



Caregivers for Cancer

Some programmes are also specially created for caregivers to ensure that they are equipped with basic home-care skills and better able to cope with the emotional aspects of caring for their loved ones.

For more information on these programmes, do visit:
www.ncis.com.sg.

Support Groups

The HRC is also home to the various cancer support groups at the NCIS. These groups are a vital part of every cancer patient's journey and provide information, encouragement, friendship and more. They provide a place for people to share common concerns and emotional support. It also gives you an opportunity to interact with other cancer survivors or patients who share similar experiences. Our support groups are facilitated by oncology specialists and patients are encouraged to share their experiences through regular activities and meetings. At the NCIS, we have a number of patient support groups you can join:

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

Location and Contact Details



- | | | |
|---|----------------------------------|------------------|
| A Linkway @ Level 1 via MRT station (Exit A) | Kent Ridge MRT Station @ Level 1 | Drop off only |
| B Linkway @ Level 1 | Taxi Stand / Drop off | Bus Stop |
| C Linkway @ Level 4 | | P Carpark |

Health Resource Centre

The HRC is located on Level 10 of the NUH Medical Centre, Corridor G.

Email : ncishrc@nuhs.edu.sg
 Contact Number : **9836 8204***

Cancer Line

FREE, anonymous counselling service

Cancer Line : **(65) 9722 0569***
 Email : CancerLineNurse@nuhs.edu.sg

*Mon - Fri (Except PH): 8.30am - 5.30pm

National University
Cancer Institute, Singapore

Email: ncis@nuhs.edu.sg
 Website: www.ncis.com.sg

NUH
National University
Hospital

5 Lower Kent Ridge Road,
 Singapore 119074
 Website: www.nuh.com.sg

National University
Cancer Institute, Singapore

Health Resource Centre

Every Person Matters





About the Health Resource Centre

Beyond just providing clinical care to our patients, the National University Cancer Institute, Singapore (NCIS) recognises the emotional stress cancer patients face. Adopting a holistic approach to treatment methods, we seek to empower you and your caregiver with the necessary information and skills to cope with cancer and the effects of treatment.

The Health Resource Centre (HRC) is a one-stop educational hub which provides an avenue for you and your caregiver to learn more about your condition and attend various supportive care programmes.

Our Programmes

The cancer journey can be overwhelming – needing to understand treatment options amidst all the information being shared with you; managing not only the physical side effects but also the mental challenges of treatment; and coping with not knowing what to expect even after you are a survivor. Our programmes and activities aim to empower you with the necessary information and skills to overcome these stages in your cancer journey. At the same time, they are also platforms for you to meet others who are walking or have walked the same path.

When Cancer Enters Your Life

Being diagnosed with cancer is never easy. Emotions are wide-ranging, and can include anger, denial, depression and even determination. We believe that knowledge is power and aim to arm you with ammunition in your fight against cancer. Through various programmes, we hope that you can learn about what to expect and how to better cope with the disease and its treatment. In addition, if you need a listening ear, or encouragement from someone who has been through this journey, our Befrienders are here for you.

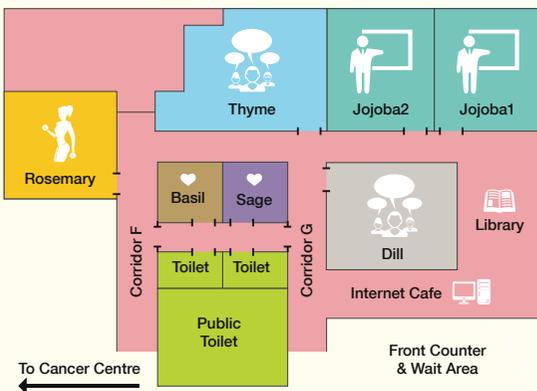
Experiencing Treatment and Its Side Effects

Cancer treatment causes varying side effects for different people. Depending on the extent of these side effects, you might need to make some changes to your lifestyle. Collaborating with industry experts, special programmes are developed to cater specifically to a cancer patient's needs. These programmes cover a wide range of topics, from personal grooming, cooking and fitness to emotional and family support and practical home-care tips.

Life after Cancer

Cancer is life-changing and the day you finish treatment marks the start of a new life. Through our cancer survivorship workshops, we hope to help manage your expectations and concerns. Programmes for fitness and nutrition are especially useful to help you build strength towards recovery.

Our Facilities



- Group Therapy Rooms
- Seminar Rooms
- Multi-purpose Studio
- Befriender's Corner
- Computer Terminals
- Resource Library

Room names are centered around wellness and healing, as we believe this can help create a sense of well-being for our visitors.

