

**OVERVIEW OF
PSYCHOSOCIAL SERVICES**

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**YOU'RE NOT ALONE,
WE'RE HERE FOR YOU**
您并不孤单，我们在这里为您服务

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OVERVIEW OF PSYCHOSOCIAL SERVICES

社会心理服务

Three major areas of the Psychosocial Services provided by 365 Cancer Prevention Society:

1. Care and Support:

Care and companionship are necessary and essential to cancer patients! When suffering from cancer, cancer patients and family members may feel lost upon knowing this sudden news and illness. Caregivers may want to take care of the patient but just do not know where to start. 365CPS's specially appointed care team leaders conduct home and hospital visitations, hotline support and group interactions in providing care and companionship for cancer patients and caregivers. The mental states and emotions of a cancer patient are vastly different from those who caught a cold or fever. Cancer patients not only suffer from the physical side effects of the treatments, but they also face various stresses and struggles from their daily lives. Hence, care team leaders play a vital role where they care and accompany cancer patients and caregivers on this tough and long journey.

2. Psychological Counselling:

To cancer patients, suffering from cancer brings both physical changes and psychological blows. Like riding on roller coasters, they go from experiencing excitement at the peak (leading normal life or pursuing dreams) to falling into a pit hole all of a sudden, where they experience feelings of suppression, helplessness, fear and disappointment. This runs through their life in a never-ending loop. At this point, the intervention of counsellors is critical. Counsellors at 365CPS help the patients and caregivers through various consultations:

- Adjustment to psychological symptoms such as anxiety and depression
- Guidance to expressing in words inner feelings such as anger, fear, helplessness and disappointment
- Assistance in behavioral techniques to cope with the illness
- Learning to resume a normal life
- Reduction in emotional stresses in relationships with family or partners
- Break the taboo and be open in discussing death
- Learning relaxation techniques to reduce insomnia, pain, nausea and other symptoms
- Helping and accompanying patients and caregivers in walking out of the darkness of their lives and inner emotions

3. Nutrition Consultation:

In the process of treatment, patients usually suffer from the side effects of drugs and lose their appetite. Some patients experience difficulty in taking in food or may experience vomiting. They are unable to maintain their physical strength and restore the healthy cells damaged by the drugs used during treatment. These are problems patients and their families faced and are of concern to them. Adequate nutrition is of great significance in improving the effectiveness of tumor treatment and the quality of life of cancer patients. Hence, food intake is vital in fighting cancer. Not only that, the diet must also be balanced and nutritious. 365CPS's nutritionists help to provide nutritional assistance and guidance according to the patients' body condition and needs.

“365防癌教育协会”的《社会心理服务》有3大项:

1. 关怀服务:

关怀与陪伴对患者来说是非常的需要和重要! 当罹患癌症, 或许你会为这突来的消息和病情不知所措、或你想要好好照顾患者, 但又不知该从何处著手。您可以透过特委派的关怀组长家庭探访、医院探访、电话关怀和小组互动等方面进行关怀和陪伴! 我常说患者与患伤风感冒或发烧者的心理状态和情绪截然不同! 癌症病患者所经历的不只是治疗药物所带来身体上副作用, 他们还得在现实生活中面对种种的压力和挣扎。因此, 关怀组长在患者与照顾者两者之间扮演了非常重要的角色, 来关怀和陪伴着他们一起走这艰难和漫长的路程。

2. 心理谘商:

对癌症病患者来说, 得癌不只是带来肉体上的变化, 亦同时承受心灵上的打击, 就如过山车一样, 从高峰 (正常生活或梦想) 时的亢奋, 一下子掉入低谷, 处在压抑、无助、恐惧和失望中, 循环往复贯穿整个生命。此时, 辅导员的介入是非常的重要。让365防癌教育协会 (365CPS) 心理谘商师来帮助患者和照顾者, 透过谘商过程——调适情绪症状如焦虑和抑郁、引导将内心的情感如愤怒, 恐惧, 无助和失望用言语表达出来、帮助应对疾病中的行为技巧、学习重新过正常规律的生活、减少与家人或伴侣关系中的情绪应激、解除对死亡开展讨论的禁忌以及学习放松技术以减轻失眠, 疼痛和恶心等, 帮助和陪伴患者和照顾者走出生活和内心的阴霾。

3. 营养谘询:

患者在接受治疗过程当中, 多少会因为药物所引起的副作用, 而影响胃口甚至有些患者吃不下或呕吐等, 而无法保持体力和恢复身体在疗程中被药物损伤的正常细胞。这些都是患者甚至家人所面对和担心的问题。人人都知道, 有效的营养对于提升肿瘤治疗疗效, 和改善患者生活质量是具有十分重要的意义。因此, 在抗癌中“吃”很重要。而且要吃的饮食均衡、要吃的营养均衡才是重点。您可以向365CPS的营养师谘询, 让营养师亲自按着患者本身的体质和需要, 提供针对性的帮助和引导。



LEE AH NOOI'S TESTIMONY

李亚霓的分享

I am Lee Ah Nooi, 71 years old this year. One day in 2018, I felt pain in my right chest and could find hard lumps there. I went for a series of check-ups at the hospital alone as I did not want to worry my family. Among the tests, the most painful one was the cellular check, which confirmed that I had breast cancer. I went for the removal operation calmly and had successfully gone through chemotherapy and electrotherapy. However, I found myself suffering from severe sequelae of paralysis of hands and feet. I became depressed and was unwilling to be in contact with others. Hence, my daughter found 365 Cancer Prevention Society (365CPS) and urged me to contact the 365CPS's Care and Support Team, which I did. The 365CPS's counsellors visited me on several occasions to understand my situation with care and helped alleviate my inferior complex. By attending 365CPS's health talks and counselling sessions, I also learnt how to deal with the negative impacts caused by the illness. The most effective method is to remember to take deep breaths when I am angry or emotional and concentrate on peaceful situations to relieve my mood. I also learnt to understand my inner needs through art therapy. There is no shortcut to relieving my emotions and under 365CPS's unwavering care and guidance, my life has become wonderful!

After that, I joined 365CPS's Social Service Centre where healthy meals are prepared and various courses are available for cancer fighters. At the centre, I also participate in various activities such as detox exercises, line dance, Zumba, calligraphy, singing, and others to strengthen my body and brighten my mind. At the same time, I realised that there are many other meaningful things waiting for me to achieve. I changed my attitude and perspective, aim to live the life I want and learn to cherish the love from my family and friends.

I would like to encourage all cancer fighters to never give up. I would also like to send my utmost gratitude to all 365CPS's volunteers, Care and Support Team members, as well as donors.



我是李亚霓，今年71岁。在2018年的一天，我发现右胸感到疼痛并且能够摸到硬块，为了不让家人担心我独自去医院做了一系列的检查。其中，最痛苦的是细胞检查，而这项检查最后证实了我患上乳癌。我平静地接受切除手术，也顺利地度过化疗和电疗，但还是出现了手脚麻痹的严重后遗症。我变得沮丧，不愿与人接触。因此，我的女儿特地找到365防癌教育协会（365CPS），我也是在她的催促下联络了365关怀小组成员。365CPS的辅导员多次探访我，细心了解情况并协助缓解我的自卑情绪。透过365CPS的健康讲座及辅导员的思维开导中，我学习到如何面对由病症引起的负面影响。最有效的是在生气、情绪波动时，记得深呼吸，将思想集中在平静的情境上以便缓解情绪。我还学习通过艺术治疗，知悉自己真正内心需要。想要纾缓自己的情绪其实没有捷径，而在365CPS不怠的督促下，我的生活变得更加精彩！

后来我加入365CPS的社区服务中心，这里有健康的饮食、多样的课程。我也加入排毒操、排舞、尊巴、书法及歌唱等各种活动，让身心灵变得开朗，同时也意识到还有许多有意义的事等着我去做。我改变了我的心态、活出了自我，并更加珍惜家人和朋友的关爱。

在此鼓励所有的生命斗士永不放弃，一起向365CPS的义工、关爱小组成员及捐款者致万分感谢。



ONG SIEW KHIM'S TESTIMONY 王秀琴的分享



I am Ong Siew Khim. In April 2019, I was diagnosed with 3rd stage stomach cancer and had to remove my entire stomach in May. After removing my stomach, the most difficult challenge is to eating food. I had many concerns like "What kind of food can I eat? How should I eat it? How do I cook it?" When my body is so weak and I needed nutrients to restore my health, it is not easy.

However, I am very grateful that I have a 365CPS's dietitian who can help me. The dietitian has provided me with many advice and suggestions on what and how to eat when I was totally confused. These include the selection of ingredients, method of cooking, nutrition intake to the portion of meals, her help has indeed benefited me significantly. Today, I'm no longer feeling so helpless. Thank you 365CPS!



我是王秀琴。 在2019年4月, 我被诊断出患有第三期胃癌, 不得不在5月将整个胃切除。除去肚子后, 最困难的挑战是吃东西。我有很多担忧, 例如“我可以吃哪种食物? 我应该怎么吃呢? 我该怎么做?” 当我的身体如此虚弱并且我需要营养来恢复健康时, 这并不容易。

但是, 我非常感激我在365防癌教育协会上遇到了营养师。当我完全感到困惑时, 营养师为我提供了许多建议。从食材的选择, 烹饪方法, 营养摄入到餐点, 她给了我很多帮助, 我受益匪浅。今天, 我不再感到如此无助。谢谢365防癌教育协会!



LIM HOON LAN'S TESTIMONY 林芬兰的分享



My name is Lim Hoon Lan. I am 51 years old this year. I was diagnosed with Stage 2 breast cancer in May 2018. Upon receiving the diagnosis from the doctor, I was devastated but I knew I had to go through with the treatment plans they had for me. Two weeks later, I went for an operation and began chemotherapy and radiotherapy thereafter. It was not an easy journey but looking back at it now, I felt that I have come a long way and I hope that my story will inspire and strengthen others who are going through this as well.

Before knowing about 365 Cancer Prevention Society (365CPS) and having my care leader visit me, I felt lost and overwhelmed amongst other feelings. I was also crippled with a financial burden and had no one to turn to. I had no one to speak to who could understand me because cancer is not visible. It is not like a broken leg with a cast that everyone can see. Instead, it is much more than that. I often have friends and even family members who would look at me and tell me that I look well and healthy. They would even ask why I was still unable to move on and live my life normally. My emotional and mental well-being was not very good back then. Another challenge that I faced was managing the side effects of the treatments as they were very unpredictable. I could be feeling good and well one day but the next moment, I would be stricken with double vision and splitting headaches. Until today, I am still learning how to live with these side effects.



After knowing about 365CPS and having my care leader visit me, I felt very encouraged. I felt that the Society cared about me as they would send someone to check in on me from time to time. My care leader is very committed to helping me with my problems to the best of his abilities. He is able to recommend the right resources from the Society to help me with the issues I am facing at the moment. I am grateful to 365CPS for their financial assistance, which has helped to pull me through dark and difficult times. My care leader offered me a listening ear and encouraged me to join activities at the Social Service Centre so that I could get to know like-minded people who are also cancer survivors. I have joined the activities there and it has been a good experience.

Through this platform, I am reminded that I am not alone in this cancer fighting battle. I am truly thankful and hope that one day I can pay it forward and encourage others as well.

我是林芬兰, 今年51岁。2018年5月, 我被诊断出患有第二期乳癌。当医生告知我诊断结果时, 我感到十分崩溃, 但我知道我必须接受他们为我安排的治疗。两个星期后, 我做了手术并开始接受化疗和电疗。这一路下来并不容易, 但现在回头看, 我觉得我经历了很多。我希望我的故事能激励他人, 给有着同样经历的人力量。

在得知365防癌教育协会(365CPS), 以及会有关怀组长探访我之前, 我曾感到迷茫以及不知所措。我也面临经济困难但找不到人求助。我找不到能了解我的人诉说心事, 毕竟别人看不见我所患的癌症。癌症不像断腿的人打着石膏, 每个人都看得见。癌症的煎熬更难受。不仅如此, 我常有家人朋友看着我说我看起来很健康、没病痛。他们甚至会问我为什么仍无法过正常生活。当时, 我的情绪和心灵健康并不好。我还得费心力应付治疗的副作用, 而这些副作用是预测不来的。我可以这个当下觉得很好、没问题, 但下一秒却被复视和剧烈头痛困扰。直至今今天, 我还在学习如何应付这些副作用。

在得知365CPS并有关怀组长探访我之后, 我深受鼓舞。我觉得协会的人都很关心我, 他们时不时会找人与我联系。我的关怀组长也尽他所能帮我解决问题。他针对我当时面临的问题, 推荐协会合适的资源, 帮助我解决问题。我非常感激365CPS给予我的经济援助, 让我度过眼前的黑暗及难关。我的关怀组长也会聆听我的心声, 鼓励我参加社区服务中心的活动, 让我认识同样也是癌症康复者且志同道合的人。我参加了那里的活动, 获益良多。

通过这个平台, 我意识到自己不是孤身与癌症抗斗。我非常感激并希望有一天我也能给予回报, 激励他人。



NUTRITION FOR IMMUNITY

增强免疫系统的营养摄取

No single food can prevent illness, but a healthy well-balanced diet filled with a variety of nutrients is vital for a strong and healthy immune system. Include these key nutrients in your daily diet in a balanced variety:

Protein

Function: Helps to build antibodies and immune system cells, plays an important role in tissue repair, healing, and recovery.

Sources: Poultry, fish, eggs, tofu, lean meat, seafood, beans, legumes, soy products, milk, yogurt, unsalted nuts and seeds.

Vitamin A

Function: Works as an antioxidant, and protects against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy.

Sources: Orange-yellow fruits & vegetables: sweet potatoes, carrots, pumpkin, cantaloupe, papaya, mango, apricot. Spinach, red bell peppers, ricotta cheese.

Vitamin C

Function: Works as an antioxidant, and stimulates formation of antibodies which fights harmful pathogens, bacteria, and viruses.

Sources: Guava, citrus fruits (orange, lemon), kiwi, bell peppers, strawberries, cantaloupe, tomato, tomato juice, broccoli, brussel sprouts.

Vitamin E

Function: Works as an antioxidant, and protects immune cells from damage.

Sources: Nuts (almond, hazelnuts, peanut), sunflower seeds, avocado, plant oils (wheat germ oil, sunflower oil, safflower oil, corn oil).

Zinc

Function: Supports creation of new immune cells, and helps the body's ability to heal from wounds.

Sources: Lean meat, poultry, well-cooked shellfish (oysters, crab, lobster), baked beans, chickpeas, pumpkin seeds, cashew nuts, oatmeal, yogurt, cheese.

Vitamin D

Function: Helps with properly regulating immune cell function

Sources: Fatty fish (trout, salmon, mackerel, tuna), liver oil, egg yolk, Vitamin D fortified foods (milk, cereal), mushrooms, sunlight exposure (expose yourself for 5-30 minutes between 10am-3pm at least twice a week)

Other nutrients

Including vitamin B6, B12, folate, copper, selenium, iron and probiotics also play a role to support immunity.

It is better to get your daily nutritional needs through natural food instead of getting them from supplements. It is advisable to consult your healthcare provider before taking any supplements.

单吃一种食物无法预防疾病,但富含各种营养、健康且均衡的饮食,对强健的免疫系统至关重要。您的日常饮食必须包括以下主要营养成分,同时确保均衡多样:

蛋白质

功能: 有助增强抗体和免疫系统的细胞,在修复、愈合及恢复细胞组织中发挥重要作用。

来源: 禽肉、鱼肉、蛋、豆腐、瘦肉、海鲜、所有豆类、大豆制品、牛奶、酸奶、无盐坚果和种子。

维生素A

功能: 抗氧化,保护皮肤及口腔、肠胃及呼吸系统的细胞组织健康,使其免受感染。

来源: 橘黄色水果及蔬菜: 红薯、胡萝卜、南瓜、哈密瓜、木瓜、芒果、杏。菠菜、红甜椒、瑞克塔奶酪 (ricotta cheese)。

维生素C

功能: 抗氧化,促进能对抗有害病原体、细菌和病毒的抗体形成。

来源: 番石榴、柑橘类水果 (橙、柠檬)、奇异果、甜椒、草莓、哈密瓜、番茄、番茄汁、西兰花、孢子甘蓝 (Brussel sprouts)。

维生素E

功能: 作为抗氧化剂,保护免疫细胞免受损害。

来源: 坚果 (杏仁、榛子、花生)、葵花籽、鳄梨、植物油 (小麦胚芽油、葵花油、红花油、玉米油)。

锌

功能: 支持新的免疫细胞产生,帮助身体伤口愈合。

来源: 瘦肉、禽肉、煮熟的贝类 (牡蛎、螃蟹、龙虾)、烤豆、鹰嘴豆、南瓜子、腰果、燕麦片、酸奶、奶酪。

维生素D

功能: 帮助调节免疫细胞功能

来源: 高脂鱼类 (鲑鱼、鲑鱼、鲭鱼、金枪鱼)、鱼肝油、蛋黄、增补维生素D的食品 (牛奶、麦片、橙汁)、蘑菇。阳光照射每周至少两次,上午10点至下午3点,每次5至30分钟

其他营养素

包括维生素B6、B12、叶酸、铜、硒、铁和益生菌,也起到支持免疫功能的作用。

要满足营养需求,最好首先通过饮食来加以摄取。请在服用任何健康保健品之前,咨询医生的建议。



BREAKFAST EGG MUFFIN

早餐蛋饼杯

For 2 pax
2 人份

Prep time : 15 minutes

准备时间 : 15 分钟

Bake time : 20 minutes

烘烤时间 : 20 分钟

Total : 35 minutes

总时间 : 35 分钟

Ingredients

- 2 slices of wholemeal bread, cut into squares
- ½ cup tomato, diced
- ½ cup onion, minced
- ½ cup fresh brown mushroom, minced
- ½ cup broccoli, chopped
- 3 whole eggs
- ¼ cup low fat milk
- Salt and pepper to taste
- ¼ cup shredded cheddar
- Fresh parsley herbs

Optional Ingredients:

Basil, Cherry Tomato, Mozzarella Cheese, Spinach, Garlic, Eggplant, Capsicum, Olive

Instructions

1. Preheat oven to 180-190°C. Line muffin tray with baking paper, arrange and press wholemeal bread to form a cup shape.
2. Place chopped onion, mushroom, broccoli, and tomato into the bread cups.
3. Beat egg with low fat milk. Season with a little salt and pepper to taste. Mix well and pour into the cups.
4. Top with shredded cheddar cheese. Garnish with fresh parsley.
5. Bake at 180-190°C for about 20-25 minutes or until golden brown.

食材

- 2 片 全麦面包, 切成小方块
- ½ 杯 番茄, 切丁
- ½ 杯 洋葱, 切碎
- ½ 杯 新鲜蘑菇, 切碎
- ½ 杯 西兰花, 切小块
- 3 粒 鸡蛋
- ¼ 杯 低脂牛奶
- 盐, 胡椒粉 少许
- ¼ 杯 切达芝士丝
- 香菜/欧芹

可选材料:

九层塔, 樱桃番茄, 马苏里拉芝士, 菠菜, 蒜, 茄子, 灯笼椒, 橄榄

煮法

1. 将烤箱预热至180-190摄氏度。在杯饼烤盘上放入烘焙纸。排列并压制全麦面包以形成杯子形状。
2. 将洋葱碎, 蘑菇, 西兰花, 和番茄放入面包杯中。
3. 把蛋液和低脂牛奶混合, 用少许盐和胡椒粉调味, 拌均后倒入杯子。
4. 把切达芝士和欧芹装饰在上面
5. 在180-190摄氏度下烘烤约20-25分钟或直至呈金黄色。





VOLUNTEER WITH US

成为我们的义工



EVENTS/ACTIVITIES
节目/ 活动



PATIENT CARE
探访关怀



TRANSPORTATION
运输



CREATIVE MEDIA
创意媒体



KITCHEN HELPER
厨房助手



ADMINISTRATIVE
行政



Contact us @6337 3368 for more details
更多详情, 请联系我们 @6337 3368

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UPCOMING EVENTS 近期活动

Events may be cancelled due to COVID-19 situation. Interested participants are advised to contact our office at 6337 3368 to get the latest event status.
活动可能会因为2019新型冠状病毒(COVID-19)的原因取消。有兴趣的参加者请联系我们的办公电话6337 3368以获取最新的活动详情。

ANG MO KIO (AMK) SOCIAL SERVICE CENTRE'S SCHEDULE 宏茂桥社区服务中心

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

For Clients Only 课程只限会员

Mon : Restorah Exercise, Chinese Painting, Zumba Gold,
Tea Appreciation Class
Tue : Detox Exercise
Wed : Nutrition and Wellness Class, Cooking Class, Nagomi Pastel Class
Thu : Detox Exercise, Intermediate Ukulele Class
Fri : Line Dance, Art Class, Vocal Class

星期一: 修复操, 水墨画, 尊巴, 茶艺班
星期二: 淋巴排毒操
星期三: 营养与养生课程, 烹饪课, 和谐粉彩画
星期四: 淋巴排毒操, 乌克兰中级班
星期五: 排舞, 绘画班, 声乐班

BUKIT PANJANG (BKP) SOCIAL SERVICE CENTRE'S SCHEDULE 武吉班让社区服务中心

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

For Clients Only 课程只限会员

Mon : Detox Exercise, Art Class
Tue : Karaoke Singing Class, Basic Ukulele Class
Wed : Dance Fit, Nutrition & Wellness Class, Cooking Class
Thu : 365 Restorah Exercise, Art and Craft Class
Fri : Line Dance, Chinese Calligraphy, Handicraft Class

星期一: 淋巴排毒操, 绘画班
星期二: 卡拉OK歌唱班, 乌克兰基础班
星期三: 舞蹈健身操, 营养与养生加课, 烹饪课
星期四: 365 修复操, 美术班
星期五: 排舞恰恰恰, 书法课程, 手工班

COMMONWEALTH (CW) SOCIAL SERVICE CENTRE'S SCHEDULE 联邦社区服务中心

Address: 1 Commonwealth Lane, #03-10,
One Commonwealth Building, Singapore 149544

For Clients Only 课程只限会员

Mon : Detox Exercise, Vocal Class
Tue : Line Dance, Zentangle Art Class
Wed : Special Talk, Cooking Class, Nutrition and Wellness Class
Thu : Zumba Gold, Knitting and Crochet
Fri : 365 Restorah Exercise, Chinese Calligraphy

星期一: 淋巴排毒操, 声乐班
星期二: 恰恰排舞, 禅绕画课程
星期三: 特别讲座, 烹饪课, 营养与养生课
星期四: 尊巴, 钩针编织
星期五: 365 修复操, 书法

FACEBOOK LIVE PROGRAMME : 面子书现场直播节目:

JULY 七月份

AUG 八月份

SEP 九月份

华语

18/07

时间: 下午两点半 (星期六)
主题: 担心大肠癌?

15/08

时间: 上午十一点 (星期六)
主题: 神奇蔬果汁

19/09

时间: 晚上八点 (星期六)
主题: 谈抗癌的日子

ENGLISH

25/07

Time: 2.30pm (Sat)
Topic: How bad is lymphoma?

22/08

Time: 11.00am (Sat)
Topic: How do I deal with lymphedema?

26/09

Time: 8.00pm (Sat)
Topic: Young Female Cancer Patient

Event details are subject to changes. Please follow us on our Facebook page (www.facebook.com/365cps) for latest updates.
活动详情可能会改变。请关注我们面子书页面 (www.facebook.com/365cps) 的最新消息。





365

淋巴排毒操

Lymphatic Detox Exercise

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| 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 |
| Ang Mo Kio Town Garden West (Opp. AMK Community Library) | 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 | |
| Thu, 8pm | Every Tue, 8pm | Mon to Fri, 7:30am Sat, 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，也是一所以“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，来增强病患体内免疫系统，促进身心灵的健康。

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 执行委员会

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

会长: 詹顺祥博士
 副会长: 谢树基先生
 秘书: 陈树基先生
 财政: 萧子强先生
 副秘书长: 袁泉芳医生
 副财政: 洪佩文女士
 委员: 洪汇权先生, 胡慧敏女士, 李志州博士, 林家明教授, 冯国明先生, 潘秀霞女士

Management Staff 管理层

Executive Director: Mr Ben Chua
 HOD, Corporate Services: Ms Arlinda Chen
 HOD, Psychosocial Services: Ms Kelly Kuo
 HOD, Marketing, Fundraising: Mr Ashua Chua
 & Volunteer Management

执行长: 蔡德森先生
 企业服务部门主管: 陈美珍女士
 社会心理服务部门主管: 郭凯丽女士
 宣传、筹款与义工管理部门主管: 蔡顺财先生

Advisors 顾问团

Honorary Patron: Dr Koh Poh Koon
 Honorary Patron: Dr Tan Wu Meng
 Honorary Patron: Dr Teo Ho Pin
 Legal Advisor: Mr Wu Yu Liang, Mr Choong Thung Cheong

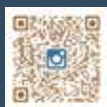
名誉顾问: 许宝琨医生
 名誉顾问: 陈有明医生
 名誉顾问: 张御宾博士
 法律顾问: 吴微良先生, 钟通昌先生



Website



Facebook



Instagram

365 Cancer Prevention Society 365防癌教育协会

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

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368

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