

JAN 2024 PATIENT SUPPORT PROGRAMME

05.01.2024 (FRI)

7pm - 9pm



NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

Latest in NPC Research & the Lowering of NPC Risk

The world of medicine is constantly evolving. Kickstart the year with Senior Consultant Radiation Oncologist, Dr Soong Yoke Lin, as he shares about the latest technologies in cancer care.

 NCCS Level 1 Meeting Room NC 1-1

11.01.2024 (THU)

5.30pm - 8.30pm



BREAST CANCER SUPPORT GROUP

New Year & New Beginnings

With the new year comes a new beginning. Let's begin this new year by connecting with one another through fun, food and bonding.

 NCCS Level 1 Meeting Room NC 1-1

13.01.2024 (SAT)

10am - 12pm



SINAR HARAPAN [MALAY SUPPORT GROUP]

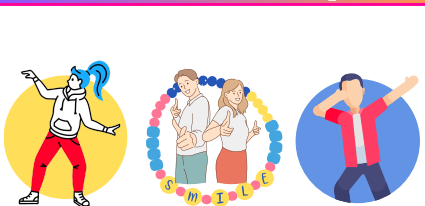
Azam Tahun Baru Dengan Seni

Sertai kami untuk pagi yang santai untuk meneroka azam tahun baru dengan menggunakan seni.

 NCCS Level 10 Meeting Room NC 10-1

20.01.2024 (SAT)

9.30am - 12.30pm



COMBINED GENETIC SUPPORT GROUP

Beats of Life

As we take stock of our journey in 2023, join us to usher in the new year with an invigorating zumba, food and fellowship!

 NCCS Level 1 Lecture Theatre

SCAN ME
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JAN 2024 PATIENT SUPPORT PROGRAMME

20.01.2024 (SAT)

10am - 12pm



HEARTSTRINGS [UKULELE INTEREST GROUP]

Join us for a casual morning of connecting and support through music as we learn how to play and sing along with the ukulele.

 NCCS Level 11

27.01.2024 (SAT)

10am - 12pm



NEUROFIBROMATOSIS (NF) SUPPORT GROUP

My Self-Love Language

How can our self-love languages help to achieve better self-care and improve relationship? Join us to find out more!

 NCCS Level 10 Meeting Room NC 10-1

27.01.2024 (SAT)

1pm - 2.30pm



ADOLESCENTS & YOUNG ADULTS ONCOLOGY (AYAO) SUPPORT GROUP

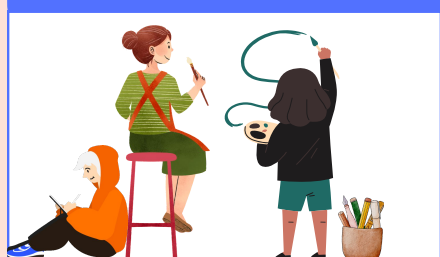
Pottery Painting

Join us for a fun time of turning plain, unpainted ceramic pieces into creative masterpieces.

 POTTERY PLEASE, Queensway Shopping Center Level 3

10am-12pm (SAT)

 NCCS LEVEL 11



ARTventure [GROUP ART THERAPY]

Join us in using art to express and make meaning of your cancer experience.

Session 1 - 27 Jan 2024

Session 3 - 24 Feb 2024

Session 2 - 03 Feb 2024

Session 4 - 02 Mar 2024

Participants are required to commit attendance for all 4 sessions to fully benefit from the programme.

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National Cancer
Centre Singapore
SingHealth

GROUP ART THERAPY PROGRAMME

ARTventure

Join us in using art to express and make meaning of your cancer experience.



NCCS level 11

Saturday, 10am - 12pm

Session 1 - 27 Jan 2024

Session 2 - 03 Feb 2024

Session 3 - 24 Feb 2024

Session 4 - 02 Mar 2024

A minimum of 6 participants is required for group to start.

Participants are required to commit their attendance for all 4 sessions to fully benefit from the programme.



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Programme is open to cancer patients & their loved ones.

Should you have further enquiries, feel free to reach us at 63061777 or patientsupport@nccs.com.sg

Brought to you by NCCS Department of Psychosocial Oncology



Ink and Calligraphy Series

OPEN ART STUDIO

A relaxed space to express and creatively find new meaning in connecting self and others using calligraphy and ink.



Monday, 11.30am-2.00pm

Jan 8, 15, 22 and 29



NCCS Level 11



**Open to all patients
& their loved ones**



**No experience or talent
in art is required**



For further enquires, please contact us at 63061777
or patientsupport@nccs.com.sg

A patient support initiative by NCCS Dept of Psychosocial Oncology



National Cancer
Centre Singapore
SingHealth

Cancer & Resilience

JOIN US FOR OUR CARE TALKS



**EVERY
THURSDAY**



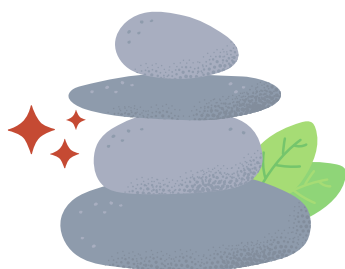
**11.30AM TO
12.30PM**



**NCCS
LEVEL 11**

Light refreshments will be provided.

**RELAXATION
STRATEGIES**



**TIRED? TIPS FOR
CANCER-RELATED
FATIGUE**



**CHEMO FOG AND
STRATEGIES TO
IMPROVE THINKING**



**STRATEGIES FOR
BETTER SLEEP**



**MANAGING WORRIES
AND DIFFICULT
FEELINGS**



**YOU ARE NOT ALONE:
BUILDING A SUPPORT
SYSTEM**



Brought to you by NCCS Dept of Psychosocial Oncology

FEB 2024 PATIENT SUPPORT PROGRAMME

02.02.2024 (FRI)

7pm - 9pm



NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP Lunar New Year Celebration

Join us to usher in the new year with a time of fun, food and fellowship.

 NCCS Level 11

03.02.2024 (SAT)

10am - 12pm



HEARTSTRINGS [UKULELE INTEREST GROUP]

Let's usher in a spring of peace and joy together with a time of music, food and fellowship

 NCCS Level 11

03.02.2024 (SAT)

10am - 12pm



LI-FRAUMENI SYNDROME (LFS) SUPPORT GROUP My Self-Love Language

How can our self-love languages help to achieve better self-care and improve relationship? Join us to find out more!

 NCCS Level 10 Meeting Room NC 10-1

08.02.2024 (SAT)

5.30pm - 8.30pm



BREAST CANCER SUPPORT GROUP Thread a Bead, Tell a Story

Join us for an evening of sharing & connecting as we thread our stories & encourage one another.

 NCCS Level 1 Meeting Room NC 1-1


17.02.2024 (SAT)

10am - 12pm



SINAR HARAPAN [MALAY SUPPORT GROUP] Zumba

Mari kita bersenam bersama untuk memupuk gaya hidup sihat dan aktif.

 NCCS Level 1 Foyer (outside lecture theater)



National Cancer
Centre Singapore
SingHealth


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FEB 2024 PATIENT SUPPORT PROGRAMME

17.02.2024 (SAT)


2pm - 4pm



SINGAPORE SARCOMA SUPPORT GROUP

Lunar New Year Celebration

Join us to usher in the new year with a time of fun, food and fellowship.

 NCCS Level 1 Foyer (outside lecture theater)

24.02.2024 (SAT)

9am - 11.30am



LUNG CANCER SUPPORT GROUP

New Beginnings

Let's explore our new year resolutions through art and join us to usher in spring with a time of food and fellowship.

 NCCS Level 21 (lift lobby C)

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24.02.2024 (SAT)

10am - 12pm



HEREDITARY BREAST & OVARIAN CANCER SYNDROME (HBOC) SUPPORT GROUP

Screening & Risk Reduction

This is a safe space where you can share experiences with others living with HBOC and get information about risk reducing strategies from medical experts.

 NCCS Level 10 Meeting Room NC 10-1

24.02.2024 (SAT)

1pm - 3pm



ADOLESCENTS & YOUNG ADULTS ONCOLOGY (AYAO) SUPPORT GROUP

Lunar New Year Celebration

Join us to usher in the new year with a time of fun, food and fellowship.

 NCCS Level 11

