

**VISION:** Instilling hope and Resilience



**MISSION:**

1. To provide an “avenue of hope” for the breast cancer survivors
2. To provide newly diagnosed patient with psychological and emotional preparation
3. To provide holistic healing through arts program such as sewing, handcraft making sessions, cosmetic awareness and socialization
4. To increase breast cancer awareness at all levels of society thus optimizing the mortality reduction
6. To train volunteers in counselling, self breast examination, public talk, grooming, post breast surgery exercise and lymphatic drainage
7. To provide a platform for retired and current medical personnel’s to continue providing their expertise and caring in the community environment
8. To promote creation and establishment of new support groups throughout Sarawak

**CORE ACTIVITIES:**

1. Counselling, Home and Hospital visits / Peer support session - Instilling hope and resilience
2. Producing and supply of Breast prostheses and special Bras
3. Physiotherapy: To improve mobility, reduce and prevent lymphedem through Manual lymphatic drainage and UPPER arm exercise
4. Raising breast cancer awareness: Outreach program, urban area and schools



## **UPCOMING PLAN:**

PROGRAM: *“PINK RIBBON INSPIRATIONAL MORNING BREAKFAST”*

This program has been planned for the year 2020 but has been hold on due to Covid-19. It will be as on-going program. it will be carried out every 1st week of the month.

## **OBJECTIVES:**

1. To nvigate “Your New Normal”
- 2.To increase sense of belonging “ You Are Not Alone”
3. To regain strenght and confidence
4. To maximize quality of life and regain healthy body

## **ACTIVITIES:**

1. Breakfast followes by any one of these program: Fitness program, physiotherapy program, healthy eating and peer support.



## KEY CHALLENGES FACED

### 1. LIMITED FINANCIAL

- Most of the fund is from the fundraising. So Pink Ribbon has to spend on activities and maintenance of the center very wisely

### 2. NO PAID STAFF

- Pink Ribbon can not afford to have paid clerical staff. So every single clerical work and management have to be carried out by voluntary committee members who are survivors.

### 3. NO NGO MANAGEMENT SKILL

- The Committee members and members are not exposed to the environment of NGO. They are involved now because they are survivors. With that limitation they are willing to learn and work hard but not to the extent of stressing them. So program are planned based on their capacity and health status.