



**PATIENT SUPPORT
PROGRAMME
JUNE & JULY 2022**

Apart from the demands of medical investigations and treatment, patients and their loved ones are often faced with tremendous stress living and coping with cancer.

Patient support programmes and groups offer a unique and mutual support through the common experiences and challenges that the group members share. The support can ease the strain of a challenging illness and enhance coping.

At NCCS, we believe that no one should have to go through this cancer journey alone.

How are you today? We hope to see you at our patient support programmes.

Take care & stay safe!
- NCCS Patient Support Team



03 JUN
FRIDAY



National Cancer
Centre Singapore
SingHealth

NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

Managing Stiffness & Pain in Muscles & Joints

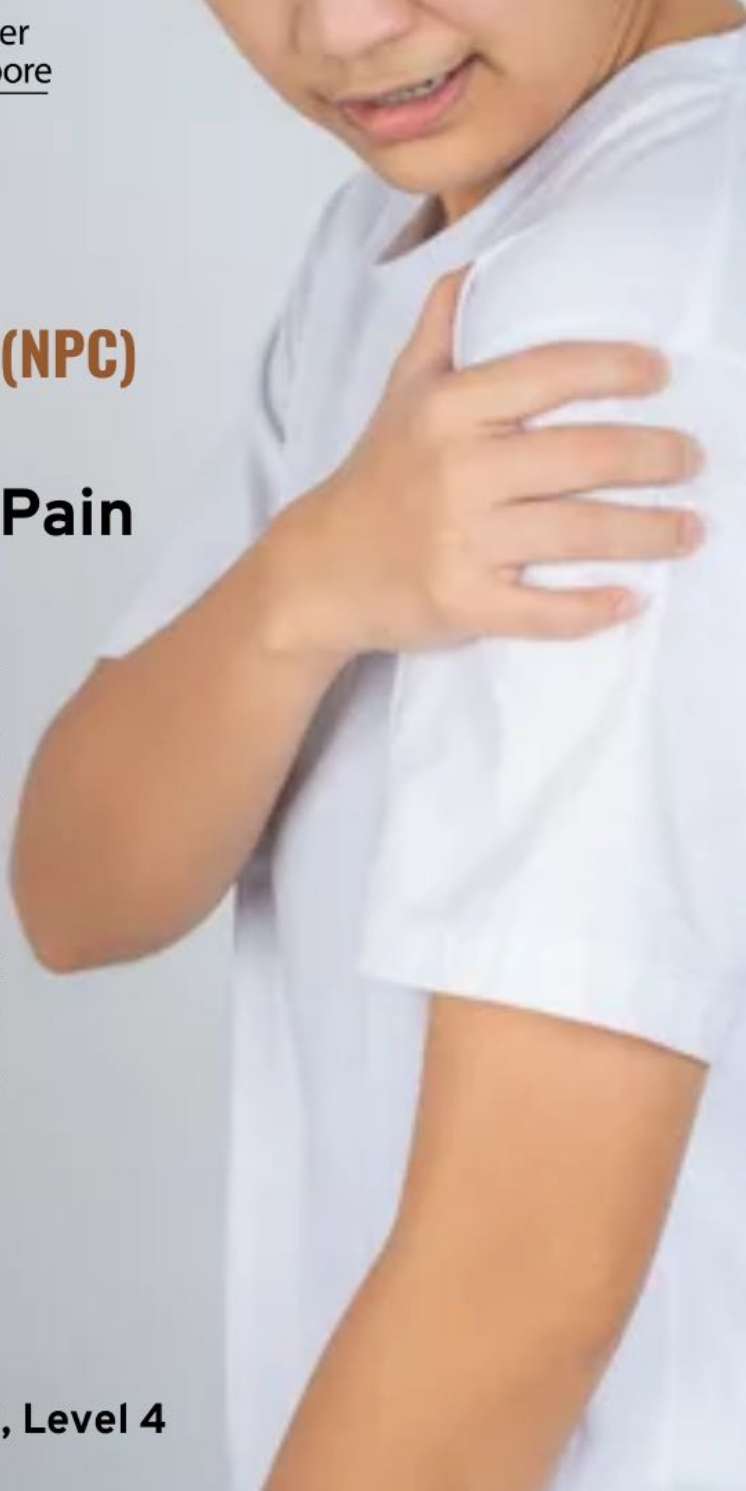
Stiffness and pain in muscles and joints are commonly experienced by patients with NPC, which can impede on their daily living.

Join us for an evening with the physiotherapists, Ms. Hozaidah and Ms. Lee Xiaoting, on how to relieve and cope with these pain points.

7.00pm - 9.00pm

Peter & Mary Fu Auditorium

National Cancer Centre Singapore, Level 4



11 JUN
SATURDAY



National Cancer
Centre Singapore
SingHealth

MALAY SUPPORT GROUP

Nutrisi untuk Tahun-tahun Emas

Keperluan pemakanan kita akan berubah dengan usia. Adakah anda mempunyai sebarang tanggapan salah yang menghalang pengambilan nutrisi yang betul?

Marilah bersama pakar diet, Cik Loh Huixin, untuk pengkongsian tentang konsep pemakanan sihat dan bagaimana kita boleh merancang makanan harian kita untuk kehidupan yang lebih sihat.

3.00pm - 4.30pm

Peter & Mary Fu Auditorium

National Cancer Centre Singapore, Level 4



Nutrition for the Golden Years

Our nutrition needs would change as we age. Do you have any misconceptions that might impede on proper nutritional intake?

Join dietitian, Ms. Loh Huixin, as she shares on healthy eating concepts and how we can plan our daily meal for a healthier life.

25 JUN
SATURDAY



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SingHealth

FUN WITH ZOOM II

Beginner in having your own Zoom meeting

Despite the relaxed measures, Zoom still enables us to meet in the safety, comfort, and convenience of our own spaces.

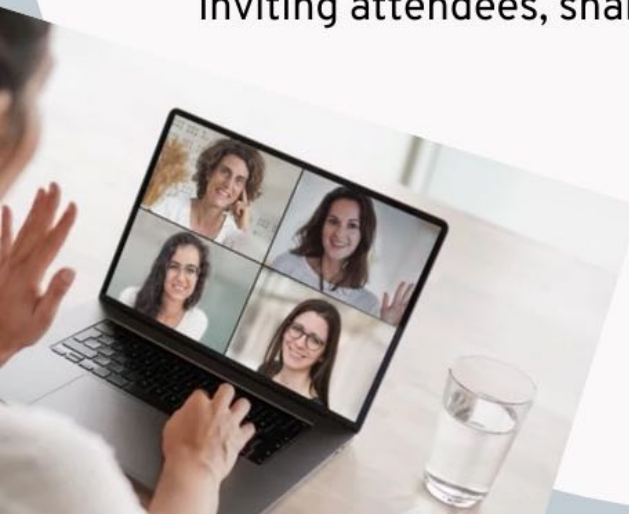
Join us for this volunteer-facilitated hands-on activity for Zoom beginners! We will learn together in a casual and interactive way to organise your own simple Zoom Meeting, and explore functions such as camera rotation, lighting, inviting attendees, share screen and basic setting.

10.00am - 11.30am

Online (ZOOM)

NOTE:

- Minimum 10 pax & Maximum 20 pax
- Please register by 15 June 2022



01 JUL
FRIDAY

NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

My NPC Journey - 27 Years & Counting

Kok Kiong has been a cancer survivor for 27 years. He also co-leads the NPC support group with the Medical Social Workers at NCCS, where he would reach out and encourage fellow patients and caregivers in the cancer journey.

Come and join us for an evening of sharing as Kok Kiong shares his experience and journey.

7.00pm - 9.00pm

Peter & Mary Fu Auditorium

National Cancer Centre Singapore, Level 4



**National Cancer
Centre Singapore**
SingHealth

02 JUL
SATURDAY



National Cancer
Centre Singapore
SingHealth

RECITAL OF JOY MUSIC INTEREST GROUP (LEVEL 3)

Sing and Strum with the Ukulele



Recital of Joy is a music interest group where we come together to learn how to play and sing along with the ukulele.

Join us for a time of bonding through music with our fun and engaging music instructor, Mr. Raphael Low.

10.00am - 12.00pm

Peter & Mary Fu Auditorium

National Cancer Centre Singapore, Level 4

NOTE

- All classes will be conducted by a professional music instructor.
- Participant is required to own a Ukulele musical instrument.



02 JUL
SATURDAY

**SINAR HARAPAN
MALAY SUPPORT GROUP**



Amalan tidur sihat untuk atasi masalah tidur dan insomnia

Sesetengah pesakit barah mengalami masalah tidur seperti insomnia. Ini boleh menjejaskan jadual dan gaya hidup mereka.

Walaupun begitu, masalah tidur boleh diperbaiki dengan strategi sleep hygiene.

Adakah anda ingin tahu dengan lebih lanjut? Marilah menyertai perbualan dengan Irene Teo, psikologis klinikal, tentang petua tidur lena.

3.00pm - 4.30pm

Peter & Mary Fu Auditorium

National Cancer Centre Singapore, Level 4



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SingHealth

*Healthy Sleep Habits to
Improve Sleep Difficulties
and Insomnia*

*Some cancer patients experience
sleep difficulties, the most
common being insomnia, and are
unable to get adequate rest
daily. This can greatly affect
their schedule and lifestyle.*

*However, some insomnia can be
improved with sleep hygiene
strategies. Would you like to
know what they are?*

*Come and join us for this talk
with Irene Teo, our Principal
Psychologist, who will share tips
to sleep better!*

04 JUL
MONDAY

BREAST CANCER SUPPORT GROUP

Advanced Treatment in Medical Oncology with Breast Cancer

The advancement in medical oncology has certainly provided more treatment options for breast cancer.

Join us for an afternoon of sharing by Dr. Zhang Zewen, on the advanced treatment in medical oncology with breast cancer.

3.30pm - 5.30pm
Online (ZOOM)



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16 JUL
SATURDAY

THE REVIVAL CONNECTION (TRC) SUPPORT GROUP

Creating A Bucket List

Making a bucket list is an interesting way to identify activities and experiences that you think will bring you joy and life satisfaction. It allows us to reflect on things that we have wanted to do, whether it's big or small, purposeful or random. It also offers an opportunity to live our life to the fullest.

No two bucket lists are the same. How would your list look like?

Join us for an insightful session with our Principal Medical Social Worker, Ms. Jacinta Phoon, on crafting the unique highlights for your life.

2.00pm - 4.00pm
Room: L2-S2
Academia, Level 2



21 JUL
THURSDAY

LIVING WELL PROGRAMME

Mindfulness Practice

Our mind wanders all the time and we can easily get trapped in our past experience and worry about the future.

Research has shown that mindfulness practice can help to ease stress, soothe anxiety, and allow us to be more present and engaged in life.

Join us for an interactive session with Senior Lecturer, Dr. Lee Boon Ooi, on how to transform everyday experiences into mindful moments and cultivate a sense of inner peace throughout your daily life.

2.30pm - 4.00pm

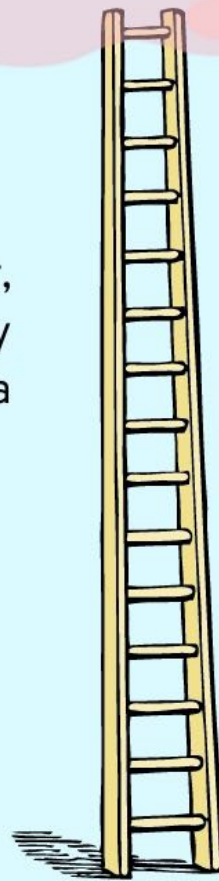
Room: L2-T1

Academia, Level 2



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Mind Full
or Mindful...



21 JUL
THURSDAY

PATIENT EMPOWERMENT PROGRAMME

Self-Care (Burnt Out)

Sometimes cancer patients may find themselves so overwhelmed by things surrounding them that they forget to take a break to slow down, reflect and appreciate themselves. However, such breaks are necessary to recharge themselves.

Join our Medical Social Workers, Mr. Travis Loh and Ms. Sabrina Yeo, for an evening of self discovery on what it means to take time to care for ourselves first so that we can be in a better position to take care of the things and people around us.

7.30pm - 9.00pm

Online (ZOOM)



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SCAN QR CODE
to register for the programmes



or log on

<https://form.gov.sg/6295cd6eec75b30012a8bffc>

**YOU DO NOT HAVE TO GO THROUGH
THE CANCER JOURNEY ALONE, WE ARE HERE FOR YOU.**

Should you have further enquiries or would like to
be connected to someone for support, feel free to
reach us at patientsupport@nccs.com.sg