

# OUR ACTIVITIES



**Monthly Talks** on healthcare tips about treatment to post-recovery care, interaction and sharing sessions are hosted at TTSH and NCIS.

**The Befriender Programme** introduces newly diagnosed NPC patients to cancer survivors, enabling real personal approach on coping strategies besides providing support and care. To register your interest, contact 6772 8390 or 6772 8370. You will be matched up with a volunteer cancer survivor or caregiver.

**Group Activities** are organised to create informal sharing sessions and to promote interaction between members.



WE WILL WALK WITH YOU...

# CONNECT WITH US

To join NPC oneHeart and benefit from any of the activities we offer, please contact us at:



+65 9101 8223



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[davecheow.dc@gmail.com](mailto:davecheow.dc@gmail.com) (NPC Contact Person)



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# NPC oneHeart

## Support Group



"Sometimes our light goes out but is blown into flame by another human being. Each one of us owes deepest thanks to those who have rekindled this light."

*- Albert Schweitzer*

 **National University  
Cancer Institute, Singapore**  
A member of the NUHS



**NPC oneHeart** is a voluntary support group formed to reach out to Nasopharyngeal (NPC) and Head and Neck cancer patients, survivors and caregivers. The group is open to everyone regardless of the type of cancer they have or the hospitals they are from.

# WHAT WE HAVE TO OFFER

## About NCIS

The National University Cancer Institute, Singapore (NCIS) aims to be a leading, comprehensive cancer centre dedicated to the prevention, management and cure of cancer. With our patients being the focus of all our programmes, NCIS strives to deliver only the best.

Besides providing outstanding patient care, NCIS believes that providing encouragement and support in the fight against cancer goes a long way.

Support Groups at NCIS include:

- Breast Support Group
- Colorectal Cancer Support Group
- Gastric Cancer Support Group
- Lymphoma Support Group
- Myelodysplastic Syndrome (MDS) Support Group
- Myeloma Support Group
- Gynaecologic Oncology Patients Support Group (TEAL)
- Haematopoietic Progenitor Cell Transplant (HPCT) Support Group
- NPC oneHeart Support Group

# OUR MISSION

The NPC oneHeart aims to provide knowledge, psychological and emotional support to NPC and Head and Neck cancer patients and caregivers through organised activities, talks and sharing of experiences and practices. The group is also open to caregivers and patients with other types of cancers.

## NPC oneHeart

- was formed in 2008 at Tan Tock Seng Hospital (TTSH)
- was started in April 2010 in the National University Cancer Institute, Singapore (NCIS)
- is made up of survivors, patients, their primary caregivers and healthcare professionals
- is open to anyone affected by NPC, Head & Neck cancer, or any other type of cancer

We offer support & encouragement as well as a wide range of activities, talks and information.

- To be part of a community of people with common interests and experiences of NPC or other types of cancer
- A community where survivors and patients can safely express their feelings, thoughts, fears and hope in a caring and non-judgemental environment
- A community where survivors and patients can learn more about side effects from health professionals through monthly talks
- A community where the caregivers can feel appreciated and supported

