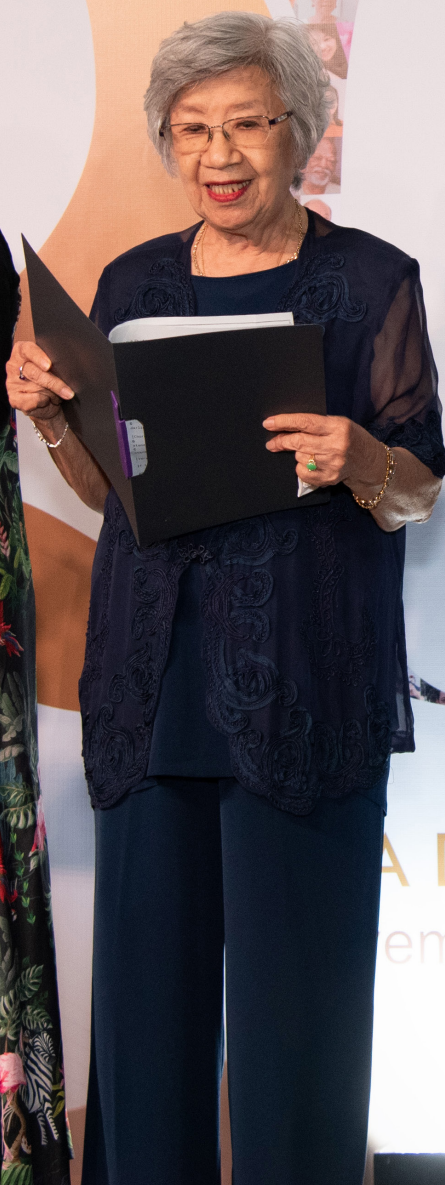


JAN 24
一月季刊

NEWS
LETTER



365 防癌教育
Cancer Prevention Society



SPECIAL MENU

本月特别食谱
Healthy Yu Sheng
健康鱼生

Celebrating 20 Years of
Serving the Community!
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New Year, A New & Healthier You

新的一年，一个新的、更健康的你

CELEBRATING 20 YEARS OF SERVING THE COMMUNITY

365防癌教育协会二十周年庆典圆满落幕!

On 9 November 2023, 365 Cancer Prevention Society (365CPS) hosted its 20th Anniversary Gala Dinner at One Farrer Hotel. Graced by the presence of the Society's Honorary Patron Dr Koh Poh Koon, Senior Minister of State, Ministry Sustainability and Environment and Ministry of Manpower, the event brought together over 300 supporters, medical professionals, clients, and donors to celebrate two decades of dedication to cancer prevention, cancer fighting, and cancer education.

The evening began with a lively cocktail hour filled with creative energy. Guests were treated to beautiful Zentangle art, Chinese calligraphy, and finger-painting artworks created by our talented clients. The silent auction and raffle draw tickets also attracted enthusiastic participation, with all proceeds going towards supporting the Society's essential services.

As the dinner commenced, our President, Mr James Chia, delivered a heartfelt speech highlighting the Society's achievements over the past 20 years. He spoke of the countless lives touched by 365CPS' unwavering support and expressed the Society's commitment to further expand its reach and impact in the years to come.

The evening unfolded with a captivating array of performances. Guests were mesmerised by the opening act by Mrs Singapore Pageant beauty queens, a heartfelt sharing from our client Ms Helen Ng, and a moving ukulele performance by clients from Bukit Panjang Social Service Centre. The live auction showcased our clients' artistic talents once again, with guests generously bidding on their beautiful artworks.

The evening culminated in a singalong to the poignant Chinese ballad “细水长流” meaning “a long, slow stream.” The song's message of hope and perseverance resonated deeply with everyone present, leaving a lasting impression of unity and purpose.

We are immensely grateful to our generous sponsors, Icon Cancer Centre and ERM Singapore Marketing, whose invaluable support made this event possible. We are truly encouraged by the shared commitment to making a positive impact in our community and look forward to creating more meaningful experiences in the future.

Looking ahead, we are excited to create more meaningful experiences and continue the fight against cancer. Together, we can make a lasting difference in the fight against cancer.





2023年11月9日，365防癌教育协会（365CPS）在One Farrer Hotel举办了二十周年庆典晚宴，并很荣幸邀请到该协会名誉顾问、人力部兼永续发展与环境部高级政务部长许宝琨医生。这场盛会取得了圆满成功，汇聚了超过三百位合作伙伴、医生、会员和捐赠者，共同庆祝协会二十年来致力于预防癌症、抗癌和癌症教育的奉献精神。

晚会伊始，鸡尾酒会热闹非凡，其间穿插了令人兴奋的边角活动，包括会员创作的禅绕画、中国书法和指画艺术品。同时，静默拍卖和抽奖活动也引起了热烈的参与，所有收益都将用于支持协会的重要服务。

随着晚宴的开始，协会会长谢松兴先生发表了热情洋溢的演讲，回顾了过去二十年来协会取得的成就。他谈到365CPS坚定不移的援助，帮助了无数人的生活，并表达了协会未来将进一步扩大服务范围和影响力的承诺。

晚会继续进行，舞台上上演了一系列精彩纷呈的表演。嘉宾们欣赏了新加坡夫人选美大赛选美皇后的精彩开场表演、会员吴润珍女士的真挚分享，以及来自武吉班让社会服务中心的会员们动人的乌克兰丽演奏。现场拍卖环节更是充分体现了众多嘉宾的慷慨和同情心，他们竞拍会员的艺术品。

晚宴在全体嘉宾共同唱响《细水长流》的歌声中完美落幕。这首歌曲传递出的希望和坚持的信念深深打动了在场的每一个人，留下了一种团结和目标一致的持久印象。

我们衷心感谢我们的慷慨赞助商Icon癌症中心和ERM Singapore Marketing，他们无价的支持使这次活动得以圆满成功。我们对大家共同致力于为社区做出积极贡献的承诺感到由衷鼓舞，并期待未来创造更多有意义的体验。

展望未来，我们将继续努力创造更有意义的体验，并继续为抗癌而奋斗。携手共进，我们能够在抗癌的斗争中做出持久的贡献。

PASS IT ON!

传递关怀, 共建希望

World Mental Health Month is a time of honouring one another by extending empathy to those around us and celebrating the power of community support. It is a celebration that we align with as we journey along with our clients during their cancer journey.

During World Mental Health Month in October 2023, our Counselling team organised 'Pass It On!' – a community art showcase exhibiting over 400 messages of encouragement from our clients, their loved ones, and even our own staff. It was a heartwarming display of creativity and compassion, filling our space with vibrant colours and heartfelt words of support.

From handwritten notes to heartfelt online messages, each contribution served as a reminder that 'no man is an island'. We are all connected, and even the smallest gesture of kindness can make a big difference in someone's life.

We want to express our sincere gratitude to everyone who participated in 'Pass It On!' Your enthusiasm and willingness to spread positivity truly made the showcase a success. It inspired, uplifted, and reminded us all that we are stronger together.

While World Mental Health Month may be over, the spirit of compassion and support continues to resonate. Let's keep the positive vibes flowing by carrying the message of encouragement forward into the rest of the year. Together, let's create a world where everyone feels supported and empowered to face their challenges.



世界精神健康月是一个相互尊重、传递同理心并庆祝社区支持力量的时刻。在这个过程中，我们与我们的癌症患者同行，共同走过他们的抗癌之路。

2023年10月的世界精神健康月期间，我们的心理咨询部门举办了“传递关怀！”社区艺术展示活动，展示了来自患者、他们的朋友和家人、支持者和365CPS工作人员精心创作的鼓励信息。活动共收到超过400条信息，其中包括手写信息和在线祝福。

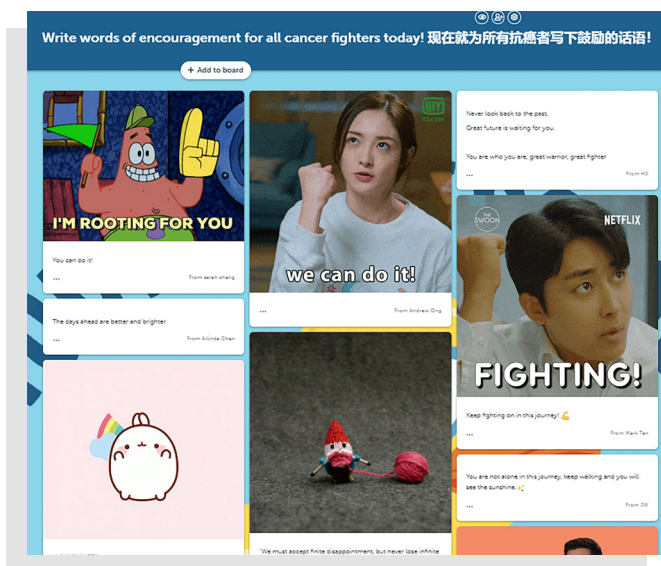
正如谚语所说，“没有人是一座孤岛”。我们要感谢所有热情参与“传递关怀！”并动员朋友参与的人。如果没有大家的创意和真挚贡献，我们的展示就不会充满如此温暖和活力。

我们相信，通过“传递关怀！”，我们可以为患癌症的群体创造一个更美好的未来。让我们携手并进，继续传递希望和支持。

我们鼓励大家加入“传递关怀！”活动，并在社交媒体上分享您的鼓励信息。



Share a message!
分享鼓励留言!



EAT YOUR WAY TO A HEALTHIER 2024

WITH 365CPS!

2024年营养与饮食治疗亮点



Remember those amazing Healthy Grocery Shopping workshops we held back in 2023? Well, guess what? We're bringing it back and even better in 2024!

Ever get lost deciphering food labels? You're not alone! Our Nutrition and Dietetics team is gearing up to host a series of workshops for all clients and volunteers. These workshops will be your one-stop shop for mastering the supermarket aisles and making smart food choices. We'll be diving deep into food labels, showing you how to compare different products, and helping you make informed choices for a healthier you.

The fun does not stop there! We will also be teaming up with talented chefs to bring you a series of healthy

cooking demonstrations and classes. In these sessions, you will learn how to prepare simple, healthy meals for yourself and your family, discover creative ways to incorporate more fruits and vegetables into your diet, and pick up time-saving tips and tricks for hassle-free healthy cooking. Remember, you are what you eat! By making smart food choices, you can take control of your health and well-being in 2024. So, join us and learn how to eat your way to a brighter, healthier future!

We'll be sharing more details about the workshops and cooking demonstrations soon, so stay tuned! In the meantime, why not start by checking out our healthy recipe collection for some inspiration?

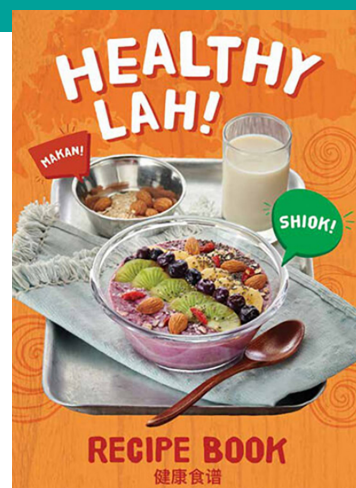
记得我们在2023年举办的精彩健康购物工作坊活动吗? 我们将在2024年以更优质的形式回归!

您是否曾经迷失在解读食品标签中? 您并不孤单! 我们的饮食治疗团队正准备为所有会员和义工举办一系列活动。这些活动将是您掌握超市购物和做出明智食品选择的一站式服务。我们将深入研究食品标签, 向您展示如何比较不同产品, 并帮助您做出明智的选择, 让您更健康。

乐趣不止于此! 我们饮食治疗师将与名厨合作, 于2024年举办健康烹饪示范, 分享一些简单的膳食准备技巧, 让健康的家庭烹饪变得简单快捷。

请记住, 人如其食。通过明智地选择食物, 您可以收获2024年的健康和幸福。所以, 参与我们的活动, 学习如何通过饮食走向更光明、更健康的未来!

我们将与您分享更多有关工作坊和烹饪示范的详细信息, 敬请期待! 与此同时, 让我们一起浏览健康食谱以获取烹调灵感。



Scan to access 365CPS healthy recipe collection
扫描浏览 365CPS 健康食谱集



KOPIKAO: SIPPING KNOWLEDGE AND BUILDING A #HEALTHIERSG

携手共建更健康社区：淡滨尼中央居民参加科普健康活动

On 4 November, Tampines Central residents came together for an informative KoPiKao session at the SPACE @ Our Tampines Hub. Over 100 enthusiastic participants joined us, eager to learn and share their thoughts on important topics related to cancer prevention, wellness, and mental health support.

In partnership with Tampines PA and other organisations, we explored a range of topics on cancer prevention, wellness, and mental health support. Participants had the opportunity to find out more and clear their doubts with our dietician and counsellor and gained valuable insights about cancer prevention and wellness.

We extend our heartfelt gratitude to everyone who joined us for this impactful session and to Tampines PA for organising this informative session. We look forward to exploring new ways to empower communities and promote well-being.

11月4日，淡滨尼中央居民齐聚淡滨尼中心的SPACE @ Our Tampines Hub，参加了一场内容丰富的科普健康活动。超过100名热情参与者齐聚一堂，渴望学习和分享有关预防癌症、健康和心理健康支持的重要话题。

通过与淡滨尼民众联络所和其他组织的合作，我们探讨了预防癌症、健康和心理健康支持等一系列主题。参与者有机会通过我们的饮食治疗师和辅导员了解更多信息，并获得有关预防癌症和健康的宝贵见解。

我们衷心感谢所有参与本次活动的人员，并感谢淡滨尼民众联络所组织了这场富有成效的活动。我们期待探索新的方式来赋予社区力量并促进健康。



THE RAINBOW ON YOUR PLATE:

WHY WE LOVE COLOURFUL VEGGIES!

盘中彩虹: 爱上多彩蔬菜的理由!

Ever wondered why we rave about eating a rainbow of vegetables? Well, it all boils down to amazing things called antioxidant compounds! These powerful plant warriors protect our bodies from various health woes. But here's the catch: no single vegetable has them all!

That's why it's crucial to mix and match vegetables of different colours. Each vibrant hue boasts unique antioxidants, like the red and orange in carrots and capsicums, the cool green of cucumbers, and the bright white of radishes. By diversifying our veggie intake, we ensure we're getting a full spectrum of these beneficial compounds.

Vegetables	Antioxidant compounds
Carrot	Alpha- and beta-carotene, lycopene, and lutein
Capsicum	Phenolic compound, ascorbic acid, and carotenoids
Cucumber	Flavonoids and tannins
Radish	Ferulic acid and quercetin

Strong evidence has suggested that a diet rich in antioxidants can aid in reducing the risk of heart diseases and even some cancers. So, what have you been waiting for? Grab your vegetables follow the "My Healthy Plate" concept and paint your plate with a rainbow every day! Remember, the more colourful your plate, the healthier and happier you'll be!

This Chinese New Year, why not level up your celebration by making your own healthy yu sheng? Think fresh, vibrant vegetables, flavourful sauces, and a sprinkle of creativity for a dish that's both delicious and good for you!

您有没有想过, 为什么我们总是鼓励大家要吃各种颜色的蔬菜呢? 答案就在于神奇的抗氧化物! 这些强大的植物性战士可以保护我们的身体免受各种健康问题的影响。但问题是: 没有任何一种蔬菜可以拥有所有抗氧化物!

这就是为什么混合搭配不同颜色的蔬菜至关重要的原因。每一种鲜艳的色调都拥有独特的抗氧化物, 例如胡萝卜和甜椒中的红色和橙色、黄瓜的清凉绿色和萝卜的亮白色。通过摄取多种类的蔬菜, 我们可以确保摄取这些有益的营养素。

蔬菜	抗氧化物
胡萝卜	α -和 β -胡萝卜素、番茄红素和叶黄素
灯笼椒	酚类化合物、抗坏血酸和类胡萝卜素
黄瓜	类黄酮和单宁
萝卜	阿魏酸和槲皮素

强而有力的证据表明, 富含抗氧化物的饮食有助于降低患心脏病和一些癌症的风险。那么, 您还在等什么呢? 摄取您的蔬菜, 遵循“我的健康餐盘”概念, 每天用彩虹概念来装饰你的盘子吧! 记住, 当您的盘子越丰富多彩, 您就越健康快乐。

今年春节, 何不通过制作自己的健康鱼生来升级您的庆祝活动呢? 利用新鲜、充满活力的蔬菜、美味的酱汁和一点创意, 为您创造出一道既美味又健康的菜肴!

HEALTHY YU SHENG 健康鱼生

Ingredients 食材

- 2 carrot, julienned
- 1 red capsicum, thinly sliced
- 1 cucumber, thinly shredded
- 2 radish, thinly shredded
- 1/4 cup of unsalted almonds, roasted and chopped
- 1/4 cup whole wheat crackers, crushed
- 1 tsp pickled ginger, thinly shredded
- 4 sprigs of fresh Chinese parsley
- Toasted sesame seeds for garnish
- 2 根胡萝卜, 切丝
- 1 个红灯笼椒, 切细丝
- 1 根黄瓜, 切细丝
- 2 根白萝卜, 切细丝
- 1/4 杯无盐杏仁, 烘烤和捣碎
- 1/4 杯全麦饼干, 捣碎
- 1 茶匙腌姜, 切细丝
- 4 株新鲜欧芹
- 烤芝麻 (装饰)

Method 做法

1. Position each type of shredded vegetables neatly around platter.
2. Sprinkle the crackers, parsley, nuts and pickled ginger over the vegetables and pour the mixed dressing over it.
3. Garnish with sesame seeds and toss!
1. 各种切好的蔬菜整齐的放在盘子上。
2. 将饼干、欧芹、杏仁碎和腌姜撒在蔬菜上, 然后将混合调料倒在上面。
3. 最后, 撒上芝麻, 拌匀即可上桌。

Dressing 酱料

- 1/8 tsp five spice powder
- 1/2 cup plum sauce
- 1/4 cup water
- 1 tbsp lemon juice
- 1 tsp extra virgin olive oil
- 1 tsp sesame oil
- 1/8 茶匙五香粉
- 1/2 杯梅子酱
- 1/4 杯水
- 1 汤匙柠檬汁
- 1 茶匙特级初榨橄榄油
- 1 茶匙芝麻油



3 MUST-KNOWN FACTS ABOUT CERVICAL CANCER

关于宫颈癌的三个必知事项

Cervical cancer is the tenth most common cancer affecting more than 200 women in Singapore yearly. It occurs when there is uncontrolled growth of abnormal cells in the lining of the cervix.

Dr Elizabeth Au, Senior Consultant, Specialist in Medical Oncology at Icon Cancer Centre answers your frequently asked questions on cervical cancer in this article below.

1. What is the cause of cervical cancer?

Over 95% of cervical cancers are caused by human papillomavirus (HPV) infections. Although not hereditary, genetic factors can increase risk, particularly if a first-degree family member has the disease.

2. What are the signs and symptoms of cervical cancer?

Cervical cancer often remains asymptomatic in its early stages, making early detection difficult. Late-stage symptoms can include:

- Vaginal bleeding, between periods, after menopause, or during or after sexual intercourse
- Pelvic pain
- Pain during sexual intercourse
- Unusual vaginal discharge
- Prolonged or heavier menstrual periods

3. How can I guard against cervical cancer?

HPV vaccinations – They safeguard against high-risk HPV strains and are recommended for women aged between 9 and 26. They are more effective when administered prior to initial sexual exposure.

Regular screenings – For women aged 25 and above, pap tests once every three years and HPV tests once every five years are recommended, to check for cervical changes and the presence of high-risk types of HPV.

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宫颈癌是第十大常见癌症，每年影响大概两百名新加坡女性。宫颈癌是宫颈内膜异常细胞不受控制地生长而导致的癌症。

ICON癌症中心高级顾问、肿瘤内科专家欧笑清医生在本文中为您解答宫颈癌的常见问题。

1. 宫颈癌的病因是什么？

95%以上的宫颈癌是由人类乳头瘤病毒 (HPV) 感染引起的。虽然宫颈癌本身并非遗传性，但因某些遗传因素而增加患病风险，特别是在一级亲属也患有该疾病的情况下。

2. 宫颈癌有哪些症状？

宫颈癌早期通常没有症状，因此很难在早期发现。晚期症状包括：

- 经期间、绝经后、性交时或性交后阴道出血
- 骨盆疼痛
- 性交时疼痛
- 异常的阴道分泌物
- 经期延长或经量增多

3. 如何预防宫颈癌？

人类乳头瘤病毒 (HPV) 疫苗可预防高危的 HPV 病毒株，建议 9 至 26 岁的女性接种。在初次性接触前接种效果会更好。

定期筛查 – 对于 25 岁及以上的女性，建议每三年进行一次子宫颈抹片检查，每五年进行一次人乳头状瘤病毒检测，以检查宫颈病变和是否存在高危类型的人乳头状瘤病毒。

A FIGHTER'S JOURNEY

一个斗士的精神

I am Roland Chan, and I am 78 years old. Before my cancer story begins, I am a diabetic patient as well. This means that I have to monitor my fasting glucose daily. One fateful day in December 2022 when my glucose spiked beyond the normal range, my specialist arranged for an endoscopy. Unfortunately, the result came back, and I was diagnosed with pancreas cancer. I immediately underwent surgery to remove them.

When I first heard the news, I was shocked and at loss because I was looking after my significant other who was under treatment for depression at that time. My two wonderful daughters who were living overseas at that time decided to take turns to return to Singapore to care for both of us.

It was a dark time for me, but I placed my faith in God for support to face the challenging trials. I am thankful to my daughters who sought all avenues of help and one of them is 365CPS which I have benefitted enormously from. The wide array of programmes kept me engaged, and I am also part of the support group under the Care & Support team.

I would like to take this opportunity to thank the staff and volunteers for the work that you do. I salute you from the bottom of my heart. I am truly blessed. To other cancer fighters, please look forward positively and bravely face the battle. No one fights the battle alone. Come to 365 Cancer Prevention Society.

我是曾仲明。我今年78岁。在我的癌症故事开始之前，我还是一名糖尿病患者。这意味着我必须每天监测空腹血糖。2022年12月的一天，当我的血糖飙升到超出正常范围时，我的专科医生安排了内窥镜检查。不幸的是，检查结果出来了，我被确诊为胰腺癌。专家立即安排我接受手术切除。

当我第一次听到这个消息时，我大吃一惊，震惊不已。当时，我还在照顾我的另一半，她正在接受抑郁症治疗。我的两个女儿当时住在国外。她们决定轮流回新加坡照顾我们俩。

对我来说，那是一段黑暗的日子，但我相信上帝会支持我面对充满挑战的考验。我非常感谢我的女儿，她们为我的癌症寻求各种帮助，365CPS就是其中之一。我从365CPS受益匪浅，因为他们有很多项目和服务让我放心参与。我还参加了由关怀小组组织的支持小组。

我想借此机会感谢365CPS的工作人员和义工所做的工作。我由衷地向你们致敬。我真的很幸运。致其他抗癌者。请积极向前看，勇敢面对这场战斗。没有人可以独自战斗。来365防癌教育协会。



Roland Chan,
Pancreatic Cancer
Fighter
曾仲明, 胰腺抗癌勇士
及会员



I am Lim Soon Chye, and at 66 years old, I've faced colorectal cancer not once, not twice, but three times. It all started when I noticed blood in my stool while working in Indonesia. Worried, I returned to Singapore for a check-up. At the clinic, they sent me to Changi Hospital for further tests where I was admitted to the emergency department.

After an endoscopy, the doctor confirmed my worst fear: a diagnosis of colorectal cancer. Instead of an immediate surgery, the doctor recommended a two-phase approach to restore the state of my colon. I underwent electrotherapy followed by a surgery and then a month of chemotherapy. During this period, I felt so depressed that I wanted to give up.

Family remained my pillar of strength, offering unwavering support and motivating me to keep fighting. Then, my friend introduced me to 365CPS, which I'm so grateful in their activities, like the painting classes and lymphatic detox exercises, helped me find a sense of community and purpose. My journey with cancer has taught me how to eat healthy and developed my resilience and strength to face future challenges.

I would like to encourage volunteers to continue serving the community, and thank donors for their financial support to all cancer warriors. I would also like to encourage other cancer warriors to exercise more every morning, do lymphatic detox exercises and bask in the sun, and learn to cook healthy food to make their bodies healthier.

我是林顺财，今年66岁。这是我第三次被诊断患有直肠癌。我在印尼工作时，发现排泄时出血，就跟老板获准回新加坡看医生。我赶紧到政府诊所看医生，然后去樟宜医院检验。医院立刻把我送进紧急部门，替我做了内窥镜，才发现我的大肠有问题。

医生告诉我是得了癌症，但是如果直接做手术直肠就无法恢复原状，所以他建议我先做电疗，让癌细胞死了才动手术。我最艰难的日子是进行电疗的那一个月，一个星期内五天都在连续进行电疗。在那时段，我感觉很沮丧，真的想要放弃。电疗完成了我就动手术，手术后还要做多一个月的化疗。

我的家人给了我希望和动力，让我继续前进，坚持抗癌。同时，我的朋友也介绍我认识365防癌教育协会，我就开始参与它们的活动，例如画画课程以及淋巴排毒操。抗癌之路让我学会怎么吃得健康也让我预料前面的路怎么继续走下去。

我在此想鼓励义工继续为社会服务也感谢捐款者的金钱帮助所有抗癌勇士。我也要鼓励其他的抗癌勇士，每天早上多动和做淋巴排毒操与晒太阳以学习煮健康的食物，让身体变得更健康。

Lim Soon Chye,
Colorectal Cancer Fighter & Client
林顺财, 结直肠癌抗癌勇士及会员



SOCIAL SERVICE CENTRE ACTIVITIES 社区服务中心活

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 : Zumba Gold, Art, Clay Art, Balloon Twister Art
Tue : Art Class, Ukulele (Basic), Vocal Training, Karaoke Session
Wed : Aerobics, 365 Lymphatic Detox Exercise
Thu : Chinese Painting, Line Dance, Bag Weaving
Fri : Finger Painting, Fall Prevention Workout, Zentangle Art
星期一: 尊巴, 黏土艺术, 气球艺术课程
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淋巴排毒操
星期四: 水墨画, 排舞, 包包编制课程
星期五: 指画班, 预防跌倒运动, 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 武吉班让社区服务中心

Mon : 365 Lymphatic Detox Exercise, Bag Weaving Class
Tue : Aerobics, Ukulele (Basic), 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, 卡拉OK
星期三: 指画班
星期四: 尊巴塑身舞, 黏土艺术, 禅绕画
星期五: 水墨画, 绘画班, 预防跌倒运动

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 Lymphatic Detox Exercise, Chinese Calligraphy, Chair Stretch
Tue : Zentangle Art, Line Dance, Balloon Sculpting, Karaoke session
Wed : Hula Hoop Workout, Fall Prevention Exercise
Thu : Clay Art, Zumba Gold, Ukulele (Basic), Art Class
Fri : Aerobics, Vocal Training, Finger Painting
星期一: 绘画班(基础), 365淋巴排毒操, 中国书法, 椅子伸展
星期二: 禅绕画, 排舞, 气球造型课程, 卡拉OK
星期三: 呼啦圈锻炼, 预防跌倒运动
星期四: 黏土艺术, 尊巴, 乌克兰班 (基础), 绘画课
星期五: 有氧健身操, 声乐课, 指画, 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 Lymphatic Detox Exercise
Thu : Chinese Painting, Release & Stretch Exercise, Zentangle Art
Fri : Fall Prevention Workout, Ukulele (Basic), Vocal Training, Karaoke
星期一: 黏土艺术, 绘画课, 游戏日
星期二: 尊巴, 排舞操, 和谐粉彩画
星期三: 365淋巴排毒操
星期四: 中国书法及水墨画, 伸展运动, 禅绕画
星期五: 预防跌倒运动, 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 Lymphatic Detox Exercise, Nagomi Pastel Art
Tue : Release & Stretch, Therapeutic Support Program
Wed : Zumba Gold, Zentangle Art (Intermediate)
Thu : Fall Prevention Workout, Mind Body Relaxation
Fri : Line Dance, Ukulele (Basic), Ukulele (Intermediate)

Contact No 联络号码: 8028 5905

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, 禅绕画 (中级)
星期四: 预防跌倒运动, 身心放松课程
星期五: 排舞, 乌克兰班 (基础), 乌克兰班 (中级)



Interested participants are advised to contact our Social Service Centres (SSC) to get the latest activity status.
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。

Scan here to know more about
our Social Service Centres

2024 MONTHLY EVENTS

每月活动

20th JAN 9.30 am – 12.00 pm
Love Lunch at BKP SSC

27th JAN 9.30 am – 12.00 pm
Love Lunch at CMT SSC

24th FEB 8.30 pm – 9.30 pm
365Live on Facebook

2nd MAR 8.30am – 8.00pm
Bloom with Hope at
Our Tampines Hub

9th MAR 8.30 pm – 9.30 pm
365Live on Facebook

23rd MAR 8.30 pm – 9.30 pm
365Live on Facebook

6th APR 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

20th APR 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

365 淋巴排毒操

LYMPHATIC DETOX 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

149 Simei St 1
S520149 (Badminton Court)
Mon to Fri, 7.30am
Sat, 7.15am

257 Tampines St 21
S520257
Mon to Wed & Fri, 7.20am
Wed, 8.15pm
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

Bukit Gombak Stadium
800 Bukit Batok West Ave 5,
S659081
Mon to Sat, 7am

Sports @ Buona Vista
115A Commonwealth Dr,
S149596
Tue & Fri, 7am
**Singapore Botanic Garden,
Eco-Garden**
469C Bukit Timah Rd, S259772
Mon, 7.45am

CENTRAL

Braddell House
1 Lor 2 Toa Payoh, #05-04,
S319637 (Formerly from TPPC)
Thu, 10am
(Till 29 Feb 2024)

45A Macpherson Road
S348470
Tue, 10am
(from 5 Mar 2024)

**NTUC Health Active Ageing
Centre**
41 Telok Blangah Rise,
S090041
Wed, 9.30am

Renewal Christian Church
88 Saint Francis Road,
S328070
Thu, 8am

NORTH-EAST

112 Rivervale Drive
S540112
Mon to Fri, 6.30am

238 Hougang Ave 1
S530238 (Open Court)
Mon, Thu, Sat, 7.15am

246 Hougang Ave 3
S530246 (Hard Court)
Tue, 7.15am

Glad Tidings Church
1 Valley Road, S534449
Tue, 10am

St Paul's Church
843 Upper Serangoon Road,
S534683
Sat, 10.30am

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

VIRTUAL

Zoom
Wed, 8.15pm





VOLUNTEER WITH US

成为我们的义工

MAKE A DONATION

爱心捐款



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Donate via your iBanking app
by scanning the QR code.

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

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
关怀服务



Psychological
Counselling
心理辅导



Nutritional
Support
营养咨询



Health
Education
健康讲座



Detox
Exercise
淋巴排毒操



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 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 执行委员团

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Vice President

: Mr James Chia
: Dr Francis Chin
Mr Sam Ang
: Ms Ang Pei Wen
: Ms Jenny Aw
: Mr Jeremy Chan
: Dr Fabian Lim
Mr Joshua Slow
Mr Tan Soo Kee
Ms Terri Chen

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

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Assistant Director, Corporate Services : Ms Arlinda Chen
Marketing, & Volunteer Management : Mr Andrew Soh
HOD, Clinical Services, Research & Resource Centre : Mr Andrew Ong
HOD, Psychosocial Services : Mr Terence Liam

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
社会心里服务部门主管 : 粘永顺先生

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Honorary Patron
Honorary Patron
Legal Advisor
Honorary Non-Executive Advisor

: Dr Koh Poh Koon
: Dr Tan Wu Meng
: Dr Teo Ho Pin
: Mr Wu Yu Liang
: Rev (Dr) Eric Chiam

名誉顾问 : 许宝琨医生
名誉顾问 : 陈有明医生
名誉顾问 : 张和宾博士
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

License No. MCI (P) 043/11/2023