

Strength from Support



支援的力量



癌症並不是終結, 它只是新生的開端

Cancer is not the end; it's the start of a new way of life

我們的過去……我們的將來

香港癌症基金會於二十年前成立，目的是向癌症患者提供支持、資訊和關懷，以及提高社會人士對癌症的認知與關注。基金會最初是由CanSurvive這個病人自助組織開始。CanSurvive服務本地及外籍癌症病人，定期舉辦聚會讓病人互相交流經驗、分享心得。隨著癌症支援服務的需求與日俱增，基金會開始積極拓展支援網絡，並和其他早期的自助組織合作，當中包括新域會、新聲會及香港造口人協會等。我們深明當時需要一個中心點，讓各組織得以更有效分享資源。故此，成立癌協服務中心的構想遂在一九九七年油然而生。

我們謹以第一所癌協服務中心，紀念已故英國皇妃戴安娜，以感激她在中心開幕前給予很多寶貴的意見及支持。而除了統籌屬下各個「癌協之友」自助小組外，癌協更進一步開拓各項癌症服務。我們明白到在病人的復康過程中提供不同類型的服務選擇，其實相當重要。故此癌協的支援服務非常多元化，包括癌協熱線、輔導服務、藏書豐富的圖書館、教授如何妥善料理癌症的課程、由專科護士講解護理技巧、復康用品借用以致各類提供身心靈質素的治療課程等，以照顧不同病人所需。

我們的支援網絡正在不斷拓展，而且不只局限於醫院內，更延伸至社區及家居。

我們明白到在病人的復康過程中提供不同類型的服務選擇，其實相當重要



We recognized the importance of providing choices to patients in their healing process



Our History...and Our Future

Hong Kong Cancer Fund was established 20 years ago to provide support, information and care to those living with cancer, and to increase awareness and knowledge of cancer in our community. It all began with CanSurvive – a bilingual support group that meets regularly to share experiences and gain support from each other. As the demand for additional cancer support continued to grow, the Cancer Fund worked alongside some of the early support groups, such as New Horizon, New Voice, Hong Kong Stoma Association and many others, to rapidly expand the network. Recognising the need for a centralized meeting point to be shared amongst the various self-help groups, the concept of CancerLink was born in 1997.

The first centre was dedicated to the late Princess Diana, who provided encouragement and support to the establishment of the service. In addition to housing the many peer support groups under the Friends of CancerLink network, we went on to expand our services. We recognized the importance of providing choices to patients in their healing process. The hotline, counselling services, a well-stocked library of cancer information, courses on how to cope, nurse specialists to offer guidance, equipment loans to aid recovery and holistic therapies are just some of the numerous choices available at CancerLink.

The network of support continued to grow, not only in the hospitals, but also in the home and in the community.



我們的過去……我們的將來

黃大仙癌協服務中心的成功，無疑為我們注入一枝強心針。我們遂在中環成立第二間癌協服務中心，繼續為癌症病人提供一個舒適寧靜的場所去尋求協助。中環癌協進一步為病人提供個人化服務及護理技巧。同時，我們繼續保持與醫院管理局及各個服務伙伴的緊密合作關係，同為香港提供高素質的癌症服務而努力。

過去十年，癌協向逾廿二個國家派發超過八十萬本中英文癌症資訊小冊子；癌協熱線共為超過三萬二千名公眾人士提供支援；亦有逾四萬位癌症患者及家屬參加癌協的復康課程及活動；而屬下「癌協之友」更有接近一萬名的會員！

我們能夠繼續陪伴癌症患者同家屬走過段段抗癌旅程，全賴各位同事、義工、醫護人員、服務伙伴與捐款人的支持和付出！我們熱切準備迎接一個燦爛的未來。與此同時，我們會繼續努力拓展服務網絡，將支援模式跟其他鄰近國家分享，以及重點將無縫關顧和支援帶進患者的家居。有著您們的支持和幫忙，癌症患者的抗癌大道就不會再孤獨無助！

有著您們的支持和幫忙，
癌症患者的抗癌大道就不
會再孤獨無助！

Together, we can ensure that no
one will face cancer alone

Our History...and Our Future

The success of our first CancerLink centre in Wong Tai Sin led to the establishment of a second centre in Central, a haven that focuses on individual wellness and care. Our close collaboration with the Hospital Authority and working partners has also enabled us to provide quality care.

Over the past 10 years we have: distributed more than 800,000 bilingual cancer booklets to more than 22 countries; answered more than 32,000 calls through our hotline; helped more than 40,000 people who have attended our rehabilitation programmes; and gained support from close to 10,000 members under our Friends of CancerLink umbrella.

The wealth of choices we make available to clients and their families throughout the cancer journey are a tribute to our dedicated staff, volunteers, professional carers, working partners and generous donors. We look forward to a bright future, where we continue to strengthen our support network, reach out with our model of support to neighbouring countries, and ensure seamless cancer support by focusing on the importance of home care. Together, we can ensure that no one will face cancer alone.





「展望將來，我們會繼續延伸服務網絡，
致力發展癌協的家居支援及紓緩服務。」

“Our vision is to extend our reach to home care services and palliative support beyond the confines of CancerLink”

Chairman's Message

Cancer is a community concern. Not only because it affects so many of us, but because it takes a community effort to overcome it.

Many years ago, doctors were single-handedly tackling the physical impact of cancer, whilst friends and families were left to struggle with the practicalities and emotional effects such a diagnosis brings. Realising the desperate need, Cancer Fund pioneered the very first haven of hope in Hong Kong that offered free information, psychological support and social care to those affected by cancer. We called this haven, CancerLink.

Since its establishment in 1997, CancerLink has become a unique place, almost like a family in fact, made special by our professional cancer carers, countless cancer survivors who are our volunteers, social workers, staff, nurses, doctors and trained therapists who have contributed their time and expertise to build this haven. It is at our centres that we empower people to fight cancer with more than just medicine.

This book serves as a tribute to cancer survivors and families, and their courage in taking part in their own healing. It is also a gesture to recognise the many individuals

and multitude of roles that have helped to provide hope and relief through CancerLink.

Working as a team, we at the Cancer Fund achieved many of our goals in support of the community. Yet there is much more work to be done. Our vision is to extend home care services and palliative support beyond the confines of CancerLink and into the homes of those who need us most. I know that with your commitment and drive, we can make this happen.

Of course, all we have accomplished would not have been possible without the generous

support of our donors. We are indebted to our entire Circle of Friends network, corporate patrons and supporting foundations who believe so strongly in our cause and continue to make our work possible.

To everyone who has and will go on to make his or her own individual contribution to our services, I extend my deepest gratitude. I hope some of the messages and pictures throughout this book will reflect your belief in our mission and what it means to be part of the CancerLink family.

Sally Lo, MBE
Chairman, Hong Kong Cancer Fund

主席的話

癌症是全社會都應關注的題目——不只因為癌症影響您和我，而是因為癌症需要整個社會聯手去應付和對抗。

從前，醫生純粹擔任治療者的角色，解決病人生理上的問題；其他隨癌症而來的心理、情緒或適應能力的負面影響，則留給患者的家人及朋友去善後。深明癌症患者需要支援服務去紓解絕望和徬徨，香港癌症基金會率先於香港成立首間癌症服務中心，免費為備受癌症困擾的患者和親友提供完備資訊、情緒輔導及社交支援。這個洋溢希望的避風港，正是癌協服務中心。

自一九九七年成立開始，癌協已經成為癌症病友的大家庭。裡面的專業關顧人員、康復者義工、社工、專科護士、醫生、註冊治療師等都貢獻出時間和心血，竭力令患者獲得適切支援和完善服務。透過癌協，我們提供的不是醫藥，而是一帖帖心靈良方，令患者更自信及堅毅地面對癌症。

我們謹將這本紀念特刊，獻給每位曾透過我們的服務而奮勇抗癌的患者及其家庭成員。我們亦想藉此書，向那些曾於癌協為患者提供希望和支持的熱心人士致敬。

這些年來，我們與社會人士一起為對抗癌症而努力。展望將來，我們會繼續延伸服務網絡，致力發展癌協的家居支援及紓緩服務，希望解決行動不便及身體虛弱患者的燃眉之急。有著您們的支持和鞭撻，我們會更積極地達成目標。

當然，若然沒有各位善長仁翁的慷慨解囊，我們亦未能讓癌症病人受惠。感謝各「癌症基金會之友」月捐計劃會員、企業贊助單位及慈善基金的長久信任及認同。有著您們的熱心支持，我們就能將關懷化成實質行動，繼續支援更多癌症病人及家屬。

我們亦要向每一位曾為癌協獻出心力的伙伴，致以最衷心的感激。紀念特刊裡的每段文字、每幅圖片都經過細心挑選，希望能令讀者感受到癌協這個大家庭背後的服務理念和團隊精神。

香港癌症基金會
主席 羅莎莉



謹啟

醫藥以外的癌症支援

Fighting cancer with more than medicine

癌協熱線

- 癌協熱線提供癌症資訊及即時情緒支援, 每年的求助電話超過五千四百個

病人自助組織

- 癌協之友: 十四個癌症病人自助組織, 為患者及其家屬帶來鼓舞、希望和復康經驗, 以迎接抗癌道路的挑戰

社區支援

- 為行動不便及身體虛弱的病人提供家居支援服務, 大大提昇他們的生活素質
- 提供實質舒緩

癌症資訊

- 透過公眾教育及詳盡資訊, 就能加強病人的抗癌信心。
- 每年共派發超過八萬本癌症資訊小冊子

復康課程

- 透過不同種類的輔助療法課程, 我們協助病人紓緩壓力、重建信心
- 向手術後的病友派發癌症復康包

心理及人際關係支援

- 提供個人化的輔導服務及復康建議, 以配合患者的不同需要

Hotline

- Providing information and immediate emotional support to more than 5,400 callers each year

Peer support groups

- *Friends of CancerLink* comprises fourteen cancer patient self-help groups. Each group offers support and hope to help overcome the challenge of cancer

Community care

- Extending care into the home to make the lives of cancer patients a little easier
- Providing practical relief

Information

- We empower people through education and information
- More than 80,000 cancer booklets are distributed annually

Rehabilitation programmes

- Helping patients to regain strength and relieve stress through complimentary therapies
- Recovery packs to those who have undergone surgery

Psychosocial support

- Providing individualized counselling and guidance to suit each and every unique case



心理及人際關係支援

想像一下，剛患上乳癌的你卻被丈夫拋棄，還要被迫與兒女分開，你能否孤獨地面對癌症的挑戰？這就是其中一位病友阿惠的故事。

有時，癌症會與生活上其他難題同袂而至。開始時可能只是個健康問題，後來卻演變成更加嚴重的創傷。很多到癌協尋求支援的病友，不過是想找個膊頭來倚靠、找把聲音來安慰，引領自己走出陰霾。

遇上阿惠這樣的病友，我會令她重拾盼望和自信，繼續去面對癌症的挑戰。癌協提供個人及家庭情緒輔導、夫婦心理治療等服務，協助患者及其家人處理隨癌症和治療而來的心理問題。癌症並不是世界末日，而是人生的一個開始。我會繼續盡我所能，幫助他們去適應生活、處理困境。

黃金鳳
黃大仙癌協服務中心高級項目經理

我曾接過一位乳癌患者的求助電話，她已婚並育有一個兩歲兒子。與她的對話之中，她沒有呼天搶地、惶恐惆悵，反而對治療及康復都很有信心和勇氣。既然如此，為何她要致電癌協熱線呢？

原來，她是希望本會為她丈夫提供心理輔導。她患病之後，丈夫變得很憤怒。她已經與丈夫分房睡覺，鮮有溝通又或終日吵罵，關係非常劍拔弩張。

這個來電令我明白癌症除了影響患者本身，還會影響整個家庭。我很希望透過在電話裡傾談，能夠給她一些慰藉，以舒緩目前的困境。有時候，傾訴心事已是最好的治療。

蔡頌文
黃大仙癌協服務中心項目幹事

過去十年，我們的癌協熱線
共為超過三萬二千名公眾人士
提供支援

More than 32,000 people were
helped through our hotline over
the past 10 years

有時候，向人傾訴已是最好的治療

Sometimes just talking is therapy in itself

Psychosocial support

Can you imagine being diagnosed with breast cancer, having your husband abandon you, being separated from your children and then trying to overcome the challenge of cancer alone? This is the story of my client “Julie”.

Sometimes, cancer can compound everyday problems in life. Something that started off as a health challenge later transforms into something much more traumatic. Many people that come here need a shoulder to lean on and, more than anything, a reassuring voice to guide them through the maze of uncertainty.

For situations like “Julie’s”, I helped to guide her to a place of hope and restore her with a sense of empowerment. CancerLink provides both individual counselling, couples therapy and family counselling to help patients and families cope with their diagnosis and overcome the psychological hurdles they face. Cancer is not the end of the world; it’s the start of a new way of life, and I do my very best to help those affected by cancer to learn to adapt.

Kam Wong, Senior Programme Manager

I remember one case where a lady with breast cancer, who was married and had a two-year-old son called our hotline. She seemed very confident and in control of her emotions, ready to face her surgery and treatment. I was a bit surprised by her call as most people call our hotline in a state of panic or despair.

She went on to tell me that she wanted to seek counselling for her husband, as he had been acting angrily towards her ever since she was diagnosed. They had started to sleep apart, stopped communicating, and their relationship had subsequently started to break down.

I always remember this call vividly because it reminds me that cancer doesn’t just affect the person with cancer. It affects the entire family. I’m hopeful that our brief discussion offered some form of comfort and helped to resolve some of the difficulties she was facing. Sometimes just talking is therapy in itself.

Zoe Choi, Programme Executive

癌症資訊



癌協服務中心已派發了超過八十萬本中英文癌症資料小冊子

Over 800,000 bilingual cancer information booklets have been distributed through CancerLink

偶爾經過中心走廊，我聽到一位康復者義工跟新症患者說：「你對癌症瞭解和知道得越多，你對它的恐懼便會越少。」他的說話可謂一矢中的，解釋我們的最新癌症資訊對患者及其家人的重要性。很多時候，病人的不安是來自他們對療程的不理解。這就是為何詳細的癌症資訊能幫助患者掌握自己的病症及狀況。透過提供不同病類癌症資訊及療程資料的小冊子、「如何應付」和「如何面對」癌症系列等，患者及其家人就能更加自信地去迎接癌症的挑戰及治療過程。

陳熾良
黃大仙癌協服務中心項目經理

Information

I once overheard a cancer survivor talking to a newly diagnosed cancer patient at CancerLink. The cancer survivor said to the patient, “As your understanding and knowledge increase, your fears will diminish.” This person’s observation perfectly illustrates the importance of the up-to-date information we provide to patients and families. More often than not, it is ignorance of treatment that makes people feel most anxious; this is why knowledge of cancer is so important when it comes to patients taking control of their illness. By providing a whole series of information booklets on the various types of cancer and treatment options, as well as guidelines on what to expect and how to prepare, our goal is to empower patients and their carers to take control of their cancer journey and approach their treatment with confidence.

Raymond Chan, Programme Manager

對於癌症患者來說，最重要的是瞭解即將面對的狀況

The most important thing for people diagnosed with cancer is knowing what to expect

病人自助組織

對於超過一萬七千名癌症患者及康復者來說，癌協中心是他們另一個家

CancerLink is home to more than 17,000 cancer patients and survivors

我可以與其他有著同樣經歷的癌症病友傾談，他們會明白我的感受

I can share my experience with someone who truly understands what I'm going through

病人自助組織在抗癌旅程中擔當著很重要的角色。病友會在自助組織中認識很多同路人，令他們明白自己不是孤單面對癌症，從而在面對治療及邁向康復時會更有信心及盼望。病友不只可在自助組織裡建立友誼，更得到了寶貴的朋輩支持。

由於同病相連，其他病友的經驗往往是大家的鼓勵和參考，朋輩之間的分享亦令病友更有共鳴。同時，癌協提供寧靜溫暖的環境，讓病友可以暫時拋開來自家人、醫生、朋友的壓力和意見，隨心所欲地去傾吐自己的擔憂和恐懼。

最重要的是，病友能夠在自助組織裡重拾自我。我目睹不少病人在自助組織裡重建自信，繼而重新掌握自己的生命，而不是再被癌症牽著鼻子走。這是我們最樂於看見的。

李慧芬
黃大仙癌協服務中心項目經理

Peer support groups

Peer support plays a vital role in the cancer journey. It becomes a source of strength and makes a tremendous difference to the confidence of a patient, showing them that they are not alone.

Our self-help support groups provide people with instant friendship, and people undergoing the same type of cancer find it useful to use their peer's experience as a form of reference to better understand their own diagnosis or share problems that they know others will understand.

CancerLink provides an environment where those living with cancer can discuss their fears and concerns openly, free from surrounding opinions or pressure from families, doctors, and concerned friends.

The best thing about our peer support groups is that people have the opportunity to be themselves. Through these groups, I see individuals starting to take control of their cancer, rather than letting cancer control them. This is the most rewarding outcome.

Pisa Lee, Programme Manager

復康課程

對於癌症患者和他們的家人來說，復康課程是非常重要的。我們提供一系列實用的癌症資訊，例如如何透過飲食與營養去改善康復情況、化療前的準備、在家照料癌症患者需知及如何改善睡眠等。

沒有了置身醫院那份不安和徬徨，癌協的復康課程和工作坊能讓患者和其親屬瞭解到他們急需瞭解的資料，及學習到如何面對抗癌道路。

課程其間，患者和家人都很踴躍發問，他們亦不吝嗇地跟其他學員分享自己的心得、經驗甚至擔憂。這不但是個裝備自己的地方，更是一個建立自信的地方。

鄭泳雪
黃大仙癌協服務中心總幹事

Rehabilitation programmes

Rehabilitation classes are an important tool for cancer patients and their families. We help to provide information on practical topics, from advice on how to better the cancer recovery process through diet and nutrition and how to prepare for chemotherapy, to how to care for patients at home, or even advice on how to get a good night's sleep.

CancerLink's rehabilitation classes take away the stress and overwhelming anxiety of being in a hospital setting, and provide the opportunity for patients and their families to better prepare for their cancer journey.

In my experience, the rehabilitation setting provides a sanctuary for patients and family members to ask questions, share thoughts and concerns, and in the long term, to feel more empowered and confident in their everyday lives.

Venus Cheng, Centre-in-Charge, CancerLink Wong Tai Sin

氣功是其中一種輔助治療，幫助患者紓緩壓力及恢復體力

Qi gong is one of many holistic therapies used to relieve stress and restore strength

過去十年，共有超過四萬位癌症患者及家屬參加癌協的復康課程及活動

More than 40,000 people have attended rehabilitation programmes in the past 10 years



當我出院回家之後，幸好還有癌協中心的關顧和支持！

When I am discharged from hospital, I can turn to CancerLink



社區支援

護理照料主要是向癌症患者及其家人提供詳細、實用的指引，協助他們面對抗癌過程中的身心問題。

作為腫瘤及舒緩科專科護士的我，會耐心聆聽病人的個別狀況，再以我的專業知識去提供適切的意見和指導，包括化療前的準備事項、如何處理失眠、提昇免疫力方法和如何在家照顧術後患者等。

到底專科護士如何能夠幫到患者？患者又得著些甚麼呢？有位患者曾對我說：「我很高興您能明白我的狀況——無論是心靈上還是生理上！真的很謝謝您！」這應是對護理照料最貼切的形容。

李淑儀
中環癌協服務中心主任、腫瘤及舒緩科專科護士

Community care

Nursing care is all about offering detailed guidance to patients and their family carers so that they can manage the physical and practical effects of the cancer journey.

As a specialist nurse in oncology and palliative care, I listen carefully to an individual's situation, and from there offer guidance on a whole host of nursing-related questions, from what to expect during chemotherapy to how to manage insomnia, ways to boost the immune system or how to care for a patient following surgery. Perhaps the best way to summarise how people benefit from specialist nursing care is through the following note I received from a former patient:

“You are the first one who has understood completely what I'm going through...both spiritually and physically...thank you so much.”

Camila Li, Centre-In-Charge & Nurse Specialist, CancerLink Central

我的抗癌旅程

My cancer journey

趙敏明

人稱明哥，於二零零二年二月發現患鼻咽癌

最初知道患上鼻咽癌的時候，我感覺是茫然、麻木。我一向謹慎飲食、不沾煙酒，何來癌病？真的令我百思莫解……

接著我便要接受電療。電療把我頸部附近的皮膚都電黑了。走在街上，別人對我指指點點、刻意躲避，那段受盡歧視的日子真的很難受。

本來是教師的我，恰恰在病發前數月因學院重組而被迫退休，簡直就是雙重打擊。我致電癌協熱線求助，希望多瞭解自己的治療選擇，以及他們提供的支援服務。未幾，他們安排了一位自助組織的同路人義工跟我分享。結識到自助組織內的其他鼻咽癌病友及康復者，令我如釋重負。他們沒有給我怪異的目光，他們的陪伴亦令我不再感到孤單。這可算是個轉捩點，令我相信自己能夠面對癌症。

樂觀地想，癌症提醒了我，自己要活得更有意義，每一天都不可以浪費。後來我參加了癌協的「抗癌鬥士班」，認識了一些癌症病友，有些更同是鼻咽科的。同路人在一起，相互分享經驗和感受，真的很有意思。我記得在某次交流中，一位同科的病友說，她終於找到勇氣，將自己的病情告知母親，感覺釋然多了。我替她高興，同時亦對癌病有一些新體會、忌諱也少了。現在，我不再害怕癌症，我明白要活在當下，珍惜每一天！

Chiu Man Ming

Diagnosed with nasopharyngeal cancer in February, 2002

When first diagnosed with nasopharyngeal cancer (NPC), I felt numb. I didn't smoke, I ate healthily, and I didn't drink alcohol; so why should it be me?

Soon after my diagnosis, I received radiotherapy treatment. This was a very difficult time – the skin around my neck burnt and turned very dark. I was stared at in the street, and this made me very uncomfortable.

A few months before my diagnosis, I was forced into retirement from my long-time job as a teacher due to restructuring. On top of this, my diagnosis felt like a double blow, and I felt very low.

Desperate for help, I called CancerLink's hotline to explore the available treatment options and support services. I was put in touch with a fellow NPC patient who generously shared her experience with me. She gave me some helpful advice and her support helped me to accept my situation. Soon after, I visited CancerLink at Wong Tai Sin. The fact that nobody gave me strange looks and I no longer felt alone was a true turning point for me and I was finally able to face the reality of my condition.

On a positive note, I look back and see that cancer has enlightened me. I joined Cancer Fighter Class I at CancerLink, my first class at the centre. I recall a fellow NPC patient in the class who said that she had been keeping her illness from her mother.



「現在, 我不再害怕癌症」 “I am no longer afraid of cancer”

零五年我的癌病不幸復發, 還好自己發現得早, 只需接受較直接的頸部手術。但手術影響了我的舌根, 令吞嚥慢了。這次我毫不猶豫地去尋求支援, 加入了癌協的復發小組。從小組裡得知言語治療師能夠改善我的情形, 於是在覆診時便提出要求言語治療, 最終亦如願以償。這對我的康復有著很大的幫助。

復發之後, 我變得勇於嘗試, 對任何新事物都感到好奇。我先前參加了癌症基金會贊助的音樂治療小組, 透過音樂去抒發感情和控制情緒, 感覺良好。我最欣賞癌協的是它的輔導服務, 讓我能無懼地面對困難及煩惱, 更從多方面不同角度解構和演繹它們, 令壓抑的情緒可以抒發, 感覺釋懷了很多。更重要是從中認識自己的、和我所愛之人之長處和美善。我領悟了知足感恩, 事在人為, 君子求諸己, 盡其在我的意義。

One day towards the end of the course, she told us, in tears, that she had finally found enough courage to tell her mother her situation, and she felt relieved. I felt so happy for her. With less fear, we can communicate at a deeper level.

In the spring of 2005, I had a relapse. Luckily, I discovered it early, and I needed only a right radical neck dissection of my lymph nodes. However, this procedure left me with a slow tongue and made eating difficult. Thanks to the relapse patient-group in CancerLink, I learnt from a volunteer doctor that speech therapy could alleviate my condition of mild dysphagia. I sought the help of a speech therapist who gave me helpful treatment and valuable advice. I also joined a course of music therapy at the Prince of Wales Hospital Cancer Patients Resource Centre, a gift from the Cancer Fund. I found it very enjoyable and gained a sense of peace from the experience.

But most of all, I appreciate the counselling service offered by CancerLink. I have come to learn, in the course of my counselling sessions, how to face my problems and interpret them in a more positive manner. It allowed me to release some of my repressed emotions; I am more aware of the potential for goodness and healing in myself and in the people I love – and I learnt to depend on me as well. I have come to see every day as a blessing – the first day of the rest of my life.





我的抗癌旅程

My cancer journey

朱華

六十歲・腸癌患者・兼職的士司機

一九九七年六月的一個黑色星期五，醫生證實我患上腸癌。那時的情景仍歷歷在目——所有東西都灰濛濛的，整個世界都添上絕望的黑色。

我好像墜入深淵一樣。隨後，我接受了俗稱「全餐」的治療，包括手術、電療及化療。我覺得快要撐不下去了，我需要尋求其他人的支持和幫助。

同年，我加入了由癌協服務中心及伊利沙伯癌症病人資源中心統籌的腸癌病人自助組織。從那時開始，我便成為組織裡的活躍份子，其後更成為義工。十年後的今日，癌協已成為我的第二個家。

對我來說，「抗癌鬥士班」就像是汪洋大海上的一塊浮木，我慶幸能及時抓緊它，令自己沒有沉沒在絕望裡面。癌協的復康課程改變了我的人生觀，亦令我學會很多癌症知識。

Chu Wah

60, colorectal cancer survivor, part-time taxi driver

In June of 1997, my doctor confirmed that I had colorectal cancer. I remember the day like yesterday – a day of darkness where the world turned black.

I was thrown into the deep-end. My cancer treatment was the full three-course meal of surgery, radiotherapy and chemotherapy. This was too much to bear on my own, and from that moment on, I knew I needed additional support to get me through.

That same year, I joined the colorectal cancer support group organised by CancerLink and Queen Elizabeth Hospital. I have been an active participant and volunteer ever since, and CancerLink has become my second home.

For me, the Cancer Fighter Class was like a piece of floating wood in the ocean. I was able to grab onto it and save myself from drowning in a sea of despair. CancerLink's rehabilitation programmes taught me a lot about cancer and helped to change my perspective on life.

「癌協已成為我的第二個家」

“CancerLink is my second home”

作為一位癌症康復者的我，明白癌症支援會對其他病友帶來莫大裨益。於是我便聯同其他朋輩義工，組成香港首個非造口的腸癌自助小組——祥康之友。我與籌委成員亦不時參加「自助組織管理課程」及「關懷義工訓練班」，努力裝備自己，希望令腸癌病友有更完善的朋輩支援。

當義工最開心的，就是看見新症患者聽完自己的抗癌經歷後重拾自信。在幫助別人的同時自己也有得著，正正體現出「助人自助」的精神。眼見組織由昔日只有十多位會員，發展至現時共有二百五十多位會員的自助組織，我實在非常欣慰。

癌協提供了一個很好的平台，讓不同的自助組織互相交流和學習。若然沒有癌協社工的協助和癌症基金會的資助，我們也很難發展成今日的規模。我衷心希望將來會有更多康復者參加義工行列，積極支援其他病友，為他們帶來希望和關懷！

I quickly realized that there were others out there who needed similar support, and, with a group of fellow colorectal cancer patients, we decided to start the Cheong Hong Club. I participated in numerous volunteer training and group management sessions at CancerLink to learn ways to improve peer support.

It feels good to see other patients regain confidence after listening to our experience. Helping others overcome cancer has given me strength. The group has now grown from a small circle of 10 people, to a massive group involving more than 250 members.

CancerLink provides the platform for different cancer support groups to exchange their experiences and take strength from one another. Without the support from the social workers at CancerLink and funding from Hong Kong Cancer Fund, I don't think we would be where we are today.



我的抗癌旅程

My cancer journey

徐安兒

於二零零五年十月診斷出子宮頸癌

我獨個兒生活，也獨個兒面對癌症，直至找到我的新家庭——那就是癌協服務中心。整個抗癌旅程之中，幸好有他們的陪伴和幫忙。除了感恩之外，我真的不知如何去轉達自己的謝意。

我在兩年前診斷出子宮頸癌，隨即便接受手術和電療。電療的後遺症影響了我獨立生活的能力，簡單如煮食、外出購物等都成了「不可能的任務」。當時我的身體十分虛弱，常常痛得快要暈倒；我四肢無力、毫無生氣，好像殘廢了一樣，覺得生不如死。那時的我很是孤單無助，無家人的關心、也沒朋友的陪伴……

電療其間，醫院規定病人必須有人陪同往返，於是便把我轉介至癌協和新域會。社工評估了我的情況後，更為我安排了家居支援服務，安排義工陪我到醫院覆診及處理日常家務。義工們對我既細心又關懷，令我非常感動——一個陌生人怎會對我這樣好？有了他們的支持，我不再像以前一樣孤立無助的。他們不只為我籌措日常生活，更重要的是令我感受到真實的愛和關心。

Tsui On Yi

Diagnosed with cervical cancer in October 2005

I live alone, and I began my cancer experience all alone. But now I have a new family – CancerLink. I can't express how grateful I am for their care and support throughout my cancer journey.

Following my diagnosis of cervical cancer two years ago, I immediately started to undergo surgery and radiotherapy. The side effects from radiotherapy severely affected my ability to live independently. Things as simple as preparing meals and shopping became impossible tasks. I felt dizzy with pain and my body lost all its strength and vitality. I was weak to the point of feeling paralyzed, and at that point I began to think that death was a better option for me. I had no one to care about me. I was alone and helpless.

The hospital required someone to accompany me for my regular visits and, knowing that I lived alone, referred me to CancerLink and the New Horizon Club. After reviewing my situation, the social workers helped to arrange a home-care service for me. The volunteers came to my house to escort me to the hospital and helped with housework. They were so kind and caring and I could never have imagined before how strangers could be so kind. As time went on, I started to feel less alone. Their help went beyond dealing with practical issues in my daily life.



「除了感恩之外，
我真的不知如何去轉達自己的謝意」
“I was overwhelmed by the help offered at CancerLink”

禍不單行的是我的財政困境。患癌令我無法工作，沒有收入，生活自然百上加斤。幸好社工為我申請癌協互助金，資助我的家居服務，亦津貼我購買營養奶粉及覆診的交通費用。資助金額儘管不多，但幫忙卻很大。我實在很感謝他們。

踏入康復階段，我才明白隨癌症而來的壓力及傷痛會大大影響我的心理健康，繼而延誤治療進度。我曾經有過抑鬱症，患上癌症令我誠惶誠恐，致令抑鬱症再度復發。幸好我有癌協這個大家庭的支持，他們的輔導和舒緩服務令我的情緒有著明顯改善。我參加了太極班和其他復康課程，為我解決了失眠的問題。他們為我帶來積極的人生觀，令我重拾自信和快樂。

我是癌協的常客，亦樂於將自己的經驗跟其他病友分享。現在活著每一天都是賺回來的，明日的愁又算得是甚麼呢？

Back then, my financial situation was an added cause of stress. I was out of work and out of money. The social workers helped me further by arranging hardship funds from CancerLink to pay for my home-care service, to purchase nutrition powder, and to pay for transportation to and from the hospital. It was not a lot of money, but I was thoroughly touched and thankful for their help.

As I recovered, I started to see how such severe stress and trauma had affected me psychologically as well. I lapsed in and out of depression and cancer made it all the more extreme. CancerLink and the support it gave me made a real difference to my mental well-being. I started to attend tai chi and other courses to deal with my sleeping problems, and was able to start seeing life from a new perspective, and to finally start feeling well again.

I am now a frequent visitor to CancerLink and I really enjoy sharing my experience with other people. Every day is a bonus.



同一信念 不同伙伴

每日，癌協都得到來自腫瘤學家、教授、醫生、社工及護理人員的專業意見及支持。香港癌症基金會謹此感謝各個服務伙伴，特別是醫院管理局，與我們同為香港提供高素質的癌症服務而努力。

One Vision, Many Partners

Each and every day, CancerLink receives expert guidance and support from oncologists, professors, doctors, social workers and other valued professionals throughout the medical community. Cancer Fund wishes to thank our many partners, particularly the Hospital Authority, who are an essential link to providing seamless cancer care.

十載佳績默耕耘，果實纍纍耀友儕，攜手共創新領域，用心用愛獻社群。

Josephine Cheng, Service Coordinator, Cancer Centre at Queen Mary Hospital
(鄭玉儀女士 - 瑪麗醫院癌症中心服務統籌主任)

十載的歲月、無比的愛心、凝聚的關懷、多元的服務、抗癌的明燈——正是癌協的寫照。

Lee Siu-Lan, Department Operations Manager, Department of Clinical Oncology, Tuen Mun Hospital
(李小蘭女士 - 屯門醫院臨床腫瘤科部門運作經理)

Patients and doctors both agree that cancer is a challenge. The side effects of treatment are often worse than cancer. Patients hear doctors tell them “this treatment will help you.” But when it feels so painful, so tiring, so challenging, patients often wonder how people could describe this sort of treatment as “help”.

Thankfully, CancerLink stands as a role model and haven for those challenged by cancer. They soften the blow of treatments, soothe emotions and boost morale. They fill the gaps in care by helping people to fight cancer with more than just medicine.

They deserve heartfelt thanks and a round of applause from doctors and patients.

Dr. William Foo, Director, Radiotherapy & Oncology Centre, Hong Kong Baptist Hospital
(傅惠霖醫生 — 香港浸信會醫院癌症治療中心主任)

CancerLink is a true solace for many of us. It is a place of hope, where holistic care and comprehensive services are positioned with easy access to the whole community.

Thanks to the support of the Hong Kong Cancer Fund, 14 self-help support groups also conduct their activities at CancerLink, providing them with a haven to call home. The establishment of CancerLink’s comprehensive information and support network has made community care for cancer patients and their families in Hong Kong truly possible.

Hong Kong Cancer Fund’s vision to design a multifunctional facility with a welcoming atmosphere has ensured the very best of services and facilities are made available at CancerLink.

I am delighted to have witnessed the development of CancerLink and to be part of the cancer patients’ self-help movement in Hong Kong.

Professor Cecilia L.W. Chan
CancerLink Steering Committee Member & Professor in Health and Social Work, Director, Centre on Behavioural Health, Professor, Department of Social Work and Social Administration, The University of Hong Kong
(陳麗雲教授 — 香港大學行為健康教研中心總監暨香港大學社會工作及社會行政學系教授)

癌病路途不孤獨
協力齊心助康復

Gloria Hung, Coordinator at the Comprehensive Oncology Centre, Hong Kong Sanatorium & Hospital
(熊桃英姑娘 — 養和醫院腫瘤科中心統籌主任)

黃大仙癌協同事心聲



Staff sharing from CancerLink Wong Tai Sin

穿針引線 **Venus**

能在癌協工作，是我的幸運。有緣與一班充滿熱誠的同事及義工，一起陪伴病友走過這條抗癌路，別具意義。

看到他們從無助到自助，再以過來人身份助人，感到人生很美善。我見證著癌症令人變得乏力、失落，但同樣體會它令人學懂珍惜與包容。

感恩能與大家一起成長學習。十個年頭，癌協與我要更努力以回報大家的支持與愛護。

勇往直前 **Nikki**

世上沒有人能百份百預知未來，沒有人能告訴我們一個必然的結局。但我深信，癌協團隊願與大家一起摸著石頭過河，手挽手勇往直前，尋找自己的海闊天空。

願以真誠和珍惜的心，挽手共創美滿的未來

十個年頭 **Kam**

在癌協不經不覺已工作了十個年頭，這十年中認識了很多朋友，亦聽到很多感人故事，有些朋友已於人生舞台上退了下來，亦有很多繼續努力演繹自己的故事，無論怎樣我都為了能認識他們感到慶幸，為自己能與他們共走一段路感到光榮！

情牽一線 **Zoe**

一條電話線，令我有緣和不相識的來電者在空氣中對話。讓我感到自己像白姐姐、也像麥潤壽，同樣是用「心」來對話。

心連心 **Bowie**

過去在推展自助組織和聯會的工作上，感到極富人情味，又富挑戰性。就讓我們共同推動「自助互助」精神，令生命添上色彩。

雨後陽光 **Kit**

十年前以病患身分走進癌協中心，在這裡有眼淚、鼓勵、支持與歡笑。從受助到助人、自助，我為自己找到了新的定位。我會繼續努力。

中環癌協同事心聲



Staff sharing from CancerLink Central

護士在社區 **Camila**

在社區照顧癌症病人及其家屬，是專業；亦是善業。把一線暖光游下極痛深淵、把他們從憾極的困局中解放出來；最刻骨處，不在於知識、技巧層面，在於：如何駕馭自己、彰顯同儕、引導病人綻放生命的光彩。

我是新鮮人 **Stella**

很感恩能在加入癌協工作，中心的環境氣氛、職員們親切的笑容令我如置身一個和諧的家庭，希望盡我所能令每位使用者感到溫馨和被關懷。

站在最前線 **Cindy**

每天站在服務的最前線，可以在別人感到徬徨、驚懼的時候，提供起碼的初步支援，讓我知道自己選擇了一份挺有意義的工作。另一方面，每天見著自身帶病的病友，到中心擔任義工，以對抗病魔的知識和經驗，幫助有需要的人，發揚朋輩互助的精神，他們的勇敢、積極和樂觀，令我不禁暗暗佩服，深受鼓舞。

不再孤單 **Charlene**

在中環癌症協服務的日子裡，令我深切地感受到癌症病人及其親友在復康過程中的不屈不撓的精神；同時亦領會到正確知識及朋輩支持的重要性……故此我將繼續努力地為大家安排更多寓教於樂的活動…好讓癌協繼續陪伴大家走過這條復康之路，沒有人再要孤單面對癌症。

傳心傳意 **Paul**

無人知道的服務，質素多好也沒用。眼見中心不同的新病友，因從坊間或朋友的口中得知我們服務的存在，長途跋涉到臨中心參予活動或聽講座，從中有所得益，是做宣傳工作一個極大的喜悅。

癌協服務從心出發 **Polly**

付出愛心，我們希望為病人及家屬提供一份關心；透過服務，協助他們提昇面對逆境的信心。他們笑容重現，是我們最大的開心！

他們笑容重現，
是我們最大的
開心！



香港癌症基金會謹此感謝所有癌協服務中心的同事、伙伴、贊助商、義工、癌症基金會之友會員及癌協之友會員的支持, 令各項支援服務得以繼續推行。感激您們長久以來的貢獻和付出, 攜手提昇本港的癌症關顧服務。謝謝!

Hong Kong Cancer Fund would like to thank all of our many staff at CancerLink, partners, sponsors, volunteers, Circle of Friends members and Friends of CancerLink who continue to make our work in the community possible. Thanks to your contribution and support, the quality of cancer care in Hong Kong will continue to excel.

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*癌協職員
CancerLink staff

癌協之友

FRIENDS OF

CANCERLINK

不斷延伸的支援網絡

我們會不斷延伸支援網絡至醫院及社區中, 我們亦會透過屬下「癌協之友」的病人自助組織, 令癌症患者得到支持及幫助

- CanSurvive
- 香港新聲會
- 香港造口人協會
- 香港創域會有限公司
- 妍康會
- 妍進會
- 向日葵互協會
- 展晴社 (香港) 有限公司
- 互勉會
- 健樂社
- 東日社
- 祥康之友
- 蕙蘭社
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- 香港骨髓移植復康會

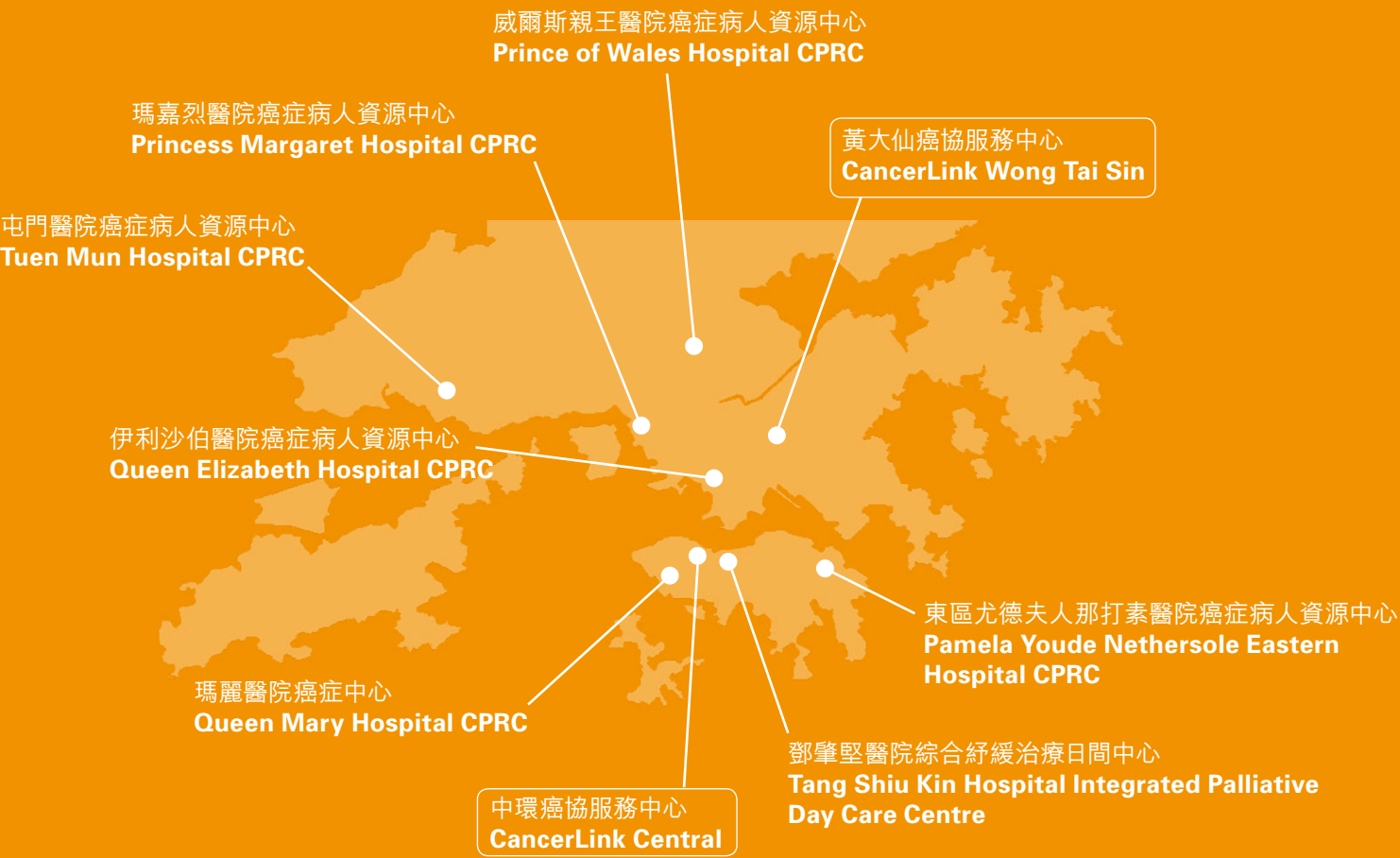
Our growing network

Our network of support continues to expand, reaching out from the hospital to the community. Our appreciation extends to our resident support groups under the Friends of CancerLink umbrella.

- CanSurvive
- The New Voice Club of Hong Kong
- Hong Kong Stoma Association
- The Hong Kong Pioneers Mutual Support Association Ltd
- Yin Hong Club
- Yin Chun Club
- The Sunflower Network
- The Brightening Association (HK) Ltd
- Mutual Aid Association
- Kin Lok Club
- The Rising Sun Association
- Cheong Hong Club
- Orchid Support Group
- Hong Kong Adult Blood Cancer Group Ltd
- The Hong Kong Bone Marrow Transplant Patients’ Association

香港癌症基金會支援網絡

Hong Kong Cancer Fund’s Support Network





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