

How You Can Help

Be a Volunteer Offer your time and talents to make a difference. Email us at volunteers@singaporecancersociety.org.sg

Be a Donor Give hope to cancer patients by making a donation today through our website or send a cheque donation to: 15 Enggor Street, Realty Centre #04-01, Singapore 079716.

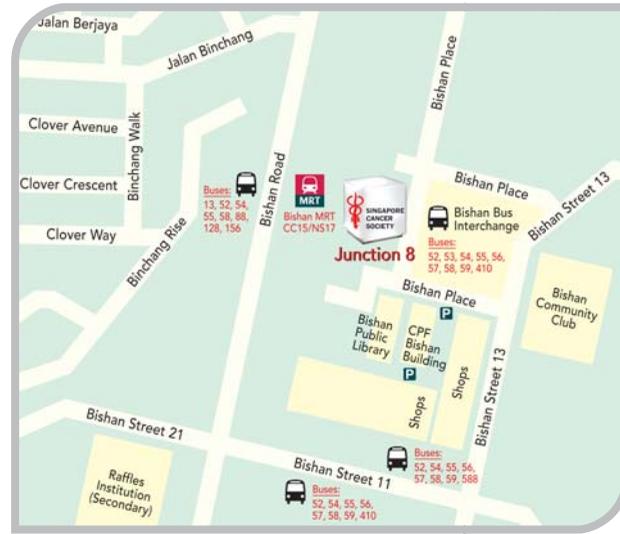


伸出援手

义工机会 如果您愿成为一名义工, 在他人的生活中作出贡献, 请电邮至 volunteers@singaporecancersociety.org.sg

捐款详情 给予癌症患者希望。欲知捐款详情, 请浏览我们的网站或把支票寄至:

15 Enggor Street, Realty Centre #04-01, Singapore 079716



Singapore Cancer Society Multi-Service Centre

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

☎ 6499 9132 ☎ 6499 9140

Location 地点	Bus Numbers 巴士号码
Bishan Bus Interchange	52, 53, 54, 55, 56, 57, 58, 59, 410
In front of Bishan MRT Station	13, 52, 54, 55, 58, 88, 128, 156
Along Bishan St 11	52, 54, 55, 56, 57, 58, 59, 410

- Take Exit A at Bishan MRT Station.
- Walk through Junction 8 Shopping Centre in the direction of the Bus Interchange.
- Without crossing to the bus interchange at the traffic light, turn right and walk along the walkway to locate the Junction 8 Office Tower lobby.
- 在碧山地铁站走向A出口。
- 通过碧山第八站购物中心往巴士转换站方向行走。
- 在红绿灯路口之前右转, 沿着走道向前走, 就能到达碧山第八站办公大楼大厅。

Singapore Cancer Society

15 Enggor Street, Realty Centre #04-01, Singapore 079716

☎ 6221 9578 ☎ 6221 9575

- www.singaporecancersociety.org.sg
- supportgroup@singaporecancersociety.org.sg
- Follow us on Facebook

Open on weekdays, 8.30am – 6.00pm
Closed on weekends and public holidays

CANCER SUPPORT GROUP 癌症互助小组

Walnut Warriors (for those affected by Prostate Cancer)

核桃战士癌症互助小组 (供前列腺癌症病患者参与)



Singapore Cancer Society

The Singapore Cancer Society (SCS) 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.

SCS is dependent on public donations to provide quality services to cancer patients, their families and the community at large.

SCS was established in 1964, registered as a Society in 1984 and was accorded IPC (Institution of a Public Character) status as a charity in 1995 by the Ministry of Health.

关于新加坡防癌协会

新加坡防癌协会(SCS)是一所志愿性福利组织, 致力于通过公众教育、病情检查、门诊服务、财政援助、研究和宣传等途径, 将癌症对人体健康的影响降至最低。

新加坡防癌协会是一所完全自筹经费的福利机构, 依靠公众的捐款, 为癌症病人、病人家属以及公众人士提供一系列的服务。

新加坡防癌协会成立于1964年, 并于1984年注册成为一个福利机构。卫生部于1995年将它定位为公益机构(IPC)。



How a Support Group Can Help

A diagnosis of cancer can often change a person's outlook on life. Those affected by cancer may commonly experience denial, depression, and anger. A support group helps members to talk about their experiences in a relaxed environment. Listening to someone share about how he or she has suffered from cancer and survived brings hope to others who are similarly affected and helps them to cope better with their condition.

Furthermore, support group members are also able to gain rehabilitative support from each other as well as medical advice from educational talks and workshops.

“You're not alone. We too have it. Don't despair, stay positive, we will walk with you.”
Mr Simon Tan, 61

“Joining the Walnut Warriors offers me the opportunity to have fellowship with other Prostate Cancer survivors. We can share our experiences, deal with the disease, and encourage one another to move on and live a happy and fulfilling life without regrets or depression.”

Walnut Warriors is also a forum where we also share, encourage, motivate and offer support to new patients stricken with prostate cancer.”

Mr Tan Tai Jong, 70

互助小组如何能帮助您

一个人若被诊断患上癌症，往往会改变他的人生观。受癌症病魔影响的人经常会面对否认、忧郁及愤怒的感觉。参加互助小组的会员能有机会在轻松的环境下述说他的经验。让癌症患者聆听他人分享患上癌症的痛苦，并如何成功战胜病魔，能够为他们带来希望，并更积极地面对自己的病状。

此外，互助小组会员也能够通过彼此和教育性讲座及座谈会得到更多有关康复的资讯与援助。

To make an appointment for cancer screening (Monday to Friday, 8.30 am – 6.00 pm), please contact:
若要预约癌症筛检(周一至周五, 上午8.30至下午6.00), 请联系:
☎ 6499 9133 ✉ cancerscreening@singaporecancersociety.org.sg

About the Support Group

Although prostate cancer may be treated effectively when detected early, such treatments may lead to side effects which could cause difficulties and anxieties for those who are undergoing or have undergone treatment.

The SCS Walnut Warriors aims to help those affected by prostate cancer adjust to a new lifestyle by providing a platform for members to improve their quality of life through:

- **Enrichment**
 - The Man Plan programme
 - Hobby and interest learning activities
- **Empowerment**
 - Training and nurturing support group leaders
 - Hospital and home visits
- **Education**
 - Workshops/talks
 - Peer learning and support
- **Engagement**
 - Social and recreational activities
 - Outings/trips



The Man Plan Programme is an exercise programme for prostate cancer patients undergoing hormone therapy. Research has shown that resistance exercises can help to reduce fatigue as well as improve quality of life and muscular fitness in men who are suffering from prostate cancer and are receiving hormone treatment. This exercise programme will be carried out on the last Saturday of each month.

To join our support groups, please contact:
要加入我们的互助小组, 请联系:
☎ 6499 9132 ✉ supportgroup@singaporecancersociety.org.sg

有关互助小组

虽然前列腺癌在早发现时可以有效地治疗，这些疗程可能导致副作用，并对正在进行治疗或已经接受治疗的病患者带来困扰和忧虑。

新加坡防癌协会核桃战士互助小组希望帮助前列腺癌患者适应新的生活方式，并通过以下改善他们的方式：

- **增益活动**
 - 大男人运动计划
 - 兴趣与爱好学习活动
- **增权益能**
 - 培训并栽培互助小组的组长
 - 探病与家访
- **教育**
 - 专题研讨会/讲座
 - 互相学习与支持
- **参与**
 - 社交与娱乐活动
 - 出游/旅行



大男人运动计划是一项为进行荷尔蒙治疗的前列腺癌患者设计的运动计划。研究结果显示，抗阻运动能帮助消除疲惫，并改善正在进行荷尔蒙治疗的前列腺癌患者的生活素质以及肌肉健康适能。这项运动计划将于每个月的最后一个星期六进行。

To apply for welfare assistance, please contact:
若要申请福利援助, 请联系:
☎ 6421 5828 ✉ welfare@singaporecancersociety.org.sg

Meeting Details

The Walnut Warriors is open to all prostate cancer patients at any stage in their cancer journey. Spouses or caregivers are also encouraged to participate. Membership is free.

The Walnut Warriors meet every last Saturday of each month at the SCS Multi-Service Centre.

集会详情

核桃战士互助小组公开让处于任何阶段的前列腺癌患者参加。我们也鼓励患者的伴侣或配偶一同参加。入会是免费的。

核桃战士互助小组于每个月的最后一个星期六在新加坡防癌协会多服务中心召开集会。

