

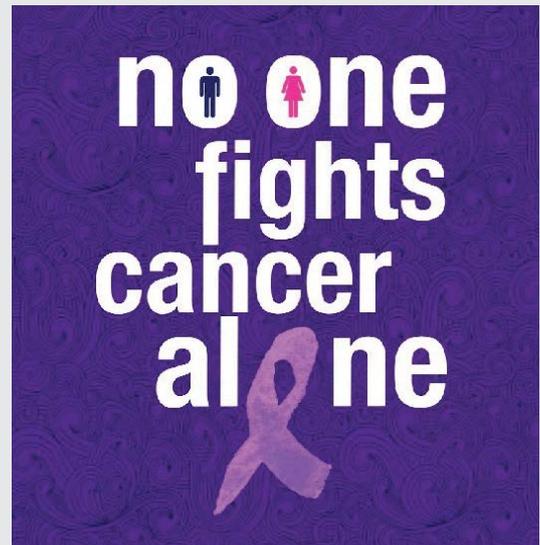
MINIMISING CANCER MAXIMISING LIFE



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1800-SCS-3333
Contact us toll-free **1800-727-3333**



SINGAPORE CANCER SOCIETY

Singapore Cancer Society (SCS) was established in 1964 and has been actively serving the community for more than 53 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
IPC Number: HEF0034/G
Company Registration Number: S65SS0033F
Statutory Auditor: RSM Chio Lim LLP
Internal Auditor: BDD LLP
Legal Firm: RHTLaw TaylorWessing
Honorary Legal Counsel: Mr Ang I-Ming
Registered Address:
15 Enggor Street
Realty Centre, #04-01
Singapore 079716



8000人抗癌义跑 筹得超过100万善款

郭培贤 报道
pkerr@sph.com.sg

超过8000人参加“抗癌义跑”，筹得超过100万元善款。

第九届“新电信—新加坡抗癌协会抗癌义跑”（Singtel-Singapore Cancer Society Race Against Cancer），今天早上在东海岸举行，一共有超过8000名各界人士参加。

“抗癌义跑”是本地规模最大的慈善义跑之一，今年活动为癌症患者所筹得的善款超过100万。

陈川仁（右二）今早参加“抗癌义跑”，为15公里的赛事主持了揭幕仪式。（新加坡抗癌协会提供）

新加坡抗癌协会首席执行官钟良兴表示，虽然我国经济情况欠佳，但今年的参加人数并没有因此而减少，他为此感到非常欣慰。

“我非常感谢这数千名的参加者以及数百名

现在 ZENOW

“现在”是“新加坡抗癌协会”的年度慈善义跑活动，旨在为癌症患者提供经济援助。

私下取薪心人

为癌患筹款 总裁先起跑

新加坡抗癌协会首席执行官钟良兴表示，虽然我国经济情况欠佳，但今年的参加人数并没有因此而减少，他为此感到非常欣慰。

“我非常感谢这数千名的参加者以及数百名

VISION

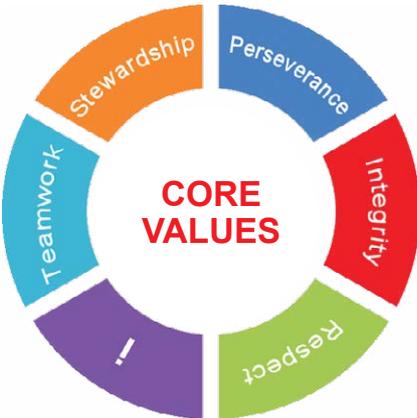
To be the leading charitable cancer organisation in Singapore and the region, with a reputation for effective programmes for the prevention and control of cancer.

MISSION

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

IMPACT STATEMENT

To be the first port of call for the entire cancer journey for all cancer patients in Singapore, especially those who are financially disadvantaged.



Support groups key to battling disease

Raymond Toh

Ms Tan credits support groups with helping her when she was diagnosed with breast cancer in 2010. PHOTO: AZIZ HUSSIN FOR THE STRAITS TIMES

She was asked to choose from a list of recommended treatment options. “Initially, it was very confusing and tiring because there were so many decisions to make,” said Ms Tan, who works at the National Cancer Centre Singapore.

Treatment for each patient differs and can include chemotherapy, radiotherapy and getting a mastectomy, which is the surgical removal of the breast.

Ms Tan, who has two grown-up children, went for a mastectomy on the advice of her doctor and family members. She then underwent reconstruction surgery to rebuild the removed breast.

Though the treatment caused permanent numbness along the incision site near her right armpit, Ms Tan, now 52, remains thankful to be alive.

Her ordeal was made easier when she joined a support group under the Singapore Cancer Society (SCS). It gave her added fortitude, especially since she was the first person in her family to get breast cancer, which makes up 25 per cent of all cancers diagnosed in women.

That is why Ms Tan hopes to use her experience to help fellow patients. “We want to be with positive people,” she said.

She has served as chairman of the SCS Bishana Ladies Group since it was founded in 2014. The group aims to create an avenue for women with cancer to show solidarity and share their experiences with one another. Members receive psychological and emotional support, and learn how to cope with changes in their lifestyles caused by their treatment.

Ms Tan is also part of a committee organising Singapore’s first overnight Relay For Life (RFL) on Feb 18 and 19. Participants will walk together at Bukit Gombak Stadium to express solidarity and raise awareness of cancer.

Ms Tan, a three-time participant in overseas RFL walks, said she volunteered to join the organising committee when the idea was proposed by SCS. The theme of the walk – Celebrate, Remember, Fight Back – has special meaning for her. It is a reflection of her own struggle with cancer and a way to honour friends she has lost to cancer, she said.

Now in remission, Ms Tan credits support groups with helping her through her toughest period in life. She hopes that others battling cancer can join support networks as well.

“No one fights cancer alone,” she added.

raynoldt@sph.com.sg

李总理谈抗癌：亲友陪伴很重要

侯佩瑜 报道
peiyuhou@sph.com.sg

李星龙总理以自己两次的抗癌经验，为新加坡抗癌协会活动录制宣传视频。（取自新加坡抗癌协会视频）

Many Singaporeans' lives have been touched by cancer.

我国每天有37人患癌症，李星龙总理以自己抗癌的经验为例，指出家人和朋友的陪伴对病患抗癌历程的重要性。

新加坡抗癌协会将于2月18日（星期六）傍晚5时到2月19日（星期天）早上10时举办17小时的Relay for Life接力活动，旨在讲述抗癌病患的故事，悼念逝者，并承诺继续大力对抗癌症这场战役。

曾抗癌两次的李总理，为新加坡抗癌协会活动录制宣传视频。

李总理在1992年曾被诊断患上中期淋巴瘤，2015年则被诊断患上前列腺癌。

他在视频中说道，癌症通过不同方式影响许多新加坡人，这些人有的是病患或者是看护者，大身边都有患病的家人、朋友或同事。这些病患需要支持与鼓励。

李总理说：“若你有癌症，你在这条路上并不孤单。我知道，因为我曾

两次患癌。亲友的支持能带来很大的作用。他鼓励家人支持抗癌协会活动，“并肩而走，互相帮助”。

我国每天有37人被诊断出癌症，也有17人每天死于癌症。

抗癌组织委员会希望国人从各方面扮演不同的角色，无论是亲友、邻居、公司整个社会，都能为癌症病患提供支持。

There are many ways that one can make a difference.

At Singapore Cancer Society (SCS), our mission is to minimise the impact of cancer, and we contribute in four main areas to Reduce the incidence of cancer, Improve the quality of life, Increase survival rates, and Inspire the whole community to take more pro-active action and join the fight against cancer.

SCS has been granted status as an Institution of Public Character (IPC) since 1995, and as a public-funded organisation, it is essential that SCS monitors risks to ensure that we are responsible and accountable for our resources. SCS embarked on Enterprise Risk Assessment to gain partners', donors' and public confidence, even before this was recommended by The Charity Council for the social service sector.

SCS has been keenly stepping up on long-term collaboration with partners. In 2017, the SCS leadership has been in discussion with National Cancer Centre

Singapore (NCCS) and National University Cancer Institute, Singapore (NCIS), for greater synergy and partnership to better support the cancer community.

Our two flagship events in 2017 were the inaugural Singapore Cancer Society – Relay for Life (RFL) and the 9th Singtel – Singapore Cancer Society Race Against Cancer (RAC). RFL 2017 saw overwhelming community support from 7,500 participants, while RAC 2017 drew very encouraging response with the participation rate increasing from 6,000 (in 2016) to 7,000. We bring the fight cancer message and support for the cancer community across through our events, so that everyone in their own way, can play a part in the fight against cancer.

The changing healthcare landscape, with the introduction of MediShield Life and the Enhanced Screen for Life, further strengthens the fight against cancer. SCS has been pro-actively engaging our stakeholders, especially with the authorities to implement complementary

CHIEF EXECUTIVE

OFFICER'S MESSAGE

Singapore Cancer Society works together with the community to fight cancer.

All that is reflected in this Annual Report is the result of a passionate community of supporters, partners, volunteers and donors who believe in what we do, and who are dedicated to 'minimising cancer and maximising life'. Although cancer affects different people in different ways, no one walks alone. SCS provides holistic support to help patients, caregivers and family members cope with their emotional, financial and physical difficulties.

We at SCS have much to be thankful for. For your shared journey with us and for believing that together, we can make a bigger difference in the fight against cancer, especially when 35 people are diagnosed with cancer each day, and 15 die of cancer daily in Singapore.

Being self-funded, SCS is dependent on public donations and with our network of community supporters, we are able to make a significant impact across the cancer journey.

For many patients and their families, the cancer journey is a long road, but there is strength in numbers when SCS rallies the community for support.

Our achievements are the cancer community's

achievements. We are encouraged by the 12-28% uptake in our colorectal, cervical and mammogram screening available year-round at no cost to eligible participants. Hospitals are referring more patients, up by 80%, to our SCS Cancer Rehabilitation Centre (CRC) @ JEM. The number of new clients at CRC had increased by 38%.

Partners making the difference

SCS partnered the Health Promotion Board in national screening programmes to increase participants nationwide. Recognising SCS' pivotal role in providing early cancer detection, SCS was invited to sit in the Women's Health Committee and the National Colorectal Cancer Screening Programme Steering Committee, to contribute towards the national direction and programmes.

We welcomed a third partner, Merck Pte Ltd, to the SCS Patient Access Programme which includes SCS partnerships with Roche and Takeda. Merck Pte Ltd has partnered SCS to create the SCS-Merck Patient Access Programme where Merck supports each qualified cancer patient with the first line treatment for Metastatic Colorectal Cancer and recurrent and/or metastatic squamous-cell carcinoma of the head and neck.

SCS is in partnership with Singapore General Hospital, Tan Tock Seng Hospital and National University Hospital,

programmes to have a wider and greater reach. With these developments, SCS will be piloting new services as we move 'upstream' to do more preventive work.

With rising cancer incidence and an ageing population, more can be done, and stronger support needed for the cancer community. Following the successful launch of the first SCS Cancer Rehabilitation Centre @ JEM Office Tower, there are plans to further support cancer patients beyond rehabilitation into the community, for example exploring with SportsSG to help survivors transit and utilise the gyms in their neighbourhoods.

We are also ramping up on training and equipping SCS staff to increase capability and capacity to serve more and serve better.

The leadership and contribution of the Council, Management, Staff and Volunteers are critical for the organisation. As part of leadership renewal, I will be stepping down as Chairman of the Society, having served 8 years as Chairman, and am confident of the collective strong leadership that is in place to continue the good of the organisation for the cancer community. To ensure

continuity, I will remain to avail myself to contribute and serve SCS in other capacities, that is, in SCS Committees.

On a personal note, I would like to thank all past and present Council members, Management and Staff, whom we have together dedicated ourselves to serve our community and make the difference. Thank you!

Together, let us come alongside SCS to support the cancer community.



CHOO ENG CHUAN
Chairman
Singapore Cancer Society

for the SCS Prostate Cancer Specialist Nursing Programme, to train Prostate Cancer Specialist Nurses to provide Prostate Cancer patients the full continuum of care in their respective healthcare settings. Funded by SCS, this Programme ensures the development of a 'holistic model of care' for Prostate Cancer patients.

SCS was selected as a beneficiary of President's Challenge 2017, a clear affirmation of the work that we do.

Cancer care provider Icon SOC pledged a three-year partnership involving a commitment of \$255,000 and staff participation in SCS fundraising and beneficiary outreach efforts.

Together with South West Community Development Council, we launched a Cancer-Friendly Workplace Advisory. The advisory outlines best practice guidelines and steps to help organisations destigmatise cancer and cultivate a supportive workplace for cancer patients and survivors.

Support for SCS Signature Events

Over 7,000 participants brought hope to the cancer community by coming together to **Celebrate** cancer survivors, **Remember** loved ones lost and **Fight Back** by raising cancer awareness and much-needed funds at the inaugural Singapore Cancer Society Relay For Life 2017. SCS also put Singapore on the global map by being the 25th country to join the Relay For Life movement and organising the first Singapore Relay.

Singapore Prime Minister Mr Lee Hsien Loong, a two-time cancer survivor, made a special dedication to call for Singaporeans to join in the fight against cancer at the SCS Relay For Life. Thank you Prime Minister for your strong endorsement! Throwing

their support for the cancer community were Health Minister Mr Gan Kim Yong, Minister of State (Health, Communications and Information) Mr Chee Hong Tat, and Mayor of South West Community Development Council Ms Low Yen Ling, who graced Relay For Life 2017.

For the 9th Singtel-Singapore Cancer Society Race Against Cancer 2017, the community raised a record sum of \$1.2 million for our cause. In addition, RAC 2017 saw the largest contingent of CEOs Against Cancer.

SCS Volunteers come from all walks of life, including Doctor-Speakers, Patient Ambassadors and SCS Council Members. We thank SCS Chairman Mr Choo Eng Chuan for his strong leadership in steering the organisation to 'serve more, serve better', for the benefit of the cancer community. Mr Choo will be stepping down after this term, for Council renewal.

To every Donor, Volunteer, Corporate Partner, Fundraiser, Advocate and Supporter, thank you for being a part of our cancer journey and helping SCS to achieve all that we do, and sharing our vision and mission of defeating cancer. It has been a rewarding year, with our sincere appreciation to you for showing solidarity and unwavering support for the cancer cause, as SCS cannot do it alone.



ALBERT L H CHING
Chief Executive Officer
Singapore Cancer Society

THE
COUNCIL

The Society is governed by a Council comprising 12 elected and up to 4 co-opted members, all of whom are volunteers elected for a term of 2 years at a time, and are not remunerated. Council members have no business relations with the Society.

EXECUTIVE COMMITTEE



Chairman
Mr Choo Eng Chuan
Partner, International & Corporate Tax Services
Ernst & Young Solutions LLP
Chairman from Apr 2010
Hon. Treasurer from Apr 2008
Elected to Council Apr 2008



Vice Chairman
Mr Wee Leong How
Retiree
Vice Chairman from Apr 2013
Asst. Hon. Secretary from Apr 2002 - Apr 2003
Re-elected to Council Apr 2011



Honorary Secretary
Mr Ang I-Ming
Senior Counsel,
McD APMEA Franchising Pte Ltd
Hon. Secretary from Apr 2015
Elected to Council Apr 2013



Assistant Honorary Secretary
Mr Calvin Phua
Deputy Secretary (International),
Ministry of Transport
Hon. Secretary from Apr 2015
Asst. Hon. Treasurer from Apr 2008 - 2012
Elected to Council Apr 2008



Honorary Treasurer
Ms Lim Pek Suat
Group Chief Financial Officer,
PSA International Pte Ltd
Hon. Treasurer from Apr 2014
Asst. Hon. Treasurer from Apr 2013
Elected to Council Apr 2012



Assistant Honorary Treasurer
Mr Yeo Chuen Eng
Director, Standard Chartered Private Bank
Asst. Hon. Treasurer from Apr 2016
Elected to Council Apr 2013

COUNCIL MEMBERS



Dr Ang Peng Tiam
Chief Executive Officer & Executive Director,
TalkMED Group Limited
Vice Chairman from Apr 2005 - Apr 2013
Elected to Council Apr 2002



Mr Adrian Choo
CEO/Founder
Career Agility International Pte Ltd
Elected to Council Apr 2011

MANAGEMENT

Appointments as at 31 March 2018



Mr Albert Ching
Chief Executive Officer
Appointed 17 Sep 2012



Mr Tay Kuan Ming
Director
Corporate Services



Ms Saraswathi Sinnappan
Senior Manager
HR, Administration & IT



Ms Belinda Choo
Senior Manager
Corporate Affairs



Ms Carolina Edna Png
Director
Programmes & Services



Mr Damien Ooi
Head
Cancer Rehabilitation
Services

COUNCIL MEMBERS

**Dr Lim Siew Eng**

Senior Consultant and Clinical Director,
Department of Haematology- Oncology,
National University Cancer Institute, Singapore
Elected to Council Apr 2012

**Professor Lim Soon Thye**

Head and Senior Consultant,
Division of Medical Oncology,
National Cancer Centre Singapore
Director Clinical Service Oncology
Academic Program, SingHealth
Assistant Dean, DUKE-NUS Graduate
Medical School Singapore
Elected to Council Apr 2011

**Ms Ku Xian Hong**

Managing Director (retired), Accenture
Elected to Council Apr 2014

**Mr Pek Tiong Boon**

Retired Civil Servant
Elected to Council Apr 2016

**Dr Yeo Wee Lee**

Senior Consultant,
Department of Medical Oncology,
Tan Tock Seng Hospital
Co-opted to Council Apr 2015

**Mr Choo Swee Cher**

Partner, Transaction Advisory Services,
Ernst & Young Solutions LLP
Co-opted to Council Apr 2016

**Dr Ravindran Kanesvaran**

Consultant,
Division of Medical Oncology,
National Cancer Centre Singapore
Co-opted to Council Apr 2016

*Council member who has served more than 10 consecutive years:
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.*

**Ms Susan Leen**

Senior Manager
Operations

**Ms Andrea Wong**

Manager
Finance Services

**Dr Teoh Ren Shang**

Senior Resident Physician
Hospice Care Services

**Ms Elaine Tan**

Senior Manager
Community Partnership

**Mr Kenneth Foo**

Manager
Community Health

**Ms Tan Li Ying**

Team Lead
Research & Data Analytics

**Ms Susan Lim**

Manager
Welfare Services

**Ms Violet Yang**

Manager
Psychosocial Services

**Ms Doris Ho**

Head – Nursing Services
Hospice Care Services

SUB-COMMITTEES

Executive Committee

Mr Choo Eng Chuan	Chairman
Mr Wee Leong How	Vice Chairman
Mr Ang I-Ming	Honorary Secretary
Mr Calvin Phua	Assistant Honorary Secretary
Ms Lim Pek Suat	Honorary Treasurer
Mr Yeo Chuen Eng	Assistant Honorary Treasurer
Mr Albert Ching*	Secretariat

*SCS Chief Executive Officer is the ex-officio of all committees

GOVERNANCE COMMITTEES**SCS Audit Committee**

Mr Pek Tiong Boon	Chairperson
Ms Ku Xian Hong	
Mr Gerald Minjoot	Secretariat
Ms Andrea Wong	

SCS Finance Committee

Ms Lim Pek Suat	Chairperson
Mr Yeo Chuen Eng	
Mr Choo Swee Cher	Secretariat
Ms Andrea Wong	

SCS Investment Committee

Mr Yeo Chuen Eng	Chairperson
Mr Choo Eng Chuan	
Mr Benjamin Wong (until 31 Jan 2018)	Secretariat
Ms Andrea Wong	

SCS Human Resource Committee

Mr Adrian Choo	Chairperson
Mr Wee Leong How	
Mr Calvin Phua	
Ms Saraswathi Sinnappan	Secretariat

SCS Nominations Committee

Mr Choo Eng Chuan	Chairperson
Mr Wee Leong How	
Prof Lim Soon Thye	Secretariat
Mr Albert Ching	

ADVISORY & RESOURCE COMMITTEES**SCS Medical Professional and Audit Committee**

Prof Lim Soon Thye	Chairperson
Dr Noreen Chan	
Ms Ng Tzer Wee	
Ms Ku Xian Hong	
Mr Yeo Chuen Eng	
Dr Ravindran Kanesvaran	
Dr Khemlani Mansha Hari	
Dr Ong Yew Jin (until 31 Dec 2017)	Secretariat
Ms Carolina Png (from 1 Feb 2018)	Ex-Officio
Dr Teoh Ren Shang	Secretariat
Ms Doris Ho	Secretariat

SCS Cancer Rehabilitation Management Committee

Dr Ng Yee Sien	Chairperson
Dr Ravindran Kanesvaran	
Dr Loh Yong Joo	
Dr Lalit Kumar R Krishna	
A/Prof Koo Wen Hsin	
Ms Hozaidah Binte Hosain	
Dr Norhisham Bin Main	
Dr Ong Yew Jin (until 31 Dec 2017)	
Ms Nancy Ang (from 31 Jan 2018)	
Ms Carolina Png (from 1 Feb 2018)	Ex-Officio
Dr Effie Chew	Secretariat
Mr Damien Ooi	Secretariat
Ms Lim Yu Jun	Secretariat

SCS IT Steering Committee

Ms Ku Xian Hong	Chairperson
Mr Ang I-Ming	
Mr Calvin Phua	
Mr Gerald Minjoot	
Mr Loh Ching Soo	
Ms Saraswathi Sinnappan	Secretariat

SCS Cancer Research Panel

Dr Lim Siew Eng	Chairperson
Dr Tan Min Han	
Dr Andrea Wong	
Dr Joan Khng	
Mr Choo Swee Cher	
Dr Huang Qing	Secretariat

SCS Welfare Committee

Mr Wee Leong How	Chairperson
Mr Pek Tiong Boon	
Mrs Lee Lay Beng	
Mr Kenny Rebeira	
Dr Wong Loong Mun	

Statutory Auditor:

RSM Chio Lim LLP

Internal Auditor:

BDO LLP

Legal Firm:

RHTLaw TaylorWessing

Honorary Legal Counsel:

Mr Ang I-Ming

Ms Carolina Png (from 1 Feb 2018)	Ex-Officio
Ms Susan Lim	Secretariat
Ms Violet Yang	Secretariat

SCS Community Health Committee

Dr Lim Siew Eng	Chairperson
Dr Chee Cheng Ean	
A/Prof Timothy Lim	
A/Prof Henry Ho	
Dr Yap Yoon Sim	
Dr Yeo Wee-Lee	
Dr See Kay Chong	
Mr Kenneth Foo	Secretariat

SCS Community Partnership

Dr Ang Peng Tiam	Chairperson
Mr Ang I-Ming	
Mr Choo Swee Cher	
Ms Hui Hwa Koh-Minjoot	
Ms Elaine Tan	Secretariat

SCS Cancer Treatment Fund Committee

Prof Lim Soon Thye	Chairperson
Dr Lim Siew Eng	
Dr Yeo Wee Lee	
Dr Ravindran Kanesvaran	
Dr See Hui Ti	
Ms Carolina Png (from 1 Feb 2018)	Ex-Officio
Ms Susan Lim	Secretariat

SCS Facilities & Relocation Committee

Mr Calvin Phua	Chairperson
Mr Ang I-Ming	
Ms Saraswathi Sinnappan	Secretariat

ADMINISTRATIVE & EVENT COMMITTEES**SCS Relay For Life 2018 Organising Committee**

Mr Foo Hee Jug	Chairperson
Mr Albert Ching	Vice
	Chairperson
Mr Jeff Steilen	Team Leader (Resource Mobilisation)

Mr Choo Swee Cher	
Mr Glenn Lim	
Mr Ian Wee Jun Yan	
Ms Beverly Lim	
Ms Evangeline Chua	Team Leader (Community Engagement)

Ms Justina Tan Puay Inn
 Ms Calin Tan
 Ms Angelica Abella
 Ms Adeline Lim Lee Hua
 Ms Samantha Yap
 Mr Vincent Fernando
 Ms Julie Chiang
 Ms Amanda Moey
 Mr Alvin Tan
 Mr Lawrence Loh
 Ms Belinda Choo
 Ms Kumudha
 Paneerchelvam
 Ms Halena Lean Hellums Team Lead
 (Programmes)

Mr Shane Chiang
 Ms Cui Lin
 Ms Dionne Wu
 Mr Ellil Mathiyam s/o Lakshmanan
 Mr Joel Siew
 Mr Kelvin Lee
 Mr Low Kee Tuan
 Ms Purjanti Chang
 Mr Kenneth Foo
 Ms Grace Tan
 Mr Ee Kuo Ren

Team Lead
 (Operations &
 Logistics)

Ms Jean Chan
 Mr Shaun Yap
 Ms Goh Tze Wei
 Mr Caleb Lee
 Mr Ajay Nair

SCS Help the Children and Youth Programmes – Tuition Advisory Committee

Mr Irwin See Chairperson
 Mrs Helen Tan
 Dr Justina Tan
 Mr Christopher Loh
 Ms Lucy Lim Secretariat
 Ms Susan Lim Secretariat

SCS Cancer Care Kit Task Force

Dr Yeo Wee Lee Chairperson
 Dr Angela Pang
 Ms Terina Tan
 Dr Tan Wu Meng
 Ms Eleanor Wong
 Ms Violet Yang Secretariat

SCS Financial Assistance Scheme Task Force

Dr Wong Loong Mun Chairperson
 Mrs Lee Lay Beng
 Ms Chee Wai Yee
 Dr Gilbert Fan
 Prof Ho Yew Kee
 Ms Violet Yang Secretariat
 Mr Susan Lim Secretariat

SCS CANCER AWARENESS MONTH COMMITTEES

SCS Colorectal Cancer Awareness Month

Dr Chee Cheng Ean Chairperson
 Dr Cheong Wai Kit
 Dr Iain Tan
 Dr Lai Jiunn Herng
 Dr Seow Choon Sheong

Dr James Ngu
 A/Prof Tan Kok Yang
 Dr Christopher Khor
 Dr Lim Chee Hooi
 Mr Kenneth Foo Secretariat
 Mr Ajay Nair Secretariat

SCS Prostate Cancer Awareness Month

Dr Terence Lim Chairperson
 Dr Lee Lui Shiong
 A/Prof Henry Ho
 Dr Lincoln Tan
 Dr Ravindran Kanesvaran
 Dr Ronny Tan
 Dr Loke Wei Tim
 Dr Lau Wei Da
 Mr Kenneth Foo Secretariat
 Mr Gregory Zhou Secretariat

SCS Women's Gynaecological Cancers Awareness Month

Dr Timothy Lim Chairperson
 Dr Cindy Pang
 Dr John Chia
 Dr Ida Ismail-Pratt
 Dr See Hui Ti
 Dr Ravindran Kanesvaran
 Dr Chay Wen Yee
 Mr Kenneth Foo Secretariat
 Ms Grace Tan Secretariat

SCS Breast Cancer Awareness Month

Dr Yap Yoon Sim Chairperson
 Dr Veronique Tan
 Dr Andrea Wong
 Dr Teo Sze Yiun
 Dr Juliana Chen
 Mr Kenneth Foo Secretariat
 Mr Gregory Zhou Secretariat

SCS Gastric Cancer Awareness Month

A/Prof Jimmy Soh Chairperson
 A/Prof Asim Shabbir
 A/Prof Andrew Wong
 Ms Alvernia Chua
 Mr Kenneth Foo Secretariat
 Mr Ajay Nair Secretariat

SCS Lung Cancer Awareness Month

Dr See Kay Cheong Chairperson
 A/Prof Phillip Eng
 Dr Chin Tan Min
 Mr Kenneth Foo Secretariat
 Ms Grace Tan Secretariat

SUPPORT GROUPS ADVISORY PANEL

SCS Prostate Cancer Survivorship Programmes

Dr Lincoln Tan Chairperson
 Dr Chong Kian Tai
 Dr Jeffery Tuan
 Dr Henry Ho
 Dr Tay Kae Jack
 Dr Terence Lim
 Ms Toh Poh Choo
 Ms Sarah Chen
 Ms Jiang Yan
 Ms Norlela Binte Hashim

Ms Violet Yang Secretariat
 Mr Loke Jun Leong Secretariat

SCS New Voice Club Advisory Panel

Dr Samuel Yeak Chairperson
 Professor Christopher Goh
 Ms Susan Goh
 Mr Gary Chia
 Ms Violet Yang Secretariat

SUPPORT GROUPS COMMITTEES

SCS Bishana Ladies Group

Ms Calin Tan Chairperson
 Ms Chang Puryanti
 Ms Loy Li Li
 Ms Hawa Bebe
 Ms Betty Yu
 Ms Violet Yang Secretariat

SCS Colorectal Support Group

Mr Ellil Mathiyam s/o
 Lakshmanan Chairperson
 Mr Cheong Lee Meng
 Mr Foo Sei Aik
 Mr Teo Kee Huat
 Mr Michael Lee
 Mr Shiv Raj Kapur
 Mr Loh Wan Heng
 Ms Violet Yang Secretariat

SCS New Voice Club

Mr Ricky Chiu Chairperson
 Mr Leong Kok Wai Vice Chairperson
 Mr Chia Hung Chiu Secretary
 Mr Tan Poo Meng
 Mr Chris Law
 Mr Khew Min Sin
 Mr Sin Teong Choon
 Ms Violet Yang Secretariat

SCS Reach To Recovery

Ms Jessica Too Chairperson
 Ms Jenny See
 Ms Peggy Yeo
 Ms Baby Lim
 Ms Serene Teo
 Ms Suvian Liaw
 Ms Molly Koo
 Ms Violet Yang Secretariat

SCS Walnut Warriors

Mr Simon Tan Chairperson
 Mr Tan Tai Jong
 Mr Low Kee Tuan
 Mr John Loh
 Mr Michael Rollings
 Mr Vincent Lien
 Mr Lim Kok Kuan
 Ms Violet Yang Secretariat

SCS Look Good Feel Better Programme

Ms Serena Wee Chairperson
 Ms Doreen Tan Wei Leen
 Ms Sng Bee Kuan
 Ms Pamela Hoeden
 Hospital Representatives:
 Ms Sim Yen Xin Secretariat
 Ms Violet Yang Secretariat

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 (2011 Code), 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 hold office as executives 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 calibre to contribute to the strategic oversight of the Society. The Council and Management of Singapore Cancer Society 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 charity's governing instrument (2011 code) and all relevant laws and regulations.

COUNCIL ROLES & COMPOSITION

There are Sub-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 in providing the 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 Sub Committees comprise:

- Audit 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
- Facilities & Relocation Committee

REMUNERATION OF COUNCIL MEMBERS

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

CONFLICT OF INTEREST POLICY

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. When a conflict of interest situation arises, the Member/employee shall abstain from participating in the discussion, decision-making and voting on the matter.

WHISTLE BLOWING

The Council Members adhere to regular evaluation of its performance and effectiveness, ensures compliance with requirements in the Code of Governance for Charities and Institutions of Public Character. 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.

RESERVES POLICY

The Singapore Cancer Society has a reserves policy of three times, and no more than five times, its annual operating budget which the Society will monitor and adhere to. Operating reserves exclude all building/project funds, endowment, and sinking funds. The reserve ratio as at 31 December 2017 is 2.64.

INTERNAL AUDIT

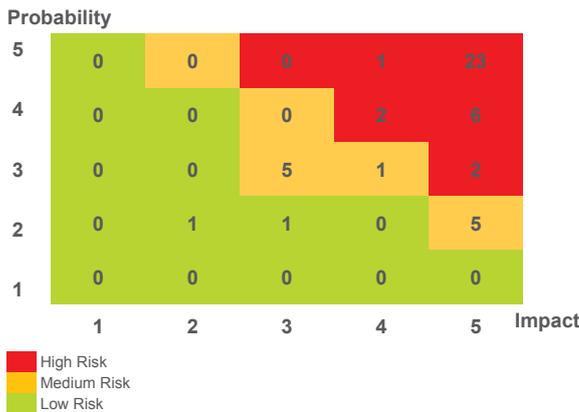
The Society's appointed Internal Auditor, BDO LLP, works closely with the Audit Committee and Management to systematically assess the internal controls of the Society. Reviews are conducted regularly based on agreed upon scope. Processes are reviewed on rotational basis across the years.

ENTERPRISE RISK MANAGEMENT

During the year, the Society embarked on the Enterprise Risk Management (ERM) process where major risks were identified. These risks were reviewed, mitigated and corrected where applicable. ERM is everyone’s responsibility.

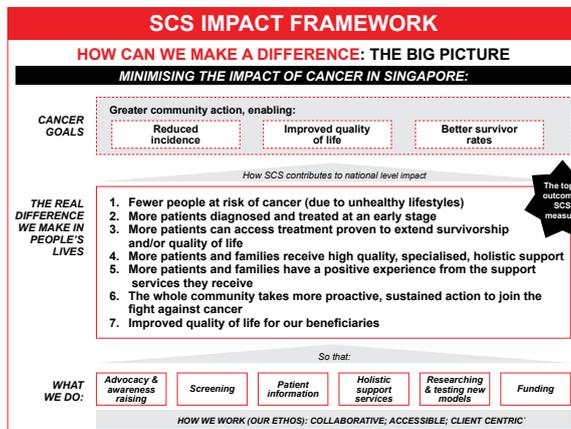
RISK HEAT MAP

Singapore Cancer Society



IMPACT FRAMEWORK

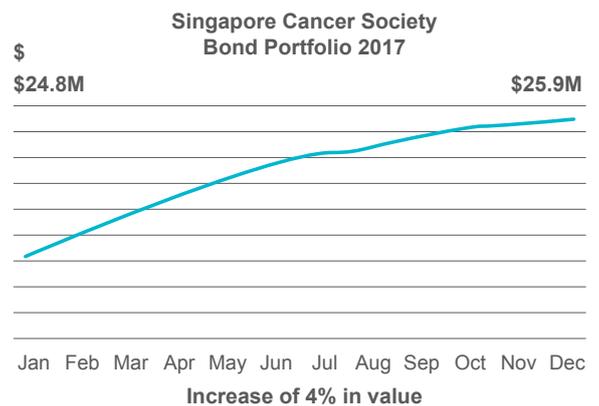
The Impact Framework was also implemented during 2017 to become a more “outcomes focused organisation”, measuring WHAT DIFFERENCE WE ARE MAKING IN PEOPLE’S LIVES, such as helping patients to have improved quality of life, reduce the incidence of cancer by leading healthier lifestyles, and achieve better 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.



FINANCIAL RESOURCES MANAGEMENT

Excess funds are placed in a mixture of fixed deposits, and bonds with UBS and DBS under the oversight of our Investment Committee who meet twice annually, comprising 3 members (2 Council members) to ensure that our funds are optimised. UBS and DBS operate within strict investment guidelines issued by the Investment Committee. The guidelines cover:

- Minimum yield
- Tenure / term to expiry
- Investment cap per issue
- Type of investment
- Approval authority
- Oversight
- Performance and tracking
- Reviews
- Approved list of issuers



COUNCIL MEETING ATTENDANCE RECORD

For the period 1 April 2016 to 31 March 2017

NAME	ATTENDANCE*
Mr Choo Eng Chuan (Chairman)	10/11
Mr Wee Leong How (Vice-Chairman)	11/11
Mr Ang I-Ming (Honorary Secretary)	6/11
Mr Calvin Phua (Assistant Honorary Secretary)	9/11
Ms Lim Pek Suat (Honorary Treasurer)	8/11
Mr Yeo Chuen Eng (Assistant Honorary Treasurer)	9/11
Dr Ang Peng Tiam	8/11
Mr Adrian Choo	4/11
Dr Lim Siew Eng	8/11
Professor Lim Soon Thye	3/11
Ms Ku Xian Hong	11/11
Mr Pek Tiong Boon	9/11
Dr Yeo Wee Lee	5/11
Mr Choo Swee Cher	8/11
Dr Ravindran Kanesvaran	7/11

*Attendance is indicated as number of meetings attended over number of scheduled meetings for the term

Governance Evaluation Checklist For Large IPCs

For the period of 1 January 2017 to 31 December 2017

S/N	Description	Code ID	Compliance
Board Governance			
A	Are there Board members holding staff appointments? (Skip items 1 and 2 if "No")		No
1	If the governing instrument permits staff to become Board members, they should comprise not more than one-third of the Board.	1.1.2	Not Applicable
2	Staff does not chair the Board	1.1.2	Not Applicable
3	There is a maximum term limit of four consecutive years for the Treasurer position (or equivalent, e.g. Finance Committee Chairman).	1.1.6	Complied
4	The Board conducts regular self-evaluation to assess its performance and effectiveness.	1.1.10	Complied
5	The Board has an audit committees (or designated Board members) with documented terms of reference.	1.2.1	Complied
6	The Board meets regularly with a quorum of at least one-third or at least three members, whichever is greater (or as required by the governing instrument).	1.3.1	Complied
CONFLICT OF INTEREST			
7	There are documented procedures for Board members and staff to declare actual or potential conflicts of interest to the Board.	2.1	Complied
8	Board members do not vote or participate in decision-making on matters where they have a conflict of interest.	2.4	Complied
STRATEGIC PLANNING			
9	The Board reviews and approves the vision and mission of the charity. They are documented and communicated to its members and the public.	3.1.1	Complied
10	The Board approves and reviews a strategic plan for the charity to ensure that the activities are in line with its objectives.	3.2.2	Complied
HUMAN RESOURCE MANAGEMENT			
11	The Board approves documented human resource policies for staff.	5.1	Complied
12	There are systems for regular supervision, appraisal and professional development of staff.	5.6	Complied
13	There is a system to address grievances and resolve conflicts.	5.11	Complied
FINANCIAL MANAGEMENT AND CONTROLS			
14	The Board ensures internal control systems for financial matters are in place with documented procedures.	6.1.2	Complied

S/N	Description	Code ID	Compliance
15	The Board ensures reviews on the charity's controls, processes, key programmes and events.	6.1.3	Complied
16	The Board approves an annual budget for the charity's plans and regularly monitors its expenditure.	6.2.1	Complied
17	The charity discloses its reserves policy in the annual report.	6.4.1	Complied
B	Does the charity invest its reserves? (Skip item 1B if "No")		Yes
18	The charity invests its reserves in accordance with an investment policy approved by the Board. It obtains advice from qualified professional advisors, if deemed necessary by the Board.	6.4.3	Complied
FUNDRAISING PRACTICES			
19	Donations collected are properly recorded and promptly deposited by the charity.	7.2.2	Complied
DISCLOSURE AND TRANSPARENCY			
20	The charity makes available to its stakeholders an annual report that includes information on its programmes, activities, audited financial statements, Board members and executive management.	8.1	Complied
C	Are Board members remunerated for their Board services? (Skip items 21 and 22 if "No")		No
21	No Board member is involved in setting his or her own remuneration.	2.2	Not Applicable
22	The charity discloses the exact remuneration and benefits received by each Board member in the annual report.	8.2	Not Applicable
D	Does the charity employ paid staff? (Skip items 23 and 24 if "No")		Yes
23	No staff is involved in setting his or her own remuneration.	2.2	Complied
24	The Charity discloses in its annual report the annual remuneration of its three highest paid staff who each receives remuneration exceeding \$100,000, in bands of \$100,000. If none of its top three highest paid staff receives more than \$100,000 in annual remuneration each, the charity discloses this fact.	8.3	Complied
PUBLIC IMAGE			
25	The charity accurately portrays its image to its members, donors and the public.	9.1	Complied

Prevention & Control

Colorectal Cancer Awareness Campaign Outcomes

71,110 people took the FIT kit test in 2017, **32%** more than previous year, a result of our continuity strategy to reach out to new participants and participants previously screened.

- SCS screened **71,110** participants and **5,115 were FIT positive**.
- **66%** were successfully contacted for follow-up and **54%** went on for further medical examination eg. colonoscopy.
- A total of **416** participants had polyps removed and **208 of these were pre-cancerous cases**. The removal of pre-cancerous polyps helped to lower their risk of developing colorectal cancer in the future significantly.
- Unfortunately, **5 participants were diagnosed with cancer** and will require treatment.
- The FIT test is vital to ensure the public stays vigilant against cancer and practicing the habit of regular screening helps save lives.

Gynaecological Cancers Campaign Outcomes

21,700 participated in Pap smear screening
1,511 persons had abnormalities detected and were referred for further assessment

Breast Cancer Campaign Outcomes

21,635 took the Mammogram screening
5,793 participated in breast self-examination
274 Cases referred for further assessments after Mammogram

Care & Support

Hospice Care

Rallying The Community

Over **\$3.98M** Financial Aid disbursed to beneficiaries in 2017

Financial & Welfare Support

- Cancer Treatment Fund **\$1,010,401** helped **206** beneficiaries receive treatments.
- Welfare Aid **\$1,747,542** supported **575** beneficiaries.
- Cancer Care Fund **\$986,500** supported **1,123** beneficiaries.
- Education Financial Assistance Scheme **\$66,030** in the form of school bursary and awards, helped **100** student beneficiaries.
- Help the Children and Youth Programme **\$164,244** provided to **41** beneficiaries for Tuition and **40** beneficiaries received academic awards.
- Living Well Fund **\$2,407.95** helped **10** patients under SCS hospice care
- **\$8,135** disbursed to our Hospital Transportation Programme and together with SCS vans helped **163** patients for hospital transportation, serving **1,951** trips in 2017.

Support Services

- In 2017, through our Psychosocial Services, **521** patients and their families and caregivers received support and professional guidance on well-being and coping with cancer.
- SCS Cancer Rehabilitation Services grew its suite of capabilities and continued to make a difference in the forefront of cancer rehabilitation services, serving **463** new cancer patients and survivors requiring rehabilitation support.
- Our Support Groups grew in strength from **779** to **1,034** members, boosting a year of vibrant members' activities. The total number of programmes for the year grew by **42%** from **78** to **111**.
- **704** classes in nutrition, fitness, and hobbies were offered under the SCS Enrichment Programmes.
- Partnering hospitals under the SCS Prostate Cancer Specialist Nursing (PCSN) programme collectively supported **392** prostate cancer (PCa) patients in their cancer journey. Of the **392** patients, **120** were referred by the PCSN nurses to SCS for continuity in cancer care and support services. With the PCSN Programme, patients can now benefit from a single point of contact, for support; to seamlessly transit from an institution to community-based care.
- SCS provided compassionate and multi-disciplinary hospice care to **472** patients in the final stages of life. **346** new patients were referred to our care in 2017.

A record **2,775** volunteers chipped in more than **14,100 hours** in energies and talent, in support of our beneficiaries and initiatives.

385 Corporate Partners, almost **3** times more than previous year, raised funds and volunteered resources to help SCS scale up to serve more and serve better.

Together, we raised **\$20M** in funds in 2017, which will go into the critical cancer support and care of our beneficiaries.

2017 HIGHLIGHTS

Jan

SCS Festive Cheer With a Heart (Chinese New Year)

Volunteers delivered festive food packs to SCS beneficiaries island-wide with the aim of sharing the joy of Chinese New Year and befriending them.

**SCS Inter-Polytechnic Smoke Free Campaign Competition 2017**

96 teams participated in the inaugural SCS Inter-Polytechnic Smoke Free Campaign Competition. SCS organised the competition to educate youths at an early age with the hope of decreasing the chances of them lighting up in future.

**SCS Colorectal Cancer Awareness Month**

SCS organised the inaugural Get FIT with SCS Mass Walk event that set out to promote a healthy lifestyle and raise awareness on colorectal cancer and regular screening. The event drew 360 participants and more than 110 Faecal Immunochemical Test (FIT) Kits were distributed by SCS to those aged 50 and above.



Mar

Feb

Singapore Cancer Society Relay For Life 2017

SCS held its inaugural Relay For Life in 2017, making Singapore the 25th country in the world to organise the inspiring overnight event that offers everyone in the community an opportunity to participate in the fight against cancer. 7,500 participants walked in solidarity with the cancer community, raising \$645,000.

**Chingay Parade 2017**

SCS took part in the "We Care" segment of Chingay Parade 2017 where some 60 SCS cancer survivors, caregivers, staff and volunteers participated among 800 performers from 15 groups.

**SCS-Merck Patient Access Programme**

SCS signed a Memorandum of Understanding with Merck Pte Ltd to create the SCS-Merck Patient Access Programme where Merck will support each qualified cancer patient with a maximum of 8 vials of Cetuximab per month. Cetuximab is the first line treatment for Metastatic Colorectal Cancer and recurrent and/or metastatic squamous-cell carcinoma of the head and neck.

**SCS Women's Gynaecological Cancers Campaign (May to July)**

403 people participated in the Women's Gynaecological Cancer Talk & Zumba organised by SCS as part of the SCS Women's Gynaecological Cancer Awareness Campaign 2017 to raise awareness on women's cancers, to promote pap smear screening (available at no cost to eligible women) and to encourage women to lead an active lifestyle.



May

Launch of Cancer-Friendly Workplace Advisory with South West Community Development Council

Jointly developed with South West Community Development Council, SCS launched the Cancer-Friendly Workplace Advisory to encourage employers in the South West District to take steps to create a conducive, cancer-friendly environment for their staff.

**Terry Fox Run Singapore 2017**

This event raised \$154,854 for SCS. Some 2,000 participants and donors, 30 corporate supporters and 200 volunteers, including 25 cancer survivors and support group members from SCS along with SCS Council Member Dr Ang Peng Tiam and CEO Mr Albert Ching, took part in the run.

**30th Anniversary of SCS Hospice Care**

Formed in 1987, SCS Hospice Care was the first hospice home care service in Singapore. In 2017, SCS Hospice Care Services celebrated its 30th anniversary and has been increasing in both capacity and capability to better cope with growing needs.

**SCS Festive Cheer With a Heart (Hari Raya Puasa)**

Volunteers delivered festive food packs to SCS beneficiaries island-wide with the aim of sharing the joy of Hari Raya Puasa and befriending them.



Jun

Jul

9th Singtel-Singapore Cancer Society Race Against Cancer (RAC) 2017

The Singtel-Singapore Cancer Society Race Against Cancer 2017 is one of two SCS signature fundraising events. 7,000 participants raised over \$1.2 million for cancer patients and their families. \$250,000 was donated by Singtel to support SCS Help The Children and Youth programme.



SCS Camp Rafiki

SCS Camp Rafiki is organised annually by SCS in partnership with Duke-NUS Medical School and NUS Yong Loo Lin Medical School, with the aim of providing an opportunity for youths (aged 13 to 18) who have been impacted by cancer, to foster community bonding through fun, empowerment, character development and resiliency building. 20 youths participated at SCS Camp Rafiki 2017.



Aug

Nurses' Day

Our SCS Nurses are part of our SCS Hospice Care team that applies a multi-disciplinary approach to ensure both patients' and their family members' needs are assessed and addressed through regular home visits. We celebrated Nurses' Day on 1 August 2017 to honour and recognise the tireless efforts and contributions of SCS Nurses.



SCS Gastric Cancer Awareness Month

In 2017, SCS made its foray into the heartlands to educate the community about the importance of healthy eating and spread awareness on gastric cancer. The Know Your Diet & Beat Gastric Cancer event took place at Hougang Central Hub and attracted 300 participants.



Nov

SCS Lung and Prostate Cancer Awareness Month

533 people attended the first SCS Lung and Prostate Cancer public forum held to address prostate health and lung cancer. A panel which included a respiratory medicine physician, urologist, medical oncologist and cancer survivor shared the signs, symptoms, diagnosis, and treatment of lung and prostate cancer as well as how to cope with the disease.



SCS Breast Cancer Awareness Month

Mrs Josephine Teo, Minister, Prime Minister's Office, launched the 21st Annual Breast Cancer Awareness Month campaign. Mr Desmond Choo, Mayor North East Community Development Council, flagged off 33 female riders who travelled around Singapore to create breast cancer awareness.



World Hospice and Palliative Care Day

Singapore Hospice Council celebrated World Hospice and Palliative Care Day at Ang Mo Kio Central Stage, and SCS Hospice Home Care patients Mdm Lok Chwee Har and Mdm Lau Puy Luan were on stage to share their cancer journey.



Oct

SCS Festive Cheer With a Heart (Deepavali)

Volunteers delivered festive food packs to SCS beneficiaries island-wide with the aim of sharing the joy of Deepavali and befriending them.



SCS Partners' Appreciation 2017

SCS organised its annual SCS Partners' Appreciation event to honour SCS Donors and SCS Volunteers.



Dec

SCS-Icon SOC Partnership

Icon SOC, a cancer care provider made up of some of Singapore's most experienced and esteemed medical oncologists, and SCS signed a memorandum of understanding outlining a three-year partnership. Icon SOC committed \$255,000 and staff participation in SCS fundraising and beneficiary outreach efforts.



SCS Festive Cheer With a Heart (Christmas)

Volunteers delivered festive food packs to SCS beneficiaries island-wide with the aim of sharing the joy of Christmas and befriending them.



CANCER AND PREVENTION AND CONTROL



The Cancer Registry Report released in 2017* detailed that over a period of 40 years from 1976 to 2015, incidences of breast cancer has more than doubled and prostate cancer has increased fivefold, both being the top cancers in Singapore affecting women and men respectively.

However, over the last 40 years, with deepened awareness of cancer prevention and control measures, our community has correspondingly embraced more efforts to fight the disease. Better treatments and validated research have also been developed to help improve diagnosis and treatments.

The Cancer Registry reported that 71 per cent of women with breast cancer were in the early stages when diagnosed, giving them a higher chance of survival and more treatment options. This was compared to 20 per cent diagnosed at stage 4.

Despite the increase in cancer incidences, cancer survival rates can increase with early detection and better access to preventive measures, treatments, care and support.

And it is with this urgency to close the gap that drives SCS to constantly scale up efforts on prevention and control measures.

* The Singapore Cancer Registry Annual Registry Report 2015

ELLIL MATHIYAN S/O LAKSHMANAN COLON CANCER SURVIVOR

“Singapore Cancer Society distributes the FIT kit at no charge to eligible participants. It is a simple test that can be done in your own home once a year. Colorectal polyps and cancers can be detected by the traces of blood that are bled into the colon. The amount of bleeding can be virtually invisible to the naked eye. The FIT is a preliminary test that detects the presence of small amounts of blood in faeces,” shared Ellil.

Ellil Mathiyan S/O Lakshmanan, 58, is a colorectal cancer survivor. He was diagnosed with rectal cancer in 2011 after a colonoscopy test. In late 2010, he had experienced difficulties in passing his bowels. His stools contained blood and were pencil thin. These symptoms signalled him to consult a doctor. He has a family history of cancer. His father was diagnosed with throat cancer and passed away in 2002. His mother was diagnosed with 4th stage bladder cancer in 1985.

Ellil is now an advocate for early detection of colorectal cancer and encourages individuals to take charge of their health by screening regularly and learning to recognise the signs and symptoms of colorectal cancer. “I should have taken a Faecal Immunochemical Test (FIT) when I turned 50. The FIT helps to screen for small amounts of blood in the stools which may be due to cancer,” reflected Ellil.

Ellil had surgery to remove the cancer tumour along with his rectum, and underwent 28 cycles of Radiation Therapy and 8 cycles of Chemotherapy. He wears a stoma to manage his faecal output.

Today, Ellil is actively involved in various colorectal cancer support groups to provide support for ostomates (people with stomas). He is a Patient Ambassador, a committee member of the SCS



Colorectal Support Group and the Singapore Cancer Society Relay For Life (RFL) 2017 Organising Committee. As an active RFL volunteer, Ellil was selected by Global Relay for Life and the American Cancer Society as a Global Relay For Life Hero of Hope in 2017, representing the RFL movement and is the Voice and Ambassador for SCS.

Ellil promotes a healthy lifestyle. He engages in Zumba, line dancing and hiking as an active SCS Support Group member. He enjoys swimming and kayaking. He reminds all to stay sun safe, not to smoke, limit alcohol consumption, exercise regularly and to eat healthily. “More importantly, screen regularly for cancer. Early detection saves lives!” he stressed.

SCS CANCER RESEARCH GRANT

“Every impact we make today to fight cancer is the positive change we hope to see tomorrow”

*Mr Albert Ching, CEO,
Singapore Cancer Society*

Whilst many are familiar with the Society’s role in the forefront of fighting cancer and supporting those impacted by cancer, not many are aware that the Society has been actively pushing forward our nation’s cancer research field since 1973.

Each year, the Society actively calls for cancer research proposals across a wide spectrum of subjects that can aid the advancement of cancer prevention and control. An annual grant of up to \$200,000 per project is open to all researchers from various cancer-related disciplines, healthcare institutions and organisations in Singapore.

The research projects that the Society grants have outcomes that directly impact and improve the quality of life, care and treatment of cancer patients, particularly in alleviating psychosocial health issues and well-being of cancer patients and their caregivers.

A commendable example is a research project that was granted by SCS in 2013 and completed in 2017. The project’s Principal Investigator, Dr He Hong-Gu developed a STOMA psychosocial intervention programme to improve the health outcomes of colorectal (CRC) patients with newly formed stoma. The outcome showed significant improvements on patients’ stoma-care and anxieties, and an educational booklet has since been published to benefit CRC patients.

Between 2006 and 2017, the Society funded 41 cancer research projects.

In 2017, **42** research proposals from **12** institutions were submitted. SCS disbursed **\$253,562** from the SCS Cancer Research Grant 2017 to support **4** new cancer research projects.

Research Project:

Renewing Intimacy and Sexuality (RISE): A Pilot Program to Support Marital Intimacy and Sexual Health of Female Cancer Patients in Singapore.

Grant Recipient:

Dr Irene Teo Eng Ai,
Duke-NUS Medical School.

Grant amount:

\$82,250

Research Project:

Validity and Reliability of the Integrated Palliative care Outcome Scale (IPOS).

Grant Recipient:

Dr Grace Yang Meijuan,
National Cancer Centre Singapore.

Grant amount:

\$82,100

Research Project:

Using patients’ health preferences to develop a local scoring algorithm for a cancer-specific utility instrument.

Grant Recipient:

Dr Luo Nan,
National University of Singapore.

Grant amount:

\$59,712

Research Project:

Economic burden of breast cancer survivors in Singapore.

Grant Recipient:

Dr Alexandre Chan,
National Cancer Centre Singapore

Grant amount:

\$29,500

SCS-FUNDED RESEARCH COMPLETED IN 2017

“We hope to encourage discovery in areas that researchers believe are most likely to solve the problems of cancer and improve the quality of life among survivors. All grant applications are reviewed based on selection criteria like relevance to SCS, scientific merit, researcher’s track record, project feasibility, as well as whether the budget is reasonable,” said Dr Lim Siew Eng, Chairperson, SCS Cancer Research Panel

The Society congratulates the following research teams on their successful project completion!

Principal Investigator: Dr He Hong-Gu, Associate Professor, Alice Lee Centre for Nursing Studies, National University of Singapore

Research Period: 7 January 2013 to 31 March 2017

Research Title: Developing and testing the preliminary effects of STOMA psychosocial intervention programme on outcomes of colorectal patients with stoma: A mixed methods study

Colorectal cancer (CRC) remains the most common cancer in Singapore and over 10% of CRC patients undergo ostomy surgery. Using a stoma could be a big challenge for the patients to maintain a high quality of life following surgery. The team led by Dr He Hong-Gu developed a STOMA psychosocial intervention programme to improve the health outcomes of CRC patients with newly formed stoma.

RESEARCH IMPACT The programme has been shown to significantly improve the patients’ stoma care self-efficacy, acceptance of stoma, as well as the level of anxiety and depression. An education booklet entitled “STOMA psychosocial intervention programme. A guide for patients undergoing colorectal surgery with stoma formation”, both in English and Chinese versions, was developed and made available so that the patients could benefit from the programme.

Principal Investigator: A/Prof Rathi Mahendran, Senior Consultant Psychiatrist, Department of Psychological Medicine, National University Health System

Research Period: 1 February 2015 to 31 January 2017

Research Title: A Study on Post-treatment Fear of Cancer Recurrence

Advances in cancer identification and treatment have increased the number of cancer survivors. One major psychometric issue faced by cancer survivors is that of the fear of cancer recurrence (FCR). This study has provided two psychometrically validated tools for use in the Singapore population to identify and manage FCR.

RESEARCH IMPACT The study has revealed that FCR was very common among local cancer survivors (43.6%). Younger age, completion of cancer treatment, stroke diagnosis and psychiatric comorbidity were associated with FCR. This is also the first study to report on levels of FCR amongst different ethnic groups in Asia. The knowledge of factors associated with FCR will be helpful to support the development of interventions and improve patient care.

Principal Investigator: Dr Wee Hwee Lin, Assistant Professor, Department of Pharmacy, Faculty of Science, National University of Singapore

Research Period: 2 January 2015 to 31 July 2017

Research Title: Health Preferences of Colorectal Patients in Singapore

Currently, targeted agents have been used alongside conventional chemotherapies for the treatment of metastatic colorectal cancer (mCRC). Understanding patient preferences for these treatments as well as their willingness-to-pay is crucial in shared decision making, as these targeted agents mostly belong to the group of high cost agents. This study found that patients preferred targeted therapies with lowest out-of-pocket costs, improved clinical outcomes, no side-effects, and greater convenience. Besides, CRC patients have chosen severity of bleeding as the most important attribute for stage IV therapy.

RESEARCH IMPACT This study provided valuable directions to clinicians when deciding on treatment options to improve patient satisfaction and compliance. The study also helped regulatory agencies reallocate reimbursements to CRC therapies that are most preferred.

SCS CANCER AWARENESS CAMPAIGNS 2017 COLORECTAL CANCER

Colorectal cancer is the leading cancer affecting both men and women in Singapore. Polyps and benign lumps that may form on the inner wall of the colon and rectum, are fairly common in people above the age of 50. These may develop into cancer and should be removed if detected.

EARLY DIAGNOSIS SAVES LIVES – GET SCREENED FOR COLORECTAL CANCER

SCS distributes the FIT kit (Faecal Immunochemical Test) – at no charge – to eligible Singaporeans and Permanent Residents aged 50 years old and above to encourage regular screening.

The FIT kit, which is a non-invasive preliminary screening test which can be administered at home, screens for small amounts of blood in a person's stools which may be due to various causes, for example, polyps or colorectal cancer.



**FIT kit test is
non-invasive,
safe, easy to
do at home
once a year.**



16TH SCS COLORECTAL CANCER AWARENESS CAMPAIGN

Year-on-year, as we build on foundations set by past campaigns, we grow our network of FIT kit distribution points along with concerted efforts to raise awareness, reach out to more, and increase screening rates.

In 2017, the 16th Colorectal Cancer Awareness Campaign was a step-up for annual screening continuity. The campaign targeted two groups of seniors – those who have yet to participate in FIT kit and those that did so at least once before. The two-pronged approach aimed to increase new screening rates, whilst engaging continuity amongst those previously screened.

CAMPAIGN OUTCOMES

361
participants

Get FIT with SCS Mass Walk @Sports Hub

283
participants

Public Forum in Mandarin, organised by Khoo Teck Puat Hospital

68
participants

General Practitioner Symposium, sponsored by Merck Serono and supported by The Society of Colorectal Surgeons, Singapore.

OUTCOME OF AWARENESS



71,110

took the FIT test in 2017

IMPACT OF AWARENESS



5,115

tested positive for presence of blood in stools and referred for medical follow-ups

SCS CANCER AWARENESS CAMPAIGNS 2017 GYNAECOLOGICAL CANCERS



4TH WOMEN'S GYNAECOLOGICAL CANCERS AWARENESS CAMPAIGN

Gynaecological Cancers - cervical, ovarian and uterine - are ranked amongst the top 10 cancers affecting Singaporean women today. With the urgency for more women to get screened, this year's campaign leveraged peer-to-peer advocacy to raise awareness and welcomed the support of women who have undergone regular Pap smear screening to spread the word.

In 2017, in addition to the year-long educational efforts through corporate and community talks conducted by volunteer doctors, the Society focused on ensuring women have easy access to screening, by establishing alliance with General Practitioners who are first line of contact with patients.

CAMPAIGN OUTCOMES



Free Pap smears were offered at

171 participating General Practitioners Clinics island-wide



21,700 took the Pap smear screening



6,023 women had their pap smears done at SCS Clinic at Bishan, where this screening is provided at no cost to eligible women



COMMUNITY OUTREACH: FESTIVE RAYA COOKING AND TALK EVENT

In conjunction with the SCS Women's Gynaecological Cancer Awareness Campaign 2017 (WGCAM), SCS together with the Singapore Halal Culinary Federation, Muslim Healthcare Practitioners Association, Halal Hub, MUIS, National Cancer Institute of Singapore, National University Hospital and Singapore Muslim Women's Association, co-organised a Festive Raya Cooking and Talk event at OUE Downtown. The occasion aimed to reach out to the Malay community to raise awareness on women's gynaecological cancers and Pap smear screening that are at no cost to eligible women. The event also encouraged them to participate in regular cancer screening.

Dr Intan Azura Mokhtar, Member of Parliament for Ang Mo Kio GRC, joined as Guest-of-Honour, to lend her leadership and raise awareness on the importance of screening and a healthy lifestyle.

Celebrity Chef and cancer survivor Chef Queen Siti, shared her culinary recipes with participants, along with nuggets of wisdom on early cancer detection and living a healthy lifestyle.

SCS CANCER AWARENESS CAMPAIGNS 2017 GASTRIC CANCER



11TH SCS GASTRIC CANCER AWARENESS MONTH CAMPAIGN

CAMPAIGN SURVIVOR'S VIDEO

SCS and Eli Lilly produced a survivor's video to promote awareness of the disease and provide hope on beating the odds to survive.

GASTRIC CANCER PUBLIC FORUM



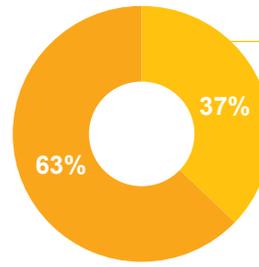
784
participants

Organised by SCS and supported by National University Cancer Institute, Singapore, National University Hospital, Changi General Hospital and Tan Tock Seng Hospital, the annual public forum saw a good turn-out for both English and Mandarin sessions.



Through surveys with participants who took part in cancer awareness talks and forums, **37%** said the information spurred on genuine lifestyle changes.

37% of event participants made genuine lifestyle changes



- Made healthier food and drinks choices (17%)
- Went for screening (14%)
- Exercise (8%)
- Influenced lifestyle (unspecified) (8%)
- Reduced/stopped smoking (2%)

■ Yes ■ No

Sample Size: n = 139 (5% of n= 2729)

KNOW YOUR DIET & BEAT GASTRIC CANCER:



300
participants

Healthier food choices, cooking methods, nutritional information, food safety talks, cooking-demo and an awareness talk on gastric cancer proved to be a draw factor for over 300 participants who came in support of the campaign.



THE RAINBOW CHALLENGE

SCS ran a social media engagement contest to promote a healthier diet.

SCS CANCER AWARENESS CAMPAIGNS 2017 BREAST CANCER

21ST SCS BREAST CANCER AWARENESS CAMPAIGN

One in 14 women will develop breast cancer. Singapore Cancer Society (SCS) urges women to choose healthier, happier and longer lives by adopting a healthy diet, regular exercise and detecting breast cancer early by going for mammogram screening. A series of educational seminars, talks and roadshows focusing on early detection and treatment of breast cancer, was organised in October. A symposium was held for 20 General Practitioners on medical advances in the field of breast cancer care.

Singapore Cancer Society was the chair of the national Breast Cancer Awareness Month (BCAM) 2017, co-ordinating various partners' BCAM campaigns. SCS organised the Pink Ribbon Launch Party at the Toa Payoh HDB Hub where Mrs Josephine Teo, Minister, Prime Minister's Office was the Guest-of-Honour.

Mr Desmond Choo, Mayor North East Community Development Council, flagged off 33 female riders who travelled around Singapore from Our Tampines Hub to create breast cancer awareness. They also set a Singapore Book of Records 'Largest Women's Bike Ride' for SCS.



A **\$25** mammogram screening funding assistance was offered to eligible women (between 40 and 69 years old)



A total of **16,454** women participated in mammogram screening under the BCAM funding



2,120 patients received their Mammogram screenings at SCS Clinic located at Bishan, where this service is provided at no cost to eligible CHAS (Community Health Assist Scheme) card holders



SCS CANCER AWARENESS CAMPAIGNS 2017 PROSTATE CANCER

13TH SCS PROSTATE CANCER AWARENESS CAMPAIGN

Prostate Cancer is the 3rd most common cancer and is expected to continue to rise. Symptoms are similar to having an enlarged prostate gland, medically known as Benign Prostate Hyperplasia (BPH), and are not obvious at an early stage. It is therefore important for SCS to continue to keep men vigilant about prostate cancer.

OUTREACH TO GENERAL PRACTITIONERS

In partnership with Singapore Urological Association (SUA) and Society for Men's Health (SMHS), a symposium was organised to update primary care physicians on men-health issues.

OUTCOME

A symposium was held to update General Practitioners on medical advances to combat prostate cancer.



SCS CANCER AWARENESS CAMPAIGNS 2017 LUNG CANCER



8TH SCS LUNG CANCER AWARENESS CAMPAIGN

Lung Cancer remains the top cancer killer in Singapore and is highly correlated to smoking. The campaign emphasised the link between the two.

JOINT OUTREACH TO GENERAL PUBLIC

A Health Forum was organised to address both prostate health and lung cancer. A panel that included a respiratory medicine physician, urologist, medical oncologist and cancer survivor shared comprehensive information on lung and prostate cancers.

OUTCOMES



155 participants attended a fitness challenge Carnival organised by SCS



533 participants attended a Lung Cancer public forum on Lung Cancer diagnosis, treatment and prevention

YOUTH AND SCHOOL OUTREACH (JANUARY – DECEMBER 2017)



SCS joined hands with two uniformed groups, the National Cadet Corps Singapore (NCC) and Girl Guides, to champion the 2nd Smoke Free Ambassador Programme

The Cadets and Guides pledged their alliance as smoke-free ambassadors and to actively walk the talk and shared the anti-smoking message with their families and friends.

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.

OUTCOMES

Attended by **529** Cadets and **245** Guides

1,780 students attended the assembly talks on cancer

417 Tertiary and University students completed campaign-related projects

Total: **2,971** youths engaged in 2017

GIVE UP FOR GOOD



Each year, we take strides in calling for a smoke-free lifestyle. In 2017, we partnered with UP Brandbuzz Pte Ltd for an engaging approach to gain support from the general public.

Our volunteers went around the streets of Bugis+ to ask smokers to give up their cigarettes for a good cause. Target collection was 1,000 cigarettes and sponsors matched the collection value in food and sundries donations to cancer patients.

The outcome exceeded target.



2,774 cigarettes were collected and destroyed

CANCER CARE AND SUPPORT



When cancer is diagnosed it impacts all areas of life. Cancer is not a death sentence. After diagnosis, much can be done to stabilise conditions and to lead a life of normalcy. SCS provides a constant source of support to give cancer patients and survivors energy and inspiration to take control of life again.

SCS provides holistic support to help patients, caregivers and family members cope with their emotional, financial, physical and spiritual difficulties.



IRMAWATI SCS WELFARE AID RECIPIENT

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



Irmawati was diagnosed with stage 4 breast cancer when she was 32 weeks pregnant with her second child.

She had refused treatment fearing the safety of her unborn child, and endured back pain as the cancer had metastasised to the bone. Re-assured by doctors, she was prescribed morphine daily to manage the pain and she underwent a C-section at 34 weeks. After giving birth, Irmawati underwent six cycles of chemotherapy (once every three weeks) and hormone therapy for six months.

Irmawati suffered a relapse after being cancer-free and required a higher dosage of chemotherapy weekly. Her struggles also included financial difficulties. Irmawati has minimal financial support and lives in a rental flat. She works when there are ad hoc jobs and covers many household expenses.

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

Cancer diagnosis can impose a tremendous financial burden on the patient and family especially for needy families, like Irmawati’s. SCS provides a range of assistance schemes to alleviate the financial burden for needy Singaporeans and Permanent Residents. We provide cancer patients with avenues for assistance at every stage of treatment from pre-treatment, when they are first diagnosed with cancer, during treatment and beyond.

SCS FINANCIAL AID

SCS provides a range of financial assistance to alleviate the burden of treatment costs and provisions such as milk, diapers, medical dressing, stoma bags and other medical equipment, to Singaporeans and Permanent Residents from low and middle-income families. We provide avenues of assistance at every stage of treatment.



More than **\$3.98M** in aid was disbursed in 2017 through the various funds

SCS CANCER TREATMENT FUND

Established in 2005 to provide cancer treatment subsidies to patients referred by their doctors or medical social workers at various restructured hospitals.



Patients assisted: **206**



Amount disbursed: **\$1.01M**

Since inception, more than \$16.42 million has been disbursed to 4,841 cancer patients.

SOLIDIFYING PARTNERSHIPS AND SUPPORTING THROUGH SUBSIDIES

Since 2014, SCS has been partnering Roche Singapore Pte Ltd to provide subsidies to persons who require Avastin and Herceptin as part of their cancer treatment. In 2017, a total of 32 patients were assisted under this partnership.

SCS also signed a partnership with Takeda Pharmaceutical Company to provide easier access and subsidy for the oncology drug Adcetris (brentuximab vedotin).

In 2017, SCS signed another partnership, with Merck Singapore to provide access and subsidy for the oncology drug Cetuximab.



SCS HOME-HOSPITAL TRANSPORTATION SERVICE

SCS provides home-hospital transportation to and from all restructured hospitals for patients from low-income families who have medical appointments or radiotherapy/chemotherapy sessions: In 2017,



Total patients served: **163**



Total round trips made: **1,951**

The Society also provides hospital transportation to beneficiaries who are wheelchair bound or have mobility difficulties by engaging private ambulances.

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 the first 6 months of diagnosis.

Since its inception in 2015, more than \$2.458 million has been disbursed to 2,782 cancer patients.



Patients assisted: **1,123**



Amount disbursed: **\$986,500**

SCS LIVING WELL PROGRAMME

This programme improves the dignity of care and quality of life of financially disadvantaged hospice patients under our care, allowing them to live at home to fulfil their days and wishes. We provide financial assistance for hospital and medical equipment transportation and home nursing aid.



Patients assisted: **10**



Amount disbursed: **\$2,408**

SCS WELFARE AID FUND

The Welfare Aid Fund was established in 1964 to aid cancer patients and their families with temporary financial aid and sustenance during and after treatments.

Welfare Aid funding is accessed through medical social workers and healthcare professionals at various hospitals, hospices, and voluntary welfare organisations.



Patients assisted: **575**



Amount disbursed: **\$1.747M**

EDUCATION FINANCIAL ASSISTANCE SCHEME

SCS provides school allowance grants and bursaries to alleviate the financial burden of school-going children and youths whose families are impacted by cancer.



School allowance distributed to **99** students



Bursary award distributed to **1** student



Amount disbursed: **\$66,030**



SCS HELP THE CHILDREN AND YOUTH PROGRAMME (HCYP)

HCYP is an integrated support programme for families impacted by cancer. The children and youths have parents who are cancer patients being assisted by the Society. The Programme engages the family with comprehensive care and support, to encourage and equip them with strength and capabilities to cope in their cancer journey.

TUITION PROGRAMME



Supported with
\$250,000
from Singtel
annually



31 in-house
tutors



16 primary school
students and
25 secondary
school students
benefitted from the
programme
in 2017

SCS ANNUAL ACHIEVEMENT AWARDS 2017



21 students
received the
Book Prize Award



18 students
received the
Achievement
Award



1 student
received the
Encouragement
Award

FAMILY ENGAGEMENT

A series of events were organised by SCS to foster family bonding through recreational and experiential activities.

- 1) "Uncover Hidden Egg-citement With Smurfs" at Jurong Bird Part on 8 April
 - 21 children and family members were treated to a fun-filled Smurfs-themed Easter event at the Jurong Bird Park's Waterfall Aviary.
- 2) Adam Road Presbyterian Church Let's Carnival (an event of President's Challenge) on 5 August
 - 38 children and family members attended
- 3) Outing to River Safari on 16 December

SCS CAMP RAFIKI

Empowers youths impacted by cancer to overcome challenges

Organised annually by SCS in partnership with Duke-NUS Medical School and NUS Yong Loo Lin Medical School, the objective of SCS Camp Rafiki is to provide an opportunity for youths (age 13 to 18), who have been impacted by cancer, to foster community bonding through fun, empowerment, character development and resiliency building.

20 youths participated in SCS Camp Rafiki 2017 themed 'A Camp Full of Stars' in July. Volunteers from Singapore Sidewalk Astronomy made the camp a fun filled enriching experience. At the Award Ceremony, special guest Narelle Kheng, co-founder of the band Sam Willows and Fly Entertainment Artiste, joined and shared her journey as a cancer impacted youth. She also performed after judging the performances prepared by each of the teams for the closing ceremony.



SCS CHILDREN PARTY

on 21 December

- Supported by Nanyang Technological University students, SAS Singapore Pte Ltd, Fortinet
- 50 children and 14 parents attended

SCS PSYCHOSOCIAL SERVICES

Our social workers and counsellors help those impacted by cancer cope with fear and strong emotions that may result from diagnosis and treatment. They help bridge patients, caregivers and family members to pertinent information, financial resources and therapeutic groups.

Each year, we empower our teams with new skills to enhance capabilities and effectively manage beneficiaries' needs. In 2017, our social workers and counsellors served 383 beneficiaries impacted by cancer.

OUR CLINICAL SERVICES:



Hospice Care Case Counselling provides support

Our Social Workers and Counsellors manage the anticipatory grief and loss of patients as well as bereavement support for their family members. Assisting patients on their child care issues and their care arrangement enables them to have peace of mind.



Cancer Survivorship Case Counselling

Our social workers counsel cancer patients who are newly diagnosed as well as patients diagnosed with advanced stages of cancer. They also help cancer patients to process their emotional and psychological responses to their diagnosis and treatment and provide the relevant support.



Clinical Sexual Health Clinic

The SCS Clinical Sexual Health Clinic helmed by a Clinical Sexologist provides support on sexual health in family life, intimacy and sexual quality of life for those impacted by cancer. In 2017, 14 educational talks were conducted for professionals and the public.



Art Therapy Services

Art, self-expression and intervention therapy services support a variety of psychosocial, cognitive and physical challenges for people of all ages.

- In 2017, an 8-session Mandarin art therapy programme "Nurturing your HeART" was conducted at SCS Cancer Rehabilitation Centre.
- The Mandarin session on Relaxation Therapy also commenced in August 2017.
- Our therapist also arranged a collaboration effort with the School Of The Arts to provide sessions of ceramic pottery classes for 20 cancer survivors in November and December 2017.
- An art therapist intern joined in August 2017 to help in the English Art Therapy sessions and Relaxation Therapy.



SCS Patient Ambassador Programme

SCS Patient Ambassadors Programme aims to train selected cancer survivors and match them with other cancer patients to support their cancer journey. Two runs of training were conducted in 2017. 13 trained ambassadors who were cancer patients, were given a series of trainings and they conducted 61 visits in 2017.

SCS CANCER SUPPORT SERVICES

SCS Cancer Support Services provides a platform for cancer survivors to share experiences and enhance knowledge through talks and workshops. Listening to others share how they have been impacted by cancer and survived, brings hope to those who are similarly affected.

Total number of attendees at all support group events: **2,269**

Number of programmes/activities organised: **105**

Total number of support group members: **1,034**

Our cancer support programmes and services are built upon the following 5 pillars:



Education

- Workshops/Talks/Public Forms
- Peer learning and support



Engagement

- Social and recreational activities
- Outings/trips



Empowerment

- Training and nurturing support group leaders
- Hospital and home visits



Enrichment

- Hobby and interest learning activities



Psychosocial Support

SCS SUPPORT GROUPS FOR CANCER PATIENTS & SURVIVORS

SCS COLORECTAL SUPPORT GROUP

For colorectal patients and survivors



Formed in
1981



Number of members
153

Members participated in talks, public forums, training programmes, workshops, and social gatherings to gain insights from Volunteer Nurses and Stoma Therapists.

Talks/Workshops

- “Rhythmic Breath & Mindfulness techniques” by The Art of Living Association
- Facilitated group sharing by SCS staff
- Healthy cooking demonstration and food sampling by Health Promotion Board
- Intimacy talk by Dr Srilatha Balasubramanian
- “Acupressure to a healthier Life” by Dr Tan Pei Jing from ECON Chinese Medicine

Social & Recreational Events

- Pebble painting by Mr Chow Futt Weng

SCS REACH TO RECOVERY

For breast cancer patients and survivors



Formed in
1973



Number of members
196

Members participated in educational talks, psychosocial workshops and social gatherings.

Talks/Workshops

- “Lymphatic Disorder Management” by Veronica Yap from Masso Institute
- “Mindfulness workshop” by Shan You Counselling Centre
- “Are your thoughts killing you?” by Dr Jason Han from Bayla Cancer Self Help & Wellness Inc, Perth
- Facilitated group discussion by SCS staff
- Fitting by Knitted Knocker Singapore Lyn Ee

Social & Recreational Events

- Glass bottle display making by Jessica Too
- Board game session
- Fun walking at MacRitchie Reservoir

SCS NEW VOICE CLUB

For ear, nose and throat cancer patients and survivors

 Formed in **1985**
 Number of members **77**

Members participated in weekly meetings, talks, voice rehabilitation classes, social gatherings, and festive celebrations.

SCS New Voice Club provides rehabilitative support and training for laryngeal cancer patients and helps patients to learn speaking and to gain a 'new voice' after treatment, with or without electronic speech devices. Support group members also conduct home and hospital visits to newly diagnosed or treated patients, to share experiences and inspire them to gain a new voice.

SCS WALNUT WARRIORS

For prostate cancer patients and survivors

 Formed in **2014**
 Number of members **130**

Members participated in educational talks or workshops, social and recreational events, enrichment and interest learning sessions, as well as peer-to-peer support.

The Man Plan Programme

- Introduced in 2013
- Number of participants in 2017: an average of 12 participants per class
- Current activities – The Man Plan Programme is an exercise programme for prostate cancer patients undergoing hormonal therapy. This programme incorporates resistance exercises to help reduce their fatigue as well as to improve their quality of life and muscular fitness.

Talks/Workshops

- "Understanding the TESTS" by Dr Henry Ho
- "Staging of Prostate Cancer" by Dr Jeffrey Tuan
- "Bone Health" by Dr Hong Kian Tai
- "Urinary Incontinence" by Mike Rollings
- "Emotional Competence" by Tham Fun Yuen
- "Medical Coverage" with Nurse Norlela binte Hashim
- "Discerning information from the Internet" by Dr Lincoln Tan

SCS BISHANA LADIES GROUP

For all female cancer patients and survivors

 Formed in **2014**
 Number of members **344**

Members participated in educational talks or workshops, social and recreational events, enrichment and interest learning sessions, as well as provided peer-to-peer support.

Talks/Workshops

- Healthy cooking demonstration and food sampling by Health Promotion Board
- "Importance of positivity" by Dr Low Guat Tin
- "Unveil the beauty in you" by former Mrs Singapore, Ms Betty Yu
- Mushroom harvesting by Mushroom Kingdom
- "Overall well-being – Diet, Exercise, Mindset and Social support" by Ms Tammie Yang, Bishana support group member
- "Look Good Feel Better workshop" by volunteer Ms Pamela Hoeden

Social & Recreational Events

- Organic Soup Tasting outing at Chinatown
- Bishana 3rd Anniversary celebration
- Amazing race at Bishan Junction 8

SCS LUNG CANCER SUPPORT GROUP

For lung cancer patients and survivors

 Formed in **2015**
 Number of members **38**

Members participated in activities such as educational talks or workshops, social and recreational events, enrichment and interest learning sessions, as well as provided peer-to-peer support.

Talks/Workshops

"Relaxation Workshop" by Jeanette Yuh Woei Chan

Peer-to-Peer Support

Monthly Facilitated Group Sharing

SCS CANCER SUPPORT PROGRAMMES



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

New courses offered in 2017 include Dayan Qigong cum stretching exercise; Be Hype & Be Happy, and Chair Yoga & Indulgence without Guilt.

BISHAN MULTI-SERVICE CENTRE



Number of
courses
organised

196



Number of
classes
organised

614



Number of
attendees

6,469

SCS REHABILITATION CENTRE



Number of
courses
organised

302



Number of
classes
organised

95



Number of
attendees

2,620

SCS LOOK GOOD FEEL BETTER PROGRAMME

Look Good Feel Better (LGFB) programme helps female cancer patients cope with the effects of cancer treatment such as hair loss and skin discolouration, by helping them improve their appearance and regain their self-esteem.

Hands-on workshops are conducted regularly by volunteer cosmetologists who teach make-up techniques and the use of various accessories such as wigs, hats and scarves to enhance the appearance of cancer patients. Patients were also given the opportunity to share how they are coping with their illness and treatment.

Number of participants in 2017



201

Number of workshops



27

- Workshops were held at:
 - Changi General Hospital
 - KK Children's and Women's Hospital
 - Gleneagles Hospital
 - National Cancer Centre, Singapore
 - National University Hospital
 - Raffles Hospital
 - SCS Cancer Rehabilitation Centre

SCS PROSTATE CANCER SURVIVORSHIP PROGRAMME

The SCS Prostate Cancer Survivorship Programme identifies and prioritises cancer survivorship needs and strategies to improve the quality of life of prostate cancer patients and survivors.

SCS PROSTATE CANCER SPECIALIST NURSING PROGRAMME

The Prostate Cancer Specialist Nursing Programme (PCSN) is a collaboration with Singapore General Hospital (SGH), National University Hospital (NUH) and Tan Tock Seng Hospital (TTSH). \$80,000 is disbursed by SCS to each hospital to run the programme annually, for three years.

SGH: Total number of

719

patients served

140

new patients served

51

new patients who completed set of QOL

TTSH: Total number of

566

patients served

181

new patients served

28

new patients who completed set of QOL

NUH: Total number of

719

patients served

78

new patients served

45

new patients who completed set of QOL

Started in March **2015**
Total patient referrals to SCS: **120**



Education Series

- Three booklets (“A Medical Guidebook”, “All about Your Diet”, and “Your Emotional Well-Being”) are being vetted in Chinese. Printing is scheduled to begin in early 2018.
- The PCSN Toolkit will be printed in 2018 for the cancer specialist training workshop for nurses.



Nurse Exchange Programme

- PCSN Jiang Yan and Norlela binte Hashim attended the 18th Asia-Pacific Prostate Cancer Conference and several hospital attachments in Melbourne, Australia.



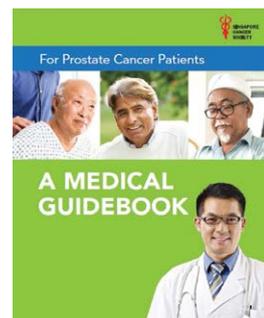
Training & Workshop

- Organised a Prostate Cancer Specialist Nurse Training Workshop at SGH during this year's Surgical & Anaesthesia Congress.



Prostate Cancer Survivorship Programme Outcome Measures & Evaluation

- Prostate Cancer Survivorship Programme Evaluation by Frost & Sullivan: completed
- QOL data research study: pending
- WW Study (22014-2017) by SCS: ongoing



SCS REHABILITATION SERVICES

In our second year of operations, the SCS Cancer Rehabilitation Centre located at JEM office tower saw growth in the number of clients served.

Physiotherapy and speech therapy for cancer survivors and home hospice patients were added, increasing our capacity to serve more clients.



OTHER NEW INITIATIVES:

- In September, in conjunction with the 5th Singapore Rehabilitation Conference, SCS organised and hosted a pre-conference workshop entitled “Comprehensive Course of Fundamentals in Cancer Rehabilitation”.

Speakers from National Cancer Centre, Singapore (NCCS), the National University Cancer Institute, Singapore (NCIS), the renowned Exercise Medicine Research Institute at Edith Cowan University and our SCS explained the basics of cancer, impact of cancer on survivors, patient assessment and exercise prescription, nutrition aspects in cancer, and psychosocial support services.

- For the convenience of clients, an online booking system was introduced in October to facilitate booking and management of rehabilitation sessions. The system enabled clients to manage their own bookings conveniently through their computers and

smartphones, and receive SMS reminders a day before their appointment.

- We participated in the Gym Tonic programme in November. An initiative by Lien Foundation, with the support of Finland’s Kokkola University Consortium Chydenius, Gym Tonic aims to improve the physical health of seniors through the use of gym equipment such as the HUR machines available at our SCS Cancer Rehabilitation Centre, evidence-based assessment protocols and advanced software to provide SMART (Safe, Measureable, Automated, Rehabilitative and Target) strength training.

As a significant portion of cancer survivors are seniors, this collaboration directly benefits them and allows SCS to leverage on research-based rehabilitation protocols designed for seniors as we enhance and improve our own interventions and programmes.



SUMMARY OF ACHIEVEMENTS

Total number of SCS Specialised Rehabilitation Programme clients served: **131**

Total number of SCS Next Step clients served: **43**

Average number of participants in SCS Man Plan Programme (for prostate cancer patients): **63**



CAREGIVERS' TRAINING AND WORKSHOPS



16 workshops conducted
61 participants

NUTRITION TALKS AND WORKSHOPS



16 sessions conducted
64 participants

COOKING AND BAKING WORKSHOPS



44 key nutrition workshops conducted

HOSPICE CARE SERVICES

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

Our Hospice Care team comprises nurses, doctors, social workers, counsellors, physiotherapists and occupational therapists. Together, we 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.

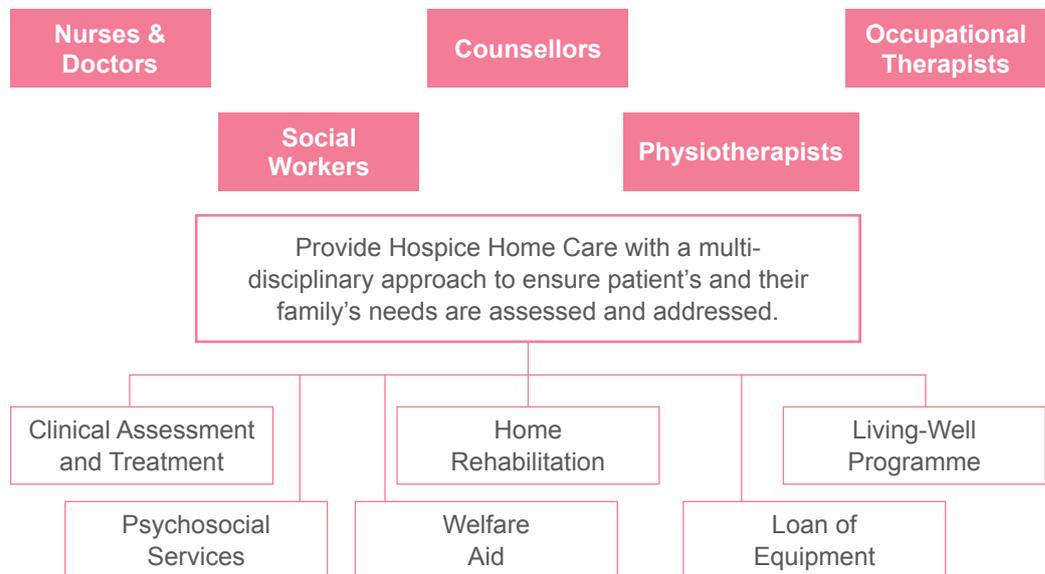
2017 was a milestone year for hospice care services as SCS celebrated 30 years in service.

The year also welcomed to Singapore the largest biennial Asia Pacific Hospice Conferences 2017 (APHC 2017) since it

started in 1989. Singapore Cancer Society, as a pioneer of Hospice Care in Singapore, was one of the key organisers, with Mr Albert Ching, CEO of Singapore Cancer Society as the Vice-Chairman of the organising committee. APHC 2017 witnessed over 1,600 delegates from 30 countries in the 4-day knowledge-sharing assembly.

At the event, Minister for Health Mr Gan Kim Yong, announced a three-year project with Singapore Hospice Council to plug gaps in end-of-life care.

This year also saw ground-breaking efforts regarding community outreach. SCS showcased our various Palliative Care services and cancer prevention and screening programmes at two roadshows, the 25th Anniversary Dover Park Hospice Roadshow, and the World Hospice Day community event by Singapore Hospice Council.



Number of Patients Served in 2017: **472**

ROSIE LOK CHWEE HAR SCS HOSPICE CARE PATIENT



Rosie had surgery eight years ago to remove 10cm of her colon when she was diagnosed with stage 4 colorectal cancer. There were no complications, and she resumed her life routine and was also caregiver to her husband (who has since passed on).

In mid-2015, an x-ray revealed that cancer had returned and spread to her lungs. Her doctors gave her numbing news of six months to a year to live. Even so, Rosie opted not to go for any surgery or chemotherapy to avoid compromising her quality of life. She ate well and slept well.

Rosie was referred by a doctor from an acute setting to SCS Hospice Care in late 2015.

Rosie is under the care of a SCS Nurse who visits her once a week for titration, symptom control and to manage her breathlessness. Our Nurse also assesses Rosie's condition, whether it is improving or worsening, and empowers her helper-caregiver in medication management.

Rosie is attended to by a multi-disciplinary SCS team of medical and allied health professionals who provide holistic hospice care for patients with advanced cancer in the comfort of their own homes.

A SCS Counsellor also visits Rosie regularly. Our Counsellor alleviates Rosie's total pain (emotional, spiritual, physical, social, mental) and reframes her perception of suffering, while validating her pain

and empathising. During the visit, the Counsellor helps the helper-caregiver manage her care for the patient, lessening her stress so that she can cope better. She is also psycho-educated on self-care. As Rosie's family is not living with her, our Counsellor assists in improving communications between the helper-caregiver and Rosie's immediate family members (here in Singapore and abroad).

Rosie is visited by a SCS Occupational Therapist fortnightly, who motivated Rosie into starting a daily exercise routine, to being active in the day and to manage her carpal tunnel syndrome. Under the guidance of the Occupational Therapist, Rosie practises relaxation techniques such as deep breathing and guided imagery to manage her abdominal and left hip pain. Rosie has also learned and practises pursed lip breathing to manage her breathlessness. Her helper-caregiver has been taught fall precautions, especially when Rosie goes to the toilet.

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

“Sometimes, I have breathlessness and numbness in my hands. But when I'm drawing and colouring, my mind is focused and the discomfort goes away. I am happy. I feel young and free!”
stated Rosie.

SCS HOSPICE CARE SERVICES

In 2017, SCS celebrated 30 years of providing hospice home care services.

As the pioneer of Singapore's hospice care, the Society 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 increases in cancer incidences and we aim to be ahead of the curve and ready to serve.

This year saw two of our nurses completing the Certificate in Basic Palliative Care for Registered Nurses, one completing the Advanced Diploma in Nursing (Gerontology), and another completing the Specialist Diploma in Palliative Care Nursing, making a total of four of our six nurses equipped with post-graduate qualifications.

Also joining us this year is a Senior Resident Physician who recently graduated with the Graduate Diploma in Palliative Medicine. The team applies a multi-disciplinary approach to ensure that both patients' and their family members' needs are appropriately assessed and addressed.

With support from the Ministry of Health and Agency for Integrated Care (AIC), we embarked on a one-year pilot programme, called End Of Life Interim Care Services (EOL-ICS), to support needy families caring for their loved ones who very much wish to spend their last days at home.



SCS HOSPICE CARE SERVICES

During the year, our dedicated team continued to be the pillar of support and compassion.



LIVING AND DYING WELL

Our Hospice team comprises dedicated and trained nurses. They work together with a multi-disciplinary team of social workers, counsellors, physiotherapists and occupational therapists to provide holistic care. Together they aim not only to relieve symptoms but also support patients to live as comfortably as possible.



MEETING NEEDS, MINIMISING FEAR

Many fear suffering when they near the end of life; palliative care seeks to relieve them of this suffering. Because each patient and family is different, the team facilitated in planning for the future care of patients often by exploring patients' preferences towards death and dying. Although these are difficult conversations to have, the decisions that follow often bring stability and assurance to patients.



HOSPICE CARE CASE COUNSELLING

Our 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.

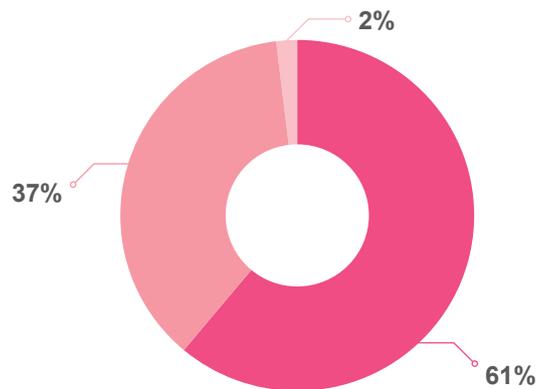
2017 STATISTICS OF SCS HOSPICE CARE

A. New Referral of Patients by Age Group

Up to 40	3
41-60	83
61-80	169
above 80	91
Total New Referral of Patients	346

B. Distribution of Patients' Place of Death

Home	153
Government & Restructured Hospitals	92
In-patient hospice, nursing homes & others	5
Total Patients Death for 2017	250

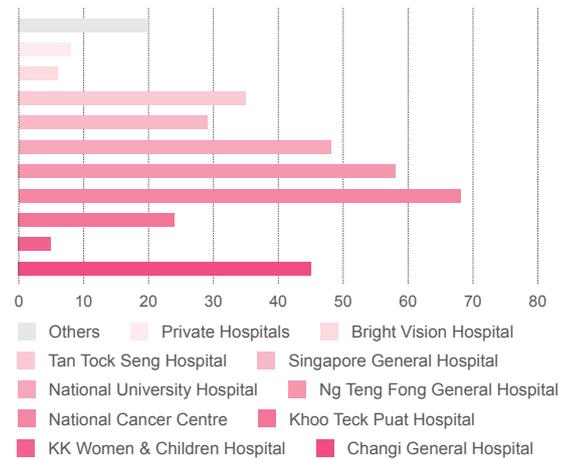


- Home
- Government & Restructured Hospitals
- In-patient hospice, nursing homes & others

C. Number of Patients Served

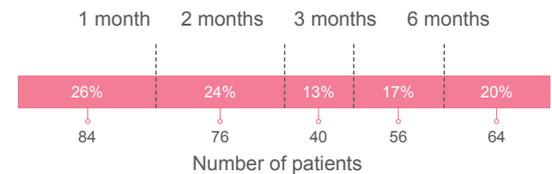
472

D. Sources of Referral of Patients



Total Patient Referrals 346

E. Duration of stay under SCS Care



G. EOL-ICS Report

Number of patients identified for EOL-ICS	27
Number of patients referred for EOL-ICS	12
Number of patients who benefited from EOL-ICS	10
Number of cases which services were not in time to be on board and patients passed on	2

Number of Patients and the Duration of EOL-ICS services rendered:

1. 1 for few hours
2. 4 for 5 days
3. 1 for 7 days
4. 1 for 6 days
5. 1 for 12 days
6. 1 for 14 days
7. 1 for 16 days

RALLYING THE COMMUNITY CANCER



SCS works to “minimise cancer and maximise life” in Singapore. For more than 53 years, with the generous support of partnering organisations, donors, and volunteers, SCS is able to serve more beneficiaries and ensure they will not battle cancer alone and without support.

The cancer journey can be an arduous one for many patients, caregivers and family members, but there is strength in numbers. 2017 saw the return of many events and programmes that grew over the years thanks to our volunteers and benefactors. For that, the Society thanks you from the bottom of our hearts for walking the journey with us.

ICON SOC SINGAPORE FINANCIAL AND VOLUNTEER PARTNER

“ At Icon SOC we believe cancer care is more than just treatment, it is supporting the person and their family throughout treatment and beyond. This has been the core of our approach here in Singapore, and also Australia, and our partnership with Singapore Cancer Society along with home visits to SCS Beneficiaries, are a wonderful illustration of that,” said Stuart Giles, Co-Founder of Icon Group, Chairman of Icon Asia and Icon Group.

Icon SOC, a cancer care provider made up of some of Singapore’s most experienced and esteemed medical oncologists, signed a Memorandum of Understanding outlining a three-year partnership, committing to \$255,000 and staff participation in SCS fundraising and beneficiary outreach efforts.

This is a strong affirmation of the work that Singapore Cancer Society (SCS) does, and together with Icon SOC, SCS can extend greater care and support to more patients and their families.

Icon SOC employees visit SCS Beneficiaries with household necessities and food staples as part of ‘SCS Festive Cheer with a Heart’ while befriending the beneficiaries and their families. Icon SOC has committed to place SCS donation boxes at each of its six clinics throughout Singapore and the group’s specialist doctors have also thrown their weight behind our cause. They speak at cancer



awareness forums and public education events organised by SCS.

Icon SOC is not only supporting SCS from a corporate standpoint, but from a personal one as well. Teena Pisarev, Chief Executive Officer of Icon SOC, has signed up at the first CEO Against Cancer, Singtel - Singapore Cancer Society Race Against Cancer 2018 (RAC), with the hope of raising \$25,000 for RAC. “It is an individual commitment that Icon SOC employees are willing to pledge, and we hope others can join us in making the journey lighter for cancer patients,” enthused Teena.



SINGTEL-SINGAPORE CANCER SOCIETY RACE AGAINST CANCER 2017



The ninth instalment of Singtel-Singapore Cancer Society Race Against Cancer (RAC) returned with resounding success thanks to over 7,000 participants, sports enthusiasts, and some 600 volunteers. Together, the SCS longest standing and largest charity run raised a record amount of \$1.2million for cancer patients and their families.

Held on 30 July 2017, East Coast Park, Angsana Green, RAC 2017 was flagged off by Mr Tan Chuan-Jin, then Minister for Social & Family Development, who also took part in the 5km non-competitive category. Through Singtel, \$250,000 was donated to support SCS Help The Children and Youth programme.

Mr Yuen Kuan Moon, Chairman of the Singtel Touching Lives Fund and CEO Consumer at Singtel, said, "We're glad to have supported the Race Against Cancer over the past nine years. Cancer has impacted the lives of people in our midst. We wish to do our part to raise awareness and improve the lives of patients and their families through the



race and the SCS Help the Children and Youth programme. I'm also very heartened that over 500 Singtel colleagues, family members and friends have shown their support for this meaningful cause."

\$1.2 million raised

Over **7,000** participated

Supported by over **600** Volunteers

‘CEOs AGAINST CANCER’

Demonstrating their community leadership, 21 top executives from corporations in Singapore, apart from participating in the race, stepped forward to lend their influence and voice in the fight against cancer. They set up personal fundraising pages in giveasia.com to collect donations amounting to \$151,170 from their own network of personal and business contacts, in this fourth annual ‘CEOs Against Cancer’. They include:

- **Mark Chong**
Group Chief Technology Officer, Singtel
- **Tan Chuan-Jin**
Minister for Social and Family Development
- **Desmond Tan**
Chief Executive Director, The People’s Association
- **Terence Ho**
Executive Director, Singapore Chinese Orchestra
- **Dr Ang Peng Tiam**
Chief Executive Officer & Executive Director, TalkMED Group Ltd
- **Melissa Kwee**
Chief Executive Officer, National Volunteer & Philanthropy Centre
- **Richard Ong**
Senior Director, AXA Insurance Pte Ltd
- **Giovanni Viterale**
General Manager, The Fullerton Hotel
- **Barry Sim**
Managing Director, ETLA Limited
- **Hui Hwa Koh-Minjoot**
Regional General Manager, Abbott International
- **Ravi Shastri**
Vice President & General Manager, Southeast Asia & Taiwan, Thermo Fisher Scientific
- **Choy Kem-Wah**
Vice President, Manufacturing Ops Singapore, Thermo Fisher Scientific
- **Phua Tien Beng**
Chief Executive Officer, Mount Elizabeth Hospital
- **Ong Ai Hua**
Company Group Chairman, Janssen, a division of Johnson & Johnson
- **Choo Kin Poo**
Chief Executive Officer, AsiaMedic Limited
- **Gordon Cameron**
Area Vice President Asia Pacific, Takeda Pharmaceuticals
- **Albert Lam**
Chief Executive Officer, BeauteHub International Pte Ltd
- **Kenrick Law**
Allianz SE, Reinsurance Branch Asia Pacific Regional CEO, Head of P&C Client Management Asia Pacific
- **Teo Ser Luck**
Member of Parliament, Pasir Ris – Punggol GRC
- **Ooi Boon Hoe**
CEO, Jurong Port Pte Ltd
- **Damien Ng**
General Manager, Merck Pte Ltd





INAUGURAL SINGAPORE CANCER SOCIETY RELAY FOR LIFE 2017



The inaugural Singapore Cancer Society Relay For Life (RFL) flagged-off over 7,500 participants on 18 February, all-g geared to complete the 17-hour overnight relay, in aid of coming together in solidarity to bring hope, inspiration and funds for those impacted by cancer.

Organised by volunteers and supported by SCS staff, the community 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.

RFL 2017 was officiated by Health Minister Mr Gan Kim Yong, Senior Minister of State Mr Chee Hong Tat and Mayor Ms Low Yen Ling, together with celebrities like Nathan Hartono and Benjamin Kheng at the various segments of the event. Prime Minister Mr Lee Hsien Loong also rendered his support with the recording of his message to Singaporeans, to rally support and participation.

\$645,000 raised
Over **7,500** participants
Supported by **682** volunteers





SCS PARTNERS' APPRECIATION

SCS held its **Partners' Appreciation** on 28 November 2017 at YWCA Fort Canning Lodge in appreciation of our stakeholders' support and commitment towards the fight against cancer. Attended by more than 250 corporate partners, donors, Charity Athletes and volunteers, the event also provided an opportunity for guests to interact and network with each other while enjoying themselves.

The following awards were given out to the various organisations and individuals whose strong partnerships and ongoing support have made much positive impact in raising awareness on cancer.

OUTSTANDING CORPORATE AWARD

- Roche Singapore

OUTSTANDING SCHOOL AWARD

- NUS Public Health Service

OUTSTANDING VOLUNTEER AWARD

- Mr Lawrence Loh

SPECIAL ACKNOWLEDGEMENT AWARD

- Yakult Singapore Pte Ltd
- Nanyang Girls' High School
- Ms Loy Xin Hui
- Girl Guides Singapore

CERTIFICATE OF APPRECIATION

- National Healthcare Group Polyclinics
- Pokka International Pte Ltd
- MSD Pharma (Singapore) Pte Ltd
- Guardian
- Pei Hwa Secondary School
- Ngee Ann Polytechnic
- NUS Business School
- Australian International School Parents Association
- Ms Loi Boon Jin Elsie
- Mdm Ong Sze Hui Cynthia
- Mr Allahbakash Noor Mohamed



OUR CORPORATE SUPPORTERS

SCS FESTIVE CHEER WITH A HEART

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 SCS 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.

Over 200 corporate and individual volunteers stepped forward to deliver more than 700 food packs to our beneficiaries.

Our sincere gratitude to the following organisations who have supported the Festive Cheer with a Heart Programme 2017:

Chinese New Year

- Allianz Managed Operations & Services SE Singapore
- Cummins Asia Pacific Pte Ltd
- Parkway Cancer Centre
- Singapore Press Holdings Ltd (STOMP)

Hari Raya

- Celestica Electronics (S) Pte Ltd

Deepavali

- Rotork Controls (Singapore) Pte Ltd
- Football Association of Singapore

Christmas

- Mundipharma
- Icon SOC Singapore

SCS SWEET HOME PROJECT

SCS Sweet Home Project aims to help beneficiaries improve their living conditions and overall well-being through home maintenance such as painting and house cleaning. The Project improves our beneficiaries' living environments, and opens the door to new volunteer-beneficiaries friendships.

This year, 14 corporate volunteers and friends of IP Mirror Pte Ltd helped to paint the homes of two families. The beneficiaries also received financial assistance under the SCS Cancer Care Fund and SCS Welfare Aid Fund. Their school-going children received SCS Education Financial Assistance to help alleviate the financial burden for the family.



OUR CORPORATE SUPPORTERS

SCS KNIT OF LOVE PROGRAMME

The SCS Knit of Love programme was held monthly with more than 25 regular volunteers attending the sessions to learn and knit items together. In 2017, 1,560 knitted hats and neck warmers created by the volunteers, were distributed to patients undergoing their first chemotherapy session in hospitals across Singapore and through the SCS Look Good Feel Better Programme. Volunteers from the Australian and New Zealand Association (ANZA) also contributed over 200 knitted hats to SCS. Our Knit of Love trainer, Ms Elsie Koh, also conducted 6 knitting lessons to staff at Merck Pte Ltd.

SCS CROCHET OF LOVE PROGRAMME

SCS Volunteers crocheted items, which were then sold as SCS Merchandise to raise funds for SCS programmes and services. In 2017, 27 volunteers crocheted over 644 items such as coasters, Mother's Day drawstring pouches, baby booties, tissue box covers, cancer ribbon magnets and Christmas wreaths. These crocheted items were sold at various cancer campaign roadshows as well as corporate partners' events such as the MSD Community Day and Global Indian International School Annual Sports Day. To support Singtel-Singapore Cancer Society Race Against Cancer 2017 (RAC), the trainers and volunteers also crocheted 70 exclusive RAC themed bears which were then sold as merchandise to raise funds for SCS.

A total of **\$7,000** was raised from the sale of these items.

PRESIDENT'S CHALLENGE 2017

SCS was grateful to be selected as one of 52 beneficiaries of the President's Challenge 2017. SCS was invited to the President's Star Charity Show 2017 held on 10 December which featured one of SCS Beneficiaries, Mr Rapi'ee Bin Masduki during the live show, and interviewed by Mediacorp Artiste, Ms Rebecca Lim in a recording.



SCS CHARITY ATHLETES

The SCS Charity Athletes Programme was launched in 2009 to provide 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. These athletes embody the kindness and indomitability of the human spirit. Indeed, to them, taking part in athletic pursuits is not about their personal glory, but about spreading the message that no one should fight cancer alone.

In 2017, the following SCS Charity Athletes ran, trekked and climbed mountains, collectively raising \$42,714 to 'Minimise Cancer and Maximise Life':

- Alicia Tan Xin Ru
- Amrita Basu
- Arnel Villamin
- Beverly Lim Tian Ying
- David Andrew Chambers
- Eugene Aw Swee Leong
- Faizah Yussof
- Gale Ng
- Ian Wee Jun Yan Wee
- James Boen Pau Wen
- Jarin Tan
- Jeremy Tong Zhi Hao
- Joel Tay Yong Hwee
- Joey Sin Wai Ping
- Liew Choon Lee
- Lilian Chua Bee Hui
- Loh Ching Soo
- Lua Jiong How
- Madeleine Png Tian Kim
- Ooi Teik Chai
- Priyajit Ghosh
- Ryan Koh
- Sally Lim Mui Pheng
- Scott Tay Wei Kiat

BENEFACTORS' FUNDRAISING ACTIVITIES

THIRD PARTY FUNDRAISING ACTIVITIES

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 concrete action that they were present to support those impacted by cancer.

MOVEMBER 2017

Movember, an annual campaign by SCS and the Movember Foundation to raise awareness for Men's Health, places particular focus on three areas: Prostate Cancer, Testicular Cancer and Suicide Prevention. The programme kick-started on 1 November 2017 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 2017 to December 2017, more than \$300,000 was raised for the cause.

TERRY FOX RUN 2017

The Canadian Association of Singapore and Canadian International School organised and hosted the annual Terry Fox Run 2017 on 26 February 2017, at East Coast Park, Angsana Green and raised a total of \$154,854.

The funds raised are designated for cancer research in Singapore in collaboration with Terry Fox Research Institute. In commemoration of Terry Fox (a cancer amputee who embarked on a cross-Canada run to raise cancer awareness), this annual event is a volunteer-led, all-inclusive, non-competitive run which rallies everyone (2,000 to 3,000 runners) to fight against cancer.



BIGGEST MORNING TEA 2017

Continuing with the tradition of holding an annual Biggest Morning Tea to raise funds for cancer patients, the Australian International School Parents Association (AISPA) organised and held Singapore's version of the Australia's Biggest Morning Tea at the Australian International School (AIS) Gymnasium on 26 May 2017. There was an array of activities including a silent auction, raffle draw, cupcake baking competition, sale of flower arrangements, and 'bra pong' game. Icon SOC supported the event with a one-for-one dollar matching donation. The event raised a total of \$22,062 for SCS towards the SCS Home-Hospital Transportation Programme.

CITI-YMCA YOUTH FOR CAUSES 2017

Citi-YMCA Youth For Causes (YFC) 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. It provides youths aged 15 to 25 with a platform which includes seed funding, training and volunteer mentorship for executing self-initiated projects to raise public awareness, funds and mobilise volunteers for the Voluntary Welfare Organisations (VWOs) of their choice.

The youths, comprised teams of four, demonstrated values such as harmony, respect and responsibility as they championed their social causes. Students learned lessons outside of classrooms to spark their entrepreneurial spirit and developed through the programme into socially responsible community leaders.

In 2017, two teams Dunman High School “Team Aliferous” and National University of Singapore Business School “Team Celebrators” selected SCS as their preferred VWO, and raised a total of \$17,931 through their street sales of merchandise.

<<BEGINNINGS>> CHARITY CERAMICS EXHIBITION BY SUAN ONG

Held on 13-20 May 2017 at the Visual Arts Centre, it was fittingly named Beginnings because surviving cancer is not about a second chance in life, but the beginning of a beautiful new life altogether. We thank Suan, for creating 174 pieces of pottery to give thanks to life and to pay tribute to the people who have journeyed with her in her cancer journey. She has shown that cancer is not a death sentence. She is indeed a true inspiration and blessing to thousands of cancer patients and survivors. Suan raised a total of \$31,855 for SCS.



<<PURPOSE>> CHARITY DANCE CONCERT BY SOUL CREATURES INC.

<<Purpose>> is a production managed by Soul Creatures Inc (founded by Jesper and Marie), and supported by The Republic Cultural Centre (TRCC). Bringing together dancers from various performing arts organisations, schools and independent dance groups, the charity dance concert offered performers an opportunity to contribute to a good cause with their art.

The event was held on 30 November 2017 at TRCC. There were a total of 17 acts by 14 dance groups, over a two-hour programme and an audience of more than 400. The event raised a total of more than \$10,000 for SCS

THIRD PARTY FUNDRAISING EVENTS IN 2017

Organiser	Event Name
Football Association of Singapore (FAS)	Garena Young Lions Adoption of SCS
Navicom Technology Pte Ltd	Navicom-SCS Fundraising Campaign
Suan's Ceramics	Beginnings Ceramics Charity Exhibition
Citi and YMCA of Singapore	Citi-YMCA Youth for Causes 2017
Australian International School Parents Association (AISPA)	AISPA's Biggest Morning Tea
Dr William Tan Kian Meng/ The London Speaker Bureau Pte Ltd	Dr William Tan London to Paris 500KM Cycling Challenge 2017
Platinum Yoga Pte Ltd	Platinum Yoga BCAM 2017
Uxelle	UXelle Gives (2017)
Mount E Enterprise Pte Ltd	Mount E Enterprise Fundraising Campaign 2017-2018
Global Financial Consultants Pte Ltd	Australian Wine Mixer
Management Resources Consultants (S) Pte Ltd	Book Launch of Elaine Ng
Arteastiq Pte Ltd	Arteastiq BCAM 2017 Campaign
Crème Simon Pte. Ltd.	Crème Simon BCAM 2017
PYH Pte Ltd	Pure Yoga BCAM 2017 Campaign
Eu Yan Sang (Singapore) Private Limited	Eu Yan Sang BCAM 2017 Campaign Eu Yan Sang LCAM/PCAM 2017 Campaign
Mestra	MESTRA-SCS 2017 FUNDRAISING CAMPAIGN
Mondays Off Studio	Mondays Off Supports Breast Cancer Awareness Month 2017
BookDoc Pte Ltd	BookDoc SCS Fundraising Campaign 2017
Jesper Tan Lay Kian and Lee Shi Marie	A Charity Dance Concert in Support of Singapore Cancer Society <<PURPOSE>>
Pristine Pte Ltd	Indulge Thairapy Charity Event
Fun Hats Group (Ms Amy Choong)	Daffodils for Hope
Dr Sharon Low Huey Chin/ Universal Medical Clinic	Dr Sharon Low Huey Chin's Love, for Life Music CD
New Stage Food Pte Ltd	Bowl for Hope

ACKNOWLEDGEMENTS

CORPORATE SPONSORS & DONORS 2017**\$200,000 & Above**

Singapore Telecommunications Limited

\$100,000 - \$199,999

Singapore Totalisator Board

\$25,000 - \$99,999

Canadian International School Pte Ltd
Lloyds Merchant Bank Asia Limited
Merck (Singapore) Pte Ltd
MSD Pharma (S) Pte Ltd
Pokka International Pte Ltd
Provest Realty Pte Ltd
Roche Singapore Pte Ltd

\$5,000 - \$24,999

Abbvie Pte Ltd
AIA Singapore
Allianz Managed Operations & Services SE Singapore
Amgen Singapore Manufacturing Pte Ltd
Apple Inc
Aranda Investments Pte Ltd
Astellas Pharma Singapore Pte Ltd
Astrazeneca Singapore Pte Ltd
Australian International Sch Parents Association
Bank of Montreal Singapore Branch
Beautehub International Pte Ltd
BHP Billiton Matched Giving Programme
Big 3 Media Pte Ltd
Bloomberg L. P.
Burnt Ends Restaurant Pte Ltd
Celestica Electronics (S) Pte Ltd
Citi YMCA YFC 2017 - Team Celebrators
CME Group
C-Pak Pte Ltd
Credit Suisse
Enova Technologies Pte Ltd
Ew Ginseng & Herbs Pte Ltd
F&N Creameries Pte Ltd
Fairmont Singapore & Swissotel The Stamford
Gemmojo Pte Ltd
GI Engineering & Construction Pte Ltd
Grace Shua, Jacob Ballas Charitable Trust
Hong Leong Foundation
Hua Siah Construction Pte Ltd
Humphrey Oei Foundation Limited
Isaac Manasseh Meyer Trust Fund
Jones Lang Lasalle
Jurong Health Services Pte Ltd
Keppel Care Foundation Limited
Kuan Im Tng Temple (Joo Chiat)
Kuok (Singapore) Limited
Kwan Im Thong Hood Cho Temple
Lee Kim Tah Foundation
Lee Kim Tah Holdings Limited
Lucence Diagnostics Pte Ltd

Manulife (Singapore) Pte Ltd
MFS International Singapore Pte Ltd
NHG Diagnostics
Novartis (Singapore) Pte Ltd
NTUC Income Insurance Co-Operative Ltd
Olympus Singapore Pte Ltd
Parkway Cancer Centre
Pfizer Pte Ltd
Power Partners Private Limited
Reliance Hydraulic Technology and Engineering Pte Ltd
RHTLaw TaylorWessing LLP
RSM Chio Lim LLP
Select Group Pte Ltd
Semnet Pte Ltd
Shiners Facilities Pte Ltd
South West Community Development Council
Stephen Riady Foundation
Tai Sun (Lim Kee) Food Industries Pte Ltd
Tan Chin Tuan Foundation
Teleace (S) Pte Ltd
Thermo Fisher Scientific Pte Ltd
Thong Teck Sian Tong Lian Sin Sia
Trans-Orient Shipping Pte Ltd
United Overseas Bank Ltd
Velocity@Novena Square
Wing Ship Marine Services Pte Ltd
Woh Hup Pte Ltd
Yahya Abdulhussain Lukmanji Saif Charity Trust
Yakult (Singapore) Pte Ltd

\$1,000 - \$4,999

Ademco (Far East) Pte Ltd
Advance Shipbroking Pte Ltd
Aggregate Asset Management Pte Ltd
Alcon Singapore Manufacturing Pte Ltd
Allegro Development Asia Pte Ltd
Allianz D&D Committee 2017 On Behalf of Allianz Staff
Alsoknownas Pte Ltd
Amdocs Singapore Pte Ltd
Anvisage Gifts
ASICS Asia Pte Ltd
ASM Technology Singapore Pte Ltd
Australian & New Zealand Association
Australian Fruit Juice (S) Pte Ltd
Aventis Pharma Manufacturing Pte Ltd
Avitra Aviation Services Pte Ltd
Avitron Pte Ltd
Avnet Asia Pte Ltd
Beaver Contromatic Pte Ltd
Beca Carter Hollings & Ferner (S.E.A) P/L
Becton Dickinson Medical (S) Pte Ltd
Belships Management (Singapore) Pte Ltd
BKW Rent A Car Pte Ltd
BNY Mellon
Boehringer Ingelheim Singapore Pte Ltd
Brother International Singapore Pte Ltd
C.H. Robinson Projects Logistics Pte Ltd
Caisse De Depot Et Placement Du Quebec
Canadian Association of Singapore
Canpotex International Pte Limited
Celgene Pte Ltd
Centre for Urology, Robotic & Minimally Invasive Surgery
Chan Yi Gong Xiu Hui
Char Yong (Dabu) Foundation Ltd
Charities Trust
Ciba Vision Asian Manufacturing and Logistics Pte Ltd
Citi YMCA YFC 2017 - Team Aliferous
Clementi Town Secondary School
Comfortdelgro Corporation Limited
Consilium Law Corporation
Credit Industriel Et Commercial Singapore Branch
Criteo Singapore Pte Ltd
Cummins Asia Pacific Pte Ltd
DNIV Systems Pte Ltd
Effektiv Systems Solution Pte Ltd
Eisai (Singapore) Pte Ltd
Entre' Automatics Pte Ltd
ESET Asia Pte Ltd
Eu Yan Sang (Singapore) Private Limited
Euro Sense Wellness Pte Ltd
Fortinet Singapore Pte Ltd
GAC (Singapore) Pte Ltd
Geylang Methodist School (Primary)
Glaxosmithkline Pte Ltd
Global Financial Consultants Pte Ltd
Gourmet Market Place Pte Ltd
Guan Ho Construction Co Pte Ltd
Hai Soon Diesel & Trading Pte Ltd
Healthcare Asia Pte Ltd
Hwa Yen Buddhist Society
Institute of Mental Health
Integer Alpha Pte Ltd
Interasia Lines Singapore Pte Ltd
Interlocal Exim Pte Ltd
Interval International Singapore Pte Ltd
IP Mirror Pte Ltd
Jit Keong Trading Co
Johnson & Johnson Pte Ltd
Lian Ho Lee Construction (Private) Limited
LinkedIn Corporation
LinkedIn Dollar Matching
Majlis Ugama Islam Singapura
Manulife Financial Advisers Pte Ltd
Marina Mandarin Hotel
Mundipharma Pte Ltd
National University of Singapore
NB Productions Pte Ltd
Nishi Maison Pte Ltd
NPS International School Pte Ltd
NTUC Fairprice Foundation Ltd
OES Construction Pte Ltd
Orchard Turn Developments Pte Ltd

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Poh Tiong Choon Logistics Limited
 Practical Analyzer Solutions Pte Ltd
 PYH Pte Ltd
 QMT Industrial & Safety Pte Ltd
 Racing World (S) Pte Ltd
 Raffles Girls' School (Secondary)
 Realty & Investment Holdings Pte Ltd
 Republic of Singapore Navy
 Rotork Controls (Singapore) Pte Ltd
 S&W Fine Foods International Limited
 Salesforce.com Singapore Pte Ltd
 SANLI M&E Engineering Pte Ltd
 Sanofi-Aventis Singapore Pte Ltd
 Senawang Tankers Pte Ltd
 Seu Teck Sean Tong Yiang Sin Sia
 Shawcor Singapore Pte Ltd
 Singapore Oppo Electronics Pte Ltd
 St. Thomas Orthodox
 Syrian Cathedral
 Staff of Pratt & Whitney Canada
 Sun Holdings Ltd
 Sunray Woodcraft Construction
 Pte Ltd
 Tai Pei Yuen Temple
 Tampines Chinese Temple
 Tan Tock Seng Hospital
 Tanglin Trust School Limited
 Tat Seng Packaging Group Pte Ltd
 The Asian Banker
 The Bloom Box Pte Ltd
 The Law Society of Singapore
 The London Speaker Bureau Pte Ltd
 The Ngee Ann Kongsi
 The Toronto-Dominion Bank
 Total Estate Management Service
 Pte Ltd
 Tripod Technology Corporation Pte Ltd
 Ufit - Urban Fitness Pte Ltd
 UL International-Singapore
 Private Limited
 Valuabull Pte Ltd
 Westpac Banking Corporation
 Ya Kun International Pte Ltd
 Young Men's Christian Association
 of Singapore
 Zurich Life Insurance Singapore
 Pte Ltd

< \$1,000

Aik Seng Photo
 Aik Shen Bus Service
 Alexandra Health Pte Ltd
 Anglican High School
 Anuket International Pte Ltd
 Apex Harmony Lodge
 Apt Showfreight (S) Pte Ltd
 Architects 61 Private Limited
 Arteastiq Pte Ltd
 Aryzta Singapore Pte Ltd
 Asia Enterprises (Private) Limited
 Ati Freight Pte Ltd
 Auto Midas (Singapore) Pte Ltd
 AXA Life Insurance Singapore
 Private Limited
 Bagaholicboy Pte Ltd
 Bard Singapore Pte Ltd

Beng Khim Construction Company
 Pte Ltd
 Bighouse Private Limited
 Brightcove, Inc
 Builder 90 Pte Ltd
 Canon Singapore Pte Ltd
 Care Assembly of God
 Cedar Girls' Secondary School
 CH Offshore Ltd
 Chatsworth International School
 Pte Ltd
 Chia Tuck Keong
 Chuan Hock Hardware Co Pte Ltd
 Citibank Singapore Limited
 CLCHQ
 Creme Simon Pte Ltd
 Daldrop Singapore Pte Ltd
 DEIF Asia Pacific Pte Ltd
 Dentsu Sports Asia Pte Ltd
 Deus Management Pte Ltd
 Dr Consultancy Services Pte Ltd
 Dynamic Pr & Events
 Ecowise Solutions Pte Ltd
 Eillie Shoes Co
 Ernst & Young LLP
 Essential Maids Pte Ltd
 Euro Sense Pte Ltd
 Expedia Dollarmatching
 Fa Yew Construction Pte Ltd
 Fabristeel Private Limited
 Ferring Private Ltd.
 Field Catering & Supplies Pte Ltd
 Field Master Co Pte Ltd
 FIS
 Foh Foh Co Pte Ltd
 Freia Medical Pte Ltd
 Frontstream
 Giron Pte Ltd
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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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52 Jurong Gateway Road,
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 Singapore 608550
 Tel: 1800-727-3333
 Fax: 6570 2746

- Cancer rehabilitation services
- Cancer support services

Opening hours: Mondays to Fridays, 9.00am to 6.00pm;
 Saturdays 9.00am to 1.00pm

SCS Satellite Centres**National Cancer Centre Singapore**

11 Hospital Drive,
 Singapore 169610
 Tel: 6436 8420
 Fax: 6224 6441

Opening hours:
 Mondays to Fridays,
 8.30am to 5.00pm

National University Cancer Institute, Singapore

National University Hospital, Medical Centre 1,
 Level 9, Unit D2,
 5 Lower Kent Ridge Road,
 Singapore 119074
 Tel: 6772 5463
 Fax: 6268 5917

Opening hours: Mondays to Fridays, 9.00am to 5.00pm





**SINGAPORE
CANCER
SOCIETY**

SINGAPORE CANCER SOCIETY

15 Enggor Street,
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