

# SMALL STEPS TO BIG CHANGES



## CHALLENGES

Breast cancer survivors often face lasting emotional, physical, and mental challenges, yet many lack a dedicated support network after treatment. A safe, supportive community is essential to help survivors feel connected, less isolated, and more empowered in their recovery journey. By fostering peer support and shared experiences, we aim to build resilience and restore hope.

**PLANTING SEEDS OF HOPE, NURTURING A CIRCLE OF SUPPORT**

Setting up a breast cancer survivor support group



## IMPLEMENTATIONS



Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future. Nelson Mandela

**COMPASSION**



Invite internal healthcare professionals to give educational talks, and explore collaborations with external support networks.

Prepare clear and accessible enrolment materials for both nurses and patients.

Conduct surveys and gather feedback to continuously improve the programme

Extend invitations to all patients who have completed active treatment to join the support group

Begin with small group sessions to encourage openness and build trust in a safe, comfortable setting



## OUTCOMES

**Increased participants' attendance rate**



**KEY**

- Strong leadership to guide and champion the initiative
- Willingness to collaborate with external partners and community groups
- Open, empathetic communication to address challenges and co-create meaningful solutions

**THANK YOU FOR SHARING**

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Together, we can create a space where survivors don't just heal – they thrive.

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