

# Resources For Cancer Care

## Purchase of Essentials After Surgery

Mastectomy bras - bras specially designed for breast cancer patients after their surgery

- Where to buy:
  - Can-Care
    - Led by a team of dedicated professionals with nursing and medical backgrounds, Can-Care aims to help newly diagnosed cancer patients, cancer survivors, as well as their families, cope with the special needs of patients and the changes they are experiencing with their body and lifestyle. We provide for our patients needs by offering professional advice, emotional support and innovative post-care products on one single platform.
    - Website: <https://cancare.asia/>
    - Location: 321 Orchard Road, #06-06, Orchard Shopping Centre, 238866
  - Perk by Kate
    - Find out more about Perk by Kate:  
<https://cnalifestyle.channelnewsasia.com/style-beauty/bra-lingerie-breast-cancer-survivors-perk-kate-282536>
    - Website: <https://www.perkbykate.com/>

## Medical Related

CancerLine by National University Cancer Institute Singapore (NCIS)

- CancerLine aims to:
  - To provide telephone triage on cancer symptoms and treatment-related side effects
  - To offer a listening ear for cancer patients and their caregivers
  - To provide information on cancer-related issues

- To facilitate referral for community support services and resources
- Contact CancerLine
  - CancerLine operates from Mondays to Fridays between 8.30am - 5.30pm (excluding Public Holidays). Call **+65 9722 0569** or email **[CancerLineNurse@nuhs.edu.sg](mailto:CancerLineNurse@nuhs.edu.sg)**

### Cancer Helpline by National Cancer Centre Singapore

- The Cancer Helpline is a private, confidential and anonymous one-to-one information and counselling service manned by nurse counsellors. They are able to provide up-to-date information on risk factors, signs and symptoms, prevention, early detection and management of treatment side effects. We do not give medical advice or treatment recommendations but help you to clarify doubts and put into perspective what your doctor has told you. Services also include counselling, as well as emotional and psychological support in coping with cancer. Cancer patients can also be connected to health, welfare and cancer support services available in Singapore.
- Contact Cancer Helpline: <https://form.gov.sg/642ccd4e69125a0011adde84>

## Support Groups

### Singapore Cancer Society [SCS] - Reach to Recovery Programme

(<https://www.singaporecancersociety.org.sg/get-help/cancer-survivor/join-a-support-group/reach-to-recovery-support-group.html>)

- Reach to Recovery is a breast cancer support group that aims to help women cope with life challenges brought about by breast cancer. The women involved in this programme have lived through breast cancer. They now give their time to provide a listening ear and to share their experiences in order to help other women achieve a full recovery: cosmetically, physically, emotionally, spiritually and psychologically.
- Free membership
- Meetings: Every fourth Saturday of the month, 10.30 am-12.30 pm

### Singapore Cancer Society [SCS] - 'Look Good Feel Better' Workshop

(<https://www.singaporecancersociety.org.sg/get-help/cancer-survivor/cancer-support-programmes/look-good-feel-better.html>)

- Programme for women undergoing chemotherapy or radiotherapy to develop a practical approach to the appearance-related side effects of cancer
- The programme runs on a free non-medical and product-neutral format which originated from the US. In partnership with industry-trained beauty professionals, this programme offers:
  - A free 2-3 hour workshop on cosmetic techniques and alternative hair fashion
  - An opportunity to meet and communicate with other women undergoing cancer treatment

Singapore Cancer Society [SCS] - Enrichment programmes

(<https://www.singaporecancersociety.org.sg/get-help/cancer-survivor/cancer-support-programmes/enrichment-programmes.html>)

- Enrichment programmes from SCS include: Diet and nutrition (e.g. cooking and nutrition workshop), fitness (e.g. Accessible Yoga, Be Hype & Be Happy - Dance workout, Zumba, Tai Chi, Chair Yoga), hobbies (e.g. Karaoke, Singing, Ukulele), Art and craft (Bead craft, Costume jewellery making)