

APR 24
四月季刊

NEWSLETTER



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春日焕新，开启健康之旅

BLOOM WITH HOPE

希望盛放

Our community came together in a vibrant display of hope and unity at the Bloom with Hope event held on 2nd and 3rd March 2024 at Our Tampines Hub. The event captured the unwavering spirit of our community as we stand together in the fight against cancer. Together, we uphold the belief that there is hope, a hope to prevent, a hope to fight, and a hope to conquer cancer. Our shared motto, "To good health, 365 days every year," encapsulates our commitment to this cause. Remember, the fight against cancer is a journey no one should endure alone, and together, we can make a difference.

More than 1,200 participants came together at Bloom with Hope 2024's community walk to celebrate the resilience, unity, and unwavering spirits of cancer fighters in Singapore. The walkathon kicked off two days of exciting activities geared towards empowering members of the public to gain a better understanding towards cancer prevention, cancer fighting, and cancer education. The event was graced by special guest and honorary patron to 365CPS, Dr Koh Poh Koon, Senior Minister of State, Ministry of Sustainability and the Environment and Ministry of Manpower.

In conjunction with Bloom with Hope and International Women's Day, 365CPS celebrates the launch of #My1stPapTest, a free cervical cancer screening campaign for eligible members of the public from 1 March 2024 to 31 May 2024. This marks the fifth addition to 365CPS' annual line-up of health and cancer screenings for lower-income individuals since the launch of its free health screening campaigns in 2021.



The Society hosted a series of dietician talks and health workshops including the Taste of Health Cooking Class, Introduction to Creative Expression and Relaxation series focused on mental and nutritional well-being for participants to dive deeper into living a happier and healthier life.

365CPS also organised an Art exhibition at the Tampines Regional Library from 1 to 14 March 2024. The art exhibition showcases artworks created by our clients as a part of their cancer fighting journey with 365CPS and shares about the impact of art therapy.

Bloom With Hope was a powerful reminder that we are not alone in the fight against cancer. The event fostered a sense of community, provided valuable resources, and celebrated the resilience of those impacted by the disease. We are immensely grateful to everyone who attended, volunteered, partnered, and contributed to the success of the event.



2024年3月2日和3日于淡滨尼中心举办的“希望盛放”活动，我们社区团结一致社区同心，为抗癌勇士们加油打气，体现了我们携手对抗癌症坚定不移的社区精神。我们共同秉持的信念：希望之花依然盛放 - 预防癌症，对抗癌症及战胜癌症的希望，坚守着“每年健康365天”的宗旨。抗癌之路大家携手同行。

超过1200名公众参与了今年的“希望盛放2024”社区步行活动，一同欢庆新加坡抗癌勇士们坚韧，不屈不挠的团结精神。“希望盛放”社区步行活动拉开序幕，为期两天的精彩活动聚焦癌症防治与教育。特邀嘉宾、365CPS 荣誉赞助人，永续发展与环境部兼人力部高级政务部长许宝琨医生也受邀出席。

结合了“盛放希望”及国际妇女节，365CPS推出了#My1stPapTest（我的首次宫颈癌检测）活动，从2024年3月1日至2024年5月31日符合条件的公众可免费接受宫颈癌检测。这是自2021年起，为低收入人群提供免费癌症检测的年度活动新增的第五项癌症检测。

本协会也举办了一系列的营养师讲座及健康工作坊，这包括了“健康味道”烹饪班，“创意表达”及“一起放松”等一系列的工作坊，聚焦于精神及营养健康，让参与者更深入地了解如何过上快乐与健康的生活。

于此同时365CPS于2024年3月1日至14日也在淡滨尼地区图书馆举办了一场艺术展。在艺术展上展示了365CPS抗癌勇士创作的艺术作品，并分享了艺术疗法在他们抗癌路上的帮助。

抗癌之路并不孤独，让我们团结一致，用爱与您相伴，相互扶持。该活动有助培养社区意识，提供了宝贵资源，也见证了抗癌勇士们坚韧不拔的精神。“希望盛放”活动圆满成功，感谢所有人的贡献。我们由衷感谢所有参与，支持，合作并为活动的成功做出贡献的所有人。



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RINGING IN THE **YEAR OF THE DRAGON**

祥龙献瑞



In the spirit of ushering in the dragon year with good fortune and prosperity, we were delighted to host a special Chinese New Year celebration for our cancer clients across all our 365CPS Social Service Centres. Over 107 clients came together to enjoy a warm and festive atmosphere filled with delicious hotpot!

This heartwarming gathering provided an opportunity for our clients to connect with each other, share laughter, and celebrate the festive traditions. It was a beautiful display of community spirit and resilience, as our clients supported and uplifted each other.

We are committed to fostering a supportive environment for our cancer clients, and this celebration is a testament to that commitment. By creating opportunities for connection and joy, we hope to empower our clients on their journeys towards healing and well-being.

在龙年来临之际，我们很高兴能为365CPS抗癌勇士们举办一场别开生面的新春庆祝活动。107位抗癌勇士们齐聚一堂，在个别社会服务中心享受美味火锅，感受温馨节日气氛！

这次温馨的新春庆祝活动为我们的抗癌勇士们提供了相互交流、分享欢笑和庆祝传统节日的机会。抗癌勇士们也借此机会相互支持，相互鼓励，展现了社区及个人坚韧不拔的精神。

我们致力于为癌症勇士们营造一个相互扶持的环境。希望通过相互交流与扶持，充满欢乐和希望的氛围能帮助抗癌勇士们走向康复。



Scan QR code to find out more about our Social Service Centres.

请扫描 QR 码更了解有关社会服务中心的详情。

LAUNCH OF NEW SERVICES

全新服务



DIETITIAN CONSULTATION

营养师咨询

We are excited to announce that our expert dietitians are now available to consult with both cancer fighters and those seeking general health and wellness guidance. We believe that food and nutrition are crucial in managing medical conditions such as cancer, diabetes, high blood cholesterol, gout, and kidney disease.

Ready to embark on a healthier journey? Schedule a consultation with our dietitians via the QR code below! Kindly note that consultations are subject to eligibility criteria and consultation fees for the first three sessions will be waived.

如今, 365CPS抗癌勇士及有需健康与保健指导的大众均可报名接受我们的营养师咨询服务。我们坚信饮食与营养对控制癌症, 糖尿病, 高血脂, 痛风及肾脏病等疾病至关重要。

您准备成为更健康的自己吗? 请通过二维码与我们的营养师预约咨询吧! 咨询须符合资格标准, 首三次咨询将免收咨询费。



PHYSIOTHERAPY SERVICES

物理治疗服务

Physiotherapy Services at 365CPS have officially launched! Every Wednesday, Thursday and Friday starting from 28 February 2024 at Ang Mo Kio SSC Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621.

1 hour per session, subject to appointment booking. Strictly no walk-ins. The number of sessions is subject to individual needs, upon Physiotherapist assessment. Fees are waived for 365CPS clients.

Kindly scan the QR code to sign-up for a physiotherapy session.

365CPS的物理治疗服务已正式推出! 自2024年2月28日起, 每周三、周四和周五于365CPS宏茂桥社区服务中心

每次疗程1小时, 需提前预约。疗程次数将根据物理治疗师的评估及您的个人需求而定。365CPS会员将免收费用。

请扫描二维码报名。



365CPS CANCER SCREENING CAMPAIGN LAUNCHES:

Visit our website for more information on our screening campaign
欲知更多详情请上网浏览



QUESTIONS YOU SHOULD ASK YOUR ONCOLOGIST ABOUT TREATMENT

面对癌症治疗, 您需要问肿瘤科医生的关键问题

Contributed by: Dr See Hui Ti

供稿人: See Hui Tee 医生

A cancer diagnosis may be overwhelming but know that you do not have to go through the journey alone. Your medical oncologist will be there for you every step of the way. As a patient, you can become a self-advocate by asking questions and actively participating in your cancer care.

If you have just been diagnosed with cancer, you may be wondering, "what's next"? The first step is to bring a list of questions you may have regarding your disease to your next appointment.

You can also bring along a loved one who can not only help take down any important advice given by the oncologist, but also provide emotional support when needed.

1. What type of cancer do I have and what stage is it?
2. What are my treatment options?
3. What are the benefits and risks of each treatment?
4. When will I need to start treatment?
5. What new symptoms should I look out for after I begin treatment?
6. How will treatment affect my daily routine?
7. Will treatment affect my fertility?
8. What support services are available to help me cope with my diagnosis?
9. Should I consider joining a clinical trial?
10. What are my long-term survival chances?

Often, patients feel fear because of the uncertainty they have, but having your questions answered can empower you with the knowledge you need to face your disease. By actively engaging with your oncologist, you can take control of your cancer journey and equip yourself with the power, strength, and confidence to fight it.

This article is authored by Dr See Hui Ti, Senior Consultant, Medical Oncology from Parkway Cancer Centre (PCC). Original article reproduced with permission from PCC.



突如其来的癌症诊断可能会让人不知所措但您不必独自承受这一切, 您的肿瘤科医生会是您抗癌路上的重要伙伴, 陪伴您度过这艰难时刻。身为癌症病患, 您可通过积极提问来更了解自己的病情与治疗方案。

如果您刚被诊断出患有癌症, 您应该在想下一步该怎么办。您可以准备好一系列有关癌症的问题, 在下次就诊时向医生提问。

您也可以请家人或朋友陪同您到医院就诊, 他们不仅可以帮您记录肿瘤科医生所提出的重要建议, 也可以在有需要的时候给予您精神支持。

1. 我患有的癌症种类和期数?
2. 我在癌症治疗方面有哪些选择?
3. 各种癌症治疗方案的好处与风险?
4. 我什么时候需要开始接受癌症治疗?
5. 开始接受癌症治疗后我应注意哪些新的症状?
6. 癌症治疗将对我的日常生活带来什么影响?
7. 癌症治疗是否会影响我的生育能力?
8. 有哪些服务能帮助我应对诊断结果?
9. 我是否应考虑参与临床试验?
10. 我的长期生存几率有多大?

癌症患者心里往往会有许多未知和恐惧。然而, 您并不孤单。积极主动地与您的肿瘤科医生沟通是您掌控抗癌之路的关键。充分了解您的病情能帮助您减轻焦虑, 建立信心。

本文原作者为Parkway Cancer Centre (PCC)肿瘤科高级顾问 See Hui Tee 医生。原文由 PCC 授权转载。



The full article is available on our website: 请上网查看全文:



UNLOCKING THE GLYCEMIC INDEX: HOW FOOD IMPACTS YOUR BLOOD SUGAR

揭开血糖生成指数的神秘面纱：饮食如何影响您的血糖

Ever wondered how carbohydrates impact your blood sugar? Meet the GI! Did you know some carbohydrates send your blood sugar soaring faster than others? The Glycaemic Index, or GI, ranks carbohydrates on a scale of 1 to 100 based on how quickly they raise blood sugar after consumption. Lower GI means a slower, steadier rise, which is better for overall health. This is because high blood sugar spikes can increase your risk of diabetes, obesity, heart disease, and even colorectal cancer. It is crucial for people with diabetes to manage their blood sugar so choosing lower GI foods can help to keep things under control.

Let's explore some ways to keep your GI in check when making food choices!

- Consume food in smaller portions
- Pair carbohydrates with protein and vegetables to slow down digestion and lower the overall GI
- Opt for food that are less processed, the more processed a food product is, the higher the GI
- Choose fruits that are slightly under-ripe

By keeping these GI hacks in mind, you can make informed choices that promote balanced blood sugar levels and a healthier you!

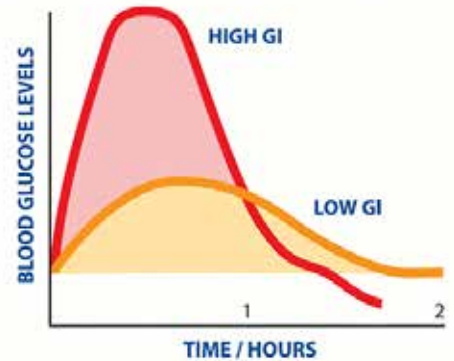
您有没有想过碳水化合物是如何影响您的血糖? 让我们来认识一下血糖生成指数 (GI)!

您是否知道有些碳水化合物比其他更容易让您的血糖飙升? GI根据我们食用碳水化合物后血糖升高的速度, 在1到100的范围内对其进行排序。较低的GI值意味着血糖上升速度较慢、也较稳定, 对整体健康更有利。高血糖会提高患上糖尿病、肥胖症、心脏病甚至结肠直肠癌的风险。对糖尿病患者来说控制血糖至关重要, 选择GI值较低的食物有助于控制血糖。

让我们来探讨如何通过饮食方面的选择来控制血糖吧!

- 少吃, 多餐, 注意食用份量
- 将碳水化合物与蛋白质和蔬菜等其他食物搭配有助于减缓消化速度, 降低食物的总体GI
- 选择加工程度较低的食品, 加工程度越高的食品GI值就越高
- 选择稍未成熟的水果

牢记这些小窍门能有助于您在饮食方面做出更明智的选择, 保持血糖平衡, 吃出健康!



SUPREME FRIED NOODLES 至尊炒面

Ingredients 食材

- 120g dried brown rice vermicelli
- 2 tbsp olive oil
- 300g chicken breast, thinly sliced
- 1/2 onion, sliced
- 1/2 carrot, julienned
- 1/2 red capsicum, thinly sliced
- 1/4 cup mushroom, drained and thinly sliced
- 1 bunch chye sim, cut into sections
- 1 sprig spring onion, cut into small sections
- 120 克干糙米粉丝
- 2 汤匙橄榄油
- 300 克鸡胸肉, 切薄片
- 1/2 个洋葱, 切片
- 1/2 胡萝卜, 切丝
- 1/2 红灯笼椒, 切薄片
- 1/4 杯蘑菇, 沥干后切成薄片
- 1 束菜心, 切成段
- 1 枝葱, 切成小段

Seasonings 调味料

- 1 tbsp low sodium soy sauce
- 1 tsp dark soy sauce
- 1 tsp sesame oil
- 1 汤匙低钠酱油
- 1 茶匙老抽
- 1 茶匙老抽

Method 做法

1. In a bowl, add hot water and vermicelli to soak. Let it sit for 5-10 minutes, or until softened. Drain and set aside.
2. Heat a pan with olive oil. Add the chicken and stir-fry for 2 minutes, or until just cooked through.
3. Add in the onion, carrot, capsicum, and mushrooms. Stir-fry for another 2 minutes.
4. Add in the chye sim and cook for an additional 1-2 minutes.
5. Add noodles, chicken, and seasoning sauces. Toss until well combined. Garnish with spring onion before serving.
1. 将粉丝浸泡在一碗热水中。浸泡5-10分钟, 直到变软。沥干后搁在一旁备用。
2. 在平底锅内加入橄榄油加热。加入鸡肉翻炒2分钟, 直到鸡肉熟透。
3. 加入洋葱、胡萝卜、红灯笼椒和蘑菇。再翻炒2分钟。
4. 加入菜心后再煮1-2分钟。
5. 加入面条、鸡肉和调味料。翻拌均匀。上桌前用葱花点缀。



CLIENTS' SHARING

抗癌勇士的故事

Hi, my name is Joanne, I am 40 years old this year. I have been diagnosed with Stage 3 Cervical Cancer back in October 2023. When I first heard the news, I was feeling lost and overwhelmed. The journey from hearing the news of the diagnosis to the treatment and till my current state has not been easy. This life-changing experience included anxiety, distress, and depression. I had to deal with the changes at work and the roles at home as well.

Through my darkest days, I am glad to say that I have a good support network of positive people around me to help me through this journey. Family, friends, doctors, nurses or even counsellors are all part of your support network so don't push them away! They can help lift your spirits and be there when you need a shoulder to cry on or a listening ear to vent out your feelings.

365CPS has been part of this support network I have mentioned earlier. They have Care Leaders who encouraged me during my journey, so I don't feel so alone. They also lend a listening ear and listen to my concerns, troubles, and worries. On top of that, they also have many wonderful activities at their Social Service Centres to keep you engaged.

I would like to take this opportunity to tell the cancer fighters reading this to stay positive! Don't be too hard on yourself and allow yourself time to adjust to the physical and emotional changes. You have to snap out of it, accept the changes and establish a new daily routine at your own pace. Don't give up! Fight on!

大家好, 我的名字是Joanne, 今年40岁。2023年10月, 我被诊断出患有宫颈癌第三期。刚听到这个消息, 我感到迷茫和不知所措。从听到确诊消息到接受治疗, 再到如今的状态, 这一路走来并不容易。这段经历参杂着焦虑、痛苦和抑郁。我也必须面对我在工作上和家庭里的角色转变。

在我生命最黑暗的日子里, 我很欣慰我身边有很多人不断给予正面支持与鼓励, 帮助我走过艰难时刻。家人、朋友、医生、护士甚至辅导员都会是您很好的精神支柱, 所以不要把他们拒之门外! 他们可以帮助您振作起来, 在您需要肩膀依靠哭泣或需要有人倾听您的心声时陪伴在您身边。

365CPS是我之前提到的支持网络之一。他们的关怀组长在我的抗癌路上给我鼓励, 让我不再感到孤单。他们也会倾听我的担忧、烦恼和忧虑。除此之外, 他们的社会服务中心还有很多精彩的活动, 让您参与其中。

我想借此机会告诉正在阅读这篇文章的抗癌勇士们记得要保持乐观! 不要对自己太苛刻, 给自己足够时间适应身体和情绪上的变化。您必须振作起来, 接受并重新调整新的生活方式。不要放弃! 要继续努力下去!



Joanne Lim,
Cervical Cancer Fighter
宫颈癌抗癌勇士



I am diagnosed with Stage 3 colon cancer in May 2021, in which I underwent operation to remove part of my colon. Thereafter, I was arranged for eight cycles of intravenous chemotherapy treatment. Unfortunately, I developed allergic reaction to the treatment and oncologist revised my chemotherapy to oral medication. The treatment journey was challenging as I faced meal preparation difficulty, in which I feel thankful to my bible study private group for supporting my meal provision during treatment period.

During my recovery period in 2022, I spent my time baking and cooking at home, until I met 365CPS at Bukit Panjang. I feel motivated and delighted for the opportunity to participate in the activities and classes offered at the centre, and enjoy healthy meal prepared by the cooks. I am truly appreciative of the support provided by the society, and I commend their effectiveness in addressing my needs. Surprisingly, 365CPS has enabled me to uncover and nurture my hidden talents in art!

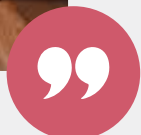
At present, I feel relieved, and I do not think of the cancer diagnosis. The activities and meals at centre have put me at ease in life. To other cancer fighters: Do not worry about the condition, just do what you can. Redesign your life with good health and good mind.

我于2021年5月被确诊患有结肠直肠癌第三期, 并接受了切除部分结肠的手术。此后, 我被安排接受八个周期的静脉化疗。不幸的是, 我对该治疗产生了过敏反应, 肿瘤科医生便将静脉化疗改为口服化疗。治疗过程充满挑战, 我在准备饮食方面遇到了困难, 在此我要感谢我的圣经研读私人小组, 感谢他们在我治疗期间为我提供饮食方面的帮助。

在2022年康复期间, 我常在家烘焙和烹饪, 直到我发现了365CPS武吉班让社区服务中心。我有机会参与社区服务中心所安排的活动和课程, 并享用厨师们准备的健康餐点, 使我非常有动力, 也感到很开心。我衷心感谢协会在我的抗癌路上为我提供支持与援助, 还让我发现了自己隐藏的艺术天赋!

如今我保持着轻松的心情, 不再去多想癌症的诊断。中心的活动和膳食也帮助我生活得更自在。致其他癌症勇士: 不要太担心病情, 在您可控制的范围内做您能做的。以健康和乐观的心态重新调整自己的生活。

Evelyn Ng Ah Thy,
Colon Cancer Fighter
结肠直肠癌抗癌勇士



INSIDE THE COUNSELLING ROOM

辅导室内的故事

Hi everyone! I'm Yunyi, a third-year psychology student from Temasek Polytechnic. I had the privilege of serving as a counselling intern within the counselling department at 365 Cancer Prevention Society.

My interest in this field was piqued by the alarming prevalence of cancer in today's society and, more significantly, my personal connection to this illness. Growing up, I bore witness to the individuals in my family, including loved ones, as they navigated challenging cancer journeys. What struck me most was that they did so without the support of external services or any considerations of counselling. This firsthand experience made me aware of the physical and mental toll that cancer can have on anyone involved with cancer. Hence, I was curious to know what efforts were being made at the community level to combat cancer, as well as to contribute meaningfully to individuals who tread the same path as those I know of.

What made my experience truly enriching was the opportunity to explore roles beyond the counselling department. I delved into various roles, including the Research and Resource Department, Nutrition and Dietetics Department, and my attachment at the Social Service Centre. This experience allowed me to not only explore different facets of the organisation but also engage directly with its beneficiaries, such as members at the Social Service Centre, and witness its supporters, including partners and patrons at events like the 20th-anniversary gala dinner and the networking session at the National Cancer Centre. This orientation experience not only helped me overcome my initial shyness but also allowed me to fully immerse myself in the organisation while gaining a comprehensive understanding of its work.

During my time in the counselling department, I was involved in a wide range of tasks, from administrative duties like preparing meeting minutes and monthly reports, to actively participating in events like Mental Health Month. This experience allowed me to apply my knowledge from school and gain a deeper understanding of the workings of the job.

I now understand the crucial role this organisation plays in addressing the intricate and often overlooked needs of cancer fighters. Not only does it provide support during the cancer journey, but it also extends its caring hand into the post-cancer phase, where many challenges persist.

Want to make a difference? Explore your potential and make a real impact by joining our team as a volunteer or an intern! Learn new skills, and gain valuable experience while contributing to a meaningful cause.



The full article is available on our website.
请上网查看全文。



大家好! 我是韵仪, 一名就读于淡马锡理工学院心理学系的三年级学生。我有幸在365防癌教育协会的辅导部担任辅导实习生。

当今社会癌症的发病率令人震惊, 我个人与癌症的关系也激起了我对这领域的兴趣。在我成长过程中, 我亲眼目睹了家人和亲人经历了充满挑战的抗癌历程。最让我印象深刻的是, 他们在没有外界扶持或任何辅导的情况下度过那么艰难的时刻。如此的亲身经历让我意识到, 癌症对患者和家人的身心都有极大的影响。因此, 我很想知道社区层在对抗癌症方面做出了什么努力, 同时也为与我有类似经历的人们做出有意义的贡献。

我有机会体验在辅导部门以外的研究与资源部、营养及饮食部以及社会服务中心等工作, 这让我的实习经验丰富多样。这不仅让我有机会体验该组织的方方面面, 还让我直接接触到该组织的受益者, 如社会服务中心的成员。我也在365CPS的20周年晚宴, 国家癌症中心举办的交流会等活动中认识了该组织的支持与合作伙伴及名誉赞助人。这次的实习经验不仅帮助我克服了最初的胆怯, 还让我全面了解该组织的工作。

在辅导部实习期间, 我参与了各种各样的工作, 从准备会议记录和月度报告等行政工作, 到积极参与心理健康月等活动。这让我有机会运用及发挥在课堂上学到的知识, 也更深入地了解我的工作。

我现在明白了这个组织是如何支持癌症患者们错综复杂且经常被忽视的各方面所需。该协会不仅在抗癌过程中提供支持, 也为痊愈了的抗癌勇士们伸出关爱之手, 继续以爱相伴, 帮助他们一起面对仍然存在的挑战。

想要为抗癌勇士们尽一份力? 快来加入我们的团队, 成为义工或实习生, 在发掘自己的潜能, 学习新技能, 累积宝贵经验的同时也为社会做出贡献!

SOCIAL SERVICE CENTRE ACTIVITIES 社区服务中心活动

FOR CLIENTS ONLY 课程只限会员

ANG MO KIO SOCIAL SERVICE CENTRE 宏茂桥社区服务中心

- Mon :** Stretch and Release Class, Zumba Gold, Clay Art, Balloon Twister Art
- Tue :** Art Class, Ukulele (Basic), Vocal Class, Karaoke Session
- Wed :** Aerobics, 365 Rhythmic Stretching Exercise
- Thu :** Chinese Painting, 365 Rhythmic Stretching Exercise, Line Dance, Bag Weaving
- Fri :** Finger Painting, Fall Prevention Workout, Zentangle Art
- 星期一:** 伸展运动, 尊巴, 黏土艺术, 气球艺术
- 星期二:** 绘画班, 乌克兰班(基础), 声乐课, 卡拉OK
- 星期三:** 有氧运动, 365拉筋伸展运动
- 星期四:** 水墨画, 365拉筋伸展运动, 排舞, 编织课程
- 星期五:** 指画班, 防摔锻炼, 缠绕画

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 武吉班让社区服务中心

- Mon :** 365 Rhythmic Stretching Exercise, Bag Weaving Class
- Tue :** Aerobics, Ukulele (Basic), Ukulele (Intermediate), Vocal Training, Karaoke Session
- Wed :** Finger Painting Class
- Thu :** Zumba Gold Toning, Clay Art, Zentangle Art
- Fri :** Chinese Painting, Art Class, Fall Prevention Workout
- 星期一:** 365拉筋伸展运动, 编织课程
- 星期二:** 有氧运动, 乌克兰班(基础), 乌克兰班(中级), 声乐课, 卡拉OK
- 星期三:** 指画班
- 星期四:** 尊巴, 黏土艺术, 缠绕画
- 星期五:** 水墨画, 绘画班, 防摔锻炼

Address 地址: Blk 108, Gangsa Road, #01-171, Singapore 670108
Contact No 联络号码: 9838 7073

CLEMENTI SOCIAL SERVICE CENTRE 金文泰社区服务中心

- Mon :** Art Class (Basic), 365 Rhythmic Stretching Exercise, Chinese Calligraphy, Chair Stretch
- Tue :** Zentangle Art, Line Dance, Balloon Sculpting, Karaoke Session
- Wed :** Hoop Fitness, Fall Prevention Exercise
- Thu :** Clay Art, Zumba Gold, Ukulele (Basic), Art Class
- Fri :** Aerobics, Vocal Training, Finger Painting, Chinese Painting
- 星期一:** 绘画班(基础), 365拉筋伸展运动, 书法, 椅子伸展运动
- 星期二:** 缠绕画, 排舞, 气球艺术, 卡拉OK
- 星期三:** 呼啦圈锻炼, 防摔锻炼
- 星期四:** 黏土艺术, 尊巴, 乌克兰班(基础), 绘画班
- 星期五:** 有氧运动, 声乐课, 指画班, 水墨画

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

TAMPINES SOCIAL SERVICE CENTRE 淡滨尼社区服务中心

- Mon :** Clay Art, Art Class, Games Day
- Tue :** Zumba Gold, Line Dance, Nagomi Pastel Art
- Wed :** 365 Rhythmic Stretching Exercise
- Thu :** Chinese Painting, Release & Stretch Exercise, Zentangle Art
- Fri :** Fall Prevention Workout, Ukulele (Basic), Vocal Training, Karaoke Session
- 星期一:** 黏土艺术, 绘画班, 游戏日
- 星期二:** 尊巴, 排舞, 和谐粉彩画
- 星期三:** 365拉筋伸展运动
- 星期四:** 水墨画, 伸展运动, 缠绕画
- 星期五:** 防摔锻炼, 乌克兰班(基础), 声乐课, 卡拉OK

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 Rhythmic Stretching Exercise
- Tue :** Release & Stretch, Therapeutic Support Programme
- Wed :** Zumba Gold, Zentangle Art (Intermediate)
- Thu :** Fall Prevention Workout, Chinese Painting
- Fri :** Line Dance, Ukulele (Basic), Ukulele (Intermediate)

Contact No 联络号码: 8028 5905

- 星期一:** 365拉筋伸展运动
- 星期二:** 伸展运动, 疗愈支持小组
- 星期三:** 尊巴, 缠绕画(中级)
- 星期四:** 防摔锻炼, 水墨画
- 星期五:** 排舞, 乌克兰班(基础), 乌克兰班(中级)



Connect with us and join us as a client!
快来与我们联系, 成为我们的会员吧!

2024 MONTHLY EVENTS

每月活动

| | | | | | |
|-------------------------------|---|-------------------------------|---|-------------------------------|---|
| 6th APR | 9.30 am - 12.00 pm Love Lunch at TMP SSC | 4th MAY | 9.30 am - 12.00 pm Love Lunch at TMP SSC | 1st JUN | 9.30 am - 12.00 pm Love Lunch at TMP SSC |
| 13th APR | 9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook | 11th MAY | 9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook | 8th JUN | 9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook |
| 20th APR | 9.30 am - 12.00 pm Love Lunch at BKP SSC | 18th MAY | 9.30 am - 12.00 pm Love Lunch at BKP SSC | 15th JUN | 9.30 am - 12.00 pm Love Lunch at BKP SSC |
| 27th APR | 9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook | 25th MAY | 9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook | 22th JUN | 9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook |

拉筋伸展运动

RHYTHMIC STRETCHING EXERCISE

Interested participants are advised to contact our office at 6337 3368 to get the latest event status.

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。

EAST

| | |
|---|--|
| 106 Simei St 1 S520106 (Street Soccer Court) Mon & Wed, 7.15am | 257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8.15pm |
| 149 Simei St 1 S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am | Bedok Reservoir Park 760 Bedok Reservoir Rd, S479245 (Near to Car Park A) Mon to Fri, 7.50am |

WEST

| | |
|--|--|
| 106 Gangsa Road S670106 Tue, 8pm | Sports @ Buona Vista 115A Commonwealth Dr, S149596 Tue & Fri, 7am |
| Bukit Gombak Stadium 800 Bukit Batok West Ave 5, S659081 Mon to Sat, 7am | Singapore Botanic Garden, Eco-Garden 469C Bukit Timah Rd, S259772 Mon, 7.45am |

CENTRAL

| | |
|---|--|
| 45A Macpherson Road S348470 Tue, 10am | Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am |
| NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am | |

NORTH-EAST

| | |
|---|---|
| 112 Rivervale Drive S540112 Mon to Fri, 6.30am | Glad Tidings Church 1 Valley Road, S534449 Tue, 10am |
| 238 Hougang Ave 1 S530238 (Open Court) Mon, Thu, Sat, 7.15am | St Paul's Church 843 Upper Serangoon Road, S534683 Sat, 10.30am |
| 246 Hougang Ave 3 S530246 (Hard Court) Tue, 7.15am | |

NORTH

| | |
|--|--|
| 407 Yishun Ave 6 S760407 Mon to Fri, 6.30am | Ang Mo Kio Town Garden West 126 Ang Mo Kio Ave 3, S560126 Tue to Sat, 7am |
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VIRTUAL

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| Zoom Wed, 8.15pm |
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VOLUNTEER WITH US 成为我们的义工

MAKE A DONATION 爱心捐款



ADMINISTRATION
行政



SERVICES SUPPORT
服务支持



FUNDRAISING
筹款



MARKETING SUPPORT
宣传



Donate via PayNow by scanning the QR code. Your kind donation will help provide practical support to cancer fighters and their family members.

Contact us @6337 3368 or enquiry@365cps.org.sg for more details

您的爱心捐款将有助于为癌症勇士及家人提供实际援助。立即通过 PayNow 捐款吧！若想知道更多详情，请联系我们 @6337 3368 或 enquiry@365cps.org.sg

OUR SERVICES 我们的服务项目



Care and Support
关怀扶持



Counselling
心理辅导



Nutritional Support
营养咨询



Health Education
健康教育



365 Rhythmic Stretching Exercise
365拉筋伸展运动



Financial Assistance
经济援助

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 our 365 Rhythmic Stretching 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防癌教育协会是一家公益机构，也是国家福利理事会的正式成员。

我们使命于通过癌症预防为社区服务。我们结合健康与营养教育和推广健康生活方式以及365拉筋伸展运动计划来实现目标。

我们通过家庭和医院探访，辅导及治疗服务为癌症患者及其家人提供实际与精神上的支持和关怀，一同携手对抗癌症。

Executive Committee 执行委员团

| | |
|------------------------------|-------------------|
| President | : Mr James Chia |
| Vice President | : Mr Sam Ang |
| Vice President | : Dr Francis Chin |
| Honorary Secretary | : Ms Ang Pei Wen |
| Honorary Treasurer | : Ms Jenny Aw |
| Honorary Assistant Treasurer | : Mr Jeremy Chan |
| Member | : Mr Joshua Siow |
| Member | : Mr Tan Soo Kee |
| Member | : Ms Terri Chen |
| Member | : Dr Fabian Lim |

| | |
|-----|---------|
| 会长 | : 谢松兴先生 |
| 副会长 | : 洪汇权先生 |
| 副会长 | : 陈国俊医生 |
| 秘书 | : 洪佩文女士 |
| 财政 | : 胡慧敏女士 |
| 副财政 | : 陈锡伟先生 |
| 委员 | : 萧子强先生 |
| 委员 | : 陈树基先生 |
| 委员 | : 陈慧敏女士 |
| 委员 | : 林进龙医生 |

Management Staff 管理层

| | |
|---|-------------------|
| Chief Executive Officer | : Mr Ben Chua |
| Assistant Director, Corporate Services | : Ms Arlinda Chen |
| Assistant Director, Fundraising Marketing, & Volunteer Management | : Mr Andrew Soh |
| HOD, Allied Health Services | : Mr Andrew Ong |
| HOD, Psychosocial Services | : Mr Terence Liam |

| | |
|------------|---------|
| 首席执行官 | : 蔡德森先生 |
| 企业服务部副总监 | : 陈美珍女士 |
| 筹款, 宣传与义工 | |
| 管理部副总监 | : 苏玮文先生 |
| 综合医疗保健服务主管 | : 翁国华先生 |
| 社会心里服务部主管 | : 粘永顺先生 |

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 |
| Honorary Non-Executive Advisor | : Rev (Dr) Eric Chiam |

| | |
|-------|---------|
| 名誉赞助人 | : 许宝琨医生 |
| 名誉赞助人 | : 陈有明医生 |
| 名誉赞助人 | : 张栢宾博士 |
| 法律顾问 | : 吴微良先生 |
| 荣誉顾问 | : 詹顺祥博士 |



365 Cancer Prevention Society 365防癌教育协会

38 Jalan Pemimpin, #02-01 M38, Singapore 577178

Donor Hotline : 6323 2012 365CPS Hotline : 6337 3368