



APR 2023 PATIENT SUPPORT PROGRAMME



10.04.2023 | MON

GRIEF IN RECOVERY (KIN & KITH) SUPPORT GROUP *for Family & Friends*



Journeying the loss of a loved one can be challenging, regardless our relationship with them.

Come & meet others who are in similar situation & see how their experiences can be a support & an encouragement to you.

7pm - 9pm

NCCS Level 11 Room NC 11-1 (lift lobby B)



SCAN ME TO REGISTER



13.04.2023 | THU

BREAST CANCER SUPPORT GROUP

Thread a Bead, Tell a Story.



As fellow cancer patients, our stories are often interconnected.

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

5.30pm - 8.30pm

NCCS Level 1 Room NC 1-1 (next to lecture theatre)

**Only open to breast cancer patients & caregivers*



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14.04.2023 | FRI

NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

The Role of TCM in Managing Side Effects



Join us for an evening with Physician Tan Quan Ming from Singapore Thong Chai Medical Institution to understand how TCM can support the management of side effects.

7pm - 9pm

NCCS level 1 Lecture Theatre

**Only open to NPC patients & caregivers*



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15.04.2023 | SAT

UKULELE INTEREST GROUP



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

**Participant is required to own a Ukulele.*

10am - 12pm

NCCS level 1 Lecture Theatre

**Only open to current/former cancer patients & their family.*



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29.04.2023 | SAT

LUNG CANCER SUPPORT GROUP



Behind every ribbon is a story.
What is your story?

Join us at our inaugural Lung Cancer Support Group & White Ribbon Campaign, to encourage & be encouraged by fellow comrades in this journey.

10am - 12.30pm

NCCS level 1 Lecture Theatre

**Only open to lung cancer patients & caregivers*



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29.04.2023 | SAT

ADOLESCENTS & YOUNG ADULTS ONCOLOGY CANCER (AYAO) SUPPORT GROUP

Complementary & Alternative Medicine



Join Mr Ricky Ang, certified oncology pharmacist & TCM practitioner for an interactive session to explore the use of alternative medicine in your cancer journey.

**Only open to current/ former cancer patients aged 16-45 years old*

1.30pm - 3pm

Virtual Session (Zoom)



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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



MAY 2023 PATIENT SUPPORT PROGRAMME



05.05.2023 | FRI

NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

Speech & Swallowing Difficulties



Join us for an evening with Ms Elizabeth Roche, Senior Principal Speech Therapist to explore how to overcome slurred speech & swallowing difficulties encountered in living with NPC.

7pm - 9pm

NCCS level 1 Lecture Theatre

*Only open to NPC patients & caregivers



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06.05.2023 | SAT

UKULELE INTEREST GROUP

Heartstrings



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

*Participant is required to own a Ukulele.

10am - 12pm

NCCS level 1 Lecture Theatre

*Only open to current/former cancer patients & their family.



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08.05.2023 | MON

GRIEF IN RECOVERY SUPPORT GROUP for Bereaved Spouses



Often, a part of our identity dies along with the departure of our spouses. Recovering & rediscovering a new self-identity can feel scary & challenging for some of us.

Come & meet others who are in similar situation & see how their experiences can be a support to you.

7pm - 9pm

NCCS Level 11 Room NC 11-1 (lift lobby B)



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13.05.2023 | SAT

SINAR HARAPAN [MALAY SUPPORT GROUP]

Sambutan Hari Raya



Sertai kami untuk perkongsian dan perayaan pagi yang santai

10am - 12pm

NCCS Level 10 Room NC 10-1

[by lift lobby B]



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13.05.2023 | SAT | 8.30AM

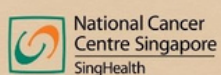
EXERCISE INTEREST GROUP FOR LUNG CANCER

Lung Cancer Will Not Keep You Down!



A patient recently inspired us with his journey to climb Mount Kinabalu despite his diagnosis of lung cancer. In the same spirit, let's do a fresh morning walk together!

To signup, whatsapp to 8827 9628
your name & name of your primary physician.
(more details will be provided upon signup)
*Only open to lung cancer patients & their family/friends



20.05.2023 | SAT

ADOLESCENTS & YOUNG ADULTS ONCOLOGY CANCER (AYAO) SUPPORT GROUP

Art Jamming



Express your creativity & bring out your inner artist!

*Only open to current/ former cancer patients aged 16-45 years old

10am - 12pm

NCCS Level 10 Room NC 10-1

[by lift lobby B]



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