

SOCIETY NEWS

Vol 3.11 November 2015

We have exciting news to share! Broadening our outreach, the SCS Satellite Office @ NCIS has begun operations to further provide assistance to those seeking treatment at the National University Hospital.

Dear friends.

Our SCS Rehabilitation Centre @ JEM Office Tower has commenced operations to provide holistic care to those affected by cancer. It is the first centre in Singapore to provide community-based cancer rehabilitation. Finally, we congratulate the SCS New Voice Club for receiving the Singapore Patient Action Awards 2015 (SPAA) under the Volunteer Group category. Catch up on these new developments below. Happy reading!



Prostate Cancer Awareness Month 2015

HIGHLIGHT OF THE MONTH

A MAN'S GOTTA DO WHAT A MAN'S GOTTA DO.



30 Moves in 30 Days and start living a healthy lifestyle. Find out more and sign up here. *According to requested data from the National Registry Disease Office (NRDO)

You can also get active and Move for Movember with our campaign partners, Movember Singapore. Do

learn more about the signs and symptoms of prostate cancer at our SCS public forums on 21 and 28 November. Register today for the English and Chinese forums. More information about the SCS public

SCS New Voice Club (NVC) is proud to be one of the recipients of the inaugural Singapore

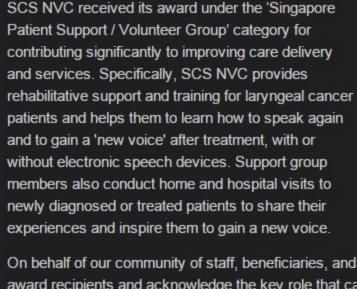
Jointly organised by Tan Tock Seng Hospital, Institute of Mental Health, National Healthcare Group Polyclinics, and Agency for Integrated Care, this year's SPAA focused on "Caring for Caregivers" and acknowledged the contributions made by care-giving individuals and groups to enhance the healing

journey of patients. There are more than 210,000 caregivers in Singapore who look after elderly, sick, or disabled family members.

forums can be found on www.myprostate.com.sg

PATIEDIT®

IN AND AROUND SCS



Find out more about our cancer support groups. Find out about what financial assistance is available.

over the course of 3,448 home visits.

a General Practitioner, who recently successfully completed his Graduate Diploma in Palliative

Medicine. He was co-sponsored for the course by

SCS to create awareness among General

Development Awards 2015.

the big gap.

services.



At The Inaugural Singapore

Patient Action Awards (SPAA), held at Tan Tock Seng Hospital on 30 October 2015.

Patient Action Awards

On behalf of our community of staff, beneficiaries, and support group members, SCS congratulates all award recipients and acknowledge the key role that caregivers play during and after treatment.

Palliative care doctors @ SCS Hospice Care Services For some cancer patients approaching the close of their cancer journey, this stage of their lives can be intensely fearful and painful. Yet, there is still much that can be done to improve their quality of life and provide relief from pain. With compassion and courage, our hospice care team stands ready to journey with patients and their families during this final leg. The SCS Hospice Care Services advocates a holistic and inter-disciplinary approach to patient care in the home setting. This is only possible with an integrated team of professionals working closely to meet the needs of our palliative patients and their families. Their SCS Hospice model of care is based on a multi-disciplinary approach to patient care, incorporating medical, physical, emotional, social, and spiritual care.

Our Hospice Care team comprises a Medical Director, 2 visiting Consultants, 1 full time and 1 part-time resident Physician, 3 locum Doctors, 6 Nurses, 3 Therapists, and a Psychosocial team of 6 counsellors and social workers. They are on call every day, round the clock. Last year, they cared for 459 patients

Dr Rina Nga, Head – Medical Services, SCS Hospice Care, also graduated from the Graduate Diploma in Palliative Medicine course this year. Her course was co-funded by Singapore Cancer Society and the Lien Centre for Palliative Care Education Assistance Fund. Dr Goh received co-funding administered by

SCS has been getting GPs involved in our palliative care since 2012 to step up capacity to serve more patients. GPs are ideally positioned in the community (with links into affected families) to be able to serve palliative needs especially in patients' home, and because family medicine is holistic in nature.

There is a shortage of palliative care doctors as it is the same limited pool of palliative care professionals serving increasing needs. Hence, it is logical and strategic for SCS to tap on GPs as a resource to plug

Agency for Integrated Care for his training, and received his study awards at the ILTC Manpower

GPs in palliative care. Photograph courtesy of Agency for Integrated Care We extend our heartiest congratulations to Dr Goh!

One such locum doctor is Dr Melvin Goh Ban Cheng, Practitioners (GPs) in an area where they can expand their expertise into in a meaningful way, and to equip

SCS Satellite Office @ NCIS In partnership with the National University Cancer Institute, Singapore, the second SCS Satellite Office became operational at NCIS on 26 October 2015.

Located at NUH Medical Centre Level 9 Unit D2, the satellite office aims to provide administrative support by managing the application process of SCS financial assistance schemes (ie Cancer Treatment Fund, Welfare aid and Cancer Care Fund), provide emotional support and financial

counseling for cancer patients, and broaden our SCS outreach to cancer patients by providing linkage to other services within the Society. These are patients who have been diagnosed and are being treated at National University Hospital for cancer to provide greater accessibility to the Society's programmes and

SCS' first satellite office, which is located at National Cancer Centre, Singapore, has been operational since 2006 and has served the needs of cancer patients and caregivers. They are able to apply for

As Singapore's first community-based rehabilitation centre for those impacted by cancer, the facility which is conveniently located at JEM Office Tower, aims to provide cancer patients accessibility to

rehabilitation programmes at the pre and post treatment phases of their cancer journeys to improve their

To cater to those who will benefit most from our rehabilitation programmes and services, the centre will

Being person-centred, the rehabilitation programme's components will differ from client to client and will

be tailored to individual needs by the Society's assessment team. This also means that each one's progress will be monitored and reviewed to help them progress from Training to Strengthening, and

Ultimately, the value of the SCS Rehabilitation Centre lies in it being able to provide customised and personalised rehabilitation to cancer patients and survivors to optimise their recovery and attainment of

Singapore Cancer Society provides the following cancer screening services at no charge to eligible individuals*!

accept cancer patients who have been referred by doctors, therapists, nurses, or medical social

financial assistance, gain information on cancer support services, receive emotional support, pick up hardcopy educational material on cancer, and learn about other SCS programmes that the Society champions.

overall quality of life through holistic care.

Each of these three phases of the rehabilitation programme will typically last 2 to 3 months. The

fitness equipment for cancer survivors to utilise. To

To find out more, contact us at rehab@singapore

workers from hospitals and clinics.

finally, to Survivorship.

commitment from registrants.

a new sense of normalcy.

JEM Office Tower Begins Operations! Anchoring the Society in the West of Singapore,

the SCS Rehabilitation Centre is now open.

SCS Rehabilitation Centre @

centre will also house a special gym with specialised encourage goal-setting and goal-achieving, a nominal fee of \$50 per year will be charged to elicit a token of

Gym / Therapy Room

cancersociety.org.sg or 6661 0590

« Mammogram « Pap Smear (for Breast Cancer) (for Cervical Cancer) « Faecal Immunochemical Test (FIT) (for Colorectal Cancer) * Eligibility criteria apply Call 6499 9133 for an appointment. Visit www.singaporecancersociety.org.sg for more info.

Venue: Singapore General Hospital (SGH), Health Promotion Board (HPB) Auditorium Time: **English Session** - 2:55pm

Venue: Tan Tock Seng Hospital (TTSH) Theatrette

Prostate cancer public forum

Prostate cancer public forum

Prostate cancer public forum

Venue: SCS Multi-Service Centre

Official launch of SCS Mammogram Service

Time: English Session - 3.00pm November Venue: Ng Teng Fong General Hospital (NTFGH) 2015 Tower A (SOC Tower), Level 1. Excellence & Mutual Respect Room Time: English Session - 3.00pm Venue: Changi General Hospital (CGH) Auditorium

See full event listing



Time: 9.00am - 12.00pm

UPCOMING EVENTS

14

November

2015

21

28

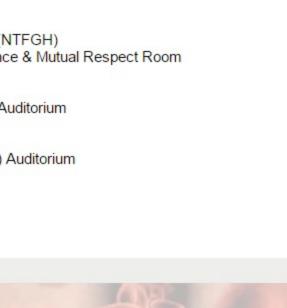
Time: **English Session** - 3:30pm Venue: Khoo Teck Puat Hospital (KTPH) Auditorium

■ WHO WE ARE Singapore Cancer Society is a community-based

voluntary welfare organisation dedicated to minimising the impact of cancer through public education, screening, patient services, financial

assistance, research and advocacy.

SUBSCRIBE



新加坡的癌协会

Singapore Cancer Society

Multi-Service Centre 9 Bishan Place Junction 8

Office Tower #06-05

