



**SINGAPORE
CANCER
SOCIETY**

ANNUAL REPORT

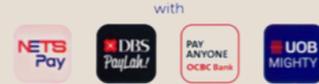
2018



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.



Ondeh Ondeh cake is my favourite dessert



I love horror movies & pop songs

I love Nasi Padang



I go for dialysis 3 times per week



I enjoy passing time by going on outings with my husband



MADAM KAMSIAH & HUSBAND

CANCER SURVIVORS, SCS BENEFICIARIES

"Thank you SCS and all donors. With the help of SCS Financial Assistance Schemes, both me and my husband were able to undergo treatment for our cancer. Thank you for giving us hope that we are not alone in this journey".

Cancer took her son at the age of 39. Three years later, her world came crumbling down when she and her husband were diagnosed with cancer. Despite that, this iron-willed lady braved through her cancer and serves as a pillar of strength to her husband.

In 2016, Mdm Kamsiah experienced heavy vaginal bleeding over 2 weeks. Upon examination by a gynaecologist, she discovered she had stage 3 endometrial cancer.

She underwent treatment and had to continue her dialysis for kidney failure. A month later, her husband was diagnosed with stage 3 lymphoma cancer.

As a cancer patient with kidney failure, her medical fees were hefty. Their medical expenses doubled after her husband's diagnosis. They were trying to make their ends meet.

During this time, a social worker referred them to SCS. SCS assisted them by subsidising their cancer treatment cost and welfare aid. These financial aids lifted the heavy burden on their finances, allowing them to focus on recovery.

Today, 64 year old Mdm Kamsiah is in remission while her husband is still undergoing cancer treatments with the aid of SCS Financial Assistance Schemes.

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COUNCIL

The Society is governed by a Council comprising 15 members (12 elected members and 3 co-opted members), all of whom are volunteers and elected members who hold office for a term of two years at a time. The Council members have no business relations with the Society. The Secretariat for the Council is the Chief Executive Officer of SCS.



Chairman – Mr Wee Leong How

Chairman (April 2018 to current)
 Vice Chairman (April 2013 – April 2018)
 Assistant Honorary Secretary (April 2002 – April 2003)
 Elected to Council (April 2002 – 2003)
 Re-elected to Council April 2011

Sub-Committees: Chairperson for SCS Human Resource Committee, Nominations Committee and Welfare Committee

Mr Wee Leong How was a Board member of the Foundation of Rotary Clubs (Singapore) Ltd from 2016 to 2018. He served as President of the Rotary Club of Singapore West from 2001 to 2002 and 2015 to 2016. He was with the SPH Group for 22 years, serving primarily as Executive Vice President of Human Resources. Thereafter, he served as Group Managing Director, Corporate Services at NTUC FairPrice Co-operative Ltd, and was concurrently General Manager of the NTUC FairPrice Foundation. He retired from NTUC FairPrice and is currently doing some pro bono work for his church.

Vice Chairman – Dr Ravindran Kanesvaran

Vice Chairman (April 2018 to current)
 Elected to Council April 2018
 Co-opted to Council April 2016

Sub-Committees: Chairperson for SCS Medical Professional and Audit Committee



Dr Ravindran Kanesvaran is a Senior Consultant and Deputy Head of the Department of Medical Oncology of the National Cancer Centre Singapore. He is also an Assistant Professor at Duke-NUS Graduate Medical School and Clinical Senior Lecturer at the Yong Loo Lin School of Medicine, National University of Singapore. He is actively involved in graduate medical education and is the Programme Director of the Medical Oncology Senior Residency Programme. He completed his medical oncology speciality training in the National Cancer Centre Singapore. His research interests include genitourinary (GU) oncology and geriatric oncology. He has also been awarded a number of awards including the American Society of Clinical Oncology (ASCO GU) Merit Award 2009, American Association for Cancer Research (AACR) scholar-in-training Award 2010 and European Society of Medical Oncology (ESMO) fellowship award 2012. He is currently the immediate past President of the Singapore Society of Oncology (SSO) and the Singapore Geriatric Oncology Society. He has been appointed as European Society of Medical Oncology (ESMO) Faculty 2015-2016 in Geriatric Oncology and 2016-2020 in GU Oncology. He is the President-Elect and the National Representative for Singapore in the International Society of Geriatric Oncology (SIOG). He was awarded National Representative of the Year SIOG 2014 award. He was also awarded the Singhealth Excellent Service Quality Award in 2018 (Silver) and 2019 (Gold). He is the co-chairperson for SCS Cancer Rehabilitation Management Committee. He is also a member in the SCS Nominations Committee and SCS Cancer Treatment Fund Committee.



Honorary Secretary – Mr Ang I-Ming

Honorary Secretary (April 2014 to current)
 Elected to Council April 2013

Mr Ang I-Ming is the Managing Counsel of a team of in-house lawyers at McDonald's, providing legal support for McDonald's franchising transactions and activities in the Asia Pacific, Middle East, Africa, Europe and Latin America. Prior to joining McDonald's in 2014, he was a partner in a regional law firm based in Singapore. He also serves on the board of Ronald McDonald House Charities Singapore as its Secretary. He is the SCS Honorary Legal Counsel. He is also a member in the SCS IT Steering Committee, SCS Community Partnership Committee and Facilities and Relocation Committee.



Assistant Honorary Secretary – Ms Lim Pek Suat

Assistant Honorary Secretary (April 2018 to current)
 Honorary Treasurer (April 2014 to April 2018)
 Assistant Honorary Treasurer (April 2013 to April 2014)
 Elected to Council April 2012

Ms Lim Pek Suat is a fellow of The Association of Chartered Certified Accountants (UK). She joined PSA on 3 Sep 2001, bringing with her nearly 18 years of experience in corporate and project management accounting, as well as investment and treasury activities. Ms Lim Pek Suat is the Group Chief Financial Officer (CFO) for PSA International. She supports the Group in its long-term global expansion strategies in strengthening corporate assurance, providing leadership in scoping, strategising, evaluating and structuring potential deals for both public tenders and acquisitions. She is also a member of the Senior Management Council of the PSA Group.

Honorary Treasurer – Mr Choo Swee Cher

Honorary Treasurer (April 2018 to current)
 Elected to Council April 2018
 Co-opted to Council April 2016

Sub-Committee: Chairperson for SCS Finance Committee



Mr Choo Swee Cher is currently a Partner with Ernst & Young Solutions LLP. He sits on the SCS Cancer Research Panel and is a member of the SCS Community Partnership Committee. He works closely with the Finance team in ensuring effective corporate governance within the Finance function as well as the review of annual budgets.



Assistant Honorary Treasurer – Mr Yeo Chuen Eng

Assistant Honorary Treasurer (April 2016 to current)
 Elected to Council April 2013

Sub-Committee: Chairperson for SCS Investment Committee

Mr Yeo Chuen Eng volunteers at the Rotary Family Service Centre's Management Committee at Clementi as its Chairperson, and also serves on the Board of the Society for the Aged Sick. He is the Director of Standard Chartered Private Bank. He helped draft SCS' current Investment Policy & Guidelines to invest in a portfolio of Bonds and monitors them. He is a member of the SCS Finance Committee and SCS Medical Professional and Audit Committee.

Council Member – Dr Ang Peng Tiam

Vice Chairman (April 2005 – April 2013)
 Elected to Council April 2002

Sub-Committee: Chairperson for SCS Community Partnership

Dr Ang Peng Tiam is currently practising as a Senior Consultant Medical Oncologist at Parkway Cancer Centre at Mount Elizabeth Hospital, but continues to serve as a Visiting Consultant at Singapore General Hospital. He is also the Medical Director of Parkway Cancer Centre. He was awarded Singapore's National Science Award in 1996 for his outstanding contributions in Medical Research. As the Chairman of the SCS Community Partnership committee, he oversees the yearly event 'Race Against Cancer' and 'Relay for Life'. Dr Ang Peng Tiam has served on the Council for more than 10 consecutive years. He is valuable to the Council, instrumental in providing expertise and resource mobilisation.





Council Member – Ms Koh-Minjoot Hui Hwa

Elected to Council April 2018

Ms Koh-Minjoot Hui Hwa is currently the Chief Executive Officer of Gleneagles Hospital. Hui Hwa has over 20 years of healthcare experience. She is a registered pharmacist and has worked as a hospital pharmacist in the UK (National Health Service) and Singapore (Ministry Of Health). She is currently a member of the Singapore Pharmacy Board and Pharmaceutical Society of Singapore. She is also a District Councillor and Vice-Chair of Healthy Lifestyle Committee of South-West Community Development Council in Singapore. She is a member of the SCS Community Partnership Committee.

Council Member – Ms Ku Xian Hong

Elected to Council April 2014

Sub-Committee: Chairperson for SCS IT Steering Committee

Ms Ku Xian Hong was a Managing Director in Accenture where she assumed several leadership roles. She is currently a board director at Netlink NBN Trust and Anyhealth Company Limited, a startup incorporated in China focused on providing B2B, B2C healthcare mobile solutions. She also serves as a member on Proton Development Committee at the National Cancer Centre Singapore, SingHealth Services. She is also a member of the SCS Audit Committee and SCS Medical Professional and Audit Committee.



Council Member – Dr Lim Siew Eng

Elected to Council April 2012

Sub-Committee: Chairperson for Community Health Committee and SCS Cancer Research Panel

Dr Lim Siew Eng is currently a Senior Consultant (Medical Oncology) and Clinical Director of the Hematology-Oncology Department at the National University Cancer Institute, Singapore (NCIS). She is also Associate Director (Education) of NCIS. She is a strong supporter of cancer outreach and advocacy, and of relieving the cancer burden. She is a member of the SCS Cancer Treatment Fund Committee.

Council Member – Mr Pek Tiong Boon

Elected to council April 2016

Sub-Committee: Chairperson for SCS Audit Committee

Mr Pek Tiong Boon is a Retired Civil Servant. He had served in various departments in the Singapore Government Administrative Service. He was also in charge of handling personnel management in Times Publishing. He served as Director of Corporate Services in charge of Human Resources, Finance and IT in Sentosa Development Corporation. He is a member of the SCS Welfare Committee.



Council Member – Dr Yeo Wee Lee

Elected to Council April 2018
Co-opted to Council April 2015

Sub-Committee: Chairperson for Cancer Treatment Fund Committee, Cancer Treatment Fund Sub-Committee (for blood cancer types) and SCS Cancer Care Kit Task Force Committee

Dr Yeo Wee Lee specialises in the management of adult cancers, with special interests in head and neck, and lung cancers. Prior to joining HL Kong Medical Oncology Centre in October 2011, Dr Yeo was a Consultant Medical Oncologist in the Department of Haematology-Oncology, National University Cancer Institute, Singapore. He was also the Director for Undergraduate Education for his department and was actively involved in the teaching of medical students at the Yong Loo Lin School of Medicine. He is a member of the SCS Community Health Committee.

Council Member – Associate Professor Henry Ho

Co-opted to Council April 2018

Associate Professor Henry Ho is the Head and Senior Consultant of Department of Urology in Singapore General Hospital. As a surgeon-innovator, he is the Director of Medical Device Development for Division of Surgery in Singapore General Hospital. He is also the Assistant Professor for DUKE-NUS post-graduate medical school and clinical teacher for Yong Loo-Lin School of Medical. He leads in technology research and development with keen interest in kidney, prostate diseases and minimally invasive surgery. He has won many local and international awards. He is a member of the SCS Community Health Committee, SCS Prostate Cancer Awareness Month Committee and SCS Prostate Cancer Survivorship Programmes (Advisory Panel).



Council Member – Mr Wong Yu Han

Co-opted to Council April 2018

Mr Wong Yu Han is a partner at Kletos Associates. He has previously served as Chief Operating Officer of a Singapore listed company, has been a founding director of a government agency, and ventured in start-up companies. In 2014, he organised Singapore's National Day Parade as Chairman of the Executive Committee. During his public service, he served as a diplomat in Jakarta and as a national contingent commander in Afghanistan. In the private sector, Mr Wong Yu Han has been a Board Director in the Singapore Technologies Engineering group of companies. He is a member of the SCS Human Resource Committee and SCS IT Steering Committee.

Council Member – Mr Lee Meng Tat

Co-opted to Council April 2018

Mr Lee Meng Tat is the Chief Executive Officer of Non-Alcoholic Beverages Fraser & Neave Ltd. He is the Board Director and Chairman of Executive Committee, Member of Nominating Committee and Remuneration Committee of Fraser & Neave Holdings Bhd (Malaysia). He is also the Board Director and Member of Strategy Committee and Nominating Committee of Vietnam Dairy Products Joint Stock Company. He was certified in Corporate Governance ("IDP-C"), International Directors Programme, INSEAD in 2017. He is a member of the SCS Facilities and Relocation Committee.



Chief Executive Officer – Mr Albert Ching

Appointed 17 September 2012

Mr Albert Ching has been the Chief Executive Officer of the Singapore Cancer Society (SCS) since September 2012. Under his leadership, amongst other strategic alignment of programmes and services to serve beneficiaries better, Mr Ching led the SCS Hospice Home Care team on a growth path with the SCS Council committing \$10 million over five years (from 2013) to scale up operations in order to meet the growing needs of hospice home care services. He also led the Society in setting up the SCS Multi-Service Centre at Bishan in 2013 to be close to the heartlands; and the SCS Cancer Rehabilitation Centre, Singapore's first one-stop community-based cancer rehabilitative services (opened at JEM in September 2015). Before joining SCS, he was the Executive Director and General Secretary of the YMCA of Singapore for over 7 years. Under his leadership, YMCA was conferred the National Volunteer & Philanthropy Centre's (NVPC) Outstanding Non-Profit Organisation Award at the National Volunteerism & Philanthropy Awards 2008. The award recognises YMCA's best practices in volunteer and donor management, fundraising and corporate governance. Prior to YMCA, he served as Executive Director at The Boys' Brigade in Singapore.



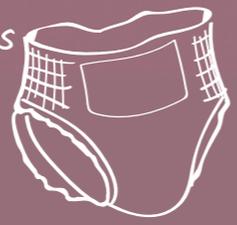
My beautiful mum

is my inspiration
She taught me
to be
humble
&
down
to earth



My best vacation ever
was a solo trip to Canada

I have changed soiled diapers for patients during my home therapy sessions



The first time I volunteered at a nursing home I was scared & excited to perform a song in front of the elderlies



I love running, swimming, diving and coffee sessions with friends



01 MAXIMISING RESOURCES

BOARD & GOVERNANCE

In SCS we work together to journey with our cancer patients. The conducive work environment provides equal opportunities for everyone to be creative and collaborate with one another to minimise cancer and maximise lives. The team setting makes me feel more supported as it allows us to approach our patients' needs and care leveraging on individual areas of expertise. It is heartening when our patients' therapeutic goals are achieved and their quality of life is improved.

**Ms Aw Hui Zhen,
Senior Physiotherapist,
Singapore Cancer Society**

SINGAPORE CANCER SOCIETY

ORGANISATIONAL CHART



OUR PEOPLE MATTER

Our employees are our most valued resources and we rely on them to deliver programmes and services that positively impact the lives of our beneficiaries. SCS values fair employment practices and strongly believes in workforce diversity. We have a multi-generational and multi-ethnicity workforce. SCS is committed to building a conducive work environment that celebrates the success of our employees.

PEOPLE ENGAGEMENT | WORKPLACE

We want to create an environment where our people stay connected and engaged with each other. In 2016, we introduced Workplace by Facebook to give our employees a platform to share information and helps our colleagues located in the other branches to stay connected no matter the distance.



STAFF ACTION FOR RECREATION COMMITTEE (StAR) COMMITTEE

We recognise that well-being activities form an integral part of any healthy organisation to ensure that employees are well taken care of. The StAR Committee Team was formed by HR and the team comprises of employees from various departments. Through fun and fitness activities, we engage employees to stay active and happy in the fight against cancer.

Fit-Friday: Employees brisk walked or jogged towards Marina Bay Sands!

PEOPLE DEVELOPMENT

Every year, our employees enjoy complimentary health screenings to help them monitor their health status. In 2018, we invested in 2,400 training hours for our employees to attend various conferences and workshops to strengthen understanding on issues such as cancer prevention, grief and bereavement, and rehabilitation for cancer survivors. Continuous learning is encouraged so every employee has equal opportunities for career advancement and progression in their roles.

SCS participated in the World Cancer Congress 2018 that was held in Malaysia, by sending a delegation of 12 employees. Our colleagues also presented research papers on cancer screening related topics during this international platform. To better manage learning needs and performance, we embarked on identifying a new Human Resource Information System with plans to implement the system by late 2018 and in early 2019. With a robust learning management system in place we will be able to better identify and track learning needs.

CORPORATE GOVERNANCE

SINGAPORE CANCER SOCIETY'S GOVERNING STRUCTURE

OPERATING PRINCIPLES & GOVERNANCE POLICIES

The Society adheres to the principles and guidelines of the Code of Governance for Charities and Institutions of a Public Character (Revised 2017) ("Code of Governance"), the Charities Act, and regulations as governed by the Charity Council. For the year in review, we continued our firm commitment to the governance and sustainability of the Society's mission.

GOVERNANCE: THE COUNCIL & MANAGEMENT

The Society is governed by a Council of 12 elected members and up to 4 co-opted members, all of whom are volunteers with no business relations with SCS. They are appointed, at the Annual General Meeting (AGM), on the strength of their knowledge, skills, expertise, experience and ability to contribute to the development of the Society. Immediately after the AGM, the new Council will elect among themselves the office-bearers for a one-year period. They hold office as Council members for a term of two years. They are nominated by the SCS Nomination Committee in a formal and transparent process, on the strength of their personal and professional caliber to contribute to the strategic oversight of the Society. The Council and Management of SCS firmly believe that a genuine commitment to good corporate governance is essential to the sustainability of the Society's mission to support the cancer community, and are collectively responsible in ensuring compliance with the Code of Governance and all relevant laws and regulations.

COUNCIL ROLES AND COMPOSITION

THE COUNCIL MEMBERS' ROLES:

- Determine the mission and steer organisation towards it
- Guide and ensure effective strategic organisational planning
- Determine, monitor and strengthen the organisation's programmes and services
- Ensure adequate financial and human resources (Resource Mobilisation)

There are Committees that support the Council in overseeing key areas of accountability, comprising Governance, Advisory & Resource, Administrative & Events, Campaigns and Support Groups. All Committees have Terms of Reference that are approved by the Council. Council members also sit in the Committees to provide oversight. Members of the Committees are carefully selected to ensure diverse expertise, equitable responsibilities, and expert contributions to decision-making in respective management areas. All Committees maintain records of all proceedings, and copies of resolutions passed by such committees, be it at meetings or by resolutions in writing, are provided to the Council.

THE SCS GOVERNANCE AND ADVISORY & RESOURCES COMMITTEES ARE AS FOLLOWS:

Audit Committee	Tender Committee	Finance Committee
Investment Committee	Human Resource Committee	Nominations Committee
Medical Professional and Audit Committee	Cancer Rehabilitation Management Committee	IT Steering Committee
Cancer Research Panel	Welfare Committee	Community Health Committee
Community Partnership Committee	Cancer Treatment Fund Committee	Cancer Treatment Fund Sub-Committee (for blood cancer types)
Financial Assistance Scheme Task Force	Facilities & Relocation Committee	

The roles of the SCS Committees and Terms of Reference can be found at the Portal website (<https://www.singaporecancersociety.org.sg/about/corporate-information/corporate-governance.html>). Full list of Administrative & Event Committees and Advisory Panels can be found at the Portal website (<https://www.singaporecancersociety.org.sg/about/about-scs/sub-committees.html>).

THE ORGANISATION LEADERSHIP

The Chief Executive Officer is accountable to the Council for the conduct, coordination and quality of all of the Society's programmes and services. He is assisted by his Senior Management Team.

WHISTLE BLOWING

A Whistle Blowing Policy is in place to drive governance and a systemic flow of information across the organisation. The Management nurtures a strong culture of integrity by ensuring there are accessible feedback channels for all employees and members of the public to the Audit Committee.

Concerns may be raised with or information provided to:

Private & Confidential
For the Attention of Audit Committee Chairman
Singapore Cancer Society
15 Enggor Street
Realty Centre #04-01
Singapore 079716
Email Address: audit_committee@singaporecancersociety.org.sg

All cases reported will be objectively investigated and appropriate follow-up action will be taken accordingly. Depending on the nature of the concern raised or information provided, the investigation will be conducted, involving one or more of the following individuals or entities:

- The Audit Committee
- The External Auditor, and/or
- The Police or Commercial Affairs Department

When the investigation is completed, the investigating officer(s) will report the findings to the Audit Committee for its necessary action.

CONFLICT OF INTEREST POLICY

Members of the Council and employees are required in their respective capacities to act at all times in the best interest of the society. All Council members and employees of SCS are required to read and understand the conflict of interest policy in place and make full disclosure of any interests, relationships, and holdings that could potentially result in a conflict of interest. All Council members are required to declare conflict of interest to the Society at the start of the term, annually, or as soon as such conflict or the possibility of such conflict arises. All employees are required to declare conflict of interest at the point of hire and annually. When a conflict of interest situation arises, the member/employee shall abstain from participating in the discussion, decision-making and voting on the matter.

RESERVES MANAGEMENT

SCS has a reserves policy of at least two times its annual operating budget to meet its operational requirements. Operating reserves exclude all building/project funds, endowment, and sinking funds. The reserve ratio as at 31 December 2018 is 2.60. Reserves are invested in Singapore dollars fixed deposits and bonds, with banks. Investments are reviewed and approved by the Council.

FUNDRAISING PRACTICES

SCS is committed to ensure that our fundraising practice is ethical and conducted in the most honest and transparent manner at all times following the Fundraising Guidelines by the Charity Council. We promote high level of accountability for the funds raised to be used on the specific programmes and services as communicated to donors. Different communication platforms and channels are set up for donors to provide feedback to our Society. We also uphold the highest standard to protect donors' information and confidentiality through stringent processes and compliance to the Personal Data Protection Act of Singapore.

AUDIT AND LEGAL

Internal Auditor, Baker Tilly TFW, works closely with the Audit Committee and the Management to systematically assess the internal controls of the Society. Reviews are conducted regularly based on agreed upon scope. Processes are reviewed on rotational basis across the years. SCS statutory auditors are RSM Chio Lim LLP, and legal support is provided by RHTLaw Taylor Wessing LLP.

DISCLOSURE AND TRANSPARENCY

The Council members adhere to regular evaluation of its performance and effectiveness, and ensures compliance with requirements in the Code of Governance. The Society makes available to its stakeholders an annual report that includes information on its corporate governance, programmes, activities, services, audited financial statements, Council members and Management. The annual report is also published online via the Society's website.

For the financial year, Council members did not receive any remuneration in their capacity as members of the Council. The remuneration of the three highest paid employees is disclosed in the bands of \$100,000 as follows.

REMUNERATION BANDS	2018	2017
\$200,000 to \$299,999	2	2
\$100,000 to \$199,999	1	1

Note: The three highest paid employees do not serve in the Council.

PUBLIC IMAGE

The Society publishes information relating to its programmes, events and activities through various platforms that include its website, social media, newsletters, marketing brochures and other collaterals. A summary of the media coverage on the Society is incorporated into the monthly report that is submitted to the Management/Council.

ENTERPRISE RISK MANAGEMENT

As part of risk management process, the Society reviews and updates the Management and Council, and the risk register periodically. Process owners review their processes, assess the adequacy of controls and put in place mitigating controls where applicable. Key risks will be discussed in Management meetings as part of awareness and updates are provided to the Council.

PERSONAL DATA PROTECTION ACT (PDPA)

The PDPA establishes a data protection law that comprises various rules governing the collection, use, disclosure and care of personal data. SCS recognizes the rights of individuals to protect their personal data, including rights of access and correction. SCS has implemented policies and processes were reviewed to ensure compliance and data integrity is not compromised. All employees are required to undergo PDPA training and additional security arrangements have been adopted to prevent unauthorised access, collection, use, disclosure, copying, modification or disposal of the personal data.

IMPACT FRAMEWORK

The impact framework was developed in 2016 and introduced in 2017 as a means for SCS to be a more “outcomes focused organisation”. This is to measure the difference SCS make to the cancer community at large across four indicators (main goals of SCS) namely – reduce cancer incidence, increase survivor rate, improve quality of life, and greater community action. Each initiative, programme and service SCS embarks on needs to be aligned to the four main strategic thrusts.

In the midst of the evolving healthcare landscape, SCS had its 5 years strategic planning session in Q2 of 2018 with leaders of the organisation to identify gaps in the sector and to determine key focus areas and directions SCS should undertake to remain relevant and to continue providing effective programmes for the cancer community and those impacted by cancer. With the impact framework in mind, strategic actions developed to support SCS strategic directions are dissected into departmental work plans and cascaded into individual KPIs for alignment.

The impact framework was also implemented in 2017 to become a more “outcomes focused organisation”, measuring what difference we are making in people’s lives, such as helping patients to have improved quality of life, reduce the incidence of cancer by leading healthier lifestyles, and achieve better survivor rates through early screening and better access to treatment. It focuses on the point of view of beneficiaries, and how the Society’s contribution has made an impact.

REMUNERATION OF COUNCIL MEMBERS

There is no claim by the Council members for services provided to the Society, either by reimbursing them or by providing them with an allowance or by direct payment to a third party.

COUNCIL MEETING ATTENDANCE RECORD

Meetings are held on a monthly basis to review the results and performance of the Society and its plans and programmes. To facilitate meaningful participation, all Council meetings are planned and scheduled well in advance, and materials are circulated to members of the Council one week prior to meeting dates.

FOR THE PERIOD 1 APRIL 2018 TO 31 MARCH 2019

NAMES	ATTENDANCE AT COUNCIL MEETINGS
Mr Wee Leong How	11 out of 12 meetings
Dr Ravindran Kanesvaran	10 out of 12 meetings
Mr Ang I-Ming	9 out of 12 meetings
Ms Lim Pek Suat	6 out of 12 meetings
Mr Choo Swee Cher	8 out of 12 meetings
Mr Yeo Chuen Eng	11 out of 12 meetings
Dr Ang Peng Tiam	9 out of 12 meetings
Ms Ku Xian Hong	12 out of 12 meetings
Mr Pek Tiong Boon	10 out of 12 meetings
Dr Lim Siew Eng	9 out of 12 meetings
Dr Yeo Wee Lee	6 out of 12 meetings
Mr Wong Yu Han	10 out of 12 meetings
Ms Koh-Minjoot Hui Hwa	8 out of 11 meetings
A/Prof Henry Ho	7 out of 11 meetings
Mr Lee Meng Tat	9 out of 11 meetings

GOVERNANCE EVALUATION CHECKLIST

FOR LARGE IPCs FOR THE PERIOD OF 1 JANUARY 2018 TO 31 DECEMBER 2018

S/N	Code guideline	Code ID	Response
Board Governance			
1	Induction and orientation are provided to incoming governing board members upon joining the Board.	1.1.2	Complied
	Are there governing board members holding staff appointments? (skip items 2 and 3 if "No")		No
2	Staff does not chair the Board and does not comprise more than one third of the Board.	1.1.3	
3	There are written job descriptions for the staff's executive functions and operational duties, which are distinct from the staff's Board role.	1.1.5	
4	The Treasurer of the charity (or any person holding an equivalent position in the charity, e.g. Finance Committee Chairman or a governing board member responsible for overseeing the finances of the charity) can only serve a maximum of 4 consecutive years.	1.1.7	Complied
5	All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years.	1.1.8	Complied
6	The Board conducts self-evaluation to assess its performance and effectiveness once during its term or every 3 years, whichever is shorter.	1.1.12	Complied
	Is there any governing board member who has served for more than 10 consecutive years?(skip item 7 if "No")		
7	The charity discloses in its annual report the reasons for retaining the governing board member who has served for more than 10 consecutive years.	1.1.13	Complied
8	There are documented terms of reference for the Board and each of its committees.	1.2.1	Complied
Conflict of Interest			
9	There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity.	2.1	Complied
10	Governing board members do not vote or participate in decision making on matters where they have a conflict of interest.	2.4	Complied
Strategic Planning			
11	The Board periodically reviews and approves the strategic plan for the charity to ensure that the charity's activities are in line with the charity's objectives.	3.2.2	Complied
12	There is a documented plan to develop the capacity and capability of the charity and the Board monitors the progress of the plan.	3.2.4	Complied
Human Resource and Volunteer Management			
13	The Board approves documented human resource policies for staff.	5.1	Complied
14	There is a documented Code of Conduct for governing board members, staff and volunteers (where applicable) which is approved by the Board.	5.3	Complied
15	There are processes for regular supervision, appraisal and professional development of staff.	5.5	Complied
	Are there volunteers serving in the charity? (skip item 16 if "No")		
16	There are volunteer management policies in place for volunteers.	5.7	Complied
Financial Management and Internal Controls			
17	There is a documented policy to seek the Board's approval for any loans, donations, grants or financial assistance provided by the charity which are not part of the charity's core charitable programmes.	6.1.1	Complied
18	The Board ensures that internal controls for financial matters in key areas are in place with documented procedures.	6.1.2	Complied
19	The Board ensures that reviews on the charity's internal controls, processes, key programmes and events are regularly conducted.	6.1.3	Complied

S/N	Code guideline	Code ID	Response
20	The Board ensures that there is a process to identify, and regularly monitor and review the charity's key risks.	6.1.4	Complied
21	The Board approves an annual budget for the charity's plans and regularly monitors the charity's expenditure.	6.2.1	Complied
	Does the charity invest its reserves (e.g. in fixed deposits)? (skip item 22 if "No")		
22	The charity has a documented investment policy approved by the Board.	6.4.3	Complied
Fundraising Practices			
	Did the charity receive cash donations (solicited or unsolicited) during the financial year? (skip item 23 if "No")		
23	All collections received (solicited or unsolicited) are properly accounted for and promptly deposited by the charity.	7.2.2	Complied
	Did the charity receive donations in kind during the financial year? (Skip item 24 if "No")		
24	All donations in kind received are properly recorded and accounted for by the charity.	7.2.3	Complied
Disclosure and Transparency			
25	The charity discloses in its annual report – (a) the number of Board meetings in the financial year; and (b) the attendance of every governing board member at those meetings.	8.2	Complied
	Are governing board members remunerated for their services to the Board? (skip items 26 and 27 if "No")		No
26	No governing board member is involved in setting his own remuneration.	2.2	
27	The charity discloses that no governing board member is remunerated.	8.3	
	Does the charity employ paid staff?(skip items 28, 29 and 30 if "No")		
28	No staff is involved in setting his own remuneration.	2.2	Complied
29	The charity discloses in its annual report – (a) the total annual remuneration for each of its 3 highest paid staff who each has received remuneration (including remuneration received from the charity's subsidiaries) exceeding \$100,000 during the financial year; and (b) whether any of the 3 highest paid staff also serves as a governing board member of the charity. The information relating to the remuneration of the staff must be presented in bands of \$100,000.	8.4	Complied
30	The charity discloses that there is no paid staff, being a close member of the family belonging to the Executive Head or a governing board member of the charity, who has received remuneration exceeding \$50,000 during the financial year.	8.5	Complied
Public Image			
31	The charity has a documented communication policy on the release of information about the charity and its activities across all media platforms.	9.2	Complied

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.



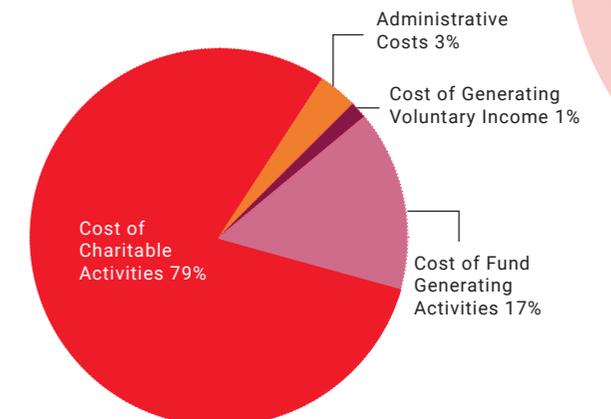
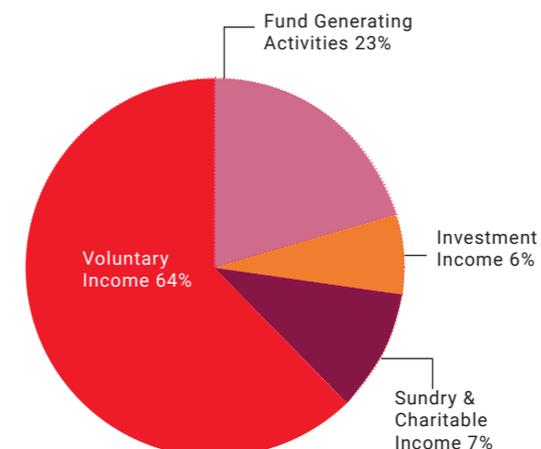
SCS distribute Faecal Immunochemical Test (FIT) kits to encourage screening for colorectal cancer.



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



* 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).

Mum to
3 Kids



I am a
cheerful
& optimistic
person



Babies doing
funny acts
makes me
laugh



I wish
for my
daughter
to do
her best
in whatever
she does
and to be
always
happy



My favourite
childhood memory
is of me enjoying
the breeze &
chitchatting with
my siblings
behind the lorry



02

MAXIMISING PREVENTION

CANCER SCREENINGS
& AWARENESS

"Cancer struck my family years ago and I lost both my parents. SCS has been very supportive throughout the journey by educating us on the importance of early detection and adopting a healthy lifestyle. With this HPV vaccination provided at no cost by SCS, my daughter now has a higher chance of preventing cervical cancer. I strongly urge women to take charge of their lives and do all they can to prevent cancer from even happening by taking the vaccination."

Mdm Tan Hwee Buay,
SCS Beneficiary

SCS CANCER AWARENESS CAMPAIGNS 2018

Education (Prevention and Awareness), early detection and timely follow up/treatment of cancer are 3 key factors to reduce cancer mortality. According to the World Health Organisation (WHO), 30% to 50% of cancers are preventable by reducing the exposure to risk factors and encouraging healthy lifestyles while early diagnosis increases the chance of successful treatment. Thus, SCS has been investing its efforts in developing education programmes and easy access to screenings for the Singapore community.

SCS COLORECTAL CANCER AWARENESS CAMPAIGN

A campaign aimed to raise awareness on the prevalence of the #1 cancer affecting men and #2 affecting women in Singapore by promoting regular colorectal cancer screening using SCS' Faecal Immunochemical Test (FIT). The FIT kit, a non-invasive preliminary screening test which can be administered at home, screens for small amounts of blood in a person's stools. The SCS 17th Colorectal Cancer Awareness campaign involved the distribution of those kits throughout Singapore as well as a colorectal cancer forum jointly organised with Khoo Teck Puat hospital which welcomed 300 attendees.

SCS achieved a record high in terms of getting people to be screened for colorectal cancer using the FIT. A total of 76,463 participants took the FIT in 2018, 7.5% more than the previous year.

FIT Kits distributed	198,990
FIT Kits returned	152,926
No. of pax screened	76,463
No. of repeat pax screened	34,839

No. of FIT positive cases	5,270
No. of completed colonoscopies/clinic testing	1,627
No. of cancer diagnosis cases	22

SCS WOMEN'S GYNAECOLOGICAL CANCER AWARENESS CAMPAIGN

Women's Gynaecological Cancers, including cervical, ovarian and uterine cancers, are among the top 10 cancers affecting Singaporean women today. Yet, simple regular Pap smear screenings can help with the early detection and prevention of cervical cancer. This is why in 2018, on top of its yearlong educational efforts through specialised events, talks and activities, SCS established an alliance with General Practitioners (GP); the first in the line of contact with patients. This partnership focused on facilitating access to screenings for Community Health Assist Scheme (CHAS) holders by allowing them to be screened by GP partners at no cost.



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



GUEST OF HONOUR

Ms Low Yen Ling, (Senior Parliamentary Secretary, Ministry of Education & Ministry of Manpower)



WOMEN'S GYNAECOLOGICAL CANCER TALK

Dr See Hui Ti, Senior Consultant, Medical Oncology from Parkway Cancer Centre



Women's Gynaecological Cancer event on 30 th June at Toa Payoh Hub	336 attendees
No. of Pap smear screenings provided at no cost at SCS Clinic (Bishan)	6,274
Cases referred for further assessments on abnormalities detected for screening participants at SCS Clinic (Bishan)	968

PAP SMEAR AT NO COST

Offered at 59 participating General Practitioners Clinics island-wide to 59 CHAS card holders

SCS BREAST CANCER AWARENESS CAMPAIGN

In Singapore, one in 14 women will develop breast cancer by the age of 75. As part of its efforts to help women live longer, healthier and happier lives, in 2018, SCS undertook a series of educational seminars, talks and roadshows focusing on early detection and treatment.

From 1 Oct 2018 to 31 Jan 2019, SCS provided \$25 funding assistance for women aged 40-69 to undergo their mammogram screening at 54 participating breast screening centres island wide.

In collaboration with 54 participating breast screening centres:

13,970
Ladies screened (As of 31 Jan 2019) over the course of the campaign

BREAST SCREENING DONE AT SCS CLINIC FOR 2018

No. of breast self-examination	6,140
No. of mammogram screenings	2,113
No. of cases referred for further assessment of abnormalities	294
No. of cancer cases	9

SCS COMMUNITY MAMMOBUS PROGRAMME

To encourage early diagnosis through mammogram screenings, SCS, Breast Cancer Foundation (BCF) and National Healthcare Group Diagnostics (NHG Diagnostics) launched the 'Community Mammobus Programme', a pilot programme which aimed to screen 4,000 women island wide.

Through our joint financial support, eligible females aged 50 to 69 years would have access to mammogram screening on the NHG Diagnostics Mammobus at no cost for first time Singaporean screeners and up to a maximum of \$35 for Permanent Residents who are repeat screeners (taking into account government subsidies and other existing mammogram funding schemes). As a result, the programme resulted in an approximate 135% increase in first time screeners as well as a doubling in the total number of screeners compared to the previous year.

3,764
ladies screened
for 2018

SCS HPV EDUCATION & IMMUNISATION PROGRAMME

Cervical cancer is one of the top cancers affecting women, and yet, is also one of the most preventable types of cancer by going for a Human Papillomavirus (HPV) vaccination. With this in mind, on October 27, SCS launched the SCS HPV Education and Immunisation Programme (HEIP) at the SCS Cancer Rehabilitation Centre as part of its dedicated 3-year plan to tackle cervical cancer in Singapore. Dr Amy Khor, Senior Minister of State, Ministry of Environment and Water Resources & Ministry of Health, was the Guest-of-Honour.

This programme, funded by Tote Board, aims at encouraging HPV vaccination among young girls in an effort to prevent cervical cancer, with MSD also contributing the first 350 doses of the vaccine to kick start this programme.

SCS will be intensifying its efforts by conducting a series of talks in schools targeted at secondary school girls with the support of a mascot, Dr Maxine (MAXimise & VaccINE), conceptualised to be in line with the programme's tagline. 4,000 girls will benefit from those talks.



23
vaccinations
administered

SCS FIGHT CANCER @ NORTH WEST COMMUNITY DEVELOPMENT COUNCIL

As part of a 3-year collaboration with North West Community Development Council, SCS reached out to the people within the North West District to increase awareness about cancer and to encourage early screening. The SCS Fight Cancer @ North West programme included the roll out of cancer awareness talks for the residents/grassroots leaders throughout the district as well as facilitating access to screening through SCS screening programmes such as the Community Mammobus Programme and the distribution of FIT kits.

SCS FIT50

SCS FIT50 is an initiative to remind Singaporeans who have turned 50 years old to go for regular health screenings for the 3 common cancers, namely breast cancer, colorectal cancer and cervical cancer. SCS undertakes all remaining screening charges after prevailing government subsidy.

NUMBER OF WOMEN UNDERGONE MAMMOGRAM AND PAP SMEAR SCREENING:

Pap smear (Oct & Nov)	271
Mammo (Oct to Dec)	619



SCS GASTRIC CANCER AWARENESS CAMPAIGN

The campaign, which included 2 events, focused on raising awareness around the risk factors of gastric cancer and healthy diet practices as a preventive effort.

SCS Gastric Cancer Public Forum	876 attendees
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SCS' annual public education effort was delivered in two sessions (English & Chinese) with topics focused on the latest treatments for gastric cancer and healthy eating practices to improve one's diet.

SCS Fruits & Vegetables Day	718 attendees
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Aimed to promote and inculcate regular healthy diet practices with emphasis on the inclusion of fruits and vegetables in the daily diet.

**6 ACTIVITIES
IN TOTAL**

**2 CORPORATES
& 4 SCHOOLS**

were engaged with educational talks



SCS LUNG AND PROSTATE

CANCER AWARENESS CAMPAIGN

Prostate cancer is the 3rd most common cancer and is expected to continue to rise. Lung cancer is the No.1 killer cancer of Singaporean men and No.2 killer cancer of Singaporean women with smoking being one of the main causes.



588
ATTENDEES

To raise the awareness of lung and prostate cancer, SCS organised a public forum focused on the risk factors, signs, symptoms and treatment options.

SCS SMOKE-FREE AMBASSADOR PROGRAMME (YOUTH ENGAGEMENT)

As part of continuous efforts to encourage youths to lead a smoke-free life and give students an opportunity to learn more about cancer and smoking, SCS developed a smoke-free ambassador programme open to all secondary schools to get youths to encourage their peers to lead a smoke-free lifestyle. A total of 9,136 youths were engaged through the SCS Smoke-Free Ambassador Programme.

As part of the programme, SCS also partnered the Girl Guides Singapore to reach out to guides to be ambassadors to their peers. The guides came up with various projects and the top 3 with the most creative ideas won.

Top 3 teams from the Girls Guides uniformed group:

- **Merit Award:** Crescent Girls School
- **Outstanding Award:** Tampines Secondary School
- **Excellence Award:** Bt Panjang Government High

Through the engagement, the uniformed groups created canvas banners and boards, and performed skits and exhibitions with the aim of advocating a healthy lifestyle by staying smoke-free.



SCS INTER-POLYTECHNIC COMPETITION – “DESTIGMATISATION OF CANCER”

In January 2018, SCS partnered Ngee Ann, Republic and Singapore Polytechnic, to organise an inter-polytechnic marketing competition, engaging students to conceptualise and plan a campaign to destigmatise cancer.

A total of 18 teams comprising 72 Year 2 students, participated in the first round. Five selected teams presented their projects at the finals graced by Guest of Honour Dr Intan Azura Mokhtar, Member of Parliament for Ang Mo Kio GRC.

- **Outstanding Award:** “*It’s Just Cancer*” by Singapore Polytechnic
- **Excellence Award:** “*#Believe*” by Republic Polytechnic
- **Merit Award:** “*Flip the Switch*” by Ngee Ann Polytechnic

MOE COLLABORATION

As part of the collaboration with the Ministry of Education (MOE) to increase knowledge about lung cancer, a video was produced specifically for Junior College students as part of their Biology curriculum. The video was uploaded onto the online Student Learning Space and information from the video also formed part of the examinable components for the students.

With the implementation of this structured outreach programme, SCS will continue to be one of the leading charities in the fight for a cancer free society.

I wanted to be an
Astronaut
when I was young



I enjoy
**rock climbing
& baking**



I did
not
always
want
to be a
Doctor



I had a
dog named

Coco



My dream
is to optimise
the care in

elderly
cancer
patients




Greece
is my
favourite
out of the
places
I've visited



03

MAXIMISING RESEARCH

**CANCER RESEARCH & DATA
ANALYTICS**

"The SCS Cancer Research Grant has allowed my team the opportunity to better understand how a proper comprehensive geriatric assessment conducted at the time of diagnosis will benefit elderly cancer patients in their cancer journey".

Dr Angela Pang,
Consultant, Department of Haematology-
Oncology, National University Cancer Institute,
Singapore (NCIS), National University Health
System & Assistant Professor, Yong Loo Lin
School of Medicine,
National University of Singapore

UNDERSTANDING CANCER

SCS CANCER RESEARCH GRANT	2018	2017
SCS cancer research funds disbursed	\$298,290	\$253,562

The SCS Cancer Research Grant strives to encourage and support cancer research that improves quality of life, quality of care, and quality of treatment for cancer patients. In 2018, the Society received 30 research proposals from 9 institutions.

45

Cancer research funded since 2006

\$298,290

Awarded to 4 shortlisted cancer research projects

RESEARCH PROJECTS AWARDED IN 2018

RESEARCH PROJECT TITLE	GRANT RECIPIENT	AMOUNT
The role of pelvic floor exercise and bladder training in treating urge incontinence in prostate cancer patients undergoing radiation therapy – A pilot randomised study	CHEN Sijia, Sarah Tan Tock Seng Hospital	\$35,960
The effectiveness of an interactive Colorectal Cancer Self-Management enhancement smartphone-based psychosocial intervention programme (iCanManage) on outcomes of patients with colorectal cancer and their caregivers: A randomised control trial	A/Prof HE Hong-Gu National University of Singapore	\$145,000
The lived experience of post-mastectomytele-rehabilitation and recovery: A pilot feasibility study	Dr ASANO Miho National University of Singapore	\$66,540
Regional cryotherapy in preventing paclitaxel induced peripheral neuropathy in patients with early and locally advanced breast cancer: Long term follow up during survivorship	Dr LOH Wei-Jen, Kiley National Cancer Centre Singapore	\$50,790

COMPLETION OF SCS FUNDED RESEARCH

CONDUCTED BY DR ANGELA PANG

ABOUT 60% of the cancer population are made up of elderly aged 65 and above, most of whom might have reduced physiological reserves and complex medical issues.

There has been a rising need for a geriatric oncology service towards supporting older cancer patients and their caregivers in their cancer journey. A research team led by Dr Angela Pang (Medical Oncology Consultant) from NCIS studied the impact of geriatric oncology service upon the quality of life (QoL) in elderly with cancer and aid in the reduction of caregiver distress.

COMPLETED SCS-FUNDED RESEARCH IN 2018

PRINCIPAL INVESTIGATOR	Dr Angela Pang Medical Oncology Consultant National University Cancer Institute, Singapore (NCIS) National University Healthcare System
RESEARCH TITLE	Evaluating the role of a geriatric oncology service: how it can impact on the quality of life in the older adult with cancer and aid in the reduction of caregiver distress
RESEARCH PERIOD	1 Mar 2017 – 31 Aug 2018

RESEARCH IMPACT

Phase 1 of the study showed that majority of older cancer patients had issues not picked up by their primary physicians and required at least one intervention provided by a multidisciplinary geriatric oncology team. It was found that patients from financially-needy families, with higher depression scale or less cognitive score, or loss of weight of at least 10% would more likely require interventions. The study findings allow healthcare teams to provide timely interventions to improve older cancer patients' QoL and in turn, reduce the distress levels of their caregivers.

The team is currently conducting phase 2 of the study to assess if there is any improvement in the QoL of the patients who had received interventions and if there is a reduction in their caregivers' stress.

IN PARTNERSHIP WITH

TERRY FOX FOUNDATION & TERRY FOX RESEARCH INSTITUTE

Through a long standing partnership with Terry Fox Foundation (TFF), SCS has helped manage and channel the donations received to support local cancer research projects shortlisted by Terry Fox Research Institute (TFRI) through the Terry Fox Research Fund. Wanting to contribute more to benefit cancer patients, SCS had taken a more involved role in this partnership in 2018 by having a reviewer from SCS join the TFF international review panel to partake in the process of project review, interview and evaluation.

MOVEMBER FOUNDATION

TrueNTH Global Registry is an international project that aims to significantly improve the physical and mental health of men with prostate cancer. It aims to bring together new and existing prostate cancer registries and organisations who are collecting clinical and patient reported health outcome data for men diagnosed with prostate cancer. SCS initiated the discussion with Movember, together with a couple of hospitals who expressed interest to participate and contribute to the global registry.



SCS IN-HOUSE

RESEARCH STUDIES



A public health, behavioural study evaluating the determinants and delineators of smoking or non-smoking preference amongst Singapore youth

Project Period: Jan 2018 – May 2018

Findings published on World No Tobacco Day, 31st May 2018

A cross-sectional online survey conducted in a purposive, population sampling of 1,000 youth, aged 18-24 years to understand the attitudes, tendencies and health-impact awareness of young adult smokers and ex or non-smokers and the impact of family, peer, social and environmental influences on the desire to smoke or quit smoking.

KEY OUTCOME

It was found that a majority of young smokers experimented with this risky behaviour during their adolescence (12-14yrs) and more than half of the ex-smokers (63%) and non-smokers (70%) surveyed had refrained from smoking for health reasons and are encouraged by 'no-smoking' awareness campaigns or programmes.

As shown in the findings, while augmenting efforts in the area of health awareness campaigns will substantially increase the number of ex-smokers or non-smokers, group interventions are strongly recommended to curb the initiation of smoking in youngsters, as a concerted risk-reduction strategy for lung cancer.

A descriptive review of the community-based cervical cancer screening programme at the Singapore Cancer Society

Project period: Jan 2018 – May 2018

Findings presented at World Cancer Congress 2018

A total of 15,195 clinical reports from women who underwent elective Pap smear test over the last three years (Jan 2015 - Dec 2017) were reviewed with the aim to quantify the prevalence of abnormal cervical cytology in asymptomatic women screened at the SCS clinic.

KEY OUTCOME

The low percentage of epithelial cell abnormality identified in this large population sampling over three years confirms that routine Pap smear testing is a cost-effective screening approach to detect pre-cancerous cervical lesions. While the Pap smear test is useful for early detection of cervical cancer, the overall clinical burden of this important gynaecological malignancy can be significantly decreased through an upstream preventive approach – HPV vaccination of the young girls/women in the threshold age range of 9-26 years.

Impact of fear of recurrence (FCR) in breast cancer survivorship – A pilot study by SCS on the magnitude of this psycho-emotional problem

Project Period: Jun 2018 – Sep 2018

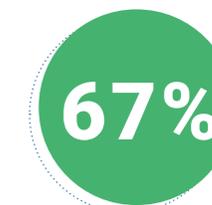
Findings published in Iris Journal of Nursing and Care in Breast Cancer Awareness Month

Through this preliminary investigation, the objective is to identify the incidence, prevalence and also lifestyle influences of FCR in a women cohort (sample size n=51) attending the SCS rehabilitation services. We also aimed to understand the clinical indicators of FCR, so as to provide better supportive care for any unmet need(s) identified in this area and ultimately, to improve the quality of life for breast cancer survivors.

KEY OUTCOME

A higher FCR accounted for lower functional or psychological capability (25.5%, 45.2%) and poorer satisfaction with family and social lives (23.6%, 39.2%). Different coping patterns emerged including distractive or conditional avoidance of causal attributes, with variable outcomes.

It was evident that significant level of FCR had a detrimental effect on breast cancer patients' life journey. Functional impairments in general (thoughts or worries disrupting activities, associations with friends, family etc) and the psychological distress in particular, would compromise the essential domains of their overall quality of life. The findings provide evidence for the importance of customized interventions – programmes or services, to enhance coping mechanisms and to ensure successful transition for a holistic recovery of life quality.



67%
of breast cancer survivors experienced FCR

Programme Evaluation of SCS Support Group – Walnut Warriors

Project Period: Dec 2017 – Apr 2018

Findings for programme improvement

A support group is vital for individuals impacted with cancer as it enhances the quality of life by providing information and support to overcome feelings of loneliness and helplessness. Hence, a programme evaluation study of SCS Walnut Warriors (WW) support group was done across 74 participants through telephone interviews to better understand the level of awareness of the support group activities provided, to identify areas that would improve attendance and unmet needs of existing participants.

KEY OUTCOME

It was evident that a WW support group is important in the psychosocial aspect as most cited that it provided them comradeship and support, they felt better through the exercise activities, and received important knowledge. Actionable items were identified to retain current active members and to improve attendance rate.



70%
of the participants cited that the support group is useful to them

I love
to browse YouTube
for self improvement
talks and articles



My favourite childhood
memory is playing with my
'kampung' friends



My favourite
dish is
my mother's
cooking.



She
passed
away from
cancer but
I still
remember
her dishes

Being around
good friends
brings me
joy and
laughter



I am a sincere
friend and
a happy go
lucky
person



04

MAXIMISING COMMUNITY SUPPORT

ACCESSIBILITY TO
AID/TREATMENT

"I cannot exert myself to work and therefore it was very hard making ends meet. I am very thankful to the employees in SCS. Without them I would not have known that there are such financial help out there for cancer patients like me".

**Mr Goh Eng Chuan,
Leukemia Patient,
SCS Financial Aid Beneficiary**

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

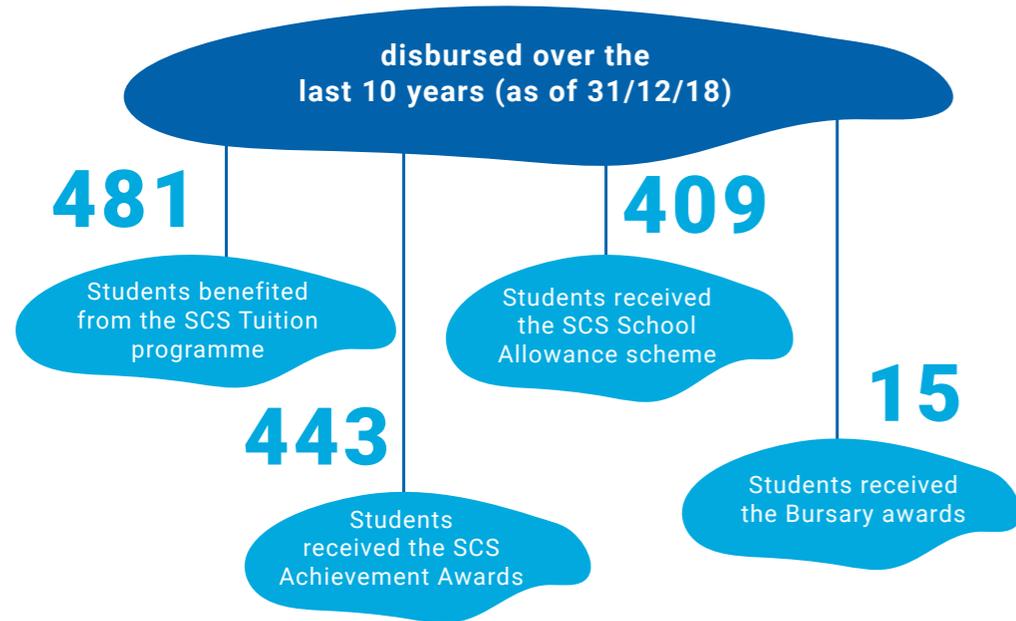
SCS HELP THE CHILDREN & YOUTH PROGRAMME

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



725 Attendees to the family and youth engagement events



JARELYN TAN

BENEFICIARY OF SCS HCYP, AND SCS YOUTH CLUB MEMBER

"My family and I are thankful to SCS for lending us a helping hand. Ever since my mum passed on, I completely had no motivation to do well in my studies. Fortunately, SCS stepped in and has been providing me and my brother tuition from 2013. The tutors are really kind and patient. My family and I also enjoy other recreational activities that the SCS employees organise. I feel at ease as I am able to bond with other peers who are going through the same emotional journey. SCS HCYP, has also recently created a club for youth. Every month SCS Youth Club would organise events for us to attend. There, I can meet new people. Although we are all from different backgrounds, we are still able to share our experience and emotions because of the common issue we are going through."

SCS EDUCATION FINANCIAL ASSISTANCE SCHEME

Providing school allowance grants and bursaries to alleviate the financial burden on families impacted by cancer.

77
Students benefiting from school allowance

1
Bursary student

\$63,110
Disbursed

THE SCS YOUTH CLUB

The SCS Youth Club offers youths with opportunities for personal growth and development.

This new initiative equip youths with the knowledge, attitudes and skills to manage a wide range of life experiences including the ability to recognise and manage emotions; develop care and concern for others; establish positive relationships; make responsible decisions; and handle challenging situations constructively and ethically.

A platform to promote volunteerism among our youth impacted by cancer to connect and contribute back to the community. To enable them to increase their self-confidence, talents and maximise their strengths in making a difference, opportunities to meaningfully contribute back to SCS and/or the community at large.

OBJECTIVES

- Supporting students in their academic development
- Developing better self-esteem and self-confidence
- Alleviating financial strain on needy families of cancer patients
- Providing students with resource materials to facilitate their study environment



SCS YOUTH CLUB ACTIVITIES

At Trickeye Museum @ Sentosa

UNWAVERING SUPPORT

THROUGHOUT CIRCUMSTANCES

LUNAR NEW YEAR ANG BAO PROVISION

SCS strives to provide some relief and bring festive cheer to low-income cancer-stricken families during the Lunar New Year festival with the assistance of cancer survivor volunteers.

455

Ang Baos distributed

\$91,000

Worth of shopping vouchers & gift goodies



My best vacation
ever was in the
**Maldives
& Bhutan**



Photography
and exercising are my
favourite pass time activities



I am a proud
grandad to
3
grandsons

I am most
inspired by
my wife



05

MAXIMISING REHABILITATION

**CANCER REHAB -
CARE & SUPPORT**

"In 2013, I was one of the members who assisted SCS to set up the Walnut Warriors Support Group. SCS provided us all the support needed in terms of facilities, resources and employees to form this support group for prostate cancer survivors/ patients. Ever since, SCS has been actively engaging the members with various activities such as the Walnut Warrior Exercise Programme, educational talks, enrichment workshops and social and recreational events. SCS has also trained some members to be Patient Ambassadors. These Patient Ambassadors reach out to newly diagnosed patients undergoing treatment to provide peer-to-peer support. I thank SCS for providing such a wonderful platform for cancer survivors and patients".

**Mr Simon Tan Chye Hin,
Prostate Cancer Survivor and SCS Beneficiary**

SCS CANCER SUPPORT SERVICES

Cancer takes its toll on patients and their families from the moment they are diagnosed till end of life. This is why SCS cancer support services have various programmes specifically targeted at cancer survivors, new patients and their families to help reduce stigma, promote connection between them and help them cope with the life-changing consequences of this illness. The programmes are carefully built upon 5 essential pillars to support patients and their loved ones to preserve quality of life.

01 **EDUCATION**
Workshops/ talks/ public forums/ peer learning & support

02 **ENGAGEMENT**
Social & recreational activities, outings/ trips

03 **EMPOWERMENT**
Training and nurturing support group leaders, hospital and home visits

04 **ENRICHMENT**
Happy and interest learning activities

05 **PSYCHOLOGICAL SUPPORT**
Providing outlets and the support of professionals to listen and counsel

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.

2,555
Attendees

101
Programmes
& activities

1,251
Support
group
members

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%

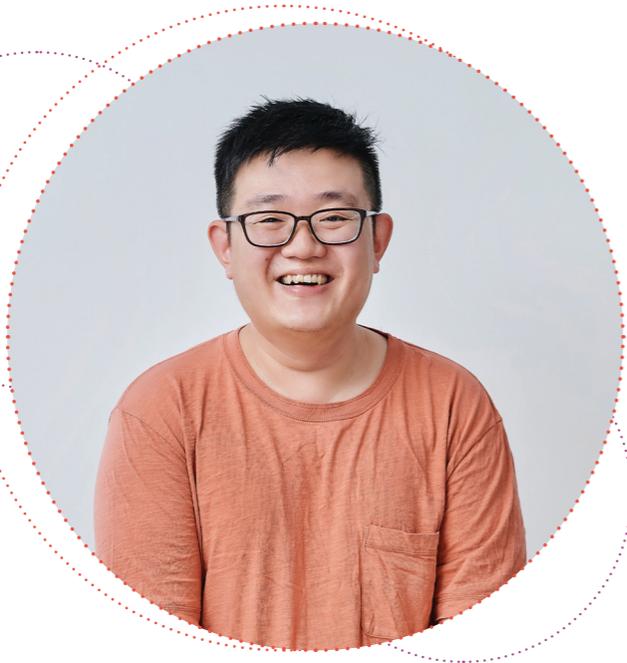
¹ Based on a feedback survey conducted in 2019 for support group members (N=33)

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



MR GUI YAO YU

**THORACIC SPINE
EPENDYMOMA CANCER
SURVIVOR**

“The modern facilities at the rehabilitation center aided me in my recovery and I was able to see the progress and level of improvements. The therapist went to my workplace to assess the work condition in order to further aid me in the rehabilitation. With the assessment result, the therapist customised the rehabilitation exercises for me and it helped to improve my mobility at the workplace.”

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.

I have made the climb to a Mount Everest base camp



I read to pass time

Jiddu Krishnamurti an Indian philosopher, speaker and writer is my Inspiration



I am lovable



Watching pranks make me laugh

Motorcycle Diaries is my favourite movie



06

MAXIMISING

RELIEF

HOLISTIC END OF LIFE CARE

"I am really happy that the SCS Hospice Care team helped me manage my symptoms and improve the quality of my life. They eased my loneliness and addressed all my problems. I would like to thank Dr Teoh and the SCS nurses for all the support they have given".

**Mr Joey Kurian,
SCS Hospice Care Beneficiary**

SUPPORTING CANCER PATIENTS

AT THE END OF THEIR JOURNEY

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.

463

Patients supported

HOLISTIC CARE

The team comes with experienced and dedicated nurses, doctors, social workers, counsellors, physiotherapists and occupational therapists, ready to provide holistic relief and quality-of-life care to terminal stage cancer patients who have chosen to remain within their own living environment and be with their loved ones in the final stages of their lives.

With the support of various visiting consultants in palliative medicine from Khoo Teck Puat Hospital, Ng Teng Fong Hospital, and Parkway Health, the team focuses on relieving symptoms and helping patients to live as comfortably as possible, addressing their fear of suffering when nearing the end of life.

END OF LIFE CONVERSATION

Many fear suffering when they near the end of life; palliative care seeks to relieve them of this suffering. In support of patients and families, and to honour their differences, it falls upon SCS Hospice Care team to spark conversations around the patients' preferences towards death and dying – which although difficult, will often bring solace and stability to patients. Although these are difficult conversations to have, the decisions that follow often bring stability and assurance to patients.

HOSPICE CARE CASE COUNSELLING

SCS social workers and counsellors worked closely with our Hospice Care team to manage anticipatory grief and loss of patients. To further help patients cope with their condition, assistance was provided for care management and child care support. Bereavement support was also provided for family members to cope with their loss.

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



I love watching
Korean dramas
to pass time



Some of my best memories
was having
house parties
as a teenager



I had the
best vacation in
Bangkok
with my
sisters



I love
watching comedy
movies that
make me laugh



My sisters
have inspired me
the most in my life



07

MAXIMISING

PARTNERSHIPS

MAJOR EVENTS IN FUNDRAISING
AND COMMUNITY PARTNERSHIP

"As a cancer survivor, I have personally benefitted from SCS' support groups programmes and welfare aid. I am glad to see SCS organise the Race Against Cancer to help raise funds that will benefit cancer patients and survivors".

Mdm Lynda Lim Kwee Hua,
Lung Cancer Survivor

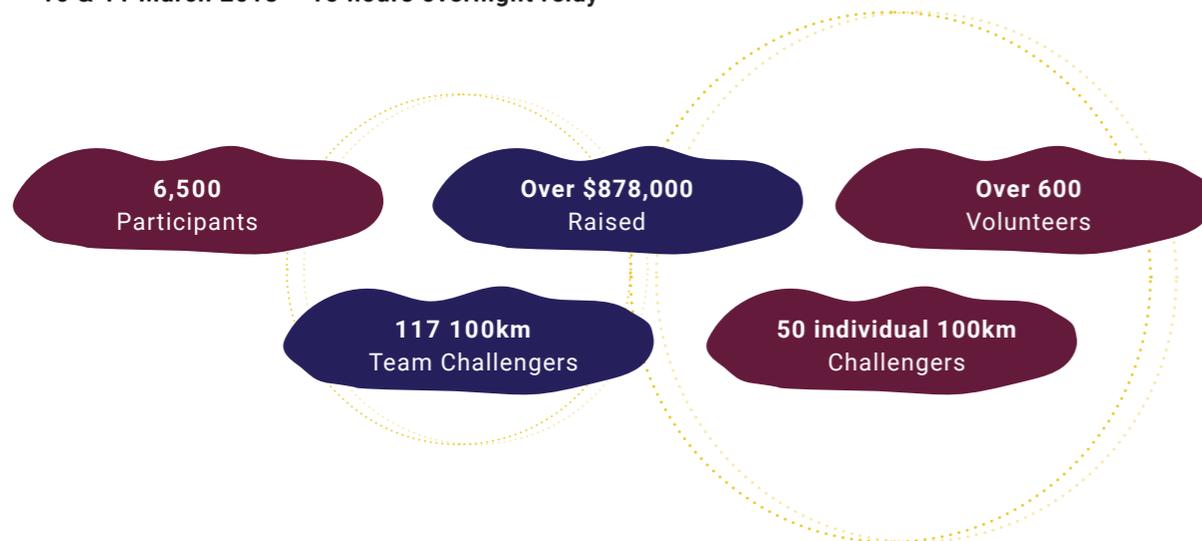
TOGETHER AGAINST CANCER

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.

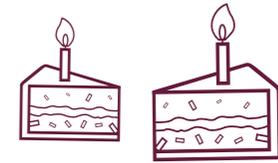
SINGAPORE CANCER SOCIETY - TALKMED RELAY FOR LIFE (RFL)

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.

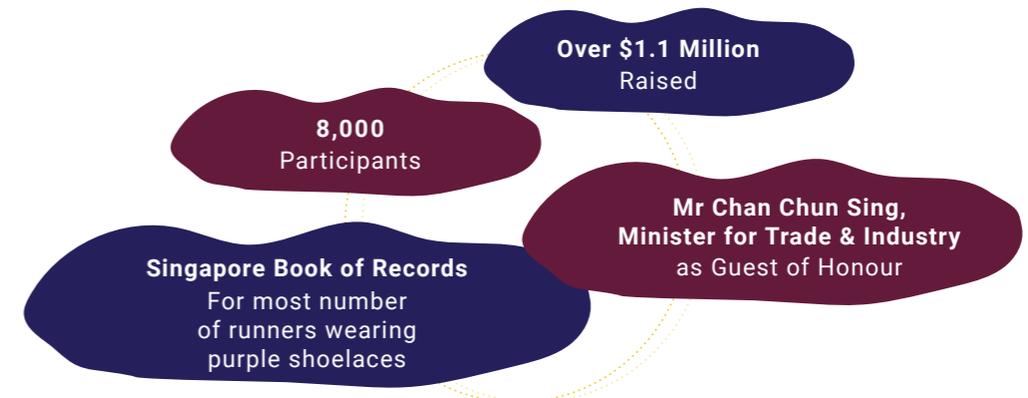
President Halimah Yacob was the Guest of Honour for the Celebrate segment and Speaker of Parliament Tan Chuan-Jin was the Guest of Honour for the Remember segment. The SCS North West Community Development Programme was also launched at the Fight Back segment and graced by Mayor Teo Ho Pin.



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



SCS PARTNERS APPRECIATION

2018

Hundreds of thousands of individuals benefitted from SCS' programmes and services in the past year, and all these would not have been made possible without the dedicated support from various parties. Over 200 partners, volunteers and donors were honoured at the SCS Partners Appreciation Dinner.

HONORARY AWARDS	RECIPIENTS
Outstanding Corporate Award	MSD Pharma (Singapore) Pte. Ltd.
Outstanding School Award	Wee Kim Wee School of Communication and Information
Outstanding Volunteer Award	Mr. Ellil Mathiyan S/O Lakshmanan
Special Acknowledgement Award	Mr. Chua Yun Da, Gobi Desert 1000km Expedition Team, Mr. Low Kee Tuan, Pei Hwa Secondary School, Icon SOC Pte. Ltd. Ms Elaine Ng
Certificate of Appreciation	Mr. Koppambil Prajeed, Mr. Lim Kok Kuan, Ms. Linda Loy Swee Leng, Ms. Sally Yee Li Sun, Mr. Simon Tan Chye Hin, Moove Media Pte. Ltd., National Healthcare Group Diagnostics, Singhealth Polyclinics, Victoria Junior College, Watson's Personal Care Stores Pte. Ltd.



OUTSTANDING AWARD RECIPIENTS

L-R: SCS Chairman Mr Wee Leong How, SCS Volunteer Mr Ellil Mathiyan, Mr Ashish Pal, (MSD Pharma (Singapore) Pte. Ltd.) Asst Prof. Hyunjin Kang, (Wee Kim Wee School Of Communication and Information) and SCS, Mr Albert Ching (CEO of SCS)

SPECIAL ACKNOWLEDGEMENT AWARD RECIPIENTS

L-R: SCS Chairman Mr Wee Leong How, Ms Katrina Campbell (Icon SOC Pte Ltd), Mr Ng Tiong Ghee (Pei Hwa Secondary School), SCS Volunteer Mr Low Kee Tuan and SCS CEO Mr Albert Ching



SCS CHARITY AMBASSADORS (SINGING STRINGS)

OUR PARTNERS

Thank you Partners for journeying alongside SCS to serve more and serve better!



WITH THE SUPPORT OF

CORPORATE PARTNERS

During the four major festive seasons of the year – Chinese New Year, Hari Raya, Deepavali and Christmas, SCS volunteers delivered festive cheer and food packs to SCS beneficiaries' homes island-wide. This annual tradition nurtures friendships and bonds between volunteers and beneficiaries, and reinforces the message that no one needs to be alone in their fight against cancer.

SCS FESTIVE CHEER WITH A HEART



With the kind support of corporate volunteers from Icon SOC Pte Ltd, AXA Insurance Pte Ltd, Illumina Singapore Pte Ltd, Eisai (Singapore) Pte Ltd, Mundipharma Pte Ltd, and Zurich Life Insurance Singapore Pte Ltd and individual volunteers including SCS Goodwill Ambassador Ms Rebecca Lim and members from her fan club "The Beckers Team".

SCS SWEET HOME PROJECT



Besides receiving financial assistance through SCS Cancer Care Fund, SCS Welfare Aid Fund, and SCS Education Financial Assistance (in the case of families with school going children), the SCS Sweet Home Project supports beneficiaries to help improve their living conditions and overall well-being with volunteers assisting in home maintenance activities such as painting and house cleaning.

- **ICON SOC PTE LTD:** cash donation of \$2,000 to partially defray the cost of the programme. In-kind donation of \$4,152.50 for motorised wheelchair, motorised scooter and other furniture/tools for two adopted beneficiaries, Mdm Kamsiah/Mr Sulaiman and Mr Lim Kai Hon. Icon SOC Pte Ltd also donated other items-in-kind for adopted beneficiaries eg. shelves, fans, cabinets etc.
- **GOLDMAN SACHS (SINGAPORE) PTE LTD:** 14 corporate volunteers helped to clean and paint the homes of two beneficiaries in August 2018.
- **SANOFI (SINGAPORE) PTE LTD:** 30 corporate volunteers helped to clean and paint the homes of two beneficiaries in November 2018.

SCS KNIT OF LOVE AND SCS CROCHET OF LOVE PROGRAMME



The SCS Knit of Love (KOL) programme was held monthly with more than 30 regular volunteers attending the sessions to learn and knit items together. The programmes provide support to the cancer community. More than 300 beanies were distributed to patients undergoing their first chemotherapy session in hospitals across Singapore and through the SCS Look Good Feel Better Programme. Another 200 knitted beanies and 160 neck warmers were distributed to NUH for the "NCIS Celebrates Life 2018 - Shine like a Star". Volunteers from the Australian and New Zealand Association (ANZA) and Merck Pte Ltd also took part in this programme.

SCS Crochet of Love (COL) programme enables volunteers to contribute with their talent to crochet. These items were sold as SCS merchandise to raise funds for SCS programmes and services. In 2018, more than 35 volunteers crocheted over 1,000 items such as coasters, dressed angel bears, cancer ribbon magnets, pouches, bags etc. Exclusive golf-themed angel bears were also crocheted as tokens of appreciation for the dinner guests at the SCS Charity Golf & Dinner 2018.

SCS CHARITY ATHLETES & AMBASSADORS PROGRAMME

The SCS Charity Athletes Programme provides athletes the opportunity to dedicate their passion in sports to a meaningful effort to save lives, fight cancer and raise funds for needy cancer patients.

In 2018, the programme was expanded to provide talented and budding artists and musicians with a platform to not only showcase their arts but also to fundraise for SCS at the same time. The following SCS Charity Athletes and Charity Ambassadors ran, trekked and climbed mountains, painted, sang, danced or played music to collectively raise more than \$50,000 to 'Minimise Cancer and Maximise Lives'.



SCS CHARITY ATHLETES

L-R: Amy, Madeleine, Amrita, Alicia

Full list of SCS Charity Athletes can be found on https://singaporecancersociety.give.asia/campaign/scs_charity_athletes_programme_2017



SCS CHARITY AMBASSADORS

L-R: Singing Strings, Ethereal Echo

Full list of SCS Charity Ambassadors can be found on https://singaporecancersociety.give.asia/campaign/scs_charity_athletes_programme_2017

HIGHLIGHTS

OF THE YEAR



MOVEMBER 2018

An annual campaign by SCS and the Movember Foundation to raise awareness for Men's Health, it places particular focus on three areas: Prostate cancer, Testicular cancer and Suicide prevention. The programme kick-started on 1 November 2018 with the campaign theme "Stop Men Dying Too Young".

Prostate cancer is the second most common cancer in men worldwide. In Singapore, prostate cancer is the 3rd most commonly diagnosed cancer in men and has the 6th highest cancer mortality. The funds raised from the Singapore campaign are channelled to the SCS Prostate Cancer Survivorship programme. From October 2018 to December 2018, more than \$302,000 was raised for the cause.

TERRY FOX RUN 2018

The Canadian Association of Singapore and Canadian International School partnered SCS to organise and host the annual Terry Fox Run 2018 on 18 March 2018, at East Coast Park, Angsana Green to raise funds for cancer research in Singapore in collaboration with Terry Fox Research Institute (Terry Fox was a cancer amputee who embarked on a cross-Canada run to raise cancer awareness).

> 2,000

Runners

\$157,851

Raised

SCS CHARITY GOLF & DINNER

2 November 2018 – Singapore Island Country Club

An event organised by a group of volunteers, Ms Amberly Woo, Ms Angie Gui and Ms Dora Tuana Tan, who had been impacted by cancer through their own personal experiences. Guest-of-Honour Mr Edwin Tong, Senior Minister of State for Ministry of Law & Ministry of Health, graced the dinner that saw over 280 donors come forward to contribute towards the fight against cancer.

\$471,000

Raised

Over
\$71,000
Raised



BRAVING 1,000KM OF BRUTAL GOBI CLIMATE FOR CANCER

Led and coordinated by Expedition Team Leader, Scott Tay from Beyond Expeditions SG, 19 passionate individuals including 4 cancer survivors, cancer caregivers and SCS Charity Athletes trekked a total of 1,092km over 4 days in August 2018 under the extreme weathers of the Gobi Desert to raise funds for SCS.

THE BRAVE WARRIORS ARE: Mr Scott Tay Wei Kiat (Founder And Expedition Leader), Ms Gale M Ng (Cancer Survivor), Mr Ong Chun Yeow, Ms Alicia Tan Xin Ru, Ms Margaret Tey Kwee Chew, Ms Hong Ker Ying (Cancer Survivor), Mr Henry Law Yi Heng, Mr Ellil Mathiyan S/O Lakshmanan (Cancer Survivor), Ms Amrita Basu, Ms Chiang May Ling, Ms See Kwee Hoon Joanne, Ms Yip Siew Fune (Cancer Survivor), Ms Khoo Poh Lin Catherine, Ms Choo Wei Yi Angela, Ms Tan Ting Fang Natalie, Ms Lim Swee Hoon, Ms Poh Pei Shee, Mr Wang Zhong Kang (videographer), Mr William Sha (videographer).

AUSTRALIAN INTERNATIONAL SCHOOL PARENTS' ASSOCIATION BIGGEST MORNING TEA 2018

23 May 2018 – Australian International School (AIS) Gymnasium

The Australian International School Parents Association (AISPA) organised and held Singapore's version of the Australia's Biggest Morning Tea. In conjunction with their 25th anniversary, the event also included a student and employees baking competition in line with the "Silver Jubilee" theme.

A Tribute Tree was also planted after the event in the schools' courtyard in memory of loved ones lost to cancer. Icon SOC Pte Ltd supported the event with a one-for-one dollar matching donation up to \$10,000. The funds raised were channeled towards our welfare assistance programmes including the SCS Home-Hospital Transportation programme.

Over
\$32,337
Raised

\$37,439
Raised

CITI-YMCA YOUTH FOR CAUSES 2018 (YFC)

This is a community initiative started by Citi and the YMCA of Singapore in 2003 to promote social entrepreneurship and community leadership development among Singapore youths aged 15 to 25 with a platform including seed funding, training and volunteer mentorship for executing self-initiated projects to raise public awareness, funds and volunteers for the Voluntary Welfare Organisations (VWOs) of their choice.

SCHOOL	TEAM NAME	TEAM MEMBERS
Nan Chiau High School	Team CANDela	Lim Jia Xuan, Evelyn Lin Hung Chi Tan Jun Shane Stacy Lee Sin Yee
National Junior College	Hope Fighters	Adeline Lillian Poerwanto Lo Mei Qi Maggie Thung Pei Ying Delwyn Ong Yi Qin
Catholic Junior College	The C Team	Nguyen Viet Hoang Cindy Clara Moekhant Thadin Hlamyint Neo Xin Hui, Hannah

THIRD PARTY FUNDRAISING EVENTS IN 2018

Many individuals and corporate fundraisers came forward to support SCS services and programmes. These supporters used their creativity, resources, passion and time to raise cancer awareness and funds. They journeyed with our beneficiaries, showing that they were present to support those impacted by cancer. Funds raised from the projects were channeled towards cancer research and helped cancer survivors and needy cancer patients, including the SCS Prostate Cancer Survivorship Programme and Specialist Nurse Programme, SCS Cancer Care Fund, SCS Cancer Treatment Fund, and SCS Welfare Aid Fund.

Together they
raised over
\$1.34
million

THE TOP 5 THIRD PARTY FUNDRAISING EVENTS ARE:

ORGANISER	EVENT NAME	EVENT PERIOD/ DATE	EVENT VENUE
Mr Scott Tay Wei Kiat, Ms Gale M Ng, Mr Ong Chun Yeow, Ms Alicia Tan Xin Ru, Ms Margaret Tey Kwee Chew, Ms Hong Ker Ying, Mr Henry Law Yi Heng, Mr Ellil Mathiyen S/O Lakshmanan, Ms Amrita Basu, Ms Chiang May Ling, Ms See Kwee Hoon Joanne, Ms Yip Siew Fune, Ms Khoo Poh Lin Catherine, Ms Choo Wei Yi Angela, Ms Tan Ting Fang Natalie, Ms Lim Swee Hoon, Ms Poh Pei Shee	Braving 1000km Of Brutal Gobi Climate For Cancer	Apr 2018 to Aug 2018	Expedition to Gobi Desert, Mongolia Fundraising via www.singaporecancersociety.give.asia/gobi1000
Citi And YMCA Of Singapore, Nan Chiau High School, National Junior College, Catholic Junior College	Citi-YMCA Youth For Causes 2018	May 2018 to Aug 2018	Islandwide
Australian International School Parents Association (AISPA)	AISPA Biggest Morning Tea 2018	23 May 2018	Australian International School Small Gymnasium, 1 Lorong Chuan, Singapore 556818
New Ubin Seafood Pte.Ltd.	NUSF-SCS Charity Lunch	24 Feb 2018	New Ubin Seafood @ Chjimes 30 Victoria Street #02-01B/01C, Singapore 187996
Guardant Health Pte. Ltd.	A Journey of Hope	12 to 30 Nov 2018	Online auction website via www.33auction.com/auction/scs Fundraising via www.singaporecancersociety.give.asia/campaign/bringing-hope-to-the-journey Dinner on 23 Nov 2018 at 7pm, at Sinfonia Ristorante 11 Empress Place, #01-01 Victoria Concert Hall, Singapore 179558

(List of third party fundraising events: <https://www.singaporecancersociety.org.sg/get-involved/fundraise-for-us/start-your-own-fundraising-event-2.html>)

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While we take great care to ensure the accuracy of the list, we seek your kind understanding for any omissions or oversight on our part.



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