

Meeting Details

SCS New Voice Club is open to all nasopharyngeal cancer patients at any stage in their cancer journey. Spouses or caregivers are also encouraged to participate. Membership is free. SCS also conducts free enrichment programmes which are open to all support group members.

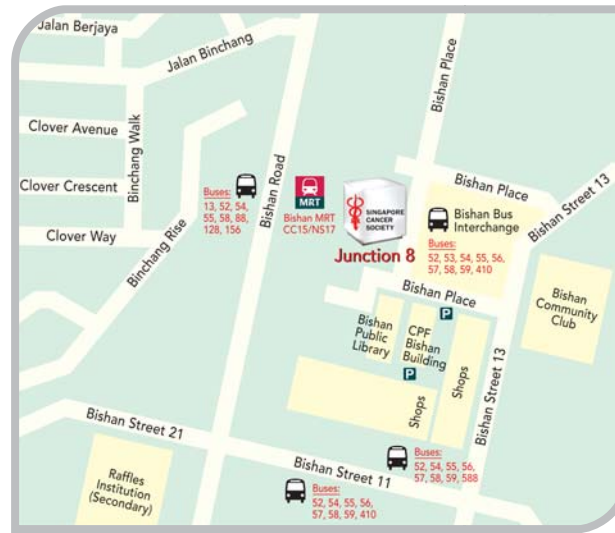
SCS New Voice Club meets every Tuesday, from 12.00pm to 2.00pm, at the SCS Multi-Service Centre to conduct speech practice sessions weekly.



集会详情

新加坡防癌协会(SCS)新声会是开放给所有喉癌患者在他们的癌症康复的任何阶段。我们也鼓励配偶或照顾者参加。会籍是自愿的,免费的。SCS也举办各种课程开放给所有支持小组成员。

新加坡防癌协会(SCS)新声会每周二聚会从中午12:00至下午2:00,在SCS综合服务中心。每周进行言语练习。



Singapore Cancer Society Multi-Service Centre

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

☎ 6499 9132 📞 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
- ✉ supportgroup@singaporecancersociety.org.sg
- 📺 Follow us on Facebook

Open on weekdays, 8.30am – 6.00pm
Closed on weekends and public holidays

CANCER SUPPORT GROUP
癌症互助小组

SCS New Voice Club Support Group

(for those affected by
Nasopharyngeal Cancer)

新加坡防癌协会新声会支持小组
(供鼻咽癌症病患者参与)



How a Support Group Can Help

A diagnosis of cancer can often change a person's outlook on life. Those affected by cancer may commonly experience denial, depression, and anger. A support group helps members to talk about their experiences in a relaxed environment. Listening to someone share about how he or she has suffered from cancer and survived brings hope to others who are similarly affected and helps them to cope better with their condition. Furthermore, support group members are also able to gain rehabilitative support from each other as well as medical advice from educational talks and workshops.

“ *New Voice Club helped me to regain my voice. I feel a deep gratitude to this club.* ”

Leong Kok Wai, 67



集会详情

癌症的诊断往往可以改变一个人的人生观。那些受癌症患者通常会经历否认，抑郁和愤怒。在一个轻松的环境中，支持小组可帮助成员分享他们的经历。听别人分享关于癌症和生存过来的经历会带来希望给同样受到影响的患者，并更好地帮助他们应付他们的情况。此外，支持小组成员也能够彼此获得康复扶助，以及医疗建议，举办研讨会和教育讲座。

“ *我喜欢社交的活动，以及成员的支持。* ” 陈富明, 78

To make an appointment for cancer screening (Monday to Friday, 8.30 am – 6.00 pm), please contact:
若要预约癌症筛查(周一至周五, 上午8.30至下午6.00), 请联系:
☎ 6499 9133 ✉ cancerscreening@singaporecancersociety.org.sg

About the Support Group

SCS New Voice Club was first formed on 4 April 1985. This support group was initiated by laryngotomees, ear-nose-throat surgeons, speech therapists, nutritionists, and nurses.

Laryngotomees are patients who have undergone laryngectomy, which is a surgical procedure to remove the voice box partially or completely to treat cancer. This is followed by tracheostomy, which is a surgical procedure to create an opening (stoma) at the front of the neck. Air enters and leaves the trachea (windpipe) and lungs through the stoma. A tracheostomy tube keeps the new airway open.



The SCS New Voice Club aims to help those affected by nasopharyngeal cancer to adjust to a new lifestyle. It provides a platform for members to improve their quality of life through:

- **Enrichment**
 - Sign language classes
 - Hobby and interest learning activities
- **Empowerment**
 - Rehabilitative support and speech training
 - Training and nurturing support group leaders
 - Hospital and home visits
- **Education**
 - Workshops/talks
 - Peer learning and support
- **Engagement**
 - Outreach to new patients
 - Social and emotional support
 - Social and recreational activities
 - Outings/trips

SCS New Voice Club enables laryngotomees to speak again, to make a positive attitudinal shift, and to live with hope.

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

有关互助小组

新加坡防癌协会(SCS)新声会成立于1985年4月4日。它是一个扶助小组，由喉癌患者，耳，鼻，喉外科医生，言语治疗师，营养师和护士所设立的。

病患者经历切声带癌手术以除去部分或全部声带以治疗癌症。接着气管切开手术是在颈部的前面开个洞(气孔)。空气进入并通过该气孔离开气管和肺。气管切开保持新的呼吸道通畅。

新加坡防癌协会(SCS)新声会目的是帮助那些受咽癌患者调整新的生活方式。它提供了一个平台，让会员提高他们的生活质量和过正常的生活:

- **增益活动**
 - 手语班
 - 业余爱好和兴趣学习活动
- **增权益能**
 - 康复支持和言语训练
 - 训练和培养支持小组的领导人
 - 医院及家访
- **教育**
 - 研讨会/讲座
 - 同伴互相学习和支持
- **参与**
 - 联络新病人
 - 社交和情绪的支持
 - 社交及康乐活动
 - 户外活动/旅行

新加坡防癌协会(SCS)新声会的目的是使喉癌患者再次说话，做出积极的态度转变，并对未来充满希望。



To apply for welfare assistance, please contact:
若要申请福利援助, 请联系:
☎ 6421 5803 ✉ welfare@singaporecancersociety.org.sg