

Singapore Cancer Society
Psychosocial Services Department
 Support Group Newsletter - May & June 2018



Bishan J8 9 Bishan Place, Junction 8 Office Tower #06-05, Singapore 579837

JEM 52 Jurong Gateway Road, JEM Office Tower #08-04 Singapore, 608550

Registration is open 2 week prior to date of gathering 注册只在聚会日期的前两周开始

Programmes are subject to change without prior notice 节目如有更改, 恕不另行通知

To register for **Bishana, New Voice Club, Semi-Colons & RTR**, please call **64 999 132**
 报名参加碧山女人互助小组, 女人互助小组或结肠互助小组聚会, 请致电 64 999 132

To register for **Walnut Warriors** or **Lung** support group, please call **6661 0590**
 报名参加核桃战士或肺互助小组聚会, 请致电 6661 0590

May 五月

Support Groups 互助小组	Date 日期	Day 平日/周末	Venue	Time 时间	Activities/ Events Description 活动
Bishana Ladies Support Group 碧山女人互助小组	18	Friday 星期五	Bishan	6.30pm-9.00pm	4th Year Anniversary Celebration ; Dwan Kwan - Survivor Life Sharing 四周年 庆典会 ; 病胜者分享会
Lung Support Group 肺互助小组	17	Thursday 星期四	JEM	2.00pm-4.00pm	Support Group Discussion 支持小组讨论会
New Voice Club 新声会小组	8, 15, 22	Tuesday 星期二	Bishan	12.00pm-2.00pm	Recreational activities, speech training and fellowship 娱乐活动, 语言训练 15/05 - "Care after Laryngectomy" talk by SCS Speech Therapist, Lim YuJun 喉切除后护理讲座
Reach to Recovery Support Group 女人互助小组	26	Saturday 星期六	Bishan	10.00am -12.00pm	Lymphodema Management - Exercise for patients after breast cancer related treatment by Physiotherapist 淋巴护理
Semi-Colons Support Group 结肠互助小组	26	Saturday 星期六	Bishan	2.00pm-5.00pm	Low Intensity Exercise & Healthy Cooking Demo with Food Sampling 健康烹饪和食物品尝 • Teriyaki Salmon & Pasta 三文鱼和意大利面 • Mini Speedy pizza 迷你披萨
Walnut Warriors Support Group 核桃战士	12	Saturday 星期六	Bishan	2:00pm-5:00pm	2pm: WW Exercise 运动 3pm: Sharing 讨论会 3:30pm: Management of Post Prostatectomy Incontinence by Dr. Joe Lee 管理后期前列腺切除术失禁

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June 六月

Support Groups 互助小组	Date 日期	Day 平日/周末	Venue	Time 时间	Activities/ Events Description 活动
Bishana Ladies Support Group 碧山女人互助小组	-	-	-	-	Public Holiday - Hari Raya Puasa No Gathering
Lung Support Group 肺互助小组	21	Thursday 星期四	JEM	2.00pm-4.00pm	Support Group Discussion 支持小组讨论会
New Voice Club 新声会小组	5, 12, 19, 26	Tuesday 星期二	Bishan	12.00pm-2.00pm	Recreational activities, speech training and fellowship 娱乐活动, 语言训练 19/06 - Ballroom Dancing 1 Day Fun workshop by Eugene Lee and Vernus Lou 交际舞一日娱乐活动
Reach to Recovery Support Group 女人互助小组	23	Saturday 星期六	Bishan	10.00am-12.00pm	Beads making by Jewel & Siew Iuan 制作珠子
Semi-Colons Support Group 结肠互助小组	23	Saturday 星期六	Bishan	2.00pm - 5.00pm	Low Intensity Exercise & Healthy Cooking Demo with food sampling 健康烹饪和食物品尝 • Olive fried rice 橄榄炒饭 • Thai green curry chicken 泰国绿咖喱鸡
Walnut Warriors Support Group 核桃战士	9	Saturday 星期六	Bishan	2:00pm-5:00pm	2pm: WW Exercise 运动 3pm: Sharing 讨论会 3:30pm: Advanced imaging, biopsy and ablation in prostate cancer by Dr Jack Tay 成像,活组织检查和部分切除