

# OUR ACTIVITIES

**Regular meetings** where patients, caregivers, families and doctors empower each other with what they know!

**Quarterly activities, educational talks, workshops and excursions.**

**Yearly Fiesta** where all gather for a year-end party to celebrate another cancer-free year and welcome a new great year ahead!



# CONNECT WITH US

## CONTACT US

To find out about upcoming events, contact us at the details listed below.



We also have a private Facebook Group! Email us if you wish to receive an invitation to join.

 **National University  
Cancer Institute, Singapore**

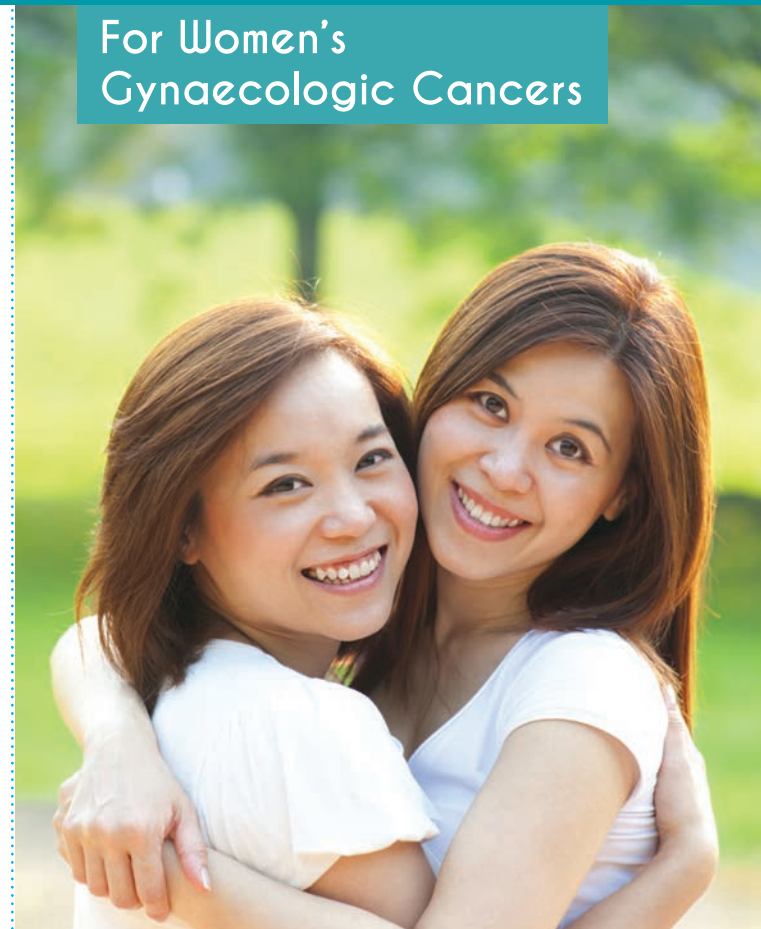
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# The TEAL Support Group

For Women's  
Gynaecologic Cancers



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

**TEAL** is a support group for Gynaecologic Oncology patients in the National University Hospital and National University Cancer Institute, Singapore. This is a joint project between Oncology Nursing, Division of Gynaecologic Oncology and the Department of Obstetrics and Gynaecology. This group supports gynaecologic cancer patients, their caregivers and close ones.

## OUR MISSION

*We aim to create a safe, warm and nurturing environment which empowers women in the next phase of their lives, beyond cancer treatment. We aim to do this by providing psychosocial and emotional support. We empower with knowledge and educational programmes on self-care and cancer rehabilitation.*

### The TEAL group

TEAL is the color of gynaecological cancer awareness; for us, it also stands for Totally Empowered, Actively Living. This describes the women of the TEAL Support Group who are empowered by the support of fellow members, caregivers and their doctors to lead an active and cancer-free life. TEAL was launched on 11 October 2008 at NUH.

## WHAT WE HAVE TO OFFER

- The support group acts as a platform, allowing gynaecologic cancer patients / survivors, their caregivers and families to connect with professional oncology healthcare providers.
- The support group meetings provide a setting for patients, their caregivers and families to share and express their feelings without fear.
- Members are emotionally supported by professionals from the Women's Emotional Health Service. They can also find inspiration and hope through regularly organised activities and sharing sessions, allowing them to stay active and healthy in their lives beyond cancer.
- Newly diagnosed patients are supported by members of the group, creating an ever-expanding network of women who support each other in actively living life beyond cancer.
- Members can also empower themselves with the knowledge from support group programmes that emphasise self-help, self-care and how to live well beyond cancer.

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

