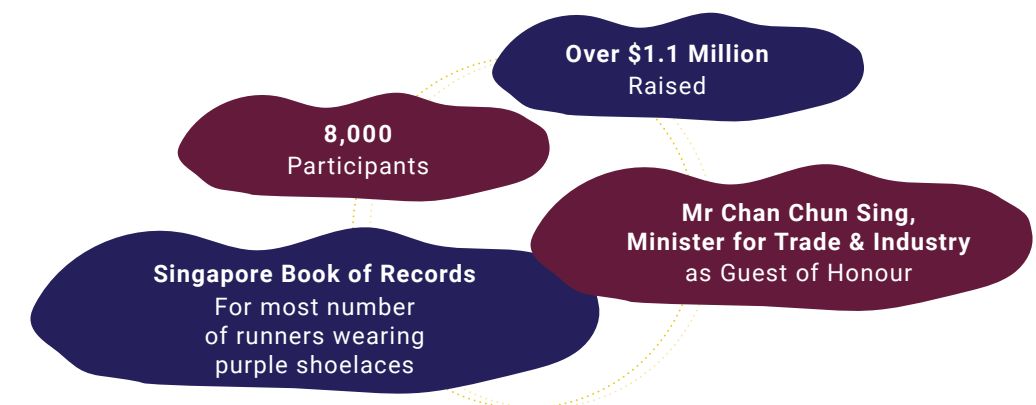
Back for the 2nd year, the Singapore Cancer Society – TalkMed Relay For Life (RFL) gathered crowds who came together in solidarity to bring hope, inspiration and funds to those impacted by cancer. The event provided a platform to CELEBRATE cancer battles won by survivors and caregivers; REMEMBER loved ones lost to cancer; and actively FIGHT BACK against cancer.

President Halimah Yacob was the Guest of Honour for the Celebrate segment and Speaker of Parliament Tan Chuan-Jin was the Guest of Honour for the Remember segment. The SCS North West Community Development Programme was also launched at the Fight Back segment and graced by Mayor Teo Ho Pin.



10TH YEAR
Anniversary

SINGTEL - SINGAPORE CANCER SOCIETY RACE AGAINST CANCER 2018 (RAC) 22 July 2018 – East Coast Park Angsana Green



Marking its 10th anniversary this year, the Singtel - Singapore Cancer Society Race Against Cancer (RAC) 2018 saw over 8,000 participants with high impact results.

RESULTS

- **NEW RECORD BREAKING PERFORMANCE:** for the “Most Number of Runners Wearing Purple shoelaces” in Singapore Book of Records with 2,788 participants donning the purple shoelace – flaunting the colour of cancer awareness
- **\$140,989 RAISED FROM THE PERSONAL FUNDRAISING PAGES OF 22 SENIOR EXECUTIVES:** participating in the “CEOs Against Cancer” category
- **\$250,000 DONATED TO SCS HELP THE CHILDREN AND YOUTH PROGRAMME:** through Singtel’s Touching Lives Fund
- **EXCLUSIVE 10TH ANNIVERSARY RACE MEDAL:** was given to 10km and 15km runners
- **GIANT NUMBER 10:** was created by formation of all participants, partners, celebrities, volunteers and employees
- **VIRTUAL RUN:** was introduced in 2018 to provide an opportunity to those who were unable to participate on race day to run at their own time





SINGAPORE CANCER SOCIETY

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WEBSITE: WWW.SINGAPORECANCERSOCIETY.ORG.SG

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