

APRIL 2024 PATIENT SUPPORT PROGRAMME

05.04.2024 (FRI)

7.30pm - 9.00pm



NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

Our NPC Journey

Join us for an evening of sharing where 3 of our NPC survivors will share their experience with proton beam treatment and the use of earbuds to improve hearing.

📍 Virtual meeting

06.04.2024 (SAT)

10.00am - 12.30pm



Ukulele INTEREST GROUP - Heartstrings

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 1 Meeting Room NC 1-1

06.04.2024 (SAT)

10.00am - 12.00pm



ADOLESCENTS & YOUNG ADULTS ONCOLOGY CANCER (AYAO) SUPPORT GROUP

Games Day

Join us for a casual morning of fun, food and fellowship.

📍 Academia Level 1 Room L1-S2

11.04.2024 (THU)

5.30pm - 8.30pm



BREAST CANCER SUPPORT GROUP

Let's Build Our Muscle Strength

Join Ms Raylynn, physiotherapist from Singapore General Hospital, for an interactive session to build your muscle strength and enhance your physical well-being through simple exercises.

📍 NCCS Level 1 Meeting Room NC 1-1

20.04.2024 (SAT)

9.30am - 11.30am



LUNG CANCER SUPPORT GROUP

Brew-tiful Morning

Start the day with us as we savour the flavors of life and encourage each other with our stories over a simple coffee appreciation at Starbucks.

📍 Starbucks at Fusionopolis

SCAN ME
TO REGISTER



20.04.2024 (SAT)

10.00am - 12.00pm



SINAR HARAPAN [MALAY SUPPORT GROUP]

Sambutan Hari Raya

Sertai kami untuk perkongsian dan perayaan pagi yang santai

📍 NCCS Level 11





National Cancer
Centre Singapore
SingHealth

ART CONNECT

COMBINED GENETIC SUPPORT GROUP

Join artist, Amimi Cheng, to learn the versatility of line in art and create your own drawings with various dry media and technique.

No art experience is required!



Saturday, 10am-12pm
April 6, 20 and May 11, 25



National Cancer Centre Singapore



Open to persons living with
HBOC, Lynch, NF, LFS


SCAN TO
REGISTER



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

A patient support initiative by NCCS Dept of Psychosocial Oncology

Cancer & Resilience

JOIN US FOR OUR CARE TALKS



**EVERY
THURSDAY**



**11.30AM TO
12.30PM**



**NCCS
LEVEL 11**

No registration required. Walk-ins welcome.
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**

