

# OCT 2023 PATIENT SUPPORT PROGRAMME

06.10.2023 (FRI)

7pm - 9pm



## NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP

### Hearing Loss and Ear-Related Issues

Join ear, nose & throat (ENT) specialist Dr Ho Eu Chin for an evening to understand more about the common challenge of hearing and ear-related issues in NPC.

 NCCS Level 10 Meeting Room NC 10-1

07.10.2023 (SAT)

10am - 12pm



## LYNCH SYNDROME SUPPORT GROUP

### Life ARTventure

Join us for a casual arty morning of expression & rediscovery of self through art making. Meet & learn coping tips from others in the Lynch community, who may also be journeying with the not knowing.

 NCCS Level 11

07.10.2023 (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.

\*Participant is required to own a Ukulele.

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

 NCCS Level 11

09.10.2023 (MON)

10am - 12pm



## SINAR HARAPAN [MALAY SUPPORT GROUP]

### Sehari Keluar ke Singapore Mobility Gallery

Registration closes on 02.10.2023

Transport will be provided from NCCS.

More details will be given upon successful registration.

\*Only open to current/former cancer patients & their loved ones.

14.10.2023 (SAT)

9am - 11.30am



## LUNG CANCER SUPPORT GROUP

### Mindful Moments

Let's prioritise our mental wellbeing by learning practical tips to reduce stress and relieve anxiety.

 NCCS Level 1 Lecture Theatre

SCAN ME  
TO REGISTER



28.10.2023 (SAT)

2pm - 4pm



## SARCOMA SUPPORT GROUP

### The Art of Being

Join us for an afternoon of creative expressions and exploration on how we have been caring for our wellbeing.

 NCCS Level 11

# NOV 2023 PATIENT SUPPORT PROGRAMME

03.11.2023 (FRI)

7.00pm - 9.00pm



## NASOPHARYNGEAL CANCER (NPC) SUPPORT GROUP Planning Ahead

Join us to learn how our preferences can be respected and how our loved ones can be a little more prepared for any unexpected situations through will writing, AMD and ACP.

📍 NCCS Level 10 Meeting Room NC 10-1

04.11.2023 (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.

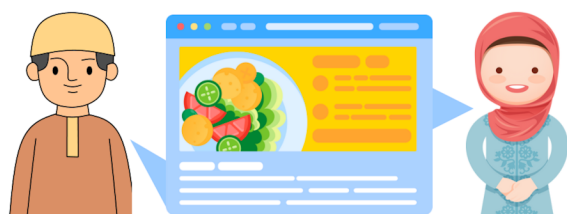
\*Participant is required to own a Ukulele.

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

📍 NCCS Level 11

11.11.2023 (SAT)

10am - 12pm



## SINAR HARAPAN [MALAY SUPPORT GROUP] Resepi Bahagia Saya

Sertai kami untuk pagi yang santai untuk berkongsi resipi dan diet yang membawa kegembiraan kepada kehidupan harian anda.

📍 NCCS Level 10 Meeting Room NC 10-1

11.11.2023 (SAT)

10.00am - 12.00pm



## NEUROFIBROMATOSIS (NF) SUPPORT GROUP ARTventure Continues

Join us for another casual arty morning of expression & rediscovery of self through art making. Meet & learn coping tips from others in the NF community, who may also be journeying with the not knowing.

📍 NCCS Level 11