

NEWSLETTER



April 2025 四月季刊



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Bloom with Hope:

HOPE IN EVERY STEP

希望盛放：步步皆希望



Close to 1500 cancer fighters and supporters gathered at 365 Cancer Prevention Society's Bloom with Hope: Hope in Every Step annual community walk on a beautiful Sunday morning on 2 March 2025. This inspiring event over two days saw close to 3000 footfalls and celebrated the resilience, unity, and unwavering spirit of our cancer-fighting community.

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, who flagged off the day's festivities amidst a sea of amber that resembles sunflowers, a vibrant emblem associated with joy, strength and optimism.

From education to entertainment, the event offered something for everyone. Attendees were encouraged to register for free cancer screenings: #My1stPapTest, #My1stMammo and #My1stColonoscopy and participated in 365 Rhythmic Stretching Exercise. Mr Azfar Maswan from nOm had a live cooking demonstration featuring Assam Fish Curry with Vegetables and Nasi Ulam.

Heartfelt fireside chats explored the profound impact of cancer on families, the importance of community support, and the transformative power of prevention. There were a series of performances such as Masala Bhangra, a line dance and vocal performances by our clients as well

as vocal and ukelele performances by SGH Liver and Pancreas Support Group, Songbirds of Courage.

A highlight was the wall of stories, featuring the inspiring journeys of ten 365CPS clients and staff, alongside personal comfort items that helped them through their challenges. These deeply personal stories shed light on human resilience and the strength found in community and hope.

This impactful event was organised by 365CPS in collaboration with Tampines Central Community Club and Tampines Central Community Sports Network, with support from AstraZeneca and Icon Cancer Centre.

We extend our heartfelt gratitude to our sponsors—AOX, DCH Auriga, DeeFruit, Double Happiness Brand, HMI Medical Centre, SuuBalm, SuuBalm Vytte, TGS, Three Star Brand, Zappy, Gin Thye, and Malaysia Dairy Industries, our sole probiotics sponsors. Thanks to our supporting partners—1Fiesta, Bethesda Medical, Farma Mondo, Gene Solutions, IMDA, SG Digital Office, Lala Crochet SG, National Cancer Centre Singapore, NEA, Ngee Ann Secondary School, Northeast CDC, House of Joy, and the SGH Liver and Pancreas Support Group.

Together, we walk with hope in every step!





2025年3月2日，一个阳光明媚的星期天早晨，近1500名抗癌勇士及支持者齐聚一堂，参加365防癌教育协会举办的“希望盛放：步步皆希望”年度社区步行活动。这项为期两天的活动，吸引了近3000人次参与，旨在弘扬抗癌勇士们的坚韧、团结与不屈精神。

特邀嘉宾、365防癌教育协会荣誉赞助人、永续发展与环境部兼人力部高级政务部长许宝琨医生莅临活动现场，并在灿烂的向日葵花海中为当天的庆祝活动拉开序幕。

活动内容丰富多彩，涵盖了教育和娱乐等多个方面。现场鼓励大家报名参加免费癌症筛查：#我的首次宫颈癌检测，#我的首次乳房X光检查以及#我的首次结肠镜检查。参与者也参与了365防癌教育协会的拉伸伸展运动。来自nOm的Azfar Maswan先生则现场演示了亚参鱼咖喱蔬菜和马来香草饭的烹饪技巧。

在温馨的炉边谈话环节，大家也深入探讨了癌症对家庭带来的深远影响、社区支持的重要性以及预防癌症的积极作用。此外，活动现场还呈现了精彩纷呈的表演，包括Masala Bhangra 舞蹈、排舞、365防癌教育协会抗癌勇士们的动人歌声，以及新加坡中央医院肝胰支持小组带来的悦耳歌声和乌克兰丽演奏。

活动的一大亮点是‘希望盛放’故事墙，它展示了十位365防癌教育协会抗癌勇士及员工的感人抗癌故事，以及他们在抗癌过程中给予他们慰藉的物品。这些充满力量的故事，展现了人类的坚韧，以及在社区和希望中汲取的力量。

本次活动由365防癌教育协会携手淡滨尼民众俱乐部和淡滨尼社区体育联系网共同举办，并得到了阿斯利康和Icon癌症中心的大力支持。

我们衷心感谢以下赞助商的鼎力支持：AOX, DCH Auriga, DeeFruit, Double Happiness Brand, HMI Medical Centre, SuuBalm, SuuBalm Vytte, TGS, Three Star Brand, Zappy, Gin Thye, 及 Malaysia Dairy Industries, 我们独家益生菌赞助商。同时，我们也对以下支持伙伴表示诚挚谢意：1Fiesta, Bethesda Medical, Farma Mondo, Gene Solutions, 新加坡资讯通信媒体发展局 (IMDA), SG Digital Office, Lala Crochet SG, 新加坡国家癌症中心, 新加坡国家环境局, 义安中学, 东北社区发展理事会, House of Joy, 以及新加坡中央医院肝胰支持小组。

让我们携手并进，步步皆希望！



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A Joyous Reunion of Community and Tradition

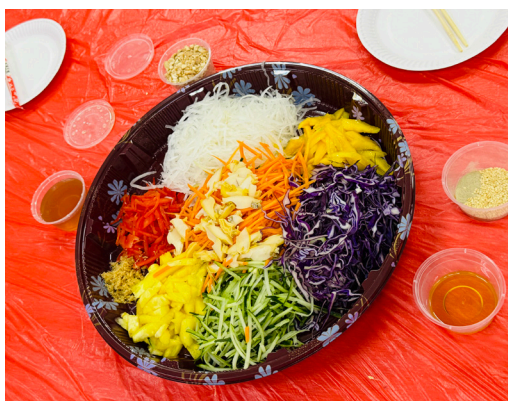
社区与传统的喜庆相逢

This Chinese New Year, our Social Service Centres were abuzz with festive cheer as we celebrated the Year of the Snake with our staff, volunteers and clients! Our clients participated in a meaningful "lo hei" yu sheng tossing session, calling out blessings for health, happiness, and prosperity for the year ahead. The vibrant colours and energetic atmosphere reflected the spirit of renewal and reunion that the Chinese New Year brings.

As we reflect on this celebration, we are reminded of the importance of community and togetherness. May the Year of the Snake bring health, happiness, and blessings to all!

在浓浓的年味中，我们社区服务中心热热闹闹的迎来了蛇年。员工、义工和抗癌勇士们齐聚一堂，共同庆祝传统佳节！抗癌勇士们参与了寓意吉祥的“捞鱼生”环节，祈愿来年身体健康、平安顺遂、幸福安康。现场洋溢着节日的欢乐气氛，色彩鲜艳的装饰和热闹喜庆的场面，诠释了华人农历新年万象更新、阖家团聚的传统文化。

回顾本次庆祝活动之际，我们更加深刻地体会到社区和团结的重要性。愿蛇年为所有人带来健康、幸福和吉祥！





Outing to Singapore Science Centre 参观新加坡科学中心

On 22 January 2025, our cancer fighters gathered for an exciting day of discovery at the Singapore Science Centre. The day began with smiles and excitement as the group explored interactive exhibits, learning about the marvels of the human body, cutting-edge technologies, and the mysteries of the universe.

Beyond the exhibits, the outing fostered meaningful connections and friendships. Cancer fighters shared laughter and encouragement, building a sense of community and mutual support. This outing was a reminder that life is filled with wonders, and even amidst challenges, there is always space for discovery and joy.

2025年1月22日，癌症斗士们齐聚新加坡科学中心，开启了一场激动人心的探索之旅。他们带着灿烂的笑容和好奇的目光，沉浸在互动展品中，探索人体的奥秘、尖端科技的魅力以及宇宙的奥秘。

在欣赏展览之余，这次郊游更搭建了一个有意义的交流平台。抗癌勇士们分享欢声笑语，互相鼓励，建立起深厚的社区情谊和互助支持。这次郊游活动提醒我们，生活处处有惊喜，即使身处逆境，我们依然可以发现美好，享受快乐。



365CPS Human Stories

365CPS人文故事

Q: How long have you been working at 365CPS?

A: I have been working at 365CPS for about two years now.

Q: What do you do at 365CPS?

A: I provide psychological assessments and counselling consultations to our cancer fighters, their family, and their caregivers. I also conduct psychoeducational workshops for our clients and mental health talks for the public to promote mental health literacy and self-help in the community.

Q: What are the most rewarding aspects of your job?

A: As a counsellor, I find it incredibly rewarding to empower my clients to regain control of their lives. Cancer often brings uncertainty and feelings of helplessness, but by helping clients recognise their strengths and resources, I can assist them in becoming more self-sufficient. It is particularly fulfilling to witness their emotional relief as they gain new insights into their situations and embrace uncertainty.

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

A: When my clients pass on from end-stage cancer.

Sometimes, cancer deterioration can be rapid, leaving little time for mental preparation for the loss. Practicing self-care is essential in managing the grief towards my clients. I would usually allocate me-time to do mindfulness practices to help myself process my grief emotions.

Q: What is something that you have learned from the cancer fighters that you have interacted with through your work?

A: The interaction with my clients has allowed me to ponder on the meaning of life and death. One thing that I have learned from them is to live life to the fullest in the present moment and to leave little room for regrets.

问: 您在365防癌教育协会工作多长时间了?

答: 我在365防癌教育协会工作已经有两年了。

问: 您在365防癌教育协会从事什么样的工作?

答: 我为抗癌勇士们及其家属和看护者提供心理评估和咨询。我还为抗癌勇士们举办心理教育工作坊，为公众举办心理健康讲座，以促进社区的心理健

问: 您在工作中最有成就感的部分是什么?

答: 身为一名助理辅导员，我觉得帮助抗癌勇士们重拾生活掌控感的意义重大。癌症往往带来不确定性和无助感，而我通过引导抗癌勇士们发掘自身的优势及身边的资源，帮助他们自立。当他们对自身处境有了新的理解，并学会接纳不确定性时，看到他们情绪上的释然，我感到无比欣慰。

问: 您在工作上最具挑战性的部分是什么?

答: 面对抗癌勇士们因癌症病世，我常常感到非常难过。癌症的进展有时非常迅速，使得人们来不及为抗癌勇士的离去做好心理准备。为了应对抗癌勇士们的离去所带来的悲伤，我必须注重自我关怀，通过正念练习来帮助自己管理这些悲伤情绪。

问: 通过您的工作，您与抗癌勇士们的互动中学到了什么?

答: 与抗癌勇士们的交流与互动让我思考生与死的意义。我从他们身上学到的一点是，要活出当下最充实的生活，不留任何遗憾。

Mark Tan 陈文敏
Associate Counsellor,
365 Cancer Prevention Society
助理辅导员，365防癌教育协会



365CPS Human Stories

365CPS人文故事

Q: How did you feel when you were first diagnosed, and how do you feel now?

A: I felt despair and lost when I was first diagnosed. Negative thoughts ran through my mind, and I lost 5kg in the initial stages. Through it all, I am now much happier, and I understand more about what life is, and I appreciate life more. I am more grateful as well.

Q: When did you join us as a client?

A: I joined 365CPS as a client in 2022.

Q: What is your favourite activity that you take part in at our SSC?

A: My favourite activity is Zentangle. It helps to calm me down with ease. I am very grateful for 365CPS in supporting us in one way or another and keeping our spirits strong.

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

A: We cannot stop cancer from “visiting” our bodies, but we can fight it by keeping our bodies strong. Do not coop yourself up at home because it will make you feel worse. Come join the various activities at 365CPS and journey together.

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

A: I would like to tell my younger self to face reality and stay happy and healthy at all times.

问: 您在确诊后有什么感受, 而现在又有什么感受?

答: 确诊初期, 我深陷绝望和迷茫之中, 消极情绪如潮水般涌来。在那段艰难的日子里, 我的体重也在短时间内下降了 5 公斤。然而, 这段经历让我变得更加快乐, 对生活的意义有了更深刻的理解, 也更加珍惜生命, 心怀感恩。

问: 您什么时候加入成为我们的会员?

答: 我在2022年加入了365防癌教育协会成为会员。

问: 您在社区服务中心里最喜欢参加的活动是什么?

答: 我最喜欢的活动是缠绕画。它能让我轻易的静下心来。我非常感谢365防癌教育协会的支持, 帮助我们保持旺盛的斗志。

问: 您有什么鼓励的话语想对抗癌勇士们说?

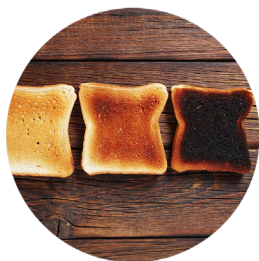
答: 我们无法完全阻止癌症的发生, 但我们可以通过强身健体提高抵抗力。不要把自己封闭在家中, 那样只会让自己情绪更糟。欢迎积极参与 365CPS 举办的各类活动。

问: 您经历了这么多, 有什么话想对年轻的自己说?

答: 我想告诉年轻的自己, 要面对现实, 同时保持健康快乐。

Alice
Breast Cancer, Stage 0
乳腺癌, 初期





Food and Cancer

食物与癌症的关联

Should cancer fighters avoid certain foods? We may have come across such advice, but is it accurate? Before eliminating foods from your diet, it is important to know that such restrictions may not reduce cancer risk and might even be detrimental to your health. Let's explore five powerful lifestyle changes that can help you lower your risk.

Soy Products

The phytoestrogens in soy differ from human estrogen and have no impact on breast cancer survivors. Therefore, breast cancer survivors can safely consume soy products, and it may even be beneficial. It is recommended that we incorporate soy products such as tofu, taukwa, tempeh, unsweetened soy milk, soybean curd, and edamame into our daily diet.

Red Meat

Red meat is meat from mammals with four legs, such as pork, beef and mutton. While red meat is a good source of protein and nutrients such as iron, zinc and vitamin B12, it is a probable cause of colorectal cancer. The World Health Organisation classifies red meat as a class 2A carcinogen. Limit consumption to no more than three portions of 120-165g cooked weight per week.

Burnt Food

Acrylamide forms in starchy foods such as toast or potatoes during prolonged cooking at high temperatures. Heterocyclic Amines (HCAs) are produced when meat or poultry is cooked at high temperatures for extended periods. Polycyclic Aromatic Hydrocarbons (PAHs) are created when meat juices and oils drip onto an open flame, generating smoke that adheres harmful particles to the meat's surface. The World Health Organisation classifies these compounds as Class 2A carcinogens. To minimise these risks:

- Bake, toast, or roast starchy foods only until yellow-brown or just cooked
- Avoid exposing meat and poultry directly to open flames
- Limit prolonged cooking times
- Remove charred portions of food
- Refrain from consuming gravy made from meat drippings

Coffee

Studies suggest that coffee consumption may reduce the risk of liver and endometrial cancers due to compounds such as caffeine, flavonoids, lignans, and polyphenols, which have anti-inflammatory properties that help inhibit cellular damage. The recommended maximum daily caffeine intake is 400 mg, equivalent to about four cups of coffee. Limit the use of sugar and creamer, and be mindful of any symptoms related to caffeine consumption.

Vegetarian Diet

Studies have shown that vegetarians tend to have a lower overall risk of cancer compared to those who consume meat. This is often attributed to their lower intake of saturated fats and higher consumption of dietary fibre and vitamins. However, a common concern lies with mock meats, particularly in Asian cuisine, which are often heavily flavoured with condiments, additives, and artificial colourings to enhance their taste and appearance. A vegetarian diet, primarily based on fresh, whole produce, may be beneficial for cancer risk reduction. That said, vegetarianism is optional. Lean protein should be included in every main meal, and low-fat cooking methods should be opted for whenever possible.

关于癌症患者是否应该忌口，我们常常听到各种说法，但这些说法是否都有科学依据？在决定从饮食中去除某些食物之前，请务必了解，这样做可能无法降低患癌风险，甚至可能对健康产生负面影响。现在，让我们一起了解五种切实可行的生活方式改变，帮助您有效降低患癌风险。

豆制品

大豆中的植物雌激素与人体雌激素结构不同，不会对乳腺癌患者产生不好的影响。因此，乳腺癌患者可以放心食用豆制品，甚至可能从中获益。建议在日常饮食中适量加入豆腐、豆干、天贝、无糖豆浆或豆花和毛豆等豆制品。

红肉

红肉指的是四足哺乳动物的肉类，如猪肉、牛肉和羊肉。尽管红肉富含蛋白质、铁、锌和维生素 B12 等营养素，但过量摄入可能增加罹患结直肠癌的风险。世界卫生组织已将红肉列为 2A 类致癌物，建议每周红肉摄入量不超过三份，每份熟重约 120-165 克。



烧焦食物

淀粉类食物如面包或马铃薯，在高温下长时间烹调时会形成丙烯酰胺。肉类或家禽在高温下长时间烹调时会产生杂环胺(HCA)。当肉汁和油滴落到明火上时，会产生多环芳烃 (PAH)，产生的烟雾会将有害颗粒粘附到肉的表面。世界卫生组织将这些化合物归类为 2A 类致癌物。为了尽量减少这些风险，建议您：

- 烘烤、烘焙或煎炸淀粉类食物至金黄色或刚熟即可
- 避免将肉类和家禽直接暴露于明火
- 避免过长时间烹饪
- 去除食物的烧焦部分
- 不要食用肉类油脂制成的肉汁

咖啡

研究显示，适量饮用咖啡可能降低罹患肝癌和子宫内膜癌的风险。这主要归功于

咖啡中富含的咖啡因、类黄酮、木脂素和多酚等化合物，它们具有抗炎特性，有助于抑制细胞损伤。建议每日咖啡因摄入量不超过 400 毫克，相当于约四杯咖啡。同时，应尽量减少糖和奶精的使用，并留意任何与咖啡因相关的身体反应。

素食

研究表明，与肉食者相比，素食者患癌症的总体风险可能较低。这通常归因于他们摄入的饱和脂肪较少，而膳食纤维和维生素摄入量较高。然而，人造肉的健康问题日益受到关注，尤其是亚洲菜肴中的人造肉，这些产品往往添加了大量调味料、添加剂和人工色素，以改善口感和外观。以新鲜、完整的植物性食物为主的素食饮食，可能有助于降低癌症风险。尽管如此，完全素食并非必需。建议每顿主餐包含适量瘦肉蛋白，并尽可能选择低脂烹饪方式。

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Assam Fish Curry with Vegetables 亚参咖喱鱼配蔬菜

Preparation Time: 10 min

Cooking Time: 20 min

Serves 4 people

准备时间: 10分钟

烹饪时间: 20分钟

4人份

Ingredients 食材

- 40g tamarind paste
- 500ml water
- 1 tbsp olive oil
- 4 cloves garlic, minced
- 1 inch ginger, sliced
- 4 shallots, finely chopped
- 200g fish curry powder
- 2 sprigs of curry leaves
- 1 stalk of lemongrass, outer layer peeled
- 4 tenggiri fish fillets
- 100g brinjal, 1 inch slices
- 7 lady fingers, cut into 3 parts
- 100g long beans, 1 inch pieces
- 2 medium tomatoes, cut into wedges
- Chilli powder to taste

- 40克罗望子酱 (亚参)
- 500毫升清水
- 1汤匙橄榄油
- 4瓣大蒜，切碎
- 1寸生姜，切片
- 4个葱头，去皮并切碎
- 200克咖喱鱼粉
- 2枝咖喱叶

- 1根香茅，去外皮
- 4片腾吉里鱼片
- 100克茄子，切成1英寸片
- 7个秋葵，切成3段
- 100克长豆，切成1英寸段
- 2个中等大小番茄，切块
- 辣椒粉适量

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Method 做法

1. Dissolve tamarind paste in water. Sieve the mixture and set aside.
2. In a pot that is heated, heat oil and stir-fry shallots and ginger until aromatic.
3. Add garlic, fish curry powder, and curry leaves. Stir-fry until fragrant for about 1 minute.
4. Add the tamarind mixture and lemongrass and bring it to a boil.
5. Add fish fillets and brinjal and cook for 4 minutes.
6. Add lady's fingers and long beans and simmer for 5 to 7 minutes.
7. Add tomatoes and cook for another minute before turning off the heat.
8. Add chilli powder to taste and serve with basmati rice.

1. 将罗望子酱溶解在水中，过滤混合物并备用。
2. 在热锅中将油加热，翻炒小葱头和生姜直至散发香味。
3. 加入蒜末、鱼咖喱粉和咖喱叶，翻炒约1分钟至香味四溢。
4. 加入罗望子汁和香茅，煮沸。
5. 加入鱼片和茄子，煮4分钟。
6. 加入秋葵和长豆角，炖5-7分钟。
7. 加入番茄，再煮一分钟后关火。
8. 根据个人口味加入辣椒粉，与印度香米一起食用。

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, Creative Colour Pencil Art
Tue : Art Class, Ukulele (Basic), Vocal Class, Karaoke Session
Wed : Zumba Toning, 365 Rhythmic Stretching Exercise, Armstrong Exercise
Thu : Chinese Painting, 365 Rhythmic Stretching Exercise, Line Dance, Bag Weaving
Fri : Finger Painting, Zumba Toning, Golden Strength, Zentangle Art
星期一: 放松与伸展, 尊巴, 黏土艺术, 创意彩色笔艺术课
星期二: 绘画班, 乌克兰丽(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, 编织袋课程
星期五: 指画班, 尊巴塑身, 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, Crochet
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
Fri : Aerobics, Chinese Painting, Art Class, Golden Strength
星期一: 365拉筋伸展运动, 钩针课
星期二: 乌克兰丽(基础), 有氧运动, 乌克兰丽(中级), 声乐课, 卡拉OK
星期三: 排舞, 指画
星期四: 尊巴塑身, 尊巴, 黏土艺术, 缠绕画
星期五: 有氧运动, 水墨画, 绘画班, 黄金力量
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 Exercise
Tue : Zentangle Art, Line Dance, Balloon Sculpting, Crochet Class
Wed : 365 Rhythmic Stretching Exercise, Golden Strength
Thu : Clay Art, Zumba Gold, Ukulele (Basic), Art Class (Advance)
Fri : Basic Conversational Japanese, Vocal Training, Chinese Painting, Nagomi Pastel Art
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, 钩针课
星期三: 365拉筋伸展运动, 黄金力量
星期四: 黏土艺术, 尊巴, 乌克兰丽(基础), 绘画班(进阶)
星期五: 基础日语会话, 声乐课, 水墨画, 和谐粉彩画
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 : Chinese Painting, Clay Art, Art Class, Chair Stretch Exercise
Tue : Japanese Conversational Class, 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 : Golden Strength, Ukulele (Intermediate), Vocal Training, Karaoke Session / Games Day
星期一: 水墨画, 黏土艺术, 绘画班, 椅子伸展运动
星期二: 日语会话班, 尊巴, 排舞, 和谐粉彩画
星期三: 韩流健身, 365拉筋伸展运动
星期四: 班格拉健身操, 美术与手工, 陶笛, 缠绕画
星期五: 黄金力量, 乌克兰丽(中级), 声乐课, 卡拉OK / 游戏日
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 : Release and Stretch, Art and Craft, Kpop X Fitness, Nagomi Pastel Art
Tue : 365 Rhythmic Stretching Exercise, Crochet, Therapeutic Support Programme Workshop, Masala Bhangra Workout
Wed : Zumba, Line Dance, Zentangle Art
Thu : Japanese Conversational Class, Fall Prevention Exercise, Chinese Painting, Zumba Toning
Fri : Korean Basic Class, Circl Mobility Exercise, Ukelele (Basic), Ukelele (Intermediate)
Contact No 联络号码: 8028 5905

星期一: 放松与伸展, 美术与手工, 韩流健身, 和谐粉彩画
星期二: 365拉筋伸展运动, 钩针课, 疗愈支持小组, 班格拉健身操
星期三: 尊巴, 排舞, 缠绕画
星期四: 日语会话班, 防摔锻炼, 中国画, 尊巴塑身
星期五: 基础韩语课, 活动能力锻炼, 乌克兰丽(基础), 乌克兰丽(中级)

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



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

2025 MONTHLY EVENTS

每月活动

5th APR	9.30 am - 12.00 pm Love Lunch at TMP SSC 8.30 pm - 9.30 pm 365Live on Facebook	3rd MAY	9.30 am - 12.00 pm Love Lunch at TMP SSC	7th JUN	9:30am - 12:00pm Love Lunch at TMP SSC
12th APR	9.30 am - 12.00 pm Love Lunch at AMK SSC	10th MAY	9.30 am - 12.00 pm Love Lunch at AMK SSC 8.30 pm - 9.30 pm 365Live on Facebook	10th JUN	8.30 pm - 9.30pm 365Live on Facebook
19th APR	9.30 am - 12.00 pm Love Lunch at BKP SSC	17th MAY	9.30 am - 12.00 pm Love Lunch at BKP	14th JUN	9:30am - 12:00pm Love Lunch at AMK SSC
26th APR	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	24th MAY	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook	21st JUN	9:30am - 12:00pm Love Lunch at BKP
				28th JUN	9.30 am - 12.00 pm Love Lunch at CMT SSC 8.30 pm - 9.30 pm 365Live on Facebook

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365 拉筋伸展运动

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

105 Gangsa Road S670106 Tue, 7.30pm	Spots @ 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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*如有更改, 恕不另行通知。

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**365 Rhythmic
Stretching Exercise**
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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 执行委员团

President	: Mr James Chia	会长	: 谢松兴先生
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
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

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	
HOD, Allied Health Services	: Mr Andrew Ong	综合医疗保健服务主管	: 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 Tan Wu Meng	名誉赞助人	: 陈有明医生
Honorary Patron	: Dr Teo Ho Pin	名誉赞助人	: 张俐宾博士
Legal Advisor	: Mr Wu Yu Liang	法律顾问	: 吴微良先生
Honorary Advisor	: Rev (Dr) Eric Chiam	荣誉顾问	: 詹顺祥博士
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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