

## Public Education

SCS has been active in raising cancer awareness through its public education campaigns, forums and talks. Our cancer awareness campaigns conducted throughout the year include:

- Breast Cancer
- Colorectal Cancer
- Gastric Cancer
- Prostate Cancer
- Gynaecological Cancers (cervical, ovarian and uterine)

## 公众教育

新加坡防癌协会一直以来通过公共教育运动、座谈会和讲座提升公众对于癌症的意识与了解。我们在一年内所进行的癌症意识活动包括:

- 乳癌
- 结肠直肠癌
- 胃癌
- 前列腺癌
- 妇科类癌症(子宫颈癌、卵巢癌及子宫癌)



## Cancer Research

SCS supports cancer research by giving out grants and awards to deserving projects. The Society encourages research across a wide spectrum of subjects relevant to the quality of life, quality of care and quality of treatment for cancer patients. The Society would like to underscore the importance of the psychosocial aspects of cancer on patients as well as caregivers. SCS provides funding in the following categories:

- Sciences
- Social Sciences

## 癌症研究

新加坡防癌协会通过分发研究经费和奖励给应得的项目。本协会希望促进范围广阔的主题的研究,以帮助提高癌症患者的生活素质、护理素质以及治疗素质。我们也希望强调病患者和看护人的心理需求。新加坡防癌协会提供以下类别的研究经费:

- 科学
- 社会科学



### Singapore Cancer Society Multi-Service Centre

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

☎ 6499 9133 ☎ 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](http://www.singaporecancersociety.org.sg)
- ✉ [enquiry@singaporecancersociety.org.sg](mailto:enquiry@singaporecancersociety.org.sg)
- 📺 Follow us on Facebook



Minimising the **impact of cancer** through public education, screening, patient services, financial assistance, research and advocacy.

## About Us

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.

As a self-funded charity, 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 You Can Help

**Be a Volunteer** Volunteer your time and make a difference. Email us at [volunteers@singaporecancersociety.org.sg](mailto:volunteers@singaporecancersociety.org.sg)

**Be a Donor** Give hope to cancer sufferers 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](mailto: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。



## Cancer Screening Services

Cancer screening helps to detect cancer at an early stage, before the symptoms occur. Treatment at an early stage increases the chance of a cure and reduces the mortality rate. SCS provides the following screening services free to members of the public at our Multi-Service Centre (see back page for map):

- Faecal Immunochemical Test (FIT) for Colorectal Cancer
- Pap Smear for Cervical Cancer
- Clinical breast examination for Breast Cancer

SCS also offers subsidies for mammograms and colonoscopies for those who require these follow-up tests.

## 癌症筛检服务

防癌筛检能够在症状出现之前, 检测出早期阶段的癌症。在早期阶段进行治疗, 可提高治愈率, 降低死亡率。新加坡防癌协会将在其综合服务中心(地图见背页), 为公众提供下列的免费筛检服务:

- 粪便免疫化学检验(FIT), 检测结肠直肠癌
- 子宫颈涂片检验, 检测子宫颈癌
- 临床乳房检验, 检测乳癌

新加坡防癌协会也提供津贴给需要做跟进测试的病人进行乳房X光检验和结肠镜检查。



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

## Cancer Support Services

SCS is home to support groups which provide a platform to patients and cancer survivors to both offer and receive peer support. Workshops, talks and group activities are held to engage members and to allow them a chance to learn from each other. Our support groups include the:

- 'Bishana' (for female cancer patients)
- Colorectal Support Group (for Colorectal Cancer patients)
- NewVoice Club (for Throat / Nasopharyngeal Cancer patients)
- Reach to Recovery (for Breast Cancer patients)
- Walnut Warriors (for Prostate Cancer patients)
- Look Good...Feel Better Programme (for women to manage physical changes that cancer treatment brings, such as hair loss and skin discolouration)



## 癌症支援服务

新加坡防癌协会的支持小组为癌症病人和癌症幸存者提供一个平台, 能够提供并同时得到同伴的支持。我们定期举办研讨会、讲座及小组活动, 让成员有机会互相学习。我们的支持团体组织包括:

- “碧山娜”(为女性癌症患者而设立的互助小组)
- 大肠癌支援小组(大肠癌患者)
- 新声小组(喉癌/鼻咽癌患者)
- 复原指导(乳癌患者)
- 核桃勇士(前列腺癌患者)
- “容光焕发”计划(帮助妇女处理癌症治疗所带来的身体变化问题, 如脱发和皮肤变色)

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

## Hospice Care

Our Hospice Care team, which comprises of doctors and nurses, makes regular visits to patients and provides assistance to patients and their caregivers in the areas of pain and symptom management, nursing care as well as psychosocial support. The Society also loans medical aids such as oxygen concentrators and wheelchairs to patients under our care.

## 慈怀护理

由医生和护士所组成的家庭临终关怀护理队伍将定期做家访, 为癌症末期病人及其家人提供护理及心理支持, 帮助他们减轻痛苦。此外, 新加坡防癌协会也提供医护辅助器, 给患者借用, 如制氧机和轮椅。



## Welfare Services

Cancer is a financially draining illness. SCS helps needy cancer patients and their families cope with the financial stress through assistance programmes by providing:

- Cancer treatment subsidies
- Financial aid
- Medical supplements
- Free transport service to/from treatment
- “Help the Children and Youth” Programme
  - Free tuition
  - School allowance grants and bursaries for young cancer patients and children of cancer patients
  - Family engagement programmes

## 福利援助

癌症是耗费甚大的一种疾病。新加坡防癌协会通过提供以下援助计划, 帮助贫穷癌症病人和病人家属应付财政压力:

- 癌症治疗津贴
- 医疗补充
- 经济援助
- 接载癌症病人到医院接受治疗
- “帮助儿童和青少年”计划
  - 免费补习
  - 为年轻的癌症病人以及癌症患者的子女提供津贴补助和助学金
  - 家庭参与计划

To find out more about hospice home care, please contact:  
欲知居家慈怀护理详情, 请联系:  
☎ 6421 5832 ✉ hospice@singaporecancersociety.org.sg

## Community Partnerships

SCS engages the community in our fight against cancer. We collaborate with the medical community, corporate partners and individuals to increase the awareness of cancer and to encourage cancer screening. As a self-funded charity, we involve the community in our fund-raising programmes and welcome volunteers who augment the Society's resources with their skills and talents.

Our main programmes include:

- Race Against Cancer (charity run)
- Donation boxes at retail outlets and corporations



## 社区合作

新加坡防癌协会积极推动社区参与抗癌活动。我们与医学界、企业合作伙伴和个人合作, 加强公众对癌症的认识, 并鼓励公众接受癌症检验。新加坡防癌协会是一所自筹经费的福利机构, 我们让社区参与我们的募捐计划, 并欢迎义务工作者奉献自己的技能和才华, 增强协会的资源。

我们的主要项目包括:

- 防癌赛跑(慈善赛跑)
- 零售商店和公司的捐款箱

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