

# A HELPING HAND TO CANCER FIGHTERS 向抗癌勇士伸出援手

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## 成为365CPS的义工

At 365 Cancer Prevention Society (365CPS), we aim to meet the needs of cancer fighters by providing support and services and that will help strengthen and encourage them as they battle the disease. As a service-based organisation, our volunteers are truly the heart and soul of the Society. They are the kind and warm-hearted souls who generously give their time to care for our beneficiaries, facilitate our workshops, and support in other essential functions needed for the Society to grow.

The goal of volunteering at 365CPS is to engage individuals to be directly involved in the work of cancer prevention and cancer fighting. Being involved in volunteering helps to provide support to cancer fighters and aids in promoting cancer prevention awareness. The volunteer activities at 365CPS provides volunteers with a platform that promotes social interaction and mutual assistance between volunteers and cancer fighters. By organising and planning programmes and activities, our volunteers can learn new skills, maintain an active mind and body, and build meaningful relationships.

The society has 6 key areas of volunteering - Events/Activities, Kitchen Helper, Patient Care, Creative Media, Transportation and Administrative. Necessary trainings such as care skills, food hygiene courses, are given to volunteers so that they are equipped to give the best support to our cancer fighters.

As the COVID-19 pandemic changed the way we operate and interact with one another, 365CPS has also changed the way programmes and services are being conducted and delivered to our beneficiaries and to the public. 365CPS has moved many of its activities (e.g. patient and volunteer activities, health talks, detox exercises) online. so as to continue engaging our stakeholders despite restrictions in physical activities and interactions. The volunteer team at 365CPS continued to run our volunteer recruitment drive via Zoom and sharing groups.

Our detox exercise volunteer instructor also conducted lessons via Zoom to guide students in detox exercise sessions. When we were allowed to resume our detox exercise sessions outdoors, our volunteer instructors also conducted them at fixed time slots in small groups of five. Safety measures, such as keeping a safe distance of 2 metres between each other, recording of personal details and taking body temperatures, were implemented to prevent the spread of COVID-19. We hope that more volunteers would be able to join us despite the restrictions brought about by the pandemic, and continue to impact the lives of cancer fighters and spread cancer prevention awareness.

365防癌教育协会 (365CPS) 旨在通过提供支持和服务, 满足抗癌勇士的需求, 在他们与癌战斗的过程中, 给予强化和鼓励。本协会以服务为本, 而我们的义工正是协会的骨干, 是协会的灵魂。他们以温热善良的心, 无私地付出自己的时间, 关爱协会的受益人, 帮忙组织协会的工作坊, 并且在其他重要的活动和工作给予支持, 让协会能够茁壮成长。

在365CPS, 我们希望通过义工志愿服务把每一位义工都联系起来, 共同开展防癌和抗癌的相关活动。借着志愿服务, 协会的义工能很好的提供支援给抗癌勇士和协助提高防癌的宣传力度和意识。此外, 协会的义工项目也能够为义工们提供一个促进社交和互相协助的平台, 加强义工和抗癌勇士之间的互动情谊。通过组织和策划节目及活动, 协会的义工能够学习掌握新的技能, 保持身心活跃和建立有益良善的关系。

协会有6个主要的义工岗位 - 节目/活动, 厨房助手, 探访关怀, 创意媒体, 运输和行政。对义工进行必要的培训, 例如护理技能, 食品卫生课程, 以便他们有能力为我们的抗癌勇士提供最佳支持。

COVID-19疫情的袭击改变了人与人之间的操作和沟通方式, 而在365CPS, 我们也改变了筹办活动和提供服务给受益者的方式。协会把大部份的活动 (会员和义工活动, 健康讲座, 排毒操) 转移到线上。以应对疫情对实体活动造成的安全威胁和限制。协会的义工团通过Zoom平台和共享群组继续开展新的义工招募工作。

我们的排毒操义工老师也在Zoom线上开班教导学员们在家中练习排毒操。其后, 在允许重启户外排毒操场所时, 义工老师也采取了五人一小组, 小组固定成员/固定练习时间, 2米安全距离, 和记录个人资料及体温等安全措施来防范COVID-19的疫情。我们诚邀您加入我们的义工行列, 为抗癌勇士的生活需求做出正面的影响, 也为提升防癌的意识出一份力。



# MING SOOK HA'S TESTIMONY

## 明淑霞的分享

**I am Ming Sook Ha**, a volunteer at 365 Cancer Prevention Society (365CPS) who participates in volunteering activities such as the lymphatic detox exercise, the dance troupe and the Voice of Angels. In 2006, my body sent out warning signals about my health. For the sake of my health, I have tried various kinds of exercises, and was introduced to the 365 Lymphatic Detox Exercise in the process. After doing the exercises diligently for a while, my complexion started to look healthier and my blood circulation improved. I also experienced noticeable positive differences and changes in my body flexibility, muscle lines, and mental wellbeing. In the past, I used to pant heavily when I climb a flight of stairs; now, I am energetic and able to actively lead others in exercise every day.

In 2008, the Resident's Committee Centre near my neighbourhood asked if I could start teaching the detox exercise to the residents, so that they could also benefit from it. Embracing the idea that "to benefit others is to benefit ourselves", I accepted their request. In order to ensure that I taught the residents the correct moves, I visited 365CPS to confirm every move I have learned from the detox exercise, and signed up as a volunteer at 365CPS at the same time. At the beginning, I guided the exercise sessions at the park near my home every morning and assisted two volunteers in the exercise sessions held at the Tampines North Community Club. I would also guide the exercise sessions during 365CPS's monthly love lunches and help out in the kitchen for the food preparation. There were not many volunteers at 365CPS during that time as the Society was not quite as established. Hence, I tried my best to participate in various kinds of activities organised by the Society whenever they required volunteers.

In 2014, 365CPS opened its first ever Social Service Centre (SSC) to serve cancer patients in Singapore. I was scheduled to teach the lymphatic detox exercise at the centre every Monday. What made me happy and inspired me the most was learning that students managed to use this exercise to reduce and relieve the sequelae caused by chemotherapy, radiotherapy or surgery. No words could describe the joy I had from this experience. Getting to know that their health has improved through this exercise motivated me to persevere and persist with my work.

In 2020, the unforeseen COVID-19 pandemic has abruptly changed our habits and ways of living, including exercise. Taking body temperature and applying hand sanitisers had become preventive measures to be taken before exercise. To avoid sharing of yoga mats and touching of

the face, we also made some adjustments to the moves in the detox exercise routines. As the number of COVID-19 cases rose sharply, the Singapore government rolled out the circuit breaker measures starting 7th April, causing our indoor and outdoor detox exercise sessions to be suspended. I started guiding exercise sessions online via Zoom so that students could continuously exercise and keep fit. My living room was transformed into a mini sports field. My family was quite understanding and supportive of my actions even though it may be of slight inconvenience to them. On 28th November, we resumed our indoor detox exercise sessions, albeit in small groups. Having to observe safe distancing and prevention measures did not stop students from being passionate and enthusiastic, as well as learning and improving themselves continuously.

After serving as a volunteer for 13 years, I feel that it is more blessed to give than to receive. I have become broad-minded and open, and learned to demonstrate a positive attitude in my work. Exercise has not only improved my health, but has also made me more confident and expanded my social circle. I have also made friends with a group of like-minded and health-pursuing volunteers at 365CPS. We help and support each other, learn from each other, and encourage each other. By participating in volunteering activities, I have witnessed and learned from the unwavering spirits and positive attitudes of cancer patients and their families in fighting cancer. Cancer fighters, you resemble cacti in the desert, revealing the splendour of life in full bloom during adversity.

The COVID-19 pandemic has made me realise that nothing is permanent in this world, and reminded me to treasure what I have now, take things as they come, be prepared at all times, and move forward with courage when changes are needed.







**我是明淑霞**，365防癌教育协会的义工，参与的义工项目有淋巴排毒操，舞蹈团和天使之声。在2006年我因身体健康出了状况，亮起了红灯，为了健康，我尝试了各种类的运动，直到接触了365淋巴排毒操。在坚持不渝的锻炼下，我的气色和血液循环得到改善，身体的柔韧性、肌肉线条和精神状况发生了肉眼可见的分别及变化。我从那种气血不足，爬上一层楼都气喘吁吁的状态，变成现在每天都能精神奕奕地带动大家一起运动。

2008年，我这里的居民委员会中心希望我能开班教导居民们排毒操，让他们也能得益。抱着自益益人的理念，我接受了他们的请求。以确保教导无误，我去365防癌教育协会验证我的排毒操动作，同时也成为了协会的义工。开始时，我除了每天早上在自家楼下的公园带操外，每个星期六也去淡滨尼北民众俱乐部协助另两位义工带操。每个月的爱心午餐帮带操的同时，也会进入厨房帮忙。那时的协会规模不大，活跃的义工也不多。所以协会举办的各种活动，只要有需要，在时间和能力都允许的情况下，我都会参与。

2014年协会开设了首家专为癌症病患服务的社会服务中心，我被安排每个星期一在中心教导淋巴排毒操。最让我开心及鼓舞的是获知学员们藉由运动减缓及纾解因化疗、电疗或手术后所导致的后遗症，心中的喜悦非笔墨所能形容。她们得到健康改善的反馈是我持之以恒，坚持下去的推动力。

迈入2020年，突如其来的COVID-19疫情，无形中改变了我们的生活习惯和方式，包括运动。进行体温测量记录及擦消毒手剂已成为运动前的防范措施，为避免共用瑜伽毯及手触摸脸部，我们排毒操的招式也做了一些调整。随着疫情病例激增，4月7日政府实施“断路器”抗疫措施，我们室内和户外的排毒操也被迫暂停。为了能让学员们继续保持运动健身，我开始通过Zoom在线上带领大家做操。我家的客厅变成了迷你运动场，虽给家人带来了些许的不便，但也深得他们的体谅和支持。在11月28日我们的室内排毒操培训班也只能以小组来进行，虽要遵守安全距离和必要的防范措施，但却阻挡不了学员们热忱、好学、自我提升的精神。

当了13年的义工，体会到施比受更有福。我在思维与眼界有更宽阔的胸怀与意念，处事更显稳重和积极。运动改善了我的健康，也让我变得更加有自信，同时也扩大了我的社交圈子。我也在协会结交了一群志同道合，追求健康的义工朋友。大家互相扶持，切磋琢磨，彼此鼓励。通过义工服务，让我见识和学习到癌症病患和家属与癌斗争的不屈精神和积极乐观的心态。抗癌勇士们，你们宛如沙漠中的仙人掌，在逆境中怒放生命的绚丽。

一场COVID-19疫情，让我意识到世事无常，也更加珍惜当下，同时带着随遇而安的心境，时刻做好准备，在需要改变时勇敢前行。

# CLARICE LEE'S TESTIMONY

## 李芷璇的分享

**I am Clarice,** I am 19 years old and I work with the creative media team.

During the onset of the COVID-19 pandemic, there seemed to be no end in sight as the country scrambled with Safe Distancing measures and Circuit Breaker policies. The whole period was filled with fear and loneliness as the measures also meant that we had to limit our interactions with one another.

I was really excited when I found out that 365 Cancer Prevention Society had positions for volunteers to assist in their initiatives virtually during the pandemic! My father died of colon cancer when I was 12 years old, and I knew how tough the cancer journey was on a patient's family and friends. Not to mention, I could only imagine how difficult it will be dealing with cancer during a pandemic. My own personal experience fuelled my heart to serve the cancer community in any way that I can.

I was really honoured when the organisation reached out to me after my application, to discuss how I can contribute and help with their Facebook Live sessions. I am a novice in video editing and I was really nervous at first because it was also my first time volunteering completely at home and communicating with the team only through WhatsApp and email. However, it has been such a fulfilling and amazing experience working with such a dedicated and patient team!

It was heart-warming seeing how much people enjoyed the live sessions online as they learn from the various healthcare professionals in the comfort of their own home. Even though we could not be physically together, we still managed to build a strong and supportive online community for cancer patients and their loved ones. I'm beyond impressed with how much we could achieve despite all of the limitations and obstacles posed by the pandemic!

I know with all my heart that the love and care we have for one another and our own family/friends will tide us through this tough time!



大家好, **我是李芷璇**, 今年十九岁, 是创意媒体团队的义工成员。

新冠疫情开始不久, 新加坡就实施安全距离及阻断措施, 而且不知道何时才能结束。在这段期间充满了恐惧与孤独, 而施行这些措施, 意味着彼此之间的互动也受到了限制。

当我得知365防癌教育协会在疫情期间积极地招收义工协助举办线上活动时, 我感到非常兴奋! 在我十二岁的时候, 我的父亲因患了大肠癌而逝世, 因此我了解抗癌之旅对患者家属及朋友而言是何等的艰辛与痛苦。我可以想象在疫情期间抗癌应该更加艰辛及痛苦吧。我的亲身经历也激发了我对服务抗癌勇士的热忱。

协会在我提出义工申请后就与我联系, 并与我商论如何为脸书直播节目做出贡献及协助, 令我感到非常荣幸。我在视频剪辑方面算是个新手, 一开始我真的很紧张, 因为这也是我第一次在家中当义工, 并仅透过WhatsApp群组及电邮与团队进行沟通。然而, 能与如此敬业且有耐心的团队合作真的是一个充实且奇妙的经历!

看到大家在家中观看线上直播, 并向医疗专业人员学习, 真是令人振奋。虽然大家无法进行实体联谊, 但是我们依然能为癌症患者及他们的亲人建立一个强大且相互扶持的线上社群。尽管疫情带来了种种的限制及障碍, 我对协会所取得的成果还是感到无比欣慰。

我的内心能深刻地感受到大家对彼此的爱与关怀, 藉着它, 我们的家人及朋友将能与我们一同度过这个难关!





# MICHELLE NG'S TESTIMONY

## 黄水弟的分享

My name is **Michelle Ng**, seventy-one years old. At the age of thirty-eight, I had cervix cancer, and at the age of sixty-one I had bladder cancer. Both cancers started with noticing blood in my underwear and urination respectively. My most difficult moment was when the surgeon told me that he could not operate to remove my womb due to adhesion. My son was only two years old then and I told myself that I wanted to live to see him grow up. I tried to take things easy and live day by day.

I heard about 365 Cancer Prevention Society (365CPS) when they opened a centre at Bukit Panjang which is located just below my block. I am so blessed to have 365CPS at my block, where I live. Honestly, before joining 365CPS, I have never done any exercises. I used to walk a lot at work and I thought that was enough. I had arthritis on both my knees since my fifties. My right knee, especially, is very stiff and painful, and I can hardly bend. Thus, I have developed a phobia of sitting down and getting up from the floor. However, after several months of attending the activities at the Centre, e.g. Detox Exercise, Dance Fit, and Restorah Exercise, my knee has become more flexible and there was only slight pain. Since then, I could also participate in Zumba during the COVID-19 lockdown without much problems. One night, when I was trying out an exercise, I realized that I could sit on the floor and get up by myself. Now, I have continued the exercises to strengthen the other muscles and I am so glad we can exercise via Zoom too.

At 365CPS, this is a place where I have made many new friends, exercised and attended health talks. It helps to improve my alertness and I know that I am not alone. I like to exercise in a group as this gives me more motivation. With these new friends, I need not feel lonely anymore. The health talks conducted at the centres are also informative and helpful. I am very satisfied with the services at 365CPS. The staff at the Bukit Panjang Social Service Centre are so accommodating, friendly and helpful. They have this everlasting stamina and cheerfulness that can give you strength. I am looking forward to the days when we can meet at the centre and mingle with one another again as I really miss the lively atmosphere at the centre. With a community at 365CPS, I am not lonely anymore.

I would like to thank the volunteers, donors and staff for their efforts and kindness. To all my fellow cancer fighters, I would like to encourage you to think positively; having a positive mind-set would have won you half the battle!

**我是黄水弟**, 今年七十一岁。我三十八岁时患上宫颈癌, 六十一岁时患上膀胱癌。在三十八岁时, 我发现自己的内裤带有血迹, 因此得知自己患上了宫颈癌。同样的, 在六十一岁时, 我发现我的尿液中也带血, 才得知自己也患上了膀胱癌。外科医生告诉我说, 因为宫腔粘连的关系, 他无法开刀切除我的子宫。那是我最难熬的日子。我的儿子当时只有两岁, 我告诉自己, 我想活下去, 好看到他长大。我便尝试以轻松的心态日复一日地生活。

当365防癌教育协会 (365CPS) 在我的组屋楼下设立武吉班让中心的时候, 我认识了他们。365CPS在我居住的组屋设立协会中心, 我感到非常幸运。老实说, 我在加入365CPS之前从未做过任何运动。我之前经常走路上班, 觉得这样已经足够了。我从五十多岁开始, 双脚膝盖患有关节炎。特别是我的右脚膝盖, 它们非常僵硬及疼痛, 几乎无法弯曲。因此, 我对坐在地上然后起身产生了恐惧。然而, 在参与排毒操、健身舞蹈、复健操等协会活动数个月后, 我的膝盖变得更灵活, 疼痛也缓解许多。从那时起, 我在新冠疫情封城之际也能参加尊巴舞蹈课。一天晚上, 我在尝试一项运动时发现自己竟然能自行从地上站起来。如今, 我仍持续进行这些运动来增强其他部位的肌肉, 也很高兴大家可以通过Zoom做运动。

我在365CPS结交了许多新朋友、进行各类运动以及参加健康讲座。这些活动有助于提升我的警觉性, 我也知道自己并不孤单。我喜欢群体运动, 因为这样我就更有体力运动。有了这些朋友, 我不再感到孤单。协会中心举办的健康讲座提供了许多资讯, 对我很有帮助。我对365CPS提供的服务感到非常满意。武吉班让社会服务中心的职员也非常随和、友善及乐于助人。他们很有耐心也很开朗, 给大家带来力量。我期待大家在协会中心会面及相处的日子, 我真的非常想念协会中心的热闹气氛。参与365CPS社群后, 我不再感到孤单。

非常感谢义工、捐助者及协会职员的付出与善心。我也在此鼓励抗癌勇士们保持正向的思维与态度, 这样抗癌的战斗就赢了一半!



# GOOD FATS VS BAD FATS

## “好”脂肪与“坏”脂肪的比较



Although high-fat diets do not necessarily lead to cancer, all fats are particularly high in calories (9kcal/g) and excessive consumption may lead to overweight or obesity. There is strong evidence that obesity is linked to increased risks for 13 types of cancer. Hence, for weight management and cancer prevention, it is still important to control the amount of fat intake (~20-30% of daily total energy intake).

However, cancer patients who are underweight, undergoing treatments or experienced significant weight loss, may require a high-fat, high-calorie diet. This is when increasing the intake of “healthy fats” become important, as we would like to maintain and support weight gain, without clogging up our arteries!

尽管高脂肪饮食不一定会导致癌症，但所有脂肪的热量都特别高（每公克脂肪含有9卡路里），过量食用可能导致超重或肥胖。有充分的研究证据表明，肥胖与13种癌症的风险增加有关。因此，对于控制体重和预防癌症，控制脂肪摄入量（每日总能量摄入量限于20%至30%）仍然很重要。

但是，对于体重不足，或正在接受治疗，或体重明显减轻的癌症病友，是需要高脂肪、高热量的饮食法。这时，增加“健康脂肪”的摄入量变得重要，因为我们希望可以保持并支持体重增加，但是不想要阻塞我们的心脏血管！

	Types of Fats 脂肪的种类	Description 描述	Recommended Intake 建议摄入量	Food Sources 食物来源
Bad / Unhealthy 坏/不健康	<b>Avoid 避免</b>	↑ “bad” LDL-cholesterol ↓ “good” HDL-cholesterol. TFA is 2-10x worse than SFA as risk factor of heart disease. ↑ “坏” 低密度胆固醇水平 ↓ “好” 高密度胆固醇水平 在增加患心脏病的风险方面，TFA比SFA严重2-10倍。	0% or < 1% of total energy intake 0% 或占总能量摄入量不超过1%	Partially hydrogenated oils (PHO), fast food or processed food using PHO, Non-dairy creamer, vegetable shortenin, hard margarine 部分氢化油、使用部分氢化油的快餐/加工食品，非乳奶精，植物起酥油，人造/硬黄油
	<b>Minimise 减少</b>	↑ “bad” LDL cholesterol levels ↑ risk of heart disease. ↑ “坏” 低密度胆固醇水平 ↑ 患心脏病的风险	< 7% of total energy intake 占总能量摄入量不超过7%	Animal fats, poultry skin, fatty meats, butter, ghee, lard, palm kernel oil, full cream dairy products, coconut milk & oil 动物脂肪，鸡皮，肥肉，黄油，酥油，猪油，棕榈仁油，全脂乳制品，椰奶，椰油
Good / Healthy 好/健康	<b>Encourage 鼓励</b>	A diet rich in unsaturated fats instead of saturated fats improves blood cholesterol levels, and decrease the risk of heart disease. Omega-3 ↓ “bad” LDL-cholesterol levels. Omega-3 fats help stabilize weight in cancer patients who are experiencing unintentional weight loss, favouring weight and appetite gain.	7-15% of total energy intake 占总能量摄入的7-15%	Avocado & avocado oil, olive & olive oil, nuts & seeds, canola oil, peanut oil, rice bran oil 牛油果，牛油果油，橄榄，橄榄油，坚果类，种子类，菜籽油，花生油，米糠油
		Mono-Unsaturated Fat (MUFA) 单不饱和脂肪 (MUFA)  Poly-Unsaturated Fat (PUFA) 多不饱和脂肪 (PUFA)  饮食中若富含不饱和脂肪来代替饱和脂肪，可以改善血液中的胆固醇水平，并降低患心脏病的风险。Omega-3脂肪酸 ↓ “坏” 低密度胆固醇水平。  Omega-3脂肪，对于面临体重无意迅速减轻的癌症患者，有助于稳定体重，并利于增加体重和食欲。	6-10% of total energy intake 占总能量摄入的6-10%	Mackerel, salmon, herring, trout, tuna (≥2 servings of Omega-3 fatty fish per week is recommended) Walnuts, flaxseeds, soybean oil, sunflower oil, corn oil 鲭鱼，鲑鱼，鲱鱼，鳟鱼，金枪鱼（建议每周食用2份以上的Omega-3高脂鱼） 核桃，亚麻种子，黄豆油，葵花籽油，玉米油

\*The nutrition needs of cancer patients vary from person to person. It is important to consult your dietitian to work out the best diet for you.

\*癌症患者的个人营养需求因人而异。请咨询您的营养饮食治疗师来为您制定最适合您的饮食法。



# BAKED CRISPY CHICKEN CUTLET (4 SERVINGS)

## 香脆烤鸡排 (4 人份)

### Ingredients

- 320g chicken breast (boneless, skinless)
- 2 eggs
- 1 cup almond flour
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp dried parsley
- ¼ tsp paprika

### Garnish (optional):

- Lemon slices
- Parsley

### 食材

- 320克 鸡胸肉 (去骨, 去皮)
- 2 个 鸡蛋
- 1 杯 杏仁粉
- ½ 茶匙 盐
- ¼ 茶匙 胡椒粉
- ¼ 茶匙 欧芹/香菜(干)
- ¼ 茶匙 辣椒粉

### 装饰 (可选):

- 柠檬片
- 香菜

### Instructions 煮法

1. Preheat oven to 200°C and line a tray with baking paper.
2. Cut the chicken breasts in half horizontally to get 2 thinner pieces.  
Pound the chicken breast pieces with a meat tenderizer or the back of your knife.
3. Whisk 2 eggs in a shallow bowl.  
In a separate shallow bowl combine almond flour, salt, pepper, dried parsley, and paprika.
4. Dip each chicken breast piece in egg and then press both sides into the almond flour mixture.  
Lay breaded chicken pieces onto the baking sheet.
5. Bake at 200°C for 12 minutes, remove from the oven and flip each piece.  
Bake for an additional 10 minutes until they get a nice golden brown crisp.
6. Garnish with lemon slices and parsley if desired. Serve immediately and enjoy!

1. 烤箱预热至200°C。在烤盘上铺上烘焙用纸。
2. 将鸡胸肉块横切成两半, 以获得两片比较薄的鸡胸肉片。使用嫩肉工具或刀的背面来敲打鸡胸肉以致软嫩。
3. 在一个浅的碗中搅拌2个鸡蛋。在另外一个浅的碗中混合杏仁粉, 盐, 胡椒粉, 干欧芹和辣椒粉。
4. 将每片鸡胸肉浸入鸡蛋液中, 然后把它的两面压入杏仁粉混合物中。接着, 把鸡排放入烤盘上。
5. 在200°C下烘烤12分钟。然后从烤箱中取出, 翻转每片。再烘烤10分钟, 直到鸡排表面达到金黄色的酥脆。
6. 可以用柠檬片和欧芹装饰。趁热上菜并享用!







# VOLUNTEER WITH US 成为我们的义工



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# UPCOMING EVENTS 近期活动

APRIL 2021 | 09

Activities in centres may be cancelled due to government's announcement/direction on latest COVID-19 update. Interested participants are advised to contact our Social Service Centres (SSCs) to get the latest activity status.

活动可能会随着政府的2019新型冠状病毒(COVID-19)报告/方向而取消。有兴趣的参加者请联系我们的社区服务中心以获取最新的活动详情。

## ANG MO KIO SOCIAL SERVICE CENTRE (AMK SSC) ACTIVITIES 宏茂桥社区服务中心活动

### For Clients Only 课程只限会员

Mon : Zumba Gold, Art Class

Tue : Art Class, Line Dance

Wed : 365 Lymphatic Detox Exercise

Thu : Chinese Painting, Fall Prevention Workout

Fri : Ukulele Class (Basic Level)

星期一: 尊巴, 绘画

星期二: 绘画, 排舞

星期三: 365淋巴排毒操

星期四: 水墨画, 预防跌倒运动

星期五: 乌克丽丽班(基础)

Address 地址: Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621

Contact No 联络号码: 8809 8595

## BUKIT PANJANG SOCIAL SERVICE CENTRE (BKP SSC) ACTIVITIES 武吉班让社区服务中心活动

### For Clients Only 课程只限会员

Mon : Fall Prevention Workout, 365 Lymphatic Detox Exercise, Bag Weaving Class

Tue : Ukulele Class (Basic Level)

Thu : Zumba Gold, Art & Craft Class

Fri : Chinese Painting, Art Class

星期一: 预防跌倒运动, 365淋巴排毒操, 包包编制班

星期二: 乌克丽丽班(基础)

星期四: 尊巴, 美劳班

星期五: 水墨画, 绘画班

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108

Contact No 联络号码: 9838 7073

## CLEMENTI SOCIAL SERVICE CENTRE (CMT SSC) ACTIVITIES 金文泰社区服务中心活动

### For Clients Only 课程只限会员

Mon : Brush Calligraphy & Floral Watercolor, Chinese Calligraphy

Tue : Line Dance, Zentangle Art

Wed : Fall Prevention Workout

Thu : Zumba Gold, Ukulele Class (Basis Level)

Fri : 365 Lymphatic Detox Exercise

星期一: 西文书法与水彩花卉, 中国书法

星期二: 排舞, 禅绕画

星期三: 预防跌倒运动

星期四: 尊巴, 乌克丽丽班(基础)

星期五: 365淋巴排毒操

Address 地址: Blk 331, Clementi Avenue 2, #01-132, Singapore 120331

Contact No 联络号码: 8318 9146

## VIRTUAL SOCIAL SERVICE CENTRE 网上社区服务中心

Mon : 365 Lymphatic Detox Exercise

Wed : Zumba Gold, Health Talk

Fri : Line Dance

星期一: 365淋巴排毒操

星期三: 尊巴, 健康讲座

星期五: 排舞

## FACEBOOK LIVE PROGRAMME 脸书现场直播节目

### APR 四月份

### MAY 五月份

### JUN 六月份

#### ENGLISH

24/4

Time: 8.00pm (Sat)

Topic: Childhood Cancer:  
What you should know?

22/5

Time: 8.00pm (Sat)

Topic: Breast Cancer

26/6

Time: 8.00pm (Sat)

Topic: Gynecologic Cancers

#### 华语

17/4

时间: 晚上八点 (星期六)

主题: 在抗癌中自我情绪调适

15/5

时间: 晚上八点 (星期六)

主题: 待定

19/6

时间: 晚上八点 (星期六)

主题: 待定

#### MALAY

29/5

Masa : 8pm (Sabtu)

Topik : Rangkaian Sokongan  
untuk Pesakit Barah

Event details are subject to changes. Please follow us on our Facebook page ([www.facebook.com/365cps](http://www.facebook.com/365cps)) for latest updates.

活动详情可能会改变。请关注我们脸书页面 ([www.facebook.com/365cps](http://www.facebook.com/365cps)) 的最新消息。

Anglican Senior Centre Tampines	Bukit Gombak Stadium	704A Pasir Ris Dr 10	257 Tampines St 21
Every Tue, 9:30am	Mon to Sat, 7am	Mon to Fri, 7:30am	Mon to Fri, 7:20am except Thu Wed, 8:15pm
126 Ang Mo Kio Ave 3	Commonwealth Field	112 Rivervale	494C Tampines Ave 9 (Void Deck)
Tue to Sat, 6:30am	Mon to Fri, 6:45am	Mon to Fri, 6:30am	Mon to Sat, 7:30am
Bedok Reservoir Park	107 Gangsa Road	106 Simei St 1 (Street Soccer Court)	407 Yishun Ave 6
Mon to Fri, 7:50am	Every Tue, 7pm	Tue, Thu & Fri, 7:15am	Mon to Fri, 6:30am
639 Bedok Reservoir Rd (Badminton Court)	9 Holland Avenue	149 Simei St 1 (Badminton Court)	Martha Seniors Activity Centre
Thu, 8pm	Every Tue, 8pm	Mon to Fri, 7:30am Sat, 7:15am	Every Mon, 9am
238 Hougang Ave 1 (Open Court)			
Mon and Thu, 7:15am			

## OUR SERVICES 我们的服务项目



## About Us 关于我们

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counselling and therapy services.

365防癌教育协会是一个被政府承认的社区慈善机构，也是一所“防癌”和“抗癌”为中心的机构。

“防癌”，就是通过传达健康资讯和鼓励运动，教导社会大众过一个健康的生活。

“抗癌”，就是与病患及其家属并肩作战，通过食疗、调整生活起居以及控制情绪，来增强病体内免疫系统，促进身心健康的健康。

365防癌教育协会是从“身、心、灵”三个方面入手，缺一不可。目前，协会开设的服务包括运动指导，如排毒操和有氧舞蹈、食疗实践、心灵辅导以及心灵关怀四大项目。

## Executive Committee 执行委员团

President : Dr Eric Chiam  
Vice President : Mr James Chia  
Honorary Secretary : Mr Tan Soo Kee  
Honorary Treasurer : Mr Joshua Siow  
Honorary Assistant Secretary: Dr Raymond Yuen  
Honorary Assistant Treasurer: Ms Ang Pei Wen  
Member : Mr Sam Ang  
Ms Jenny Aw  
Dr Charles Lee  
Prof Lim Kah Meng  
Mr Andrew Pang  
Ms Anna Phua

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Executive Director : Mr Ben Chua  
Assistant Director : Ms Phyllis Lim  
(Programmes & Services)  
HOD, Corporate Services : Ms Arlinda Chen  
HOD, Marketing, Fundraising : Mr Ashua Chua  
& Volunteer Management  
Manager, Counselling Dept : Mr Andrew Ong  
Dietitian, Nutrition : Ms Stephanie Chua  
& Dietetics Dept

执行长 : 蔡德森先生  
副总监 (项目与服务) : 林婉装女士  
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Honorary Patron: Dr Tan Wu Meng  
Honorary Patron: Dr Teo Ho Pin  
Legal Advisor : Mr Wu Yu Liang  
Mr Choong Thung Cheong  
名誉顾问 : 许宝琨医生  
名誉顾问 : 陈有明医生  
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法律顾问 : 吴微良先生  
钟通昌先生



Website



Facebook



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## 365 Cancer Prevention Society 365防癌教育协会

1 Commonwealth Lane, One Commonwealth, #03-10, Singapore 149544.

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368

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