



Face it positively and be a warrior. Look forward to a better future and persevere on!

一定要积极面对，做一个勇士。期待更美好的未来，并坚持下去！

- Lyn

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It is recommended to incorporate soy protein products in daily diet to maximise health benefits.

我们建议在日常饮食摄取大豆制品，以提高健康益处。

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SPECIAL MENU FOR THIS MONTH

本月特别食谱

Creamy Mixed Vegetables
浓郁奶香一锅端

EARLY DETECTION SAVES LIVES!

尽早发现可以挽救生命！

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365 CANCER PREVENTION SOCIETY'S SPONSORED SCREENINGS

365防癌教育协会免费筛查服务

At 365 Cancer Prevention Society, serving the community is what we do daily and something we endeavour to do best. To fulfil our tri-fold mission of cancer prevention, education and fighting, we started collaborating with like-minded partners to provide access to early cancer detection for the community.

We launched #My1stMammo with Icon Cancer Centre to provide sponsored mammograms for women 40 years old and above from low-income families. It is known as such as this could be some women's first ever mammogram in their lives. Beneficiaries gain access to a full mammogram screening, as well as pre- and post-screening GP consultations to address concerns regarding their screening results.

Thanks to everyone's support, we have raised more than \$50,000 and saw the signup of almost 100 beneficiaries. We then launched the 2nd #My1stMammo in late August 2022, once again collaborating with Icon Cancer Centre and SATA CommHealth.

As colon cancer is the top cancer in Singapore, we rolled out the life-saving gold standard screening known as #My1stColonoscopy in

mid-2022. Over \$30,000 was raised and 14 patients were screened. Beneficiaries who went through the screening only took a week to complete the process, from initial consultation to the actual colonoscopy.

In late 2022, we launched Stay Clear of Gastric Cancer, a gastric cancer screening campaign in collaboration with MiRXES and StarMed Specialist Centre. This screening only requires drawing a vial of blood from eligible beneficiaries.

Overall, it has been a meaningful 2022, with 3 cancer screenings for the community. We are thankful to all beneficiaries who took the first step in coming forward to be screened. These campaigns would not have been possible without our donors, sponsors, fellow social service agencies and community partners.

In 2023, we hope to launch a lung cancer screening campaign. As lung cancer can also affect non-smokers, we hope that our initiative will make lung cancer screening more accessible to the masses.

If you are keen to find out more about any of these screening campaigns or how you can help, please contact us at 6337 3368.

365防癌教育协会旨在为社区服务，这是我们的日常工作，也是我们力求把每一项工作做好的动力。为了履行我们对于预防、教育和抗癌的三重使命，我们开始与具有类似观点的相关合作伙伴合作，为社区提供筛查早期癌症筛查服务。

我们与ICON癌症中心共同推出了#My1stMammo，为来自低收入家庭的40岁及以上女性提供免费乳房X光检查。这可能是一些女性在一生中首次接受乳房X光检查。受益人除了能接受全面的乳房X光检查，也可通过全科医生咨询解决筛查检测结果的担忧。

在大家的踊跃支持下，我们已经筹集了超过五万元的善款，也吸引了将近100名受益人的报名。我们也再次与Icon癌症中心和SATA CommHealth携手合作，在2022年8月下旬推出了第二个轮的#My1stMammo。

结肠癌是我国的头号癌症，而结肠镜检查是结肠癌筛查的黄金标准。我们因此在2022年年中推出了名为#My1stColonoscopy的检测计划。该计划共筹集了超过三万元的善款，并对14名患者进行了筛查。接受筛查的受益人只用了一周的时间就完成了从初步咨询到接受结肠镜检查的程序。

在2022年底，我们与MiRXES和信医专科中心合作发起了一项名为“远离胃癌”的胃癌筛查活动。符合条件的受益人只需被抽取一小瓶血液就可进行筛查检测。

总体而言，2022年是个意义非凡的一年。在捐助者、赞助商、社会服务机构和社区合作伙伴的支持下，我们在社区内共进行了三次的癌症筛查活动。我们也非常感谢所有迈出第一步接受筛查的受益人。

展望2023年，我们希望能够发起肺癌筛查活动。由于肺癌也会影响非吸烟者，我们希望此计划能够使大众更容易接受肺癌筛查检测。

如果您想了解更多关于这些筛查活动的消息或想提供任何帮助，请通过 6337 3368 与我们联系。



SPONSORED SCREENINGS

TESTIMONIALS

赞助检验参与者感言

CHRISTINE KEK

郭丽卿

Colon cancer is rising in Singapore, but many people have not gone for a colonoscopy because of financial difficulties or time constraints.

I am very blessed that I could go for the sponsored colonoscopy. The medical team is very helpful and made me feel comfortable. Now, I have a peace of mind that my colon is healthy.

结肠癌在新加坡呈上升趋势，但由于经济困难或时间限制，许多人没有去做结肠镜检查。

我很幸运我可以去做赞助的结肠镜检查。医疗团队非常乐于助人，让我感到很舒服和安心。得知报告显示我的结肠健康后，自己也放心多了。

FARIDAH ASMADI

I've always had gastric and acid reflux issues, so I thought it would be good to get myself tested. I made an appointment via email. A small amount of blood was drawn for the test and a doctor explained the process to me. The result was out within a few days. The whole process was easy, fast and convenient.

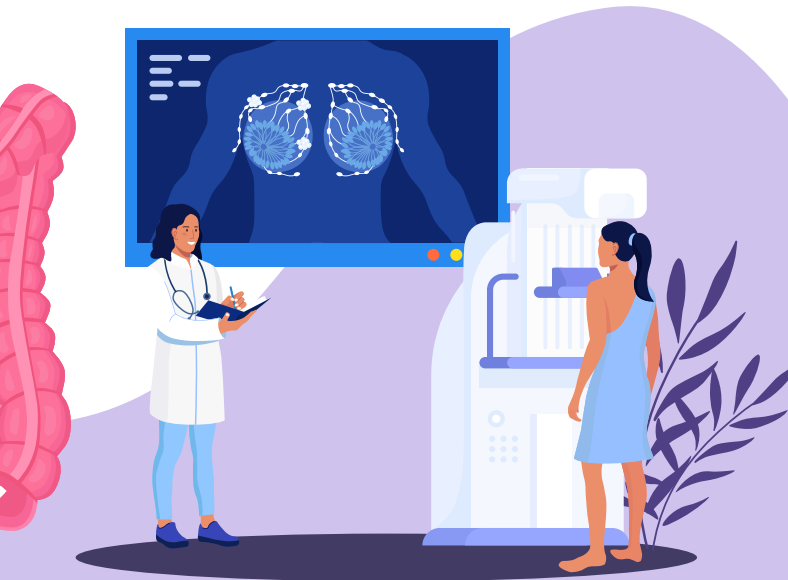
我一向患有胃病和反酸的问题，所以我认为给自己做个检查对我会有益。我通过电子邮件预约时间。医生抽取了少量血液进行测试，并向我解释过程。几天后，报告就出来了。整个过程简单、快速、方便。

WONG MEI CHING

Just a phone call was needed to make an appointment. When I arrived for the appointment, the procedure was quick and seamless – just a simple blood test and a physical exam by the doctor. The result was mailed to me within a week. Grateful for the opportunity to do the screening!

只要打个电话，就能立刻预约检测时间了。当我到达地点时，程序快速而无缝——只需要简单的验血和医生进行的身体检查。在一周内，检验报告就被邮寄给我。感谢有机会做这个筛查！





PAN CHOON HIONG

馮秋香

I had no idea that I had growths in my colon and am grateful that they were found during the colonoscopy I went for. I hope that these lymph nodes are not cancerous. I know that I need to do a colonoscopy every 5 years and will do another one in 2027 to continue monitoring the state of my colon. I am very satisfied with the procedure as it was done very professionally, under very safe and secure medical conditions by very competent and helpful staff!

我完全不知道我的结肠有生长物，所以我很庆幸在通过结肠镜检查时及时发现了它们。我希望这些淋巴结不会出现癌变。我知道我必须每五年进行一次结肠镜检查，也需要在2027年再做一次，以继续监测我的结肠状况。我对整个过程感到非常满意，因为它是由非常称职和热心的工作人员在非常安全和可靠的医疗条件下完成的！



TAN BEE GEK

陈美好

I had my mammogram done at the Jurong East branch. The process was quick from registration to the completion of my screening. I have received my report and it's all good! I am thankful to 365 Cancer Prevention Society for this sponsored screening so that I can get this load off my mind. I truly appreciate it.

我在裕廊东做了乳房 X 光检查。注册到完成筛选的过程很快。我已经收到了我的报告，一切都很好！我感谢 365 防癌教育协会赞助这次筛查，这样我就可以摆脱癌症检验的负担。我真的很感激。

PEARLY TOH

佩萱

I had my mammogram done at the Jurong East branch. I did not have to wait long to see the doctor. My mammogram was done by a radiographer who was friendly and made me feel comfortable.

I have also received my report. It's all good. I want to thank 365CPS for responding to my request so quickly so that I could get this load off my mind. I truly appreciate it.

我在裕廊东分行做了乳房X光检查。我不必等很久就可以去看医生。我的乳房X光检查是由一位友善的放射技师完成的，让我感觉很舒服。

我也收到了我的报告。都很好。我要感谢 365CPS 如此迅速地响应我的请求，这样我就可以摆脱这个负担。我真的很感激。

LYN'S TESTIMONY

Lyn 的分享

My name is Lyn. I am 71 years old. I was diagnosed with Stage 1 Breast Cancer in 2010. Back then, I experienced pain in my right breast and felt a green bean size nodule. I went to see a surgeon, who told me to go for a lumpectomy.

Life was not easy when the horrible effects of chemotherapy set in and my hair was falling out. However, I chose to focus on getting well. Cancer has given me a new perspective in life: we only live once, so we should live to the fullest, love ourselves and love others.

I thank 365 Cancer Prevention Society for helping cancer fighters like me. I have learnt to relax through their different art programs, ukulele lessons and exercises. The staff working there were all so friendly and passionate about their work and the teachers were cheerful and patient in imparting their skills to us. With their encouragement, I picked up my paint brush again after a very long time. A big and sincere thank you to all the donors & volunteers as their generosity has helped us tremendously!

To all fellow cancer fighters, especially the newly diagnosed: getting cancer is not the end of your life. Face it positively and be a warrior. Look forward to a better future and persevere on!

我的名字是 Lyn, 今年71岁。我在2010年被诊断患上乳腺癌初期。当时, 我的右乳房感觉疼痛, 并发现有一个像绿豆般大小的肿块。在看了位外科医生后, 他让我去做乳房瘤切除术。

在化疗期间, 我面对了很多因化疗所带来的副作用和脱发的问题。然而, 我选择以康复为中心。癌症给了我一个新的人生视角: 我们只活一次, 所以我们应该活得充实, 爱自己, 爱别人。

我要感谢 365 防癌教育协会为我这样的抗癌战士所提供的帮助。通过他们所举办的艺术课程、尤克里里课程和练习, 我学会了放松心情。在那里上班的员工都非常友善, 对工作也充满热忱, 向我们传授技能的老师也都很和蔼和很有耐心。在他们的鼓励下, 我再次重新拾起了我的画笔。我在此衷心的感谢所有的捐赠者和义工们的慷慨相助!

致所有正在抗癌的勇士们, 尤其是刚被诊断的病友: 患上癌症并不是生命的尽头, 一定要积极面对, 做一个勇士。期待更美好的未来, 并坚持下去!



COLORECTAL CANCER RISK FACTORS AND TREATMENTS

结肠直肠癌 - 危险因素和治疗

Dr Robert Lim (Medical Oncologist from Icon Cancer Centre) shares more about colorectal cancer, the second most common cancer in Singapore.

What is Colorectal Cancer?

Colorectal cancer is cancer of the colon (the longest part of the large intestine) or the rectum (the last several inches of the large intestine). Most colorectal cancers develop on the inner wall of the colon and rectum, and usually begin with growths, called polyps, small clumps of cells that form on the lining of the colon. Most polyps are harmless but can develop into colon cancer which may be life-threatening when found in later stages. In Singapore, statistics show that colorectal cancer is the most common cancer in men and the second most common cancer in women.¹

Risk Factors for Colorectal Cancer

Your risk of getting colorectal cancer increases as you get older.

- Having inflammatory bowel disease, such as Crohn's disease or ulcerative colitis
- A family history of colorectal cancer or colorectal polyps
- A genetic disease, such as familial adenomatous polyposis or Lynch syndrome
- Lack of regular physical activity
- A diet low in fruits and vegetables
- Being overweight/obese
- Alcohol consumption
- Tobacco use

Treatment for Colorectal Cancer

Treatment for colorectal cancer depends on a number of factors, such

as the location and size of the tumor, if it has spread, your current fitness and general health, as well as your treatment preferences. Common treatments include:

- Surgery-removing all or part of the affected colon
- Radiation Therapy-uses radiation to target cancer cells and destroys them
- Chemotherapy-uses drugs to destroy cancer cells
- Targeted Therapy-uses drugs to target specific genes and proteins that help cancer cells grow and survive whilst keeping healthy cells intact

Early Stage (Stage I and II)

Surgery is typically used to remove polyps for early-stage colorectal cancer. If there is tumor on the wall of the colon, your doctor may also recommend chemotherapy.

Advanced Stage (Stage III & IV)

For stage III colon cancer that has not spread, surgery (colorectal resection) and chemotherapy is usually given. If the tumor cannot be completely removed during surgery, chemotherapy and/or radiation therapy treatments may also be recommended to shrink the tumor further. For Stage IV, depending on the spread of the cancer, treatment options include surgery, chemotherapy, targeted therapies, immunotherapy and radiation therapy.

To find out more about colorectal cancer, please visit iconcancercentre.sg.

*This article is contributed by Icon Cancer Centre.

林成祥医生(肿瘤内科专科医生, ICON癌症中心)为你分享更多关于结肠直肠癌的信息,新加坡第二常见的癌症。

什么是结肠直肠癌?

结肠直肠癌是结肠(大肠的最长部分)或直肠(大肠的最后几英寸)部位的癌症。大多数的结肠直肠癌生长在结肠和直肠的内壁,通常始于息肉,也就是长在结肠内壁上的细胞团。虽

然大多数息肉是无害的,但却会随着时间或演变成结肠直肠癌,在后期发现时可能会危及生命。新加坡统计局数据显示,结肠直肠癌是男性中最常见的癌症,也是女性中第二常见的癌症。¹

结肠直肠癌的危险因素

患上结肠直肠癌的风险会随着年龄的增长而增加。

- 患有炎症性肠病,如克罗恩病(Crohn's disease)或溃疡性结肠炎(ulcerative colitis)
- 有结肠直肠癌或结肠息肉家族史
- 遗传性疾病,例如家族性腺肿性息肉病或林奇综合征(Lynch Syndrome)
- 缺乏规律的运动
- 蔬果摄入量不足
- 超重/肥胖
- 饮酒
- 烟草使用

结肠直肠癌的治疗

结肠直肠癌的治疗取决于许多因素,例如肿瘤的位置和大小、癌症是否已经扩散、你目前的体能和总体健康状况,以及您偏好的治疗方案。常见的治疗方法包括:

- 手术-去除全部或部分受影响的大肠
- 放射疗法-使用放射精准的摧毁癌细胞
- 化疗-使用药物破坏癌细胞
- 靶向治疗-使用药物瞄准特定基因和蛋白质,在帮助癌细胞滋长和生存的同时,能够保持健康细胞的数量。

早期(第一和第二阶段)

手术通常用于去除早期结肠直肠癌的息肉。如果结肠壁上有肿瘤,您的医生也可能会建议进行化疗。

晚期阶段(第三阶段以及第四阶段)

对于尚未扩散的第三期结肠直肠癌,手术(结肠直肠癌切除术)和化疗是最常用的治疗方法。如果在手术过程中无法完全切除肿瘤,医生也可能建议进行化疗和/或放射疗法以进一步缩小肿瘤。对于局部晚期直肠癌,治疗通常包括化疗和放射疗法,接着进行手术切除。根据癌症的所在位置,您所接受的外科手术可能会有所不同。根据癌症的扩散情况,治疗方案包括手术、化疗、靶向治疗、免疫疗法和放射疗法。

若想了解更多关于结肠直肠癌的详情,请浏览新加坡 ICON癌症中心的网站 iconcancercentre.sg.

*本文章由新加坡 ICON癌症中心提供。



Soy is a protein found in legumes such as soybeans and edamame. It can be found in tofu, tau kwa, soy milk, soy sauce, miso, and tempeh. Soy is rich in protein, fibre, potassium, polyunsaturated fat (Omega 3 and Omega 6), iron, calcium and estrogen-like chemicals called isoflavones. It is recommended to incorporate soy protein products in daily diet to maximise health benefits:

Good Source of Protein

Unlike most plant proteins, soy has all nine essential amino acids required by healthy muscles and bones. Substituting animal protein (chicken, fish, red meat) with soy protein will produce similar health benefits.



IS SOY GOOD OR BAD FOR YOU?

大豆是**有利**还是**有弊**?

Heart Healthy

Diet rich in soy food may help lower low-density lipoprotein (LDL-C) and raise high-density lipoprotein (HDL-C), due to its isoflavones and polyunsaturated fat content. Consumption of 25-50g of soy protein daily (equivalent to about 3-6 servings of tofu or soy milk) may help reduce LDL-C by 4-8%. Soy-rich diets may reduce risk of stroke and heart disease by 20% and 16% respectively.

Protective against Breast Cancer

Soy contains isoflavones that have similar structure to female estrogen. However, both are different in functions and effects. Soy food does not contain estrogen. Breast cancer survivors can safely consume soy products as high soy intakes may reduce risk of breast cancer recurrence in postmenopausal women by up to 28%.

Bone Strengthening

Soy products are associated with improved bone health due to isoflavones reducing the rate of bone calcium excretion, especially among postmenopausal women.

Safe Food for Gout

Despite high purine content, soy products do not raise blood uric acid level and form sodium urate crystal in joints. Hence, it is safe for gout patients to consume soy products, while avoiding high-purine food: shellfish and internal organs.

Let's choose minimally processed soy products such as soybean, tofu, tau kwa, tempeh, edamame and unsweetened soy milk to achieve all health benefits. Tossing firm tofu into favourite stir fry can be a way to enjoy soy products. We can also prepare homemade unsweetened soy milk smoothie or edamame as tea break snacks.

大豆是一种存在于黄豆和毛豆中的蛋白质。它也存在于豆腐, 豆干, 豆浆, 酱油, 味噌和天贝。大豆富含蛋白质, 纤维, 钾, 不饱和脂肪 (Omega 3 和Omega 6), 铁, 钙和大豆异黄酮。我们建议在日常饮食摄取大豆制品, 以提高健康益处:

良好蛋白质来源

大豆含有全部9种必需氨基酸, 组建健康肌肉和骨骼。利用大豆制品来代替动物性蛋白质 (鸡肉, 鱼肉, 红肉) 也可以达到类似健康益处。

保护心脏健康

摄取大豆制品可降低低密度脂蛋白 (LDL-C) 并提高高密度脂蛋白 (HDL-C), 因为它含有大豆异黄酮和不饱和脂肪。每天摄取 25-50 克大豆蛋白 (相当于大约 3-6 份豆腐或豆浆) 可降低 LDL-C 4-8%。富含大豆的饮食可降低中风和心脏病的风险20% 和 16%。

预防乳癌

大豆含有异黄酮, 其结构与女性雌激素相似。但是, 它们拥有不同的功能和作用。大豆制品不含雌激素。乳癌幸存者可以安全地食用豆制品, 因为大量摄取大豆可以降低经后妇女乳癌复发的风险多达 28%。

强化骨骼

大豆制品与改善骨骼健康息息相关, 因为异黄酮降低骨骼钙质消耗的速度, 尤其是绝经妇女。

痛风安全食品

尽管嘌呤含量高, 大豆制品不会提高尿酸水平, 也不会形成关节尿酸钠晶体。因此, 痛风患者可以安全食用大豆制品, 同时避免高嘌呤食物: 贝壳类海鲜和内脏。

让我们选择大豆, 豆腐, 豆干, 天贝毛豆和无糖豆浆等加工程度最低的大豆制品, 以获取所有健康益处。将硬豆腐加入最喜欢的菜肴中是享用大豆制品的一种方式。我们也可以自制无糖豆浆奶昔或毛豆作为点心。

CREAMY MIXED VEGETABLES

浓郁奶香一锅端

Prep time : 15 minutes 准备时间 : 15分钟
Cook time: 15 minutes 烹调时间 : 15分钟
Serves : 4 persons 份量 : 4人份

Ingredients

- 350ml low fat coconut milk
- 350ml low fat milk
- 2 shallots, sliced thinly
- 2 garlic cloves, sliced thinly
- 25g dried prawns, pounded
- 2 bay leaves
- 1 tomato, cut into quarters
- 1 small-sized brinjal, cut into 2cm-long pieces
- 100g cabbage, sliced
- 100g long beans, sliced into 2cm-long pieces
- 2 tempeh, cut into 2cm pieces
- 1 tsp turmeric powder
- 2 Tbsp olive oil

Seasonings:

- 1/8 tsp low sodium salt

食材

- 350毫升低脂椰奶
- 350毫升低脂牛奶
- 2颗红蒜头, 切薄片
- 2片大蒜瓣, 切薄片
- 25克虾米, 捣碎
- 2片月桂叶
- 一颗番茄, 切成四块
- 一根小茄子, 切成2厘米长的段
- 100克包菜, 切片
- 100克长豆, 切成2厘米长的段
- 2片天贝, 切成2厘米的小块
- 1茶匙姜黄粉
- 2汤匙橄榄油
- 2 汤匙橄榄油

调味料:

- 1/8 茶匙低钠盐



Instructions 煮法

1. Heat a pot, add olive oil and stir fry shallots, garlic, dried prawn, bay leaves and tomato until fragrant.
 2. Add in coconut milk and low fat milk and bring it to boil. Cook for 5 minutes over medium heat.
 3. Add brinjal, cabbage, long beans, tempeh and turmeric powder. Cook for 15 minutes or until vegetables are soft.
 4. Season with salt and stir well.
1. 将锅加热, 加入橄榄油、红葱、蒜、虾米、月桂叶和番茄爆香。
 2. 加入椰奶和低脂牛奶, 并煮沸。用中火煮5分钟。
 3. 加入茄子、长豆、天贝和姜黄粉。煮15分钟或直到蔬菜变软。
 4. 加入盐调味并翻炒均匀。

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With the dawn of the new year, 365CPS Counselling team is kicking off its fresh **Creative Expressions** service! Using an integrative approach to best support our members, this service comprises of three new modalities – art therapy and counselling supported with sandtray or play therapy techniques.

Art therapy

Art therapy was first introduced in Singapore about 15 years ago and is now used as a therapeutic intervention in many settings such as acute hospitals, hospices, rehabilitation centres, schools and day care centres.

CONNECTING BEYOND WORDS

超越言语的表达

It is a form of psychotherapy that uses the creative process for improving mental wellness, facilitating self-discovery and transformation as well as processing complex emotions, life transitions, grief, and traumas. In art therapy sessions, clients need not have any prior experience with artmaking and are encouraged to use various types of art media purely for exploration and expression purposes. The focus of the session is not on how skillful the final outcome appears to be but rather, on the client and his or her own authentic relationship with the artmaking process.

Counselling supported with sandtray or play therapy techniques

For counselling sessions, other than talk therapy, our counsellors will be using creative ways such as sandtray and play therapy techniques. Sandtray therapy techniques can help clients in exploring their life experiences using sand and miniature figurines. Through sandtray creation, clients can express emotional hurts, that could be difficult to describe in words, in a non-verbal manner and eventually move towards healing. As for play therapy techniques, it is an approach that can help clients to communicate and resolve psychological issues. This approach uses the aid of items such as toys and games for heightening self-awareness and gaining insights.

Our counselling team hopes to invite each client to process their thoughts, behaviours, and emotions in more creative and embodied ways. To understand more fully our innermost being as living, breathing persons, remaining connected with both our mind and body is important. We can do this through artmaking, sandtray creating and playing as they involve our imagination and active participation.

With these new modalities, we hope our clients can be empowered to share their stories through the language of words or non-verbal expressions and emerge from our sessions positively transformed.



新年伊始, 365防癌教育协会辅导团队将开始崭新的创意表达(Creative Expressions)服务! 为了更加全面地为我们的会员们提供最好的支持, 创意表达包含了以下三种新的模式——艺术治疗, 辅以沙盘疗法以及游戏治疗技巧的心理辅导。

艺术治疗

新加坡在约15年前首次引进艺术治疗, 现已在许多场合中被用作于干预治疗, 例如急症医院、临终关怀中心、康复中心、学校和日间护理中心。

艺术治疗是一种心理治疗, 以“创造”的过程来改善心理健康, 促进自我审视和转变。同时也对复杂的情绪、生活转变、悲伤和创伤等进行处理。来访者无需拥有任何艺术创作经验。他们将会在艺术治疗师的鼓励下运用各种类型的艺术媒介进行自我探索和情绪抒发。治疗的重点不在于最终作品的艺术造诣, 而是来访者与他或她自己与艺术创作过程的真实关系。

辅以沙盘疗法或游戏治疗技巧的心理辅导

心理辅导的治疗过程中, 除了常规的谈话疗法, 辅导员们也引入了创造性的方式, 如沙盘和游戏治疗技巧。沙盘治疗技巧使用沙子和微型玩偶帮助来访者们探索他们的生活体验。通过创建沙盘, 来访者可以用非语言的形式表达难以用语言描述的情感与情绪, 从而获得治愈。至于游戏治疗技巧, 它是一种可以帮助来访者沟通和解决心理问题的方案。游戏治疗技巧将会通过玩具和游戏等物品, 来帮助来访者提高自我意识和获得洞察力。

我们的辅导团队希望能以更具创造性和体验性的方式帮助来访者们调试他们的思想、行为和情绪。作为一个鲜活的生命, 为了更加全面地了解深层次的自己, 维持身心的联系对我们来说至关重要。我们可以通过此类需要想象力和参与的艺术创作、沙盘创作以及游戏, 来维系我们的身心健康。

我们希望每位来访者都能够通过这些新模式, 以语言或非语言的形式分享他们的故事, 并从中得到理想的转变。

If you would like to try out art therapy or counselling supported with sandtray or play techniques, you may indicate your interest here. Scan here to register:

如果您想尝试艺术治疗, 或者辅以沙盘或游戏治疗技巧的心理辅导, 您可以在这里表明您的兴趣。若想参与, 请扫描下方二维码:



UPCOMING EVENTS 近期活动

***FOR MEMBERS ONLY 课程只限会员**

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

Mon : Zumba Gold, Nagomi Pastel Art
Tue : Art Class, Vocal Class, Karaoke Session
Wed : 365 Lymphatic Detox Exercise, Outing
Thu : Chinese Painting, Fall Prevention Workout, Line Dance
Fri : Finger Painting Class, Zentangle Art

星期一: 尊巴, 日本和谐粉彩班
星期二: 绘画班, 声乐课, 卡拉OK
星期三: 365淋巴排毒操, 郊游
星期四: 水墨画, 预防跌倒运动, 排舞
星期五: 指画班, 禅绕画

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

Mon : 365 Lymphatic Detox Exercise, Bag Weaving Class
Tue : Aerobics, Ukulele Class (Basic Level), Vocal Class
Wed : Finger Painting Class, Zentangle Art
Thu : Zumba Gold, Clay Art
Fri : Chinese Painting, Art Class

星期一: 365淋巴排毒操, 包包编制课程
星期二: 有氧健身操, 乌克兰班(基础), 声乐课
星期三: 指画班, 禅绕画
星期四: 尊巴, 黏土艺术
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

Mon : 365 Lymphatic Detox Exercise/ Chinese Calligraphy
Tue : Line Dance, Balloon Sculpting
Wed : Fall Prevention Workout, Art Class
Thu : Zumba Gold, Ukulele Class, Workshop
Fri : Vocal Training, Finger Painting, Karaoke session

星期一: 365淋巴排毒操/ 中国书法班
星期二: 排舞, 气球造型
星期三: 预防跌倒运动, 绘画班
星期四: 尊巴, 乌克兰班, 工作坊
星期五: 声乐课, 指画课, 卡拉OK

Address 地址: Blk 331, Clementi Avenue 2, #01-132,
Singapore 120331
Contact No 联络号码: 8318 9146

TAMPINES SOCIAL SERVICE CENTRE (TAMPINES SSC) ACTIVITIES 淡滨尼社区服务中心

Mon : Art Class, Vocal Class, Karaoke
Tue : Zumba Gold, Line Dancing
Wed : 365 Lymphatic Detox Exercise
Thu : Zentangle Arts, Chinese Calligraphy & Painting
Fri : Fall Prevention Workout, Nagomi Pastel Arts

星期一: 绘画课, 声乐课, 卡拉OK
星期二: 尊巴, 排舞操
星期三: 365淋巴排毒操
星期四: 禅绕班, 中国书法及水墨画
星期五: 预防跌倒运动, 和谐粉彩画

Address 地址: Blk 885A, Tampines Street 83, #01-123,
Singapore 521885
Contact No 联络号码: 8028 9871

VIRTUAL SOCIAL SERVICE CENTRE 网上社区服务中心

Mon : 365 Lymphatic Detox Exercise, Nagomi Pastel Art
Tue : Release & Stretch, Therapeutic Support Program
Wed : Zumba Gold, Mind Body Relaxation
Thu : Fall Prevention Workout, Zentangle Art (Intermediate Level)
Fri : Line Dance, Ukulele Class (Basic Level), Ukulele Class (Intermediate Level)

星期一: 365淋巴排毒操, 和谐粉彩画
星期二: 放松及伸展运动, 疗愈支持小组
星期三: 尊巴, 身心放松课程
星期四: 预防跌倒运动, 禅绕画(中级)
星期五: 排舞, 乌克兰班(基础), 乌克兰班(中级)

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。

	9 Holland Avenue
	Tue, 8pm
	106 Gangsa Road
	Tue, 8pm
	106 Simei St 1 (Street Soccer Court)
	Mon & Wed, 7:15am
	112 Rivervale Dr
	Mon to Fri, 6:30am
	115A Commonwealth Dr (Sports@Buona Vista)
	Tue & Fri, 7am
	126 Ang Mo Kio Ave 3 (Ang Mo Kio Town West Garden)
	Tue to Sat, 7am
	149 Simei St 1 (Badminton Court)
	Mon to Fri, 7:30am; Sat, 7:15am
	238 Hougang Ave 1 (Open Court)
	Mon, Thu, Sat, 7:15am
	246 Hougang Avenue 3 (Hard Court)
	Tue, 7:15am

	257 Tampines St 21
	Mon to Fri, 7:20am; except Thu; Wed, 8:15pm
	407 Yishun Ave 6
	Mon to Fri, 6:30am
	Botanic Garden (Eco Garden)
	Mon, 7:45am
	Bedok Reservoir Park
	Mon to Fri, 7:50am
	Bukit Gombak Stadium
	Mon to Sat, 7am
	NTUC Health Active Aging Centre (41 Telok Blangah Rise)
	Wed, 9.30am
	The Peoples Presbyterian Church (45A Macpherson Rd)
	Thu, 10am
	Renewal Christian Church (88, St Francis Road)
	Thu, 8am
	Zoom Virtual Platform
	Wed, 8:15pm

OUR SERVICE

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。

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Vice President : Mr James Chia
Mr Sam Ang
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Honorary Treasurer : Mr Joshua Siow
Honorary Assistant Secretary : Ms Ang Pei Wen
Honorary Assistant Treasurer : Ms Jenny Aw
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Dr Francis Chin
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洪汇权先生
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副财政 : 胡慧敏女士
委员 : 陈慧敏女士
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冯国明先生

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HOD, Clinical Services, Research and Resource Centre : Mr Andrew Ong

执行长 : 蔡德森先生
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临床服务、研究与资源中心部门主管 : 翁国华先生

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

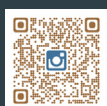
名誉顾问 : 许宝琨医生
名誉顾问 : 陈有明医生
名誉顾问 : 张仰宾博士
法律顾问 : 吴微良先生



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365 Cancer Prevention Society 365防癌教育协会

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