

SCS UPDATE TO DONORS

JAN - JUN 2018



**SINGAPORE
CANCER
SOCIETY**



Illustrated by Ms Peggy Ong
SCS Cancer Survivor

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SINGAPORE CANCER SOCIETY

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SCS Multi Service Centre @ Bishan Junction 8 Office Tower | SCS Rehabilitation Centre @ JEM Office Tower
SCS Satellite Office @ National University Cancer Institute, Singapore | SCS Satellite Office @ National Cancer Centre Singapore

2017 ACHIEVEMENTS AND FUTURE PLANS

We at Singapore Cancer Society (SCS) have much to be thankful for. More than 7,000 participants came together for last year's inaugural Singapore Cancer Society Relay for Life (RFL) 2017 event, and raised \$645,000. The 9th Singtel-Singapore Cancer Society Race Against Cancer 2017 also saw similar participation and raised a record sum of \$1.2 million in support of the cancer community.

The **Singtel-Singapore Cancer Society Race Against Cancer (RAC) 2018** will be held on 22 July at the East Coast Park, Angsana Green. We look forward to your continued support as we celebrate the **10th Anniversary of RAC** this year.

As a self-funded charity, SCS is dependent on public donations and our network of community supporters to provide support for critical cancer support and care for our beneficiaries. It is only with their generous support that we are able to make a significant impact on our cancer patients throughout their cancer journey.

Last year alone, we disbursed over **\$3.98 million** of financial aid to **2,258 beneficiaries** through SCS' various support schemes. We are encouraged to see the growth of clients at SCS Cancer Rehabilitation Centre (CRC) @JEM, which has increased by 38% in 2017 compared to 2016. Colorectal, cervical and mammogram screening, available year-round and at no cost for eligible participants, have seen an increased uptake of 12-28%.

SCS, together with various stakeholders, will also be piloting new services as we move 'upstream' to focus on preventive work.

We are also ramping up on training and equipping SCS staff to improve capability and capacity to serve more and serve better. For example, the SCS-funded Prostate Cancer Specialist Nursing Programme, in partnership with Singapore General Hospital, Tan Tock Seng Hospital and National University Hospital, will train nurses to provide patients the full spectrum of care in their respective healthcare settings. This will help ensure the development of a 'holistic model of care' for prostate cancer patients.

With rising cancer incidence and an ageing population, more can be done. Stronger support is needed for the cancer community, especially when **35 people are diagnosed with cancer every day**, and **15 die of cancer daily in Singapore**.

We thank you for being a part of our journey and helping SCS achieve its goals. We look forward to working closely with you in 2018 to equip our stakeholders with more information and tools so that we can make a difference in the fight against cancer.

ALBERT L H CHING

Chief Executive Officer

Singapore Cancer Society

2017 at a Glance



FINANCIAL & WELFARE SUPPORT		2016	2017
SCS Cancer Treatment Fund (CTF) Since 2005			
- Patients Assisted		268	206
- Amount Disbursed		\$1,380,000	\$1,010,401
SCS Cancer Care Fund (CCF) Since 2015			
- Patients Assisted		993	1,123
- Amount Disbursed		\$911,000	\$986,500
SCS Welfare Aid Fund (WAF) Since 1964			
- Patients Assisted		578	575
- Amount Disbursed		\$1,550,591	\$1,747,542
SCS Living Well Programme			
- Patients Assisted		21	10
- Amount Disbursed		\$12,914	\$2,408
Education Financial Assistance Scheme			
- Students Assisted		46	100
- Amount Disbursed		\$49,330	\$66,030
SCS Home-Hospital Transportation Scheme			
- Patients Assisted		175	163
- Round Trips Made		2,450	1,951
- Amount disbursed		\$2,789	\$8,135
SCS Help the Children and Youth Programme (HCYP)			
- Students (Tuition)		59	41
- Students (Awards)		45	40
- Amount disbursed		\$332,910	\$164,244
Total			
- Patients/Students Assisted		2,185	2,258
- Amount disbursed		\$4,239,534	\$3,985,260

2017 at a Glance

SCS CANCER SUPPORT SERVICES

2016

2017

SCS Colorectal Support Group

- For colorectal patients and survivors
- Formed in 1981
- Number of Members

143

153

SCS Reach to Recovery

- For breast cancer patients and survivors
- Formed in 1973
- Number of Members

196

196

SCS New Voice Club

- For ear, nose, throat cancer patients
- Formed in 1985
- Number of Members

70

77

SCS Walnut Warriors

- For prostate cancer patients and survivors
- Formed in 2014
- Number of Members

69

130

SCS Bishana Ladies Group

- For all female cancer patients and survivors
- Formed in 2014
- Number of Members

276

344

SCS Lung Cancer Support Group

- For lung cancer patients and survivors
- Formed in 2015
- Number of Members

25

38

Total

- Number of attendees at events
- Number of programmes/activities
- Number of support group members

2,370

2,269

81




105

819

1,034



Calendar of Events

June 2018	July 2018	August 2018
<p>SCS Women's Gynaecological Cancer Awareness Campaign (May to July)</p> <div data-bbox="217 236 551 379">  <p>WOMEN'S GYNAECOLOGICAL CANCER AWARENESS CAMPAIGN 2018</p> </div>		<p>1 - 31</p> <p>SCS Gastric Cancer Awareness Month</p> <div data-bbox="773 308 1048 520">  <p>GASTRIC CANCER AWARENESS MONTH 2018</p> </div> <p>Colorectal Cancer Awareness Month</p> <div data-bbox="773 643 1053 794">  <p>COLORECTAL CANCER AWARENESS MONTH 2018</p> </div>
<p>Festive Cheer with a Heart (Hari Raya Puasa)</p> <p>SCS volunteers will be distributing festive hampers to our welfare beneficiaries at their homes before Hari Raya Puasa</p> <p>To volunteer email volunteers@singaporecancersociety.org.sg</p>	<p>22</p> <p>Singtel-Singapore Cancer Society Race Against Cancer (RAC) 2018</p> <p>Time: 7AM TO 10AM Venue: East Coast Park, Angsana Green To register visit http://www.raceagainstcancer.org.sg For enquiries email rac@singaporecancersociety.org.sg</p>	
<p>24</p> <p>NTU Cultural Activities Club Arts from the Heart Charity Carnival & Fun Run</p> <p>Organiser: NTUCAC Beneficiary: SCS Time: 12PM TO 8PM Venue: Gardens by the Bay East To register visit http://cacafth.com/registration-information/ For enquiries email cac-afth@e.ntu.edu.sg</p> <p>30</p> <p>SCS Women's Gynaecological Cancer Talk & Zumba Work Out</p> <p>Time: 10AM TO 1PM Venue: Toa Payoh Hub To register visit http://bit.ly/SCSWGCAMWORKOUT18 For enquiries call 64215860 or email communityhealth@singaporecancersociety.org.sg</p>		<p>11</p> <p>Gastric Cancer Public Forum</p> <p>Time: 10.30AM to 4PM (English & Mandarin sessions) Venue: Toa Payoh HDB Hub Convention Centre Auditorium Admission: Free Registration: Opens from 16 July 2018</p>



SINGTEL-SINGAPORE CANCER SOCIETY
**RACE AGAINST
CANCER**
CELEBRATING 10 YEARS
OF SAVING LIVES



REGISTER NOW

Guest-of-Honour
Mr Chan Chun Sing
Minister for Trade and Industry

22 JULY 2018 7am – 10am
Angsana Green, East Coast Park

Early Bird registration opens from now to 10 June 2018.

Singtel Dash and PassionCard Holders will enjoy 5% off registration rates.

* Loyalty Rate is applicable to runners who have signed up for at least one of Singtel-Singapore Cancer Society Race Against Cancer (RAC) from 2013 to 2017.

Closing date for registration is 9 July 2018.

CATEGORIES	EARLY BIRD Now - 10 Jun 18	NORMAL 11 Jun - 9 Jul 18	STUDENT (Early Bird) Now - 10 June 18	STUDENT (Normal) 11 June - 9 July 18	*LOYALTY RATE Now - 10 Jun 18
5km RECREATIONAL RUN	\$43	\$48	\$30	\$34	\$39
10km COMPETITIVE RUN MEN / WOMEN	\$51	\$56	\$34	\$38	\$47
15km COMPETITIVE RUN MEN / WOMEN	\$56	\$62	\$35	\$39	\$51

**CELEBRATING 10 YEARS
OF SAVING LIVES**



Follow us facebook.com/raceagainstcancer.sg

For more race details, visit raceagainstcancer.org.sg

For corporate registration and other enquiries, please email rac@singaporecancersociety.org.sg

SCS Beneficiaries & Patients

“Thank you for assisting me with Cancer Treatment Fund and financial assistance for my two daughters. I can focus on getting well without worrying about medical costs and my daughters’ education. I am able to remain positive.” SCS beneficiary, Mdm Irmawati.



Irmawati was diagnosed with stage 4 breast cancer when she was 32 weeks pregnant with her second child. She had refused treatment fearing the safety of her unborn child, and endured back pain as the cancer metasised to the bone. She was prescribed morphine daily to manage the pain and underwent C-section at 34 weeks. After giving birth, she underwent 6 cycles of chemotherapy and hormone therapy for 6 months.

SCS is supporting Irmawati with **Cancer Treatment Fund** for her CT scans, blood tests and chemotherapy. Her elder daughter, who is in Secondary School, receives aid from **SCS Education Financial Assistance Scheme** and tuition under **SCS Help the Children and Youth Programme**.



“We are very thankful for the financial assistance that SCS has been providing to us” SCS beneficiary, Mdm Samsiah and her husband, Mr Syed.



Mdm Samsiah was diagnosed with chronic myeloid leukaemia (CML) in 2011 when she was admitted to hospital after fainting. She was experiencing chronic headache, nausea and vomiting. She now has to be on oral medication for life, to keep the cancer under control. She also has to go for blood tests and check-ups at the hospital every 3 months. Due to her poor health condition (giddiness, breathlessness, headache and lack of strength), she is not able to work. The cost of the oral medication is hefty, and the couple worry about the day when their CPF retirement funds and financial aid from the Government and welfare aid run out.

When she was first diagnosed, her response was “What will happen to my son?” Her son, now aged 39, is attending special needs school and not able to work to support himself. Her husband, now aged 71, has retired from his job as a security guard, and is helping to take care of her and her son. SCS has been supporting Mdm Samsiah with monthly financial assistance since 2016 under the **SCS Welfare Aid Fund**.

SCS Beneficiaries & Patients

“Sometimes, I have breathlessness and numbness in my hands. But, when I’m drawing and colouring, my mind is focused and the discomfort goes away. I am happy. I feel young and free!” SCS Hospice Care Patient, Mdm Rosie Lok Chwee Har

Rosie had surgery eight years ago to remove 10cm of her colon when she was diagnosed with stage 4 colorectal cancer. In mid-2015, an X-ray revealed that the cancer had returned and spread to her lungs. Doctors told her that she had only 6 months to a year to live. She opted not to go for surgery or chemotherapy to avoid compromising her quality of life. She was then referred by a doctor from a hospital setting to **SCS Hospice Home Care** in late 2015.



Rosie is now attended to by a multi-disciplinary SCS team of medical and allied health professionals (Doctor, Nurse, Counsellor, Occupational Therapist and Art Therapist) who provide holistic hospice care for patients with advanced cancer in the comfort of their own homes. They visit her on a regular basis to help her cope with her pain and stress.

In May 2017, Rosie began her regular art therapy sessions at SCS. Now 86, she is living beyond her doctors' earlier prognosis. Instead of waiting for death, she nurtures her heart with art. Creating beautifully coloured artworks has helped her forget her pain, enabling her to pass time more meaningfully.

“Very grateful to SCS and donors who helped me regain some independence. I can now continue to repair watches and get out of the house.” SCS Beneficiary, Mr Lim Kai Hon

Mr Lim was diagnosed with rectal cancer in 2007. He has had 4 major operations since then. He was working previously as a watch repairman and is now staying alone in a 2-room rental flat. He also suffered from a stroke in 2015 and hardly got out of the house due to difficulty walking and poor vision.

He was referred to SCS in 2016 by his medical social worker. SCS has been assisting him under the **SCS Welfare Aid Fund** with monthly supply of ostomy bags. With the help of corporate donors like Icon SOC Pte Ltd, he was gifted a motorised wheelchair and toolkit that now enables him to continue repairing watches at home and move around his neighbourhood conveniently.





“I’M FINE.”

Ladies, if a woman says
she’s fine, is she really?

**Look after your cervix,
ovaries and womb.
Early detection saves lives.**

Women’s Gynaecological Cancer Talk
and Zumba Workout on 30 June.
For more details, visit <http://bit.ly/SCSWGCAWORKOUT18>

Pap Smears help screen for Cervical Cancer, one of the top cancers¹ affecting Singaporean women today. That’s why it’s important for women aged 25 to 69, who have ever had sex, to screen for Cervical Cancer once every 3 years.

In line with Singapore Cancer Society’s mission to minimise cancer, SCS will fund the cost of Pap Smear screening from 2 May to 31 July 2018, for valid CHAS Card holders aged 25 to 69 at selected CHAS GP clinics. Visit <http://bit.ly/SCSWGCA18>, call 1800-727-3333 or email communityhealth@singaporecancersociety.org.sg for a list of selected clinics.

Singaporeans and PRs who are non-CHAS Card holders can get screened as well at NO CHARGE² by visiting the SCS Clinic @ Bishan. For more details, call 1800-727-3333.

¹Singapore Cancer Registry Annual Registry Report 2015. ²Terms and conditions apply.

Big business needs attention to small details.

Test for Colorectal Cancer with a FIT kit today.



**Now available at selected
Guardian, Watsons and Eu
Yan Sang stores island wide**

Screening Eligibility: Singaporeans & PRs aged 50 and above.

Visit www.singaporecancersociety.org.sg, or call 1800-727-3333
email communityhealth@singaporecancersociety.org.sg for more information.



We want to keep in touch with you!

Kindly complete the form below, and return to SCS by mail, fax 6221-9575, or email to fund_raising@singaporecancersociety.org.sg.

Your kind contribution to SCS is greatly appreciated and we would like to acknowledge your support in our publications. Please indicate your preference to be acknowledged:

☐ Yes ☐ No

We would like to invite you to subscribe to our SCS Monthly eNewsletter to stay updated on our programmes and activities. To subscribe, please provide us with your email address below.

UPDATE OF CONTACT DETAILS:

(Mr/ Mrs/ Mdm/ Ms/ Dr) First Name : _____ Last/Family Name: _____

NRIC/FIN No.: _____

Mailing Address : _____

_____ Postal Code: _____

Email Address: _____

Mobile No: _____ Home No.: _____ Office No. : _____

CHANGE OF DONATION DETAILS (For Recurring Donors Only):

I wish to change my recurring donation to SCS based on the following credit/debit card details, amount and frequency with effect from (MM/YY) : _____

Name On Credit/Debit Card: _____ Issuing Bank: _____

Credit/Debit Card No.: _____ Expiry Date (MM/YY): _____

(Please note that we only accept Visa/Master cards. We do not accept AMEX cards.)

Amount: S\$ _____ (Note: Minimum \$5 monthly)

Frequency: Monthly / Tri-Annually / Half-Yearly / Annually ***(Please delete accordingly)***

Signature: _____ Date: _____

I consent to allow Singapore Cancer Society ("SCS") to collect, use, disclose and/or process my personal data in order to process, administer, facilitate, maintain and/or manage my relationship with SCS as a member, volunteer, programme participant, beneficiary and/or donor ("Purpose"), including communications on SCS' activities, programs and services; donation requests; carrying out research, analysis and development activities for SCS' purposes; and making disclosures required by law or a competent authority. SCS may, for the above Purpose, disclose my personal data to its third party service providers and/or agents, which may be sited outside of Singapore (subject always to requirements under applicable law having been met). If you wish to receive communications on SCS' activities, programmes and services via phone call and/or text message to a phone number or numbers that you have provided to SCS, please TICK the relevant box(es):

☐ Text Message ☐ Phone Call

In any event, you agree that SCS may send communications on its activities, programmes and services to you via email and/or post. If you do not wish to receive such communications via email and/or post, or if you wish to make changes to consent previously given, you understand that you may opt-out by writing to the "SCS Data Protection Officer" at "Singapore Cancer Society, 15 Enggor Street, #04-01, Realty Centre, Singapore 079716" or to the following email address dataprotection@singaporecancersociety.org.sg.



**SINGAPORE
CANCER
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新加坡防癌协会

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