

NEWSLETTER



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美好回忆



On 2 July, our clients came together for a picnic at West Coast Park. Spirits were high as our clients enjoyed a beautiful day connecting and celebrating our community.

The park's greenery and scenic views provided the perfect backdrop for a relaxed and memorable afternoon. Clients, old and new, gathered to share stories, laughter, and delicious food. The day was filled with chatter and friendly competition as our clients played games together.

Outings like this help foster a strong and supportive community. They remind us that our shared journey is not just about the challenges we face, but also about the moments of joy, connection, and mutual support along the way. We welcome anyone at any stage of their fight against cancer to join us and become part of our growing community.

7月2日，我们在西海岸公园度过了一个美好的野餐日。大家心情都特别好，在美好的阳光下享受着相聚的快乐，共同庆祝我们这个温暖的大家庭。

公园里绿树成荫、风景宜人，为这轻松愉快的午后提供了完美的氛围。新老会员们围坐在一起，分享着各自的故事，笑声此起彼伏，分享美食。大家还一起玩起了游戏，让现场充满了欢声笑语和友好的竞争气氛。

这样的户外活动不仅增进了彼此的感情，更提醒着我们：共同的旅程不仅关乎挑战，更在于我们一起创造的欢乐、情谊和相互支持的时刻。我们欢迎每一位处于抗癌旅程中的朋友，无论您在哪个阶段，都能加入我们，成为这个大家庭的一份子。





365CPS Kopi Chat 4th Anniversary Celebration

365

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The 365CPS Kopi Chat Support Group celebrated its fourth anniversary with a special event at Jurong Lake Gardens on 11 July. It was an opportunity for our clients to come together and celebrate the bonds formed over the years.

We kicked off the day with a refreshing walk and stroll in the morning breeze, enjoying the scenery and connecting in a relaxed setting. Following the walk, the group shared a delightful lunch, filled with laughter and conversation.

The afternoon started off with a lively and interactive pop quiz, which featured fun facts about the 365CPS Kopi Chat Support Group. The highlight of the day was a creative mug decorating session. Everyone had the chance to let their artistic side shine as they created personalised mugs together as a group.

This anniversary celebration was a heartwarming testament to the resilience and camaraderie of our Kopi Chat support group members. We look forward to many more years of supporting each other.

7月11日，365CPS “咖啡谈话” 支持小组在裕廊湖花园举办了四周年特别庆祝活动。对我们所有会员来说，这是个难得的机会，能相聚一堂，共同庆祝这四年里所建立起来的深厚情谊。

活动在清晨凉爽的微风中掀开序幕，大家一起轻松漫步，欣赏着花园美景，自在地聊着天。散步结束后，大家享用了一顿美味午餐，餐桌上充满了欢声笑语。

午后，气氛更加热烈，我们进行了一场生动有趣的快问快答游戏，题目都是关于“咖啡谈话”支持小组的趣事。其中的精彩环节是创意马克杯装饰。大家纷纷拿起画笔，发挥艺术天赋，一起亲手制作了独一无二的纪念品。

此次四周年庆典温馨而感人，充分展现了“咖啡谈话”支持小组会员们的深厚友谊。我们期待在未来的岁月里，继续携手前行，相互扶持。



Volunteers' Appreciation Day 2025

2025年义工慰劳日

It was a cool morning on 13 September, and we had the honour of celebrating the heart of our organisation: our dedicated volunteers. It was a day filled with gratitude, laughter, and recognition, to honour the incredible people who give so generously of their time and effort to serve the cancer-fighting community.

Our volunteers tapped into their creative side with a fun arts and crafts session, piecing together wooden musical boxes, followed by a lively round of games that brought out plenty of cheer and friendly competition.

The highlight of the day was our Long Service Award ceremony. We were proud to recognise several volunteers for their unwavering commitment, particularly Angie, who achieved the wonderful milestone of 15 years of service. Her dedication is a powerful testament to the inspiring spirit of giving that defines our community.

To all our volunteers: thank you for everything you do. Your hard work, compassion, and tireless support make a real difference in the cancer-fighting community, and we are truly grateful for every one of you.



我们于9月13日为我们宝贵的伙伴们——尽心尽力的义工们举办了一场特别的慰劳日。这一天充满了感激、欢笑与表彰，只为致敬这些无私奉献时间与精力、服务于抗癌社群的幕后英雄们。

义工们在有趣的艺术与手工环节中展现了无限创意，一起亲手拼装了精巧的木制音乐盒。随后，大家在游戏环节中尽情投入，现场充满了欢声笑语和友谊的较量。

当天的节目亮点，是我们的长期服务奖颁奖典礼。我们为多年来始终如一、默默付出的义工们送上表彰与感谢。尤其是 Angie，她达成了15年服务的卓越里程碑。大家的坚持与奉献，是我们最宝贵的精神财富。

借此机会，我们想对所有义工们致敬：感谢你们所付出的一切，你们的辛勤付出、真诚关怀和不懈支持。我们感激不尽！



365CPS Human Stories

365CPS

Q: What are your primary responsibilities at 365CPS?

A: I assess each clients' physical needs and develop tailored rehabilitation programmes, supporting them in achieving their personal goals of rebuilding strength, mobility, and confidence throughout all stages of cancer treatment and survivorship.

Q: What are some of the most rewarding aspects of your work?

A: The most rewarding part is seeing my clients progress—whether it's regaining independence, building physical strength, or rediscovering joy in movement. What touches me most is being able to walk alongside cancer survivors and their families, from frequent visits to rehabilitation sessions all the way to seeing them well enough to go on family overseas trips. Moments like these remind me of the impact rehabilitation can have, not just on individuals, but on the lives of their loved ones too.

Q: What are the most challenging aspects of your work?

A: One of the biggest challenges is tailoring rehabilitation to each individual, as every client has their unique health needs, backgrounds, and energy levels, especially those undergoing or recovering from cancer treatment. Balancing safety with steady progress requires close monitoring, patience, and creativity. It's about constantly adapting, finding new ways to encourage, and ensuring that every step forward is both safe and meaningful.

Q: What is something that you have learned through your interaction with clients through your work?

A: I have learned the importance of resilience and adaptability. Many of my clients demonstrate tremendous strength in the face of uncertainty, and their determination inspires me to be more empathetic and resourceful as a physiotherapist. I've also learned that healing is never just about the physical body—it's about speaking to the heart, and supporting my clients' psychosocial, mental, and nutritional needs as part of their whole journey.

问: 您在365CPS的主要职责包含了哪些?

答: 身为资深物理治疗师,我主要负责评估每一位会员的身体需求,并为他们量身定制康复方案。我的目标是贯穿他们癌症治疗和康复的各个阶段,协助他们重建力量、恢复行动能力并重拾自信,最终帮助他们实现个人的康复目标。

问: 在您的工作中,最有成就感的是什么?

答: 工作中最有成就感的事,莫过于看到会员们慢慢地进步——无论是重获独立、增强体能,还是在运动中重拾快乐。最让我感动的是,我能陪伴癌症康复者及其家人走过这段过程,从最初频繁的复建,到后来看着他们恢复到能够与家人一起出国旅行。正是这些时刻让我深刻体会到,康复治疗的影响力远不止于个人,它同时改变着他们亲人的生活。

问: 您在工作中遇到的最大挑战是什么?

答: 最大的挑战在于为每位会员量身定制康复方案。每一位会员的健康状况、生活背景和精力水平都截然不同,尤其是那些正在经历或从癌症治疗中康复的朋友。因此,我们的工作必须在确保安全的前提下,帮助他们稳步取得进展。这需要我们投入极大的耐心和创意,不断调整方法、寻找新的鼓励方式,确保他们安全地向前迈进。

问: 在工作中与会员的互动,让您领悟到了什么?

答: 与会员的交流中,我深刻体会到了坚韧和适应能力的重要性。许多会员在面对未知时所展现出的巨大力量和决心,深深地激励着我,让我成为一名更有同理心、更具智慧的物理治疗师。我也明白了,康复远不止于身体的恢复,更关乎心灵的疗愈。因此,在整个康复过程中,关注会员的心理、情绪和营养需求,是不可或缺的一环。

Choo Kai Bing 朱凯冰
Senior Physiotherapist, 365CPS
资深物理治疗师, 365防癌教育协会



365CPS Human Stories

365CPS

Q: When did you join 365CPS as a client?

A: I joined 365CPS in late February 2023, after being introduced to the organisation by my sister-in-law's friend from church.

Q: How did you feel when you were first diagnosed?

A: When I was first diagnosed, I felt very sad and angry. I was sad and asked myself why this happened to me. I was angry at myself for not following the healthier diet advised after an endoscopy two years earlier. After having 90% of my stomach removed and struggling to eat due to chemotherapy, my blood count dropped, causing treatment delays. The combination of these setbacks eventually led me to feel depressed.

Fortunately, I was introduced to 365CPS, where my care leader and dietician were incredibly supportive and helpful. The unwavering support of my family, siblings, and friends was also very important. I am also grateful to my close family doctor, who regularly checked on me throughout my treatment.

Q: What are some words of encouragement for a fellow cancer fighter?

A: Always stay positive and maintain a strong will to live. During the challenging process of treatment, try to engage in new hobbies and stay physically active by going for walks. Most importantly, listen closely to your body and never ignore early warning signs—seek treatment promptly when you feel unwell. Joining a good support group like 365CPS has been beneficial; having professional support, expert advice, and a listening ear made all the difference for me.

Q: With all that you have experienced in mind, what is something that you would like to tell your younger self?

A: If I could speak to my younger self, I would emphasise the importance of a healthy diet—more protein and absolutely no preserved foods. I would also urge myself to be less of a perfectionist and learn to take things a bit easier.

问: 您什么时候加入成为我们的会员?

答: 我是于2023年2月底经由我嫂嫂的教会朋友介绍, 加入了365CPS。

问: 当您初次被诊断时, 有何感受?

答: 最初被诊断出患上癌症时, 我感到非常难过和愤怒。我很难过, 质问为什么会发生在我身上。同时我也很生气, 气自己没有听从两年前内窥镜检查后的健康饮食建议。在切除了90%的胃部后, 我因化疗而进食困难; 又因为血球数量过低, 导致化疗延误, 这些接二连三的挫折让我感到十分沮丧和抑郁。

庆幸的是, 我经人介绍认识了365CPS, 我的关怀组长和饮食治疗师都给予我支持和帮助。同时, 我的家人和朋友也给予了我坚定不移的支持, 这对我来说非常重要。我也非常感激我的家庭医生, 在整个治疗过程中, 他一直定期关心我的情况。

问: 您有什么鼓励的话想对其他抗癌勇士们说的吗?

答: 保持积极心态和强大的求生意志, 这是抗癌过程中重要的一点。在充满挑战的治疗过程中, 可以尝试培养一些新爱好来转移注意力, 并坚持散步等活动, 让自己保持身体活跃。最重要的是, 学会倾听身体发出的信号, 请不要忽视任何预警。当你感到不适时, 请务必及时就医。对我而言, 加入365CPS能够得到专业的支持和建议, 找到一个愿意倾听的双耳朵, 对我来说有了很大的帮助。

问: 综合您所有的经历, 有什么话是您想对年轻时的自己说的?

答: 如果可以 and 年轻时的自己对话, 我会强调健康饮食的重要性——多吃蛋白质, 并且完全不碰任何腌制食品。我还会告诫自己不要那么追求完美, 学着放轻松一点。



Yeo Chin Har
Gastric Cancer Survivor
胃癌抗癌勇士

When Food Doesn't Taste The Same: Tips For Cancer Patients

For many cancer fighters, treatment-related side effects and changes in taste and smell can make food seem unappealing, transforming mealtimes into a chore. This often leads to a significant loss of appetite, making it difficult to get the nourishment needed.

Maintaining adequate nutrition is an important part of the recovery journey for cancer fighters. Their bodies often need more calories and protein compared to an individual without cancer. When a patient's nutritional needs are not met, it can lead to malnutrition. This not only makes side effects more difficult to manage but can also delay treatments and lead to longer hospital stays. It is therefore essential for patients to prioritise their nutrition and avoid reducing their food intake.

For many, cancer treatment can make eating a challenge. This article provides helpful advice on how to make food more enjoyable by focusing on "Palatability", the small details that make a big difference, from taste and texture to appearance, smell and temperature.

Managing changes in taste and appetite can be a major challenge during cancer treatment, but a few simple adjustments can make a big difference. Here are some helpful tips to make eating easier and more enjoyable:

- **Change the texture** – Soft, blended, or pureed foods are often easier to chew and swallow.
- **Choose cooler foods** – Room temperature or cold foods are often easier to tolerate than hot meals.
- **Avoid nausea trigger foods** – If sweet or salty foods cause nausea or discomfort, it's best to skip them.
- **Use sour flavours** – Sour food like sugar-free lemon drops, citrus drinks, or vinegar can help boost taste.
- **Eat small, frequent meals** – Instead of three large meals, try five or six smaller ones throughout the day.
- **Use non-metal utensils** – If food tastes metallic, try using plastic, porcelain, or wooden cutlery instead.
- **Cook in glass cookware** – Avoid metal pots if they affect the food's taste.
- **Rinse your mouth before eating** – A mix of salt and baking soda in water may help improve how food tastes.
- **Maintain good oral hygiene** – Brushing and rinsing regularly can help reduce bad tastes in your mouth.
- **Cover beverages** – If a drink's smell is overwhelming, use a lid and a straw to reduce strong smells.



对于许多抗癌勇士而言，治疗带来的副作用以及味觉和嗅觉的变化，会让食物变得毫无吸引力，使进餐变成一件苦差事。这通常会导致食欲明显下降，难以摄取身体所需的营养。

保持充足的营养是抗癌勇士们康复旅程中重要的一环。相比健康人群，他们的身体通常需要更多的热量和蛋白质。当患者无法满足自身的营养需求时，可能导致营养不良。这不仅会使副作用更加难以控制，还可能延误治疗并延长住院时间。因此，患者必须将营养摄取放在首位，切勿擅自减少饮食摄入。

由于治疗带来的副作用，许多抗癌勇士们可能会觉得进食困难。本文旨在提供实用建议，帮助患者改善食物的“适口性”——从味道、口感、外观、气味到温度——让食物变得更容易入口。

在癌症治疗过程中，味觉和食欲上的变化可能是一个巨大的挑战，但一些简单的调整就能带来很大的不同。以下是一些实用小贴士，帮助您让进食变得更轻松、更愉快：

- **改变食物口感**—软烂、搅碎或制成泥状的食物通常更易于咀嚼和吞咽。
- **选择温度较凉的食物**—与热食相比，常温或冷食通常更容易被接受。
- **避免诱发恶心的食物**—如果过甜或过咸的食物会引起恶心或不适，最好避免食用。
- **选用酸味**—酸味食物，例如无糖柠檬糖、柑橘类饮品或醋，有助于提振味蕾。
- **少吃多餐**—与其吃三顿大餐，不如一天吃五到六顿小餐。
- **使用非金属餐具**—如果食物有金属味，可以尝试用塑料、陶瓷或木制餐具代替。
- **使用玻璃锅具烹饪**—如果金属锅具会影响食物味道，请尽量避免使用。
- **餐前漱口**—用小苏打和盐水漱口，有助于改善食物的味道。
- **保持良好口腔卫生**—定期刷牙和漱口，可以减少口中异味。
- **盖上饮料盖子**—如果饮料的味道太浓烈，可以用盖子或吸管来减少味道。



Family, friends, and healthcare providers are a vital support system for a patient's recovery. They can provide help by preparing foods the patient enjoys, offering encouragement, and creating a calm, pleasant environment for meals. Whenever possible, sharing meals together can make a significant difference, turning mealtimes into a positive and comforting experience.

Good nutrition is essential for cancer fighters to stay strong and support their recovery. If a patient is eating less or experiencing significant weight loss, please do not hesitate to speak with a doctor or dietitian to ensure they receive the help that they need.

在患者的康复旅程中，家人、朋友和医护人员是不可或缺的坚实后盾。他们可以通过准备患者喜爱的食物、提供鼓励，以及营造平静、愉悦的用餐环境来提供帮助。尽量一起用餐也能将用餐时间变成一种正面而舒适的体验。

良好的营养是保持体魄强健和支持康复的关键。如果患者食量减少或体重明显下降，请务必立即咨询医生或饮食治疗师，确保他们获得所需的帮助。



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Hearty Baked Bean Chicken Stew 开胃焗豆炖鸡肉

Preparation Time: 10 min

Cooking Time: 15 min

Serving Size: 2 pax

准备时间: 10分钟

烹饪时间: 15分钟

份量: 2人份

Ingredients

- 1 tbsp olive oil
- 1/2 cup diced onion
- 1/2 cup diced green bell pepper
- 200g cubed chicken breast
- 80ml water
- 300g light baked beans
- 1 cup diced potato cubes
- 8 pieces sweet peas
- 1 汤匙橄榄油
- 1/2杯洋葱切丁
- 1/2杯青灯笼椒切丁
- 200克鸡胸肉切块
- 80毫升清水
- 300克低钠焗豆
- 1杯土豆切丁
- 8片甜豌豆

Method

1. Heat the olive oil in a pot. Add the diced onion and green bell pepper and cook on medium heat for about 5 minutes.
2. Add the cubed chicken and diced potato. Cook until the chicken pieces are lightly browned on all sides.
3. Stir in the baked beans, sweet peas, and water. Bring the mixture to a boil. Cover the pot and simmer for 10 minutes, making sure the stew does not burn by stirring occasionally.
4. The stew is ready to be served alongside rice when the potatoes are soft.



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1. 在锅中倒入橄榄油加热。加入洋葱丁和青灯笼椒丁，用中火翻炒约5分钟。
2. 加入鸡肉块和土豆丁。继续翻炒，直到鸡肉块的四周围都略微变成褐色。
3. 拌入焗豆、甜豌豆和水，混合煮至沸腾。盖上锅盖，慢炖10分钟。炖煮过程中要偶尔搅拌，以防烧焦粘底。
4. 当土豆变软时，即可盛出，搭配米饭享用。

Understanding Lung Cancer: Early Signs, Risks & Screening

What are the early symptoms of lung cancer? Can it occur without symptoms?

Early-stage lung cancer is usually asymptomatic. This is why screening is encouraged for individuals at risk. Symptoms such as coughing up blood, chest wall pain, weight loss, increasing breathlessness and swelling of the neck typically appear only in more advanced stages.

Lung cancer screening using a low-dose computed tomography (CT) scan has been proven to detect early-stage cancers and reduce mortality in individuals aged between 50 and 80 with a strong smoking history or a family history of lung cancer.

Can lung cancer be detected through a blood test?

Lung cancer is typically suspected based on imaging tests such as CT or positron emission tomography (PET) scans, followed by a biopsy or surgery to confirm the diagnosis.

Blood tests can play a role in identifying genetic mutations that drive the cancer and help doctors choose the most effective treatment. However, cancer markers in the blood are not a reliable screening tool for lung cancer. New multicancer blood tests, which detect small fragments of abnormal DNA, show promise but should complement traditional methods like mammograms (for breast cancer) and low-dose CT scans (for lung cancer).

What are the main risk factors?

Number one is cigarette smoking, including passive smoking. Other environmental carcinogens include air pollution, such as that from burning fossil fuels, naturally occurring radiation such as radon, and exposure to substances like asbestos and silica. Family history, particularly among Asians, and chronic lung conditions such as tuberculosis are additional risk factors.



肺癌的早期症状有哪些？是否会在无症状的情况下发生？

早期肺癌通常无症状。这正是高风险人群需重视筛查的原因。咳血、胸壁疼痛、体重减轻、呼吸急促加重和颈部肿胀等症状通常在病情进展至中晚期才会显现。

针对50-80岁长期吸烟者或肺癌家族史人群，低剂量计算机断层扫描（CT）已被证实可有效检出早期肺癌，并显著降低死亡率。

能否通过血液检查检测到肺癌？

肺癌通常通过CT或正电子发射断层扫描（PET）等影像学检查初步筛查，随后进行活检或手术以明确诊断。

血液检测可识别驱动癌症的基因突变，帮助医生选择最有效的治疗方案。然而，血液中的癌症标志物并不是肺癌的可靠筛查工具。新型多癌种血液检测（通过检测异常DNA片段）虽具潜力，但仍需与乳腺X线摄影（乳腺癌筛查）和低剂量CT（肺癌筛查）等传统方法结合使用。

主要风险因素有哪些？

首要危险因素是吸烟（包括被动吸烟）。其他环境致癌物包括：化石燃料燃烧产生的空气污染、氡气等天然辐射，以及石棉和二氧化硅等物质暴露。家族史（尤其是亚洲人）和慢性肺部疾病（如肺结核）是额外的风险因素。



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SOCIAL SERVICE CENTRE ACTIVITIES 社区服务中心活动

FOR CLIENTS ONLY 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, Crochet Class
Tue : Art Class, Ukulele (Basic), Vocal Class, Karaoke/Games
Wed : Zumba Toning, 365 Rhythmic Stretching Exercise
Thu : Chinese Painting, 365 Rhythmic Stretching Exercise, Ukulele (Intermediate), Bag Weaving
Fri : Finger Painting, Zumba Toning, Functional Fitness & Conditioning, Zentangle Art

：放松与伸展，尊巴，黏土艺术，钩针课
：绘画班，乌克兰丽（基础），声乐课，卡拉OK/游戏日
：尊巴塑身，365拉筋伸展运动
：水墨画，365拉筋伸展运动，乌克兰丽（基础），编织袋课程
：指画班，尊巴塑身，功能性健身与调理，禅绕画

Address : Blk 621, Ang Mo Kio Ave 9, #01-68, Singapore 560621
Contact No : 8809 8595

BUKIT PANJANG SOCIAL SERVICE CENTRE 武吉班让社区服务中心

Mon : Nagomi Pastel Art, 365 Rhythmic Stretching Exercise, Bag Weaving Intermediate, Bag Weaving Basic
Tue : Ukulele (Basic), Aerobics, Ukulele (Intermediate), Vocal Training, Karaoke Session
Wed : Line Dance, Finger Painting
Thu : Zumba Gold Toning, Zumba Gold, Clay Art, Zentangle Art (Beginner)
Fri : Latin Dance, Chinese Painting, Art Class

：和谐粉彩画，365拉筋伸展运动，编织课中级，编织课初级
：乌克兰丽（初级），有氧运动，乌克兰丽（中级），声乐课，卡拉OK
：排舞，指画
：尊巴塑身，黄金尊巴，黏土艺术，禅绕画
：拉丁舞，水墨画，绘画班

Address : Blk 108, Gangsa Road, #01-171, Singapore 670108
Contact No : 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 Exercise
Tue : Zentangle Art, Line Dance, Balloon Sculpting, Crochet Class
Wed : 365 Rhythmic Stretching Exercise, Latin Cha Cha (Solo)
Thu : Clay Art, Zumba Gold, Ukulele (Basic), Art Class (Advance)
Fri : Basic Conversational Japanese, Vocal Training, Chinese Painting, Nagomi Pastel Art

：绘画班（初级），365拉筋伸展运动，书法，椅子伸展运动
：禅绕画，排舞，气球艺术，钩针课
：365拉筋伸展运动，拉丁恰恰（单人）
：黏土艺术，尊巴，乌克兰丽（基础），绘画班（进阶）
：基础日语会话，声乐课，水墨画，和谐粉彩画

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

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

Mon : Chinese Painting, Clay Art, Art Class, Chair Stretch Exercise
Tue : Sustainable Craft, Zumba Gold, Line Dance, Nagomi Pastel Art
Wed : Kpop X Fitness, 365 Rhythmic Stretching Exercise
Thu : Masala Bhangra Dance Workout, Art and Craft, Ocarina, Zentangle Art
Fri : Functional Fitness & Conditioning, Ukulele (Intermediate), Vocal Training, Karaoke Session/Games Day

：水墨画，黏土艺术，绘画班，椅子伸展运动
：环保手工艺课程，黄金尊巴，排舞，和谐粉彩画
：韩流健身，365拉筋伸展运动
：班格拉健身操，美术与手工，陶笛，缠绕画
：功能性健身与调理，乌克兰丽（中级），声乐课，卡拉OK/游

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

VIRTUAL SOCIAL SERVICE CENTRE 网上社区服务中心

Mon : Release and Stretch, Art and Craft, Kpop X Fitness, Nagomi Pastel Art
Tue : 365 Rhythmic Stretching Exercise, Crochet, Masala Bhangra Workout
Wed : Zumba Gold, Zentangle Art (Intermediate)
Thu : Japanese Conversational Class, Golden Strength, Chinese Painting, Zumba Toning
Fri : Circl Mobility Exercise, Thai Language Class, Ukelele (Basic), Ukelele (Intermediate)

Contact No : 8028 5905

：放松与伸展，美术与手工，韩流健身，和谐粉彩画
：365拉筋伸展运动，钩针课，班格拉健身操
：黄金尊巴，禅绕画（中级）
：日语会话班，防摔锻炼，中国画，尊巴塑身
：活动能力锻炼，泰语班，乌克兰丽（基础），乌克兰丽（中级）



Connect with us and join us as a client!

*Subject to changes without prior notice.
*如有更改，恕不另行通知。

2025 MONTHLY EVENTS

4th OCT	9.30 am - 12.00 pm Love Lunch at TMP SSC	27th OCT	9.30 am - 12.00 pm Love Lunch at CMT SSC	15th NOV	9:30am – 12:00pm Love Lunch at BKP SSC
11th OCT	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook	1st NOV	9.30 am - 12.00 pm Love Lunch at TMP SSC	22nd NOV	9:30am – 12:00pm Love Lunch at CMT SSC 8.30 pm – 9.30pm 365Live on Facebook
18th OCT	9.30 am - 12.00 pm Love Lunch at BKP SSC 8.30 pm - 9.30 pm 365Live on Facebook	8th NOV	9.30 am - 12.00 pm Love Lunch at AMK SSC		
25th OCT	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	11th NOV	8.30 pm - 9.30 pm 365Live on Facebook		

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365 RHYTHMIC STRETCHING EXERCISE

EAST

106 Simei St 1 S520106 (Street Soccer Court) Mon to Thu, 7.15am	257 Tampines St 21 S520257 Mon to Wed & Fri, 7.20am Wed, 8:15pm (Zoom)
149 Simei St 1 S520149 (Badminton Court) Mon to Fri, 7.30am Sat, 7.15am	Bedok Reservoir Park 760 Bedok Reservoir Rd, S479245 (Beside Wawawa Bistro) Mon to Fri, 7.50am

CENTRAL

NTUC Health Active Ageing Centre 41 Telok Blangah Rise, S090041 Wed, 9.30am	Wan Min Community Services 45A MacPherson Road, S348470 Tue, 10am
Renewal Christian Church 88 Saint Francis Road, S328070 Thu, 8am	

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

VIRTUAL

Zoom Wed, 8.15pm

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 Nee Soon Link Park 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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**365 Rhythmic
Stretching Exercise**
365拉筋伸展运动



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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, 请与我们联系 @6337 3368 或 enquiry@365cps.org.sg

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, the promotion of a healthy lifestyle and our 365 Rhythmic Stretching Exercise programs.

We 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 执行委员会

President	: Rev (Dr) Eric Chiam	会长	: 詹顺祥博士
Vice President	: Mr Sam Ang	副会长	: 洪汇权先生
Vice President	: Dr Francis Chin	副会长	: 陈国俊医生
Honorary Secretary	: Ms Ang Pei Wen	秘书	: 洪佩文女士
Assistant Honorary Secretary	: Dr Lew Yii Jen	副秘书长	: 刘以仁医生
Honorary Treasurer	: Ms Jenny Aw	财政	: 胡慧敏女士
Honorary Assistant Treasurer	: Mr Jeremy Chan	副财政	: 陈锡伟先生
Member	: Dr Fabian Lim	委员	: 林进龙博士
Member	: Mr Joshua Siow	委员	: 萧子强先生
Member	: Mr Jeremy Tan	委员	: 陈清温先生
Member	: Mr Khoo Yik Lin	委员	: 邱溢仁先生

Management Staff 管理层

Chief Executive Officer	: Mr Ben Chua	首席执行官	: 蔡德森先生
Assistant Director, Corporate Services	: Ms Arlinda Chen	企业服务部副总监	: 陈美珍女士
Assistant Director, Fundraising	: Mr Andrew Soh	筹款, 宣传与义工	: 苏玮文先生
Marketing, & Volunteer Management		管理部副总监	
Assistant Director, Programmes & Services	: Mr Andrew Ong	项目与服务部副总监	: 翁国华先生

Advisors 顾问团

Honorary Patron	: Dr Koh Poh Koon	名誉赞助人	: 许宝琨医生
Honorary Patron	: Dr Teo Ho Pin	名誉赞助人	: 张仰宾博士
Legal Advisor	: Mr Wu Yu Liang	法律顾问	: 吴微良先生
Honorary Advisor	: Mr Tan Soo Kee	荣誉顾问	: 陈树基先生



365 Cancer Prevention Society
365防癌教育协会

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