

## 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.

## About the SCS Walnut Warriors

The SCS Walnut Warriors was formed on 27 July, 2013. Our members are men with prostate cancer. Regardless of the treatment we receive – surgery, hormone therapy, radiotherapy or chemotherapy, each of us fights a war against cancer. But as a group, we become stronger and more courageous warriors.



## Contact Us



### Singapore Cancer Society Multi-Service Centre

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

☎ 6499 9138

☎ 6499 9140

✉ supportgroup@singaporecancersociety.org.sg



### Singapore Cancer Society Rehabilitation Centre

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

☎ 6661 0590 ☎ 6570 2746

Please present identification card at lobby to gain access.

🌐 www.singaporecancersociety.org.sg

✉ rehab@singaporecancersociety.org.sg

📺 Follow us on Facebook

## CANCER SUPPORT GROUP

# SCS Walnut Warriors

(for those affected by Prostate Cancer)





## Group Discussions

At our monthly gatherings, members are strongly recommended to not only exercise, but take part in our facilitated small group discussions as well. These hour-long sessions are facilitated by an experienced staff or support group member; these groups are formed according to each member's treatment experience and needs. Hence, while each person has his own story to share, it can be conducted in a conducive and beneficial environment.



## Talks & Workshops

We host talks, workshops and activities for our Walnut Warriors each month. Some of our invited speakers include oncologists, therapist, urologists, surgeons, prostate cancer specialist nurses and nutritionists. This is a place where learning never stops.



## Programme

The following programmes are open to all Walnut Warriors. To learn more, kindly contact our SCS staff.



### WALNUT WARRIORS EXERCISE

@ ActiveSG Sports Centre (Bishan)

3.00 pm – 5.00 pm

✉ [rehab@singaporecancersociety.org.sg](mailto:rehab@singaporecancersociety.org.sg)



### WALNUT WARRIORS MEETING

@ SCS Multi-Service Centre

1.30 pm – 5.00 pm

✉ [supportgroup@singaporecancersociety.org.sg](mailto:supportgroup@singaporecancersociety.org.sg)

## Words of Encouragement

*“Stay positive,  
things will turn good  
if you have a  
positive mind-set.”*

Foo, Walnut Warrior

*“You must be  
disciplined to do what  
you should be doing.”*

*“Exercise is very  
important.”*

TJ, Walnut Warrior

*“You are still a  
normal person.”*

*“Cancer is only a word,  
it is not a death sentence.  
Be brave and face up  
to the illness.”*

Vincent, Walnut Warrior

*“We certainly have not  
stopped living – we enjoy  
life – and sharing our  
experiences together.”*

*“A winner never quits  
and a quitter never wins.  
Don't give up.”*

Mike, Walnut Warrior

## Walnut Warriors Exercise

The Walnut Warriors Exercise Programme is a resistance exercise that has been found to help reduce fatigue, improve muscular fitness and quality of life, particularly for Prostate Cancer patients under-going hormone treatment.



Upon signing up, our staff will contact you to make an appointment to see our trained therapist for a basic assessment. A one time free exercise band will be provided if you join the exercise program. This will not only allow each participant to readily partake in the exercise, but provide them with the opportunity to practise during their own free time as well.

For more information, please refer to the Programme found on this brochure.



## Activities



The SCS Walnut Warriors occasionally hosts events for their members to learn, bond with one another, and enjoy themselves. Members will be updated regularly prior to each event.

**For Support Group related enquiries, please contact:**

✉ [supportgroup@singaporecancersociety.org.sg](mailto:supportgroup@singaporecancersociety.org.sg)

**For Welfare related assistance, please contact:**

✉ [welfare@singaporecancersociety.org.sg](mailto:welfare@singaporecancersociety.org.sg)