



癌症基金會  
CANCERFUND  
So no one faces cancer alone

癌協  
CANCERLINK  
A free service of Hong Kong Cancer Fund

# Link 連繫

April – June  
四月 – 六月 2017



## Growth along Changes

With the news of cancer, an otherwise calm and stable life can be turned upside down in a moment. It is easy to anticipate and understand the negative impact cancer can have on the body and mind, however studies, health professionals and personal experiences have found there to also be silver linings in a cancer experience which can have lasting positive effects on people too. These include developing a better understanding of how to overcome difficult challenges, the strengthening of relationships and an increased feeling of closeness with loved ones. Overall a changed outlook and appreciation for each new day is a common discovery for many people touched by cancer.

The CancerLink Support Centre, Hong Kong Island (formerly known as CancerLink Cenral support centre) has recently been relocated to North Point. Our professional team will continue to support the physical, emotional and spiritual well-being of clients and their families in and around Hong Kong Island. We are striving to work together to help every person touched by cancer feel supported and empowered, and to ensure that no one faces cancer alone.

## 風雨中成長

我們很多時習慣了平靜的生活，當遇到挫折，首先可能會聯想到負面的事情。心理學家及不少文獻其實指出，當人經歷創傷事件如被天然災害、患癌或心臟病等，往往能帶出正面的影響及轉變，如更清楚了解自己處理困難的能力、人際方面拉近與他人的距離、對生命的改觀，最終令到我們學會了更加珍惜每一天。

港島癌協服務中心（前身為中環癌協服務中心）經歷搬遷，現正安頓於北角。未來日子，我們的專業團隊會繼續謹守崗位，為香港島及離島區受癌症影響的朋友提供身體、情緒及心靈上全面的照顧！癌症的出現沒法逆轉，就讓我們風雨同路，把逆境轉化為成長的動力，為自己帶來更健康的體魄及價值觀！

CancerLink Support Centre, HK Island  
港島癌協服務中心

### Enrollment date starts:

21 March 2017 (Tuesday)  
from 9:00am onwards

### 接受報名日期：

2017年3月21日（星期二）  
上午9時起

Enquiry and Enrollment: 3667 3030

查詢及活動報名：3667 3030

### OPENING HOURS

Monday to Saturday: 9am-6pm

Sunday and Public Holidays : Closed

### 辦公時間

星期一至六：早上9時至下午6時

星期日及公眾假期休息

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# Key Support Services 中心服務 貼心支援

In addition to health talks and group activities/workshops, CancerLink offers the below key support services to help you recover from cancer.

除了互助小組、復康講座及課程外，中心亦提供以下恆常的支援服務，助你康復！



## CancerLink Hotline 癌協熱線

If you or someone you know could benefit from practical guidance or comforting support, please call our **FREE CancerLink hotline on: 3656 0800**

隨時準備接聽你的來電，提供有關癌症資訊。由註冊社工及腫瘤科護士為你解答有關癌症疑問，協助你積極抗癌，歡迎致電：癌協熱線  
癌協熱線：3656 0800



## Wig Service 假髮借用

CancerLink offers clients a free wig service, as well as assistance in learning how to tie head scarves or manage hair loss. Don't be afraid to come and talk to us. Looking good is an important part of feeling good and we're here to help.

為面對治療脫髮的你，提供免費假髮借用服務，備有不同類型假髮以供選擇。同時提供剪髮服務，歡迎致電預約。



## Home Care Service 家居關顧服務

We serve home bound clients who have difficulty reaching out to community services. Social workers will visit them and conduct a home assessment. Our comprehensive home care support includes professional counselling, nursing consultations and volunteer visits to bring comfort and hope.

家居關顧服務對象為足不出戶而未能接觸所需社區服務的癌症患者。經註冊社工進行家訪評估後，我們提供情緒輔導、護理諮詢和定期的義工關懷探訪。期望透過這些貼心的服務，為服務對象注入新希望。



## Professional Counselling 專業輔導

Our Clinical Psychologist and social workers provide individual and family counselling to those in need of help. If you are feeling overwhelmed or would just like to talk to someone, please drop in for a cup of tea or call us.

由臨床心理學家或註冊社工提供個人及家庭輔導，協助有需要人士應付癌症及有關問題。歡迎預約面談。



## Nutritional Products 營養品

CancerLink offers a wide range of nutritional products and self-care items at a discount rate. Please ask about our milk powders, prosthesis and other available products designed to help improve your quality of life.

以優惠價格購買營養奶粉、口腔護理產品等，助你輕鬆抗癌！



## Hair Cut Service 剪髮服務

We work with a special salon, experienced in assisting those living with cancer who may be experiencing hair loss. Ask us about our private hair cutting service or call to make an appointment.

本中心為化療期間人士提供剪髮服務，歡迎致電預約。



## Nursing Consultation and Dietetic Service

Through one-on-one sessions, our oncology nurses explain to the client their condition, and what to expect. They suggest questions to ask the doctor, and discuss symptoms, side effects and pain as part of treatment preparation. Our dietetic service specializes in the assessment and treatment of dietary and nutritional problems and we provide medical nutritional therapy to help clients cope with the disease and diet-related complications.

## 醫護及營養諮詢

我們的腫瘤科護士會為癌症患者及其親屬提供一對一的諮詢服務，讓他們瞭解所患的癌症、即將面對的情況，以及如何向醫生提問、怎樣準備療程、處理症狀和後遺症、及處理疼痛等問題。而註冊營養師則主要為有需要的患者提供營養治療和飲食上的諮詢，幫助改善患者的營養及健康。



**Dear Participants,**

1. Enrolment in person is not available in the morning (9am to 12pm) on the first day of enrolment at each centre.
2. In the interests of fairness, a maximum of 8 enrolments may be made per phone call. Applicants may call again later to apply for other programmes.
3. **For rehabilitation programmes, each applicant may enrol for a maximum of 8 programmes at Cancer Fund's four CancerLink centres, a maximum of 4 on the confirmed list (these have an asterisk [\*] next to the programme name) and 1 wellness programme (with a hash [#] next to the programme name) at our three CancerLink centres each quarter.**
4. Please have the course code (e.g. CLC-16088) and your personal details to hand when enrolling. In order to participate in our programmes you must be a registered service user: you can register at our centres or by phone prior to enrolling for a programme.
5. Priority will be given to those who enrol in a programme for the first time. Those who have enrolled in the same course previously will be put on the waiting list.
6. Participants should inform the centre if they are unable to attend a course or activity. If participants are absent from the first 2 sessions without prior notice, their outstanding programme places will be assigned to people on the waiting list to ensure others have the opportunity to participate.
7. Should any courses or activities be cancelled or rescheduled, participants will be notified by centre staff.
8. For arrangements in the event of adverse weather conditions (typhoon and/or rainstorm warnings) on the date of a programme, please refer to the back page of this booklet.
9. Participants should read the programme details and choose a programme that is appropriate to their health status. Please seek medical advice prior to enrolling if necessary. Hong Kong Cancer Fund shall not be liable for any injury that the participant may suffer in the programmes/activities if the cause of injury is due to the participant's negligence or inadequate health and fitness.
10. **Participants should come to the programme on time.**

**活動報名提提你：**

1. 各中心的活動報名首日（早上9至12時），只設電話報名，恕不接受現場報名；
2. 由於活動名額有限，每次來電只會處理八項活動報名，若有需要，參加者可再致電輪候處理其他報名；
3. 為更有效善用活動資源及處理輪候問題，中心現規定每位服務使用者每季最多只可報名參加四間癌協中心合共八項註有(\*)的復康服務活動，當中最多四項是正選，以及一項註有(#)的身心靈健康課程；
4. 為了令報名程序更方便快捷，請於活動報名前，準備活動編號及個人資料；若未成為癌協服務使用者人士，宜先於活動報名日前登記，以簡便報名程序；
5. 首次報名參加課程者，將獲優先考慮，重複參與之參加者將列作後備；
6. 參加者如未能出席活動，需儘早通知本中心職員；如在未有通知的情況下缺席首兩節，則列作自行退出活動，該活動名額將由後備參加者補上，以確保更多服務使用者能參加活動；
7. 如活動遇特別情況而需改期或取消，本中心將會通知有關參加者；
8. 颱風及暴雨訊號之活動安排，請詳見通訊底頁；
9. 參加者需清楚及了解活動內容，並按身體狀況選擇適合活動，如有需要，應在報名活動前徵詢醫生建議。如參加者因個人疏忽或健康及體能上的不足而導致任何損傷，癌症基金會恕不負責。
10. **參加者請務必準時出席活動。**

The Centre, CancerLink Central Support centre was moved in to a new home in North Point in December 2016. Please come and visit our new CancerLink Support Centre in North Point (2201-03, China United Centre, 28 Marble Road, North Point).

中環癌協已於2016年於12月遷往北角，新中心名為港島癌協服務中心，歡迎你們前來參觀，讓我們繼續發揮「抗癌路上不孤單」的精神。新心中地址為北角馬寶道28號華匯中心2201-03室。



# Family Centered Services

## 家庭支援服務

We believe that each family unit has its own innate strength to cope with changes brought about by a cancer diagnosis. CancerLink arranges family activities and workshops to help harness this strength so that families can learn to navigate the cancer journey together. Our goal is to help nurture and build on the family relationship and, in doing so, reduce the impact of cancer on a family's quality of life.

我們相信每一個家庭都擁有力量去應付生活上的改變，問題只在於這股潛在力量有沒有被激發出來。癌協透過家庭支援服務，讓受癌症影響的家庭明白家庭力量對應付癌症的重要性，藉此減低癌症對家庭生活質素的影響，甚至讓一家人可在經歷癌症旅程時，互相學習、彼此支持，以達致更好的溝通模式，實現「由癌到活」的理念！

### Rainbow Club – Family Outing to Yim Tin Tsai

彩虹會 — 鹽田梓家庭樂悠「遊」

CLC-17-001

Enjoy a day out in spring with your family to explore nature and traditional culture in Sai Kung Yim Tin Tsai.

在這春季，一同來鹽田梓環島遊！途中會參觀教堂、文物館和鹽田，細味鄉情和自然生態。

**Date** 22 April 2017 (Saturday)  
**日期** 2017年4月22日（星期六）

**Time** 10:00am – 2:00pm  
**時間** 上午10:00 – 下午2:00

**Venue** Yim Tin Tsai, Sai Kung  
**地點** 西貢鹽田梓

**Facilitator** Tour Guide from Yim Tin Tsai  
**講者** 鹽田梓導賞員

**Designed for** Children (5-15 years old) whose families are  
**對象/名額** affected by cancer and their parents/ guardians;  
maximum 4 members from each family (total 20)  
彩虹會會員 (5-15歲)及直系親屬或監護人，每  
個家庭名額4位 (名額26位)

**Language** Cantonese  
**語言** 廣東話

**Remarks** Please gather at 10:00am at Sai Kung Pier (across  
**備註** from Tung Kee restaurant)  
早上10時於西貢碼頭集合（通記酒樓對出）

### “Going Through” Project – Enriching Marriage Through Dance

前路無阻：

「舞出活力婚姻」研習班

CLC-17-002

Research indicates that dance helps people to strengthen their bodies and express themselves more openly. This programme seeks to increase muscle strength and enhance marital intimacy.

「一位合拍的舞伴，像生命中的另一半，與你同行每一步，跳出火花，提升正能量。」（經濟日報30/12/2015）。參加者完成活動後能掌握基本舞蹈，增加肌力及自信，並提升夫妻親密感。

**Date** 6 - 27 May 2017 (Saturday, total 4 sessions)  
**日期** 2017年5月6日至27日（星期六，共4堂）

**Time** 10:00am – 12:00noon  
**時間** 上午10:00 – 中午12:00

**Facilitator** Mr. William Tam (social dance teacher),  
**導師** Mr. Tommy Liang (registered social worker)  
譚林先生（資深社交舞導師）、  
梁國良先生（註冊社工）

**Designed for** Clients and their spouses (priority given to prostate  
**對象/名額** cancer clients; 5 couples)  
癌症患者及配偶  
(前列腺癌患者優先，名額5對)

**Language** Cantonese  
**語言** 廣東話

**Remarks** Priority is given to first time participants. Former  
**備註** participants will be put on the waiting list.  
首次參加本活動者獲優先取錄，其他報名者會  
先被列作後備。



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

# Men's Cancer Support Services

## 男性癌症支援服務

### “Going Through” Project – Walnut Club Peer Support Group

前路無阻：華樂會月會

CLC-17-003

Addressing mind and body is equally important when it comes to cancer care. Meet others who share and understand the prostate cancer experience to gain valuable insights.

邀請患者、家屬及輔助醫療人員一同發現更多有關前列腺癌的抗癌智慧，從身心改善個人及家庭生活質素。

**Date** 27 April, 18 May, 15 June 2017 (Thursdays, 3 sessions)  
**日期** 2017年4月27日、5月18日、6月15日（星期四，共三節）

**Time** 2:30pm – 4:00pm  
**時間** 下午2:30 – 4:00

**Facilitator** Walnut Club ExCo members and Mr. Tommy Liang  
**講者** (Registered Social Worker)  
華樂會委員及梁國良先生（註冊社工）

**Designed for** Those with prostate cancer and their family  
**對象/名額** members (30 participants)  
前列腺患者及家屬（名額30位）

**Language** Cantonese  
**語言** 廣東話

### “Going Through” Project – Ving Tsun martial art for health

前路無阻：詠春強身訓練

CLC-17-004

Local studies show that Ving Tsun training can be used to maintain general physique, balance, and confidence in the elderly population.

This programme is based on the protocol developed by a physiotherapist and researcher.

研習詠春拳術，有助提升肌力、平衡力和自信心，改善因治療而或會出現的失禁、肌肉流失、骨質疏鬆等副作用及後遺症。

**Date** 7 April – 30 June 2017 (Every Friday except 14 April, 12 sessions)  
**日期** 2017年4月7日至6月30日（逢星期五，4月14日除外，共12節）

**Time** 11:30am – 1:00pm  
**時間** 上午11:30 – 下午1:00

**Facilitator** Qualified Ving Tsun instructor  
**導師** 詠春教練

**Designed for** Male cancer clients (Priority given to prostate  
**對象/名額** cancer clients; 15 participants)  
男性癌症患者（前列腺癌患者優先；名額15位）

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註

1. Participants may be eligible for a free health assessment conducted by HKU.
2. Participants are not allowed to enroll for CLC-17-005 at the same time.
1. 參加者有機會接受由香港大學醫學院提供的免費健康評估。
2. 報名參加本活動者不可同時報名CLC-17-005。

### “Going Through” Project – Ving Tsun-based peer support group

前路無阻：活力詠春朋輩支援小組

CLC-17-005

This programme, which adopts Integrative Body-Mind-Spirit model in treatment (Chan et al., 2001) and patients' personal experience in practicing Ving Tsun, provides a supportive platform for cancer patients to facilitate self-care and mutual support.

曾接受詠春訓練的過來人，指導並分享研習詠春的益處，讓參加者從中掌握提升身心素質的技巧。

**Date** 7 April – 30 June 2017 (every Friday, except 14 April, 12 sessions)  
**日期** 2017年4月7日至6月30日（逢星期五，4月14日除外，共12節）

**Time** 9:30am – 11:00am  
**時間** 上午9:30 – 11:00

**Facilitator** Trained Ving Tsun peer facilitators and  
**導師** Mr. Tommy Liang (Registered Social Worker)  
詠春朋輩領袖及梁國良先生（註冊社工）

**Designed for** Male cancer clients (priority given to prostate  
**對象/名額** cancer clients; 15 participants)  
男性癌症患者（前列腺癌患者優先；名額15位）

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註

1. Participants may be eligible for a free health assessment conducted by HKU.
2. Participants are not allowed to enroll for CLC-17-004 at the same time.
1. 參加者有機會接受由香港大學醫學院提供的免費健康評估。
2. 報名參加本活動者不可同時報名CLC-17-004。



## “Going Through” Project – Hike the “Peak”

前路無阻：走上人生「高峰」

CLC-17-006

Hike to improve your fitness and to give a chance to communicate with friends!

透過行山來鍛鍊體魄及與志同道合的朋友交流！

**Date** 26 April 2017 (Wednesday)  
**日期** 2017年4月26日 (星期三)

**Time** 10:00am – 2:30pm  
**時間** 上午10:00 – 下午2:30

**Location** Lamma Island  
**地點** 南丫島

**Facilitator** Mr. Maksim Cheung  
**講者** 張煒楠先生

**Designed for** Those with prostate cancer and one family member  
**對象/名額** (10 participants)  
前列腺癌患者及一名家屬 (名額10位)

**Language** Cantonese  
**語言** 廣東話

## Women’s Cancer Support Services 婦女癌症支援服務

### Yama Ladies

山系「女」行

CLC-17-008

Explore yourself while exploring the nature of Pok Fu Lam with your peers!

Enjoy a soft walk in nature while sharing insights on the road to recovery.

放慢腳步在薄扶林觀賞港島的景色，與同路人在大自然中漫步及分享康復心得，重拾信心與體能！趁這春季戀上藍愛上綠！

**Date** 7 April 2017 (Friday)  
**日期** 2017年4月7日 (星期五)

**Time** 10:00am – 1:30pm  
**時間** 上午10:00 – 下午1:30

**Location** Pok Fu Lam  
**地點** 薄扶林

**Facilitator** Ms. Stephanie Tang (registered social worker)  
**導師** 鄧曉嫻姑娘 (註冊社工)

**Designed for** Breast or Gynecological Cancer Survivors  
**對象/名額** (15 participants)  
乳科或婦科癌康復者 (名額15位)

**Language** Cantonese  
**語言** 廣東話

## “Going Through” Project – Prostate Educational Talk: Understanding Prostate Cancer Client Diet

前路無阻：男士教育講座  
— 認識前列腺癌患者的飲食

CLC-17-007

A diet and nutrition talk specifically creates for prostate cancer clients.  
註冊營養師講解前列腺癌患者的飲食餐單及注意事項。

**Date** 14 June 2017 (Wednesday)  
**日期** 2017年6月14日 (星期三)

**Time** 2:30pm – 4:00pm  
**時間** 下午2:30 – 4:00

**Facilitator** Registered Dietitian  
**講者** 註冊營養師

**Designed for** Those with prostate cancer and their family  
**對象/名額** members (30 participants)  
前列腺癌患者及其家屬 (名額30位)

**Language** Cantonese  
**語言** 廣東話

## Meaning making of your cancer journey

我的抗癌日記

CLC-17-009

Cancer brings with it a lot of life changes: how to reprioritise the things in your life and how you define your cancer experience are important aspects in the life-long road to recovery. In this group we will use a memory diary to review the different experiences in your cancer journey and attempt to find their meaning.

癌症在我們生命中帶來很多轉變，絕對值得花時間細味這段經歷。我們會在這小組以紀念冊形式，回顧抗癌路上的甜酸苦辣，從中尋找箇中意義。

**Date** 4 May – 8 June 2017  
**日期** (every Thursday, total 5 sessions, except 25 May)  
2017年5月4日–6月8日  
(逢星期四，共5堂，5月25日除外)

**Time** 11:00am – 12:30pm  
**時間** 上午11:00 – 下午12:30

**Facilitator** Ms. Stephanie Tang (registered social worker)  
**講者** 鄧曉嫻姑娘 (註冊社工)

**Designed for** Breast or Gynecological Cancer Survivors  
**對象/名額** (12 participants)  
乳科或婦科癌康復者 (名額12位)

**Language** Cantonese  
**語言** 廣東話

## Balancing Menopause Using Traditional Chinese Medicine

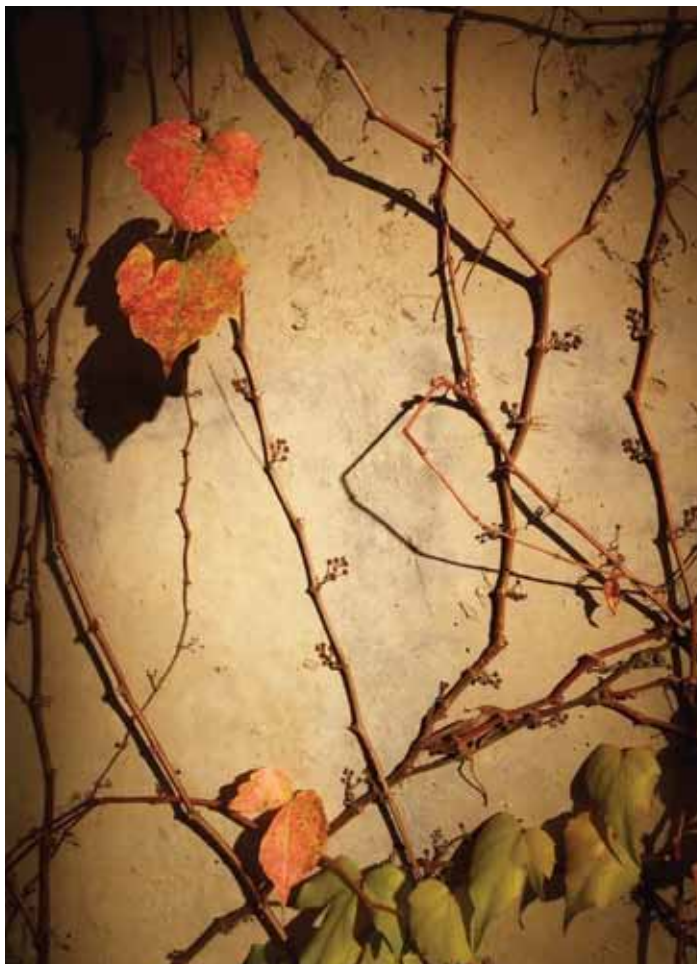
中醫講座：如何應對更年期

CLC-17-010

Most gynecological and breast cancer patients experience sudden menopause after their treatment. In this class, a Chinese medicine practitioner will introduce how Chinese medicine and soups can help women going through, and after, menopause.

很多婦科及乳癌患者因治療而要面對突如其來的更年期，本工作坊將會由中醫師介紹應對更年期和調理身子的方法。

<b>Date</b> 日期	26 April 2017 (Wednesday) 2017年4月26日 (星期三)
<b>Time</b> 時間	11:00am – 12:30pm 上午11:00 – 下午12:30
<b>Facilitator</b> 講者	Registered Chinese Medicine Practitioner 註冊中醫師
<b>Designed for</b> 對象/名額	Breast or Gynecological Cancer Survivors (25 participants) 乳科或婦科癌康復者 (名額25位)
<b>Language</b> 語言	Cantonese 廣東話



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

## “Keep Moving Project” – Education Talk about Exercise and Breast Cancer Rehabilitation

乳您動起來 — 「運動對乳癌康復者的重要性」講座

CLC-17-011

Many breast cancer survivors experience long-lasting adverse effects of their disease and treatments, such as fatigue, upper lymphedema, hot flushes, anxiety etc. Evidence is showing physical activity during and after cancer can improve physical function and psychological well-being, reducing the negative impact of side effects as well as has the potential role in reducing risk of recurrence. This talk will tell you about importance of exercise in cancer rehabilitation, as well as to select suitable participants for the exercise program.

疲勞、上肢淋巴水腫、潮熱、焦慮等也是一些乳癌患者常見的副作用。很多研究也指出運動能減輕或預防這些副作用及減低復發風險。此講座會為大家講解運動對乳癌患者的重要性，並會介紹乳您動起來 - 運動研習坊及甄選參加者。

<b>Date</b> 日期	5 April 2017 (Wednesday) 2017年4月5日 (星期三)
<b>Time</b> 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
<b>Venue</b> 地點	Rm 1001, 21 Pak Fuk Road, North Point (The HK Federation of Youth Groups Building) 北角百福道21號10樓1001室 (香港青年協會)
<b>Facilitator</b> 講者	Exercise Specialists from Active Health Clinic, The University of Hong Kong 香港大學運動及健康管理中心體適能專家
<b>Designed for</b> 對象/名額	Breast Cancer Survivors who have finished cancer treatment over 6 months ago (40 participants), priority is given to those in recovery for less than 2 years. 完成治療6個月或以上的乳癌康復者(40位)，康復不超過兩年的患者優先。
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	The programme is co-organised with the Active Health Clinic, The University of Hong Kong. 活動由本會與香港大學運動及健康管理中心合辦。

## “Keep Moving Project” — Exercise Programme for Breast Cancer Survivors

### 乳您動起來 — 運動研習坊

CLC-17-012

Many breast cancer survivors experience long-lasting adverse effects of their disease and treatments, such as fatigue, upper lymphedema, hot flushes, anxiety etc. Evidence is showing physical activity during and after cancer can improve physical function and psychological well-being, reducing the negative impact of side effects as well as has the potential role in reducing risk of recurrence. This exercise program is tailored made for breast cancer survivors to keep them moving through series of gym-based exercise!

疲勞、上肢淋巴水腫、潮熱、焦慮等也是一些乳癌患者常有的副作用。很多研究也指出運動能減輕或預防癌症治療的副作用及減低復發風險。此運動班是專為乳癌康復者設計，透過教授正確使用健身室的器械，作針對性的訓練及配合在家練習，以改善患者的心肺功能及體能，從而提升康復者的生活質素。

**Date** 10 May - 28 July 2017 (every Wednesday and Friday)  
**日期** 2017年5月10日至7月28日 (逢星期三及五)

**Time** 11:00am – 12:00noon  
**時間** 上午11:00 – 中午12:00

**Venue** Active Health Clinic, 1/F, Henry Fok Health and Fitness Complex, Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, Hong Kong  
**地點** 香港大口環沙灣徑10號香港大學何鴻燊體育中心霍英東康體大樓一樓運動及健康管理中心

**Facilitator** Exercise Specialists from Active Health Clinic, The University of Hong Kong  
**講者** 香港大學運動及健康管理中心體適能專家

**Designed for** Breast Cancer Survivors who have finished cancer treatment over 6 months ago (20 participants), priority is given to those in recovery for less than 2 years.  
**對象/名額** 完成治療6個月或以上的乳癌康復者(20位)，康復不超過兩年的患者優先。

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註

1. People wanting to join this exercise programme are required to attend the “**Education Talk about Exercise and Breast Cancer Rehabilitation**” where suitable candidates will be selected from the talk. We will arrange pre and post physical and psychosocial assessments at The University of Hong Kong and share results with participants after the programme.
2. All participants will be placed on a waitlist before their place is confirmed.
3. The programme is co-organised with the Active Health Clinic, The University of Hong Kong.
4. Wear sport shoes and sport clothing.

1. 參加者需先報讀『「運動對乳癌康復者的重要性」講座』，並獲推薦。此外，在研習坊開始前及之後，我們會安排每位參加者到香港大學進行體適能和身心評估及整個研習坊後講解報告。

2. 參加者會先作後備，經評估再確認是否適合參加。

3. 活動由本會與香港大學運動及健康管理中心合辦。

4. 參加者需穿膠底鞋、運動衣及運動褲。

## PYH Gynecological Cancer New Case Orientation

### 東區醫院婦科癌新症分享會

CLC-17-013

An oncologist, nurse and social worker share information about gynecological cancer and cancer support services in the community.  
腫瘤科醫生、護士及社工於簡介會講述有關婦科癌症資訊及癌症支援服務。

**Date** 11, 25 April & 6, 20 June 2017 (all Tuesdays)  
**日期** 2017年4月11及25日, 6月6及20日 (星期二)

**Time** 2:30pm – 4:00pm  
**時間** 下午2:30 – 4:00

**Venue** CPRC (Pamela Youde Hospital)  
**地點** 癌症病人資源中心 (東區醫院)

**Facilitator** Doctors and nurses from PYH, social workers from CPRC and Cancerlink  
**講者** 東區醫院醫生及護士；癌症病人資源中心及癌協社工

**Designed for** Newly diagnosed Gynecological Cancer patients from the East HK Cluster  
**對象/名額** 於港島東聯網區之醫院確診的新婦科癌症患者

**Language** Cantonese  
**語言** 廣東話



# Psychological Services

## 心理成長服務

A cancer diagnosis can have far reaching psychological effects not only on the cancer patient but also on the family as a whole. At CancerLink, we organise many different psycho-educational and growth promoting programmes for cancer survivors and their families to help improve psychological health and interpersonal relationships. By attending these programmes, participants are better able to cope with cancer and even transform the cancer experience into one of personal growth.

癌協為患者或家人舉辦不同主題的心理教育及心理成長活動，藉此協助他們提升心理質素、促進良好人際關係，並增加其應付癌症的能力，以能更全面照顧個人身、心、靈的需要，將患癌經歷轉化為個人成長經驗。

### Walking As Therapy – Basic Level (7<sup>th</sup> intake)

走步治療課程 — 基礎班（第七期） CLC-17-014

Based on new developments in neuroscience and positive psychology, this eight-week programme adds value to cardiovascular training and promotes a healthy lifestyle.

本課程根據本地研究結果及臨床經驗，配合癌症患者的需要，有系統及循序漸進地，幫助參加者提升生理及心理素質，從而培養健康生活模式。

**Date** 9 May–4 July 2017 (every Tuesday, except 30 May, 8 sessions)  
**日期** 2017年5月9日至7月4日（逢星期二，5月30日除外，共8節）

**Time** 4:00pm – 5:30pm  
**時間** 下午4:00 – 5:30

**Facilitator** Mr. Tommy Liang (Registered Social Worker)  
**講者** 梁國良先生（註冊社工）

**Designed for** Those with cancer (12 participants)  
**對象/名額** 癌症患者（名額12位）

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註

1. The first and the last sessions are compulsory and are held at CancerLink HK Island. Those who cannot attend these sessions will not be able to join the other sessions, held at the Happy Valley Recreation Ground.
2. Participants with an attendance rate of 80% or higher are eligible to enrol in the advanced level.
3. Priority is given to first-time participants. Previous participants will be wait-listed.

1. 參加者必須出席在港島癌協舉行的首堂及尾堂（解說及評估），缺席者將不可以出席在跑馬地遊樂場舉行的其他課堂。

2. 進階班只接受出席本課程不少於80%的參加者報名。

3. 首次參加本活動者獲優先取錄，其他報名者會先被列作後備。

### Preparing ourselves to resume work

整裝·待發：再踏職場路小組

CLC-17-015

A new normal might start with small step forward. Learn how to prepare yourself to cope with resuming work.

預備好再回工作圈子了嗎？小組將讓參加者透過不同的活動，抒發及整理對康復後重回職場的疑慮。社工亦會講解如何調節及預備自己，令參加者更有信心再踏職場。

**Date** 5 June 2017 to 12 June 2017  
**日期** (every Monday, 2 sessions)  
2017年6月5日及6月12日（逢星期一，共2節）

**Time** 2:30pm – 4:30pm  
**時間** 下午2:30 – 4:30

**Facilitator** Ms. Pisa Lee (registered social worker)  
**講者** 李慧芬姑娘（註冊社工）

**Designed for** Cancer patients preparing to resume work  
**對象/名額** (12 participants)  
預備工作的癌症患者（名額12位）

**Language** Cantonese  
**語言** 廣東話

### Satir Model for Personal Growth & Interpersonal Relationship

「知己知彼」沙維雅治療模式個人成長小組

CLC-17-016

A cancer diagnosis can be challenging on interpersonal relationships. This group, based on the Satir model, guides participants to reflect on coping with stress and the social aspects of life.

運用沙維雅的輔導治療模式，協助參加者加深對自己內裡不同層次的認識，反思昔日的經歷如何影響今日面對壓力的方法，與及人際關係和如何滿足自己需要，為未來創造更多自由空間，令自己活得自在。

**Date** 6 June – 11 July 2017 (every Monday, 6 sessions)  
**日期** 2017年6月6日至7月11日（逢星期一，共6節）

**Time** 11:00am – 1:30pm  
**時間** 上午11:00 – 下午1:30

**Facilitator** Ms. Kam Wong (registered social worker) & Mr. Maksim Cheung  
**講者** 黃金鳳姑娘（註冊社工）及張煒楠先生

**Designed for** Those with cancer (11 participants diagnosed in or after 2015, 4 diagnosed before 2014)  
**對象/名額** 癌症患者（名額15位；2015年或以後確診患者，名額11位；2014年或以前確診患者，名額4位）

**Language** Cantonese  
**語言** 廣東話

## Using Hypnotherapy for the Well-being of Body & Mind

運用催眠治療與身心放鬆

CLC-17-017

Ethical hypnosis has become widely applied in psychotherapy for dealing with psychological distress i.e. insomnia, anxiety and managing stress. This workshop teaches participants about how our minds work, and how we can make use of self-hypnosis for physical and psychological well-being.

催眠在心理治療的範疇逐漸普及，用作處理因心理困擾引起如失眠、焦慮及壓力等問題。此工作坊會讓參加者了解有關催眠，以及如何運用催眠技巧令身心放鬆。

**Date** 15 June – 6 July 2017 (every Thursday, 4 sessions)  
**日期** 2017年6月15日至7月6日 (逢星期四，共四節)

**Time** 10:30am – 12:00noon  
**時間** 上午10:30 – 中午12:00

**Facilitator** Ms. Polly Lim (registered social worker) &  
**講者** Mr. Maksim Cheung  
林暉雯姑娘 (註冊社工) 及張煒楠先生

**Designed for** Those with cancer or their family members  
**對象/名額** (10 participants)  
癌症患者或家屬 (名額10位)

**Language** Cantonese  
**語言** 廣東話

## Lung Cancer – its Latest Treatment and Psychosocial Support

肺癌新知及全人治療模式

CLC-17-018

This talk provides up-to-date information about lung cancer and its latest treatment, also to introduce the importance of psychosocial support and Hong Kong Cancer Fund services for cancer patients and their family members.

講解有關最新肺癌的治療，同路人分享，介紹心理社交支援的重要性及為肺癌患者及家屬提供的支援服務。

**Date** 10 June 2017 (Saturday)  
**日期** 2017年6月10日 (星期六)

**Time** 10:00am – 12:00noon  
**時間** 上午10:00 – 中午12:00

**Location** Room 607, 6/F, The Boys' and Girls' Clubs Association  
**地點** of Hong Kong 3 Lockhart Road, Wan Chai, Hong Kong  
香港灣仔駱克道三號八樓香港女童群益會總部六樓607室

**Facilitator** Dr. Lam Tai-Chung, Clinical Assistant Professor,  
**講者** Department of Clinical Oncology, The University of Hong Kong  
林泰忠醫生  
(香港大學臨床腫瘤科臨床助理教授)

**Designed for** Patients diagnosed with lung cancer and their family  
**對象/名額** members (100 participants)  
肺癌患者及/或家屬 (名額100位)

**Language** Cantonese  
**語言** 廣東話

**Co-organizer** Department of Clinical Oncology, Li Ka Shing  
**合辦機構** Faculty of Medicine, The University of Hong Kong  
香港大學李嘉誠醫學院臨床腫瘤科

## Creativity and reconstruction – Art therapy group

創作與重整 — 藝術治療小組

CLC-17-019

Facilitated by an art therapist, participants explore art materials and the creativity process in a safe and comfortable environment to help them cope and adjust to life with cancer.

在安全舒適的空間，參加者可以探索特定的物料及進行藝術創作，並於輕鬆的環境與治療師重新適應新環境及挑戰。

**Date** 28 April, 26 May, 30 June 2017 (Fridays)  
**日期** 2017年4月28日, 5月26日, 6月30日 (星期五)

**Time** 2:30pm – 5:00pm  
**時間** 下午2:30 – 5:00

**Designed for** Cancer clients (10 Participants)  
**對象/名額** 癌症患者 (名額10位)

**Facilitator** Ms. Tristan Chan (registered art psychotherapist)  
**導師** 陳雅姿姑娘 (註冊藝術心理治療師)

**Language** Cantonese  
**語言** 廣東話

**Remarks**  
**備註**

1. No prior artistic training required.
2. Please wear casual and comfortable outfits.
3. Participants who have NOT attended art therapy workshops or groups in the past will be prioritised.
1. 參加者無需任何藝術創作經驗或技巧。
2. 請穿著舒適衣物。
3. 首次參加藝術治療系列活動者優先參加。

## Pamela Youde Nethersole Eastern Hospital New Case Orientation

東區尤德夫人那打素醫院新症簡介會

CLC-17-020

An oncologist, nurse and social worker share information about cancer and cancer-support services in the community.  
由腫瘤科醫生、護士及社工講述有關癌症資訊及癌症支援服務。

**Date** 17 May 2017 (Wednesday)  
**日期** 2017年5月17日 (星期三)

**Time** 2:30pm – 4:30pm  
**時間** 下午2:30 – 4:30

**Location** Cancer Patient Resource Centre, Pamela Youde Nethersole Eastern Hospital  
**地點** 東區尤德夫人那打素醫院癌症病人資源中心

**Facilitator** An oncologist, nurse and social worker  
**講者** 腫瘤科醫生、護士及社工

**Designed for** Those who have been newly diagnosed with cancer at Pamela Youde Nethersole Eastern Hospital  
**對象/名額** 於東區尤德夫人那打素醫院的新症癌症患者

**Language** Cantonese  
**語言** 廣東話



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

## Clinical Psychologist Corner 臨床心理服務

Clinical psychologists specialise in the assessment and diagnosis of major mental illnesses and psychological problems, they are trained to deliver techniques based on psychological theory and research to treat mental health disorders. To be eligible to receive CancerLink's Clinical Psychology Service (Individual Therapy), you must:

- 1) be a CancerLink user
- 2) be reviewed by a case manager/ social worker and currently under our case management.

Your case manager will make a referral to the Clinical Psychology Service if considered appropriate. If you feel a referral would be beneficial for you at this time, please discuss this further with a staff member or with your case manager.

臨床心理學家主要是應用心理測量工具及心理學原理作診斷及治療，內容包括了解及紓緩心理上的困擾及心理疾病。心理治療首要是先進行專業評估，了解當事人的問題所在，並以此制定相應的治療計劃。如患者及家人希望於中心接受個別治療，必須先登記成為癌協中心服務使用者，再由中心社工作出初步評估才會轉介至臨床心理學家。

## Mental Health First Aid Talk

精神健康急救講座

CLC-17-021

Having difficult emotions during the cancer journey is understandable, but some people may require professional help to cope. This talk aims to provide relevant information on how to identify your mood, symptoms and when it is necessary to seek extra help.

認識精神健康急救之基本概念，辨識情緒病之徵狀和成因。協助患者及照顧者分辨正常的情緒，或是否有需要進一步的介入。

**Date** 22 April 2017 (Saturday)  
**日期** 2017年4月22日 (星期六)

**Time** 10:00am – 11:30am  
**時間** 上午10:00 – 11:30

**Facilitator** Clinical Psychologist  
**講者** 臨床心理學家

**Designed for** Cancer Clients and Carers (25 participants)  
**對象/名額** 癌症患者或照顧者 (名額25位)

**Language** Cantonese  
**語言** 廣東話



## Manage Your Anxiety

### 調節你的擔憂課程

CLC-17-022

Finding it difficult to control your worrying? Do you frequently have symptoms such as an increased heart rate, shaking and shortness of breath? Regain control and learn ways to overcome your anxiety.

感到不能控制你的憂慮情緒嗎？是否經常心跳加速、呼吸沉重或發抖？這課程會分享一些處理焦慮的策略，助你提升心理上的智慧。

**Date** 15 May – 19 June 2017 (every Monday, 6 sessions)  
**日期** 2017年5月15日至6月19日（逢星期一，共6節）

**Time** 10:00am – 12:00noon  
**時間** 上午10:00 – 中午12:00

**Facilitator** Clinical Psychologist  
**講者** 臨床心理學家

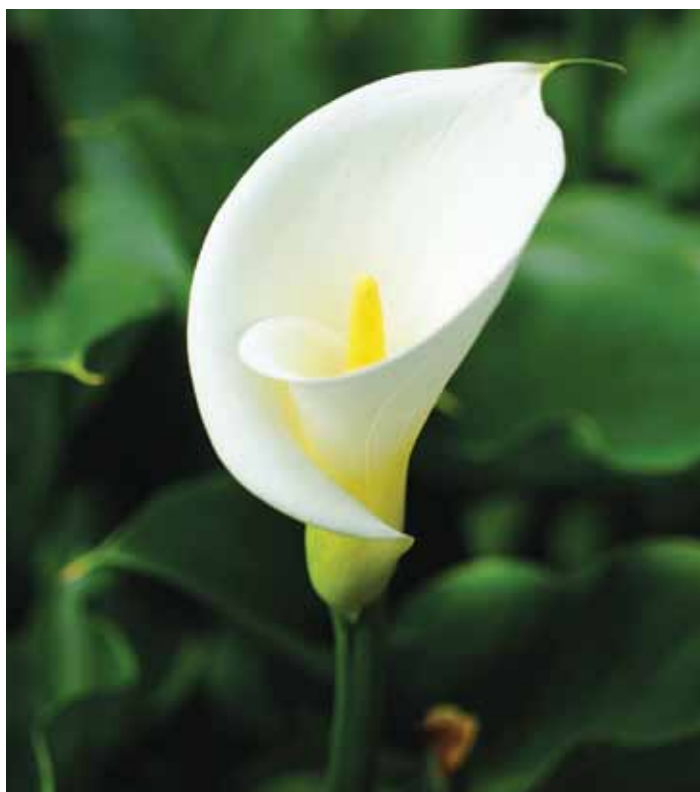
**Designed for** Cancer Clients and Carers (8 participants)  
**對象/名額** 癌症患者（名額8位）

**Language** Cantonese  
**語言** 廣東話

**Remarks**  
**備註**

1. For first time participants only.
2. All potential participants will be required to undergo a psychological assessment. Enrolment in this group is subject to assessment outcome.

1. 此小組只限首次參加者。  
2. 參加者需經評估以確定是否適合參加。



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

## English Cancer Support Services 英語癌症支援服務

These services are for those cancer patients and carers who are **Native English-speakers** or those who do not understand Cantonese.

### Talk to a Peer

Cancer patients and family members often find it helpful to talk to someone who has had a similar experience. Through a telephone based service, our trained 'survivor' volunteers are ready to offer callers emotional support and practical advice. For enquiries, please contact Ms. Polly Lim on 3667 3030.

### Mutual Support Group

A monthly platform for English speakers to come together and share their experiences. Those with cancer and their family members can find support from peers and avoid social isolation on their cancer journey.

**Designed for** Those with cancer, their family members and volunteers (15 participants)

**Language** English

### English Outing Programme

CLC-17-023

Please invite your family and friends to come and join us for a walk in spring time! This is also an opportunity to enjoy sharing with other survivors.

**Date** 12 April 2017 (Wednesday)

**Time** 9:00am – 1:00pm

**Location** Sai Kung

### Peer Sharing Session

CLC-17-024

After being diagnosed with kidney, bladder and lung cancer three years ago, John would like to share how he survived and the life lessons he learned along the cancer journey.

**Date** 28 June 2017 (Wednesday)

**Time** 7:00pm – 9:00pm

**Speaker** Mr. John T. Martin

## An Introduction to Psychoimmunoneurotherapy – How to Tap the Power of your Mind to Fight Cancer

CLC-17-025

Learn how through medical hypnosis, psychoneuroimmunology coaching can help patients desensitise their fears of needles, scans, radiation and chemotherapy; and at the same time enhance one's immunity and cope with the fear of cancer recurrence.

<b>Date</b>	6 May 2017 (Saturday)
<b>Time</b>	10:00am – 11:30am
<b>Facilitator</b>	Nivedita Rawal (Clinical Director of Inner Compass)
<b>Designed for</b>	Those with cancer (10 participants)
<b>Language</b>	English

## CanSurvive Meetings

CLC-17-026

CanSurvive is a long-established English-language support group that helps people adjust to living with cancer. Professionals speak on health issues, and the group promotes the sharing of information, knowledge and experiences to restore wellbeing.

<b>Date</b>	17 May and 14 June 2017 (Wednesdays)
<b>Time</b>	From 12:30pm onwards for an informal chat and optional lunch at the club restaurant 2:00pm – Guest speaker
<b>Designed for</b>	Those with cancer, survivors, families and health-conscious members
<b>Language</b>	English
<b>Location</b>	Kowloon Cricket Club, 10 Cox's Road, Jordan, Kowloon. (Jordan MTR Exit B)

# Medical and Health Services 醫護服務

Following a cancer diagnosis, it is normal to have a number of questions regarding self-care, before and after treatment. At CancerLink we have a number of different medical workshops and nursing services which provide information and tips on self-care for cancer patients. Patients are also welcome to have a nursing consultation in person or by phone every Wednesday afternoon.

很多癌症患者在治療前後經常提出各類型的疑問，如果你正為此而憂心忡忡，歡迎來到癌協尋求護理諮詢服務，取得治療前後自我照顧的建議；中心每逢星期三下午均有護士提供護理諮詢服務，歡迎致電本中心或預約見面。我們亦會提供各種癌症專題講座和復康小組，希望為你提供更多最新的癌症資訊及護理支援，共渡癌關！

## Nursing a Question?

### 周三護理面談室

Come and join Ms. Aster Lo, our registered nurse who can offer advice and answer any questions you might have regarding health, recovery and rehabilitation.

如你正面對治療或護理上的疑難，歡迎致電向註冊護士盧雁鳴姑娘查詢或約見。

<b>Date</b> 日期	Every Monday, Tuesday, & Thursday in April; Every Wednesday in May & June 四月：逢星期一、星期二及星期四； 五月及六月：逢星期三
<b>Time</b> 時間	2:30pm – 5:30pm 下午2:30 – 5:30
<b>Designed for</b> 對象/名額	Cancer clients and family members 癌症患者及家屬



## Goodbye Urinary Incontinence

### 處理尿滲漏工作坊 — 婦女篇

CLC-17-027

Our physiotherapist helps participants learn to overcome urinary incontinence through exercise.  
物理治療師將會教授大家一些處理尿滲漏的知識及運動。

<b>Date</b> 日期	8 May – 5 June 2017 (every Monday, 5 sessions) 2017年5月8日至6月5日 (逢星期一, 共5節)
<b>Time</b> 時間	2:00pm – 3:30pm 下午2:00 – 3:30
<b>Facilitator</b> 講者	Registered Physiotherapist 註冊物理治療師
<b>Location</b> 地點	2107, Dominion Centre, 43-59 Queen's Rd E, Wai Chai 香港灣仔皇后大道東43-59號東美商業中心2107室
<b>Designed for</b> 對象/名額	Cancer clients with urinary incontinence (12 participants) 患有尿滲漏問題的女仕 (名額12位)
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	1. Only for first time participants. 2. Participants MUST attend at least 4 sessions. 1. 活動只限首次參加者。 2. 參加者必須出席最少四節課堂。

## Breast Cancer New Case Sharing

### 乳癌新症支援小組

CLC-17-028

Being diagnosed with breast cancer is challenging and distressing. This breast cancer new casment, dietary tips during treatment and diet myths, etc., providing a platform for sharing your experiences and meeting peers.

為剛確診的乳癌患者提供護理及營養方面的專業支援，例如家居照顧、治療副作用處理、治療期間飲食攻略及飲食謬誤等，減少治療期間的疑問和憂慮，助你踏上康復之路。

<b>Date</b> 日期	24 and 31 May 2017 (Wednesdays, 2 sessions) 2017年5月24日及31日 (逢星期三, 共2節)
<b>Time</b> 時間	2:30pm – 4:00pm 下午2:30 – 4:00
<b>Facilitator</b> 講者	Ms. Aster Lo (Registered Nurse), Ms. Fion Chow (Registered Dietitian) 盧雁鳴姑娘 (註冊護士)、 周倩蕾姑娘 (註冊營養師)
<b>Designed for</b> 對象/名額	Those with breast cancer and their family members, newly diagnosed within 6 months (20 participants) 半年內確診的乳癌患者及家屬 (名額20位)
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	Participants must be able to attend the full sessions of this programme. 名額只提供給能夠全程參與者。

## How to choose which treatment?

### 治療的抉擇

CLC-17-029

1. Considerations for choosing a treatment
2. The differences between chemotherapy, targeted therapy & immunotherapy
3. The differences between private and public health services
4. Specialty medical services
5. Advice for talking with doctors
6. Skin care tips and nursing advice related to radiotherapy  
註冊護士會講解標靶治療、化學治療、免疫治療的分別，放射治療的注意事項及皮膚護理要點。參加者從中亦可了解到專科醫療服務、公營私營的服務分野，與及和醫生的溝通技巧，令患者在選擇治療方法時，知道自己需要考慮甚麼因素。

<b>Date</b> 日期	9 and 16 June 2017 (Fridays, 2 sessions) 2017年6月9日及16日 (逢星期五, 共2節)
<b>Time</b> 時間	2:00pm – 4:00pm 下午2:00 – 4:00
<b>Facilitator</b> 講者	Ms. Aster Lo (registered nurse) 盧雁鳴姑娘 (註冊護士)
<b>Designed for</b> 對象/名額	Cancer clients and family members (20 participants) 癌症患者及家屬 (名額20位)
<b>Language</b> 語言	Cantonese 廣東話

## Nursing talk on prevention of upper limb lymphedema

### 預防上肢淋巴水腫之護理講座

CLC-17-030

Most breast cancer patients may face lymphoedema following breast surgery or radiotherapy involving axillary lymph nodes. Therefore, preventative exercises, observation and self-care tips are essential for minimising discomfort and improving recovery. Come and learn more about lymphoedema prevention and self-care skills.

接受乳房切除手術的乳癌病患者，若淋巴腺同時被切除，日後有機會出現上肢淋巴水腫，此研習坊可令她們學習如何預防和自我照顧。

<b>Date</b> 日期	20 June 2017 (Tuesday) 2017年6月20日 (星期二)
<b>Time</b> 時間	2:30pm – 4:30pm 下午2:30 – 4:30
<b>Facilitator</b> 講者	Ms. Aster Lo (registered nurse) 盧雁鳴姑娘 (註冊護士)
<b>Designed for</b> 對象/名額	Those with breast cancer (20 participants) 乳癌患者 (名額20位)
<b>Language</b> 語言	Cantonese 廣東話



## Dietetic Service

### 營養諮詢服務

Our Dietetic Service specialises in the assessment and treatment of dietary and nutritional problems, we provide medical nutrition therapy to help patients to cope with disease and diet related complications. To be eligible to receive CancerLink's Dietetic Service, you must:

1. Be a registered CancerLink user and
2. Be assessed by one of our social workers

A referral will be made to the Dietetic Service if considered appropriate. Please discuss with our staff member if you wish to receive dietary consultation either in person or by phone.

註冊營養師主要會為有需要的患者提供營養治療和飲食上的諮詢，幫助改善患者的營養及健康。如你希望預約，歡迎登記成為癌協中心服務使用者，再由中心社工或護士作出初步評估，才會轉介至營養師。

### Speak to a Dietitian

#### 註冊營養師諮詢服務

Chat with Fion Chow, our registered dietitian, who can answer your questions on cancer and diet to understand the nutritional requirements at each stage.

與註冊營養師面談，了解於不同抗癌階段所需的營養攝取及飲食策略，消除對癌症飲食的疑慮。歡迎致電查詢或預約會談。

<b>Date</b> 日期	Every Wednesday 逢星期三
<b>Time</b> 時間	2:30pm – 5:30pm 下午2:30 – 5:30
<b>Facilitator</b> 講者	Ms. Fion Chow (Registered Dietitian) 周倩蕾姑娘（註冊營養師）
<b>Designed for</b> 對象/名額	Clients and family members 癌症患者及家屬



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

## Rehabilitation Services

### 復康服務

The rehabilitation programmes and classes at CancerLink have been designed to help enhance the quality of life for our cancer patients. Our exercise classes improve physical health and help relieve symptoms. Most importantly, participants can immerse themselves in stress-reducing activities and learn how to appreciate life. All of our classes can be enhanced with peer support.

多元化的復康課程可以大大提高癌症患者的生活質素：一些健體運動能有助改善身體健康及紓緩疲乏等症狀。而復康小組亦讓參加者親身體驗不同的減壓活動，細味生活情趣，學習欣賞生命。此外，課程亦讓參加者有機會認識其他同路人，達致互相關懷及勉勵，得到情緒上的支援及增強逆境智慧。

### Holistic Health Workshop

#### 整全健康逐格睇

CLC-17-031

This workshop helps participants understand holistic health.

Participants can review their habits and lifestyle, and we provide direction and ways of achieving holistic health.

此工作坊會與大家探討整全健康的定義，讓參加者了解五大健康的範疇及分享研究所得的有關防癌資訊，帶領參加者一起檢視自己的健康狀況，從而能掌握提昇健康的方法及妙法！

<b>Date</b> 日期	5 and 12 April 2017 (Wednesdays, 2 sessions) 2017年4月5及12日（逢星期三，共兩節）
<b>Time</b> 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
<b>Facilitator</b> 講者	Mr. Maksim Cheung 張煒楠先生
<b>Designed for</b> 對象/名額	Those with cancer within the past five years (20 participants) 確診五年內癌症患者（名額20位）
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	Participants must attend all the sessions. 參加者必需出席所有課堂。

## Holistic Health – Survivors Adjustment Workshop \*

整全健康 — 復康適應評估班 \*

CLC-17-032

This workshop will help you understand your physical state after treatment and how to adapt to it by doing appropriate exercise. 協助康復者認識治療後的身體狀況，學習適應，並建議適當運動。

**Date/Time** **Assessment 評估**  
6 April 2017 (Thursday), 1:45pm – 5:45pm  
日期/時間 2017年4月6日（星期四），下午1:45 – 5:45

**Talk 講座**  
13 April 2017 (Thursday), 2:00pm – 3:30pm  
2016年4月13日（星期四），下午2:00 – 3:30

**Facilitator 講者** Mr. Calson Leung (Registered Physiotherapist)  
梁佑文先生（註冊物理治療師）

**Designed for 對象/名額** Those with cancer (15 participants diagnosed in or after 2015, 10 diagnosed before 2015)  
癌症患者（2015年或以後確診患者名額15位；2015年以前確診患者名額10位）

**Language 語言** Cantonese  
廣東話

**Remarks 備註**

1. Participants will be divided into 8 groups for 30-minute check-ups.
2. Five quotas will be reserved to those who have completed “Holistic Health Workshop”.
1. 參加者將分為八個小組進行半小時的測試。
2. 5位名額會優先給予曾經完成「整全健康逐格睇」參加者。

## Holistic Health – Small Coreball Exercise Class \*

整全健康 — 小核心球肌肉訓練班 \*

CLC-17-033

With the use of a small coreball, these exercises help relieve back and neck pain, and enhance mobility of the joints in your spine and ribcage. 以小核心球進行肌肉訓練，幫助你舒緩背部及頸部痛楚，並提升你脊柱及胸腔的關節活動能力。

**Date 日期** 8 May 2017 – 29 March 2017  
(every Monday, 4 sessions)  
2017年5月8日至5月29日（逢星期一，共4堂）

**Time 時間** 4:00pm – 5:30pm  
下午4:00 – 5:30

**Location 地點** 2107, Dominion Centre, 43-59 Queen's Rd E, Wai Chai  
香港灣仔皇后大道東43-59號東美商業中心2107室

**Facilitator 講者** Mr. Yeung Ming Fung, Calvin  
楊明峰先生

**Designed for 對象/名額** Cancer clients (12 participants)  
癌症患者（名額12位）

**Language 語言** Cantonese  
廣東話

**Remarks 備註**

1. Only for first time participants.
2. Participants are required to attend and receive recommendation in the “Survivors Adjustment Workshop” of this season.
1. 適合未曾參加過此班之患者。
2. 參加者必須先參加今季「復康適應評估」並獲推薦。



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

## Holistic Health – Physical Assessment by Chinese Medicine Practitioner \*

### 整全健康 — 中醫體質評估 \*

A Chinese medicine practitioner will conduct an individual assessment for each participant and provide body constitution and dietary advice accordingly.

註冊中醫師會為參加者進行個別評估，診斷其身體體質，並建議適當的食療。

<b>Date/Time</b> 日期/時間	10 May 2017 (Wednesday), 3:00pm – 5:30pm 2017年5月10日 (星期三), 下午3:00 – 5:30	<b>CLC-17-034</b>
	7 June 2017 (Wednesday), 3:00pm – 5:30pm 2017年6月7日 (星期三), 下午3:00 – 5:30	<b>CLC-17-035</b>

<b>Facilitator</b> 講者	Registered Chinese Medicine Practitioner from Yan Chai Hospital cum HKBU Chinese Medicine Clinic cum Training and Research Centre 仁濟醫院暨香港浸會大學中醫診所及臨床研究中心註冊中醫師
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<b>Designed for</b> 對象/名額	Cancer Clients (diagnosed in or after 2015: 10 participants; diagnosed before 2015: 5 participants) 癌症患者 (2015年或以後確診患者名額10位；2015年以前確診患者名額5位)
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<b>Language</b> 語言	Cantonese 廣東話
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<b>Remarks</b> 備註	<ol style="list-style-type: none"> <li>Only for first time participants.</li> <li>5 vacancies in Class B will be prioritised to the participants who have finished "Holistic Health Workshop".</li> </ol> <ol style="list-style-type: none"> <li>活動只限首次參加者參加。</li> <li>B班的15位名額內有5位會給予已完成「整全健康逐格睇」的參加者優先權。</li> </ol>
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Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

## Holistic Health – Learn more about Food Labels for a Healthy Diet \*

### 整全健康 — 齊學食物標籤防三高 \*

CLC-17-036

Learn about food labels for a balanced, healthy diet.

日常飲食對我們健康的重要性毋庸置疑！此講座能教懂我們看食物標籤，增強有關方面的認知，以防三高及達致均衡飲食。

<b>Date</b> 日期	11 May 2017 (Thursday) 2017年5月11日 (星期四)
<b>Time</b> 時間	3:00pm – 4:30pm 下午3:00 – 4:30
<b>Facilitator</b> 講者	Ms. Fion Chow (registered dietitian) 周倩蕾姑娘 (註冊營養師)
<b>Designed for</b> 對象/名額	Those with cancer (diagnosed in or after 2015: 15 participants; diagnosed before 2015: 10 participants) 癌症患者 (2015年或以後確診患者名額15位；2015年以前確診患者名額10位)
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	10 vacancies will be prioritised to the participants who have finished "Holistic Health Workshop". 30位名額內有10位會給予已完成「整全健康逐格睇」的參加者優先權。

## Holistic Health – Life Photo Album \*

### 整全健康 — 人生紀念冊 \*

CLC-17-037

Photos contain different life stories. Let's make a life photo album to review your life.

相片記錄著人生中不同的往事，齊來製作一本人生紀念冊，整理及回味人生的喜怒哀樂。

<b>Date</b> 日期	2-23 May 2017 (Tuesdays, 4 sessions) 2017年5月2至23日 (逢星期二，共4節)
<b>Time</b> 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
<b>Facilitator</b> 講者	Mr. Patrick Kwan 關桂海先生
<b>Designed for</b> 對象/名額	Those with cancer (12 participants) 癌症患者 (名額12位)
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	15 vacancies will be prioritised for participants who have finished "Holistic Health Workshop". 12名額內有5位會給予已完成「整全健康逐格睇」的參加者優先權。



## Holistic Health

### – Neck and Shoulder Muscle Check Up \*

整全健康

— 頸肩肌筋勞損經穴檢查 \*

CLC-17-038

This workshop will help you understand your physical state after treatment and how to adapt to it by doing appropriate exercise.

讓參加者了解自己頸肩肌筋勞損的程度，學習基本經穴通絡療法，改善頸肩問題和增強日常生活處理的能力。

**Date** 13 June 2017 (Tuesday)  
**日期** 2017年6月13日 (星期二)

**Time** 2:30pm – 4:00pm  
**時間** 下午2:30 – 4:00

**Facilitator** Instructor from Hong Kong Health Association  
**講者** 香港健康協會導師

**Designed for** Those with cancer (diagnosed in or after 2015: 10  
**對象/名額** participants; diagnosed before 2015: 5 participants)  
癌症患者 (2015年或以後確診患者名額10位；  
2015年以前確診患者名額5位)

**Language** Cantonese  
**語言** 廣東話

**Remarks** 1. Only for first time participants.  
**備註** 2. Five quotas will be reserved to those who have completed "Holistic Health Workshop".  
1. 活動只限首次參加者參加。  
2. 5位名額會優先給予曾經完成「整全健康逐格睇」參加者。

## Holistic Health

### – Exercise in the Community \*

整全健康

— 認識社區資源運動工作坊 \*

CLC-17-039

Learn the importance of exercise in cancer recovery and how to stay active through the utilisation of community resources and facilities.

Simple aerobic exercise will also be demonstrated.

讓參加者認識運動在癌症康復過程中的重要性，了解社區現有的運動資源及設施，亦會到社區現場，學習一系列簡單的帶氧運動。

**Date** 24 & 31 May 2017 (Wednesday)  
**日期** 2017年5月24及31日 (星期三)

**Time** 10:00am – 11:30am  
**時間** 上午10:00 – 11:30

**Facilitator** Tutors from the Physical Fitness Association of  
**講者** Hong Kong  
中國香港體適能總會導師

**Designed for** Those with cancer (diagnosed in or after 2015: 15  
**對象/名額** participants; diagnosed before 2015: 10 participants)  
癌症患者 (2015年或以後確診患者名額15位；  
2015年以前確診患者名額10位)

**Language** Cantonese  
**語言** 廣東話

**Remarks** 31 May is an outing session. Participants will go out  
**備註** to learn about community resources and practice simple exercise.  
5月31日為戶外活動日，參加者會外出學習使用社區設施做一系列簡單的運動。



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

**Holistic Health – Cape D'Aguilar Trip \***

整全健康 — 鶴咀之行 \*

CLC-17-040

Cape D'Aguilar is a peaceful and beautiful marine park. Join us to get closer to nature and improve your social support network.

鶴咀是寧靜及風景怡人的海岸公園，此行能讓你認識同路人和親親大自然！

**Date** 7 April 2017 (Friday)  
**日期** 2017年4月7日 (星期五)

**Time** 9:30am – 2:00pm  
**時間** 上午9:30 – 下午2:00

**Location** Cape D'Aguilar  
**地點** 鶴咀

**Facilitator** Mr. Maksim Cheung  
**講者** 張煒楠先生

**Designed for** Those with cancer (diagnosed in or after 2015: 5 participants; diagnosed before 2014: 5 participants)  
**對象/名額** 癌症患者 (2015年或以後確診患者名額5位；2015年以前確診患者名額5位)

**Language** Cantonese  
**語言** 廣東話

**Inner Healing**

氣功治療

One on one support lets you experience the form of alternative therapy focused on primary respiration using therapeutic touch. We release client stress from their hectic lives.

集中於「呼吸」的另類治療，以治療的力量讓參加者在舒適安靜的環境下，完全放鬆。

**Group A A班**

CLC-17-041

**Date** 24 April; 15 May 2017  
**日期** 2017年4月24日；5月15日

**Group B B班**

CLC-17-042

8 May; 22 May 2017  
2017年5月8日；5月22日

**Time** 11:30am – 1:00pm  
**時間** 上午11:30 – 下午1:00

**Facilitator** Pervin Shroff, Sooni Gander  
**講者**

**Designed for** Cancer patients (7 participants per group)  
**對象/名額** 癌症患者 (每組名額7位)

**Language** English  
**語言** 英語

**Remarks** Each participant would be arranged 15 minutes one on one therapeutic touch.  
**備註** 將安排參加者於不同時段接受一對一的15分鐘治療。



Photos from CancerLink-Hong Kong Island 'U-Link' 相片由港島癌協'U-Link'提供

# Wellness Programme 身心靈健康服務

Our wellness programmes help to relax the mind and body, and improve your overall sense of well-being.

身心靈課程幫助我們放鬆情緒，化解煩惱，促進身、心、靈的健康與和諧。

## Wellness online videos and audios

Our online programmes aim to cultivate body awareness and promote inner peace. These gentle practices can be completed anytime, anywhere and helps participants enhance the vitality of their body and relax the mind to achieve greater well-being.

### Wellness on line programmes include:

- Awareness Through Movement  
– The Feldenkrais Method®
- Yoga for Wellness
- Yoga Nidra and Meditation
- Ba Duan Jin & Yi Jin Bang
- Body Nuance
- Restorative Yoga
- Pilates
- Chanting



## 身心靈網上課程

我們希望身心靈課程的網上教學影片，能夠幫助培養對身體和情緒的覺察能力，進而轉化身心，找到當下的和平。

### 網上課程系列包括

- 傾聽身體的聲音 — 魁根斯方法®
- 療愈瑜伽
- 瑜伽大休息及靜坐
- 八段錦和易筋棒
- 身體律動
- 復元瑜伽
- 普拉提斯
- 頌唱

Please visit Hong Kong Cancer Fund's YouTube channel:

歡迎瀏覽以下香港癌症基金會YouTube頻道：-

<https://www.youtube.com/c/hongkongcancerfundvideo>





**Points to note:**

- (1) Please arrive 10 minutes before your class. All classes start on time.  
**Entry is not permitted once a class has started.**
- (2) Some of the programmes are designed for specific groups. If a participant does not meet the programme requirements, we reserve the right to cancel their enrolment.

**注意事項：**

- (1) 請於開課前10分鐘到達，所有課堂均將準時開課，**遲到者不得進入。**
- (2) 部分活動為特定對象設計，若參加者資格不符，可能被取消報名。

**Healing with Nature One-Day Workshop 體驗大自然療愈力一日工作坊****NEW****Enrolment date starts 23 March, please call CancerLink (Kwai Chung): 3667 3232 此活動報名日期為3月23日，請致電癌協(葵涌)：3667 3232**

This workshop combines outdoor time in nature, meditation, relaxation and experiential exercises designed for understanding one's perception of energy and cultivating a deep awareness and intuitive relationship with nature. During this workshop, you will learn how to experience the energy of trees and some simple techniques to be more centered and grounded in daily life.

參加者可放鬆並靜心感受大自然，從靜坐與各種活動中培養覺知力，開啟我們對能量的感知以及與大自然的連結。在一天的體驗中，學習不同的技巧以幫助我們連接自然與回歸本我。

**Date /  
Gathering  
Point  
日期/  
集合詳情****Workshop A:**

6 April 2017 (Thursday)

Please assemble in the front of Kowloon Park Sports Centre at 9:15am (MTR Jordan Station Exit C or Austin Station Exit F)

工作坊A：2017年4月6日(星期四)

上午9:15分於九龍公園體育館正門集合(港鐵佐敦站C出口或柯士甸站F出口)

KCC-17-047

**Workshop B:**

7 April 2017 (Friday)

Please assemble at the Water Fountain Plaza, Victoria Park at 9:15am (MTR Causeway Bay Station Exit E, near Park Lane Hotel and Windsor House)

工作坊B：2017年4月7日(星期五)

上午9:15分於維多利亞公園噴水池廣場集合(港鐵銅鑼灣站E出口，近柏寧酒店與皇室堡)

KCC-17-048

**Workshop C:**8 April 2017 (Saturday, **suitable for users who work during the week**)

Please assemble at the Water Fountain Plaza, Victoria Park at 9:15am (MTR Causeway Bay Station Exit E, near Park Lane Hotel and Windsor House)

工作坊C：2017年4月8日(星期六，**適合在職患者參加**)

上午9:15分於維多利亞公園噴水池廣場集合(港鐵銅鑼灣站E出口，近柏寧酒店與皇室堡)

KCC-17-049

**Time  
時間**9:30am – 4:30pm  
上午9:30 – 下午4:30**Facilitator  
導師**Ms. Claire Elouard  
克萊兒·愛樂華女士**Designed for  
對象/名額**Those with cancer (20 participants per class)  
癌症患者(每班名額20位)**Language  
語言**English with Cantonese translation  
英語，附以廣東話翻譯**Remarks  
備註**

- For each successfully enrolled participant, a deposit of HK\$200 needs to be received **on or before 29 March**. Otherwise, your space will automatically be released to those on the waiting list. You can pay cash to **CancerLink Centre (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "Healing with Nature Workshop". Address: 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories.
- We will return the deposit to participants who complete the one day workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.
- Participants are required to be fit enough to stand and walk around outdoors for 1-2 hours.
- Wear a comfortable outdoor outfit and shoes. Please bring your own mat for seating, water, rain and sun protection and mosquito repellent.
- Please bring your own lunch which does not need to be heated up.
- Please give us one week advance notice if you cannot attend the workshop so that we can release your quota to waitlisted clients.
- Each participant can only take one Healing with Nature Workshop.
- 成功報名者請於**3月29日前**繳交港幣200元按金，如過期仍未收到按金，名額將自動讓給後備學員。你可親自到**癌協(葵涌)**繳交按金或郵寄支票(抬頭：香港癌症基金會)，請註明「體驗大自然療愈力工作坊」。郵寄地址：葵涌大連排道132-134號TLP132三樓。
- 完成一日工作坊的學員，將全數退還按金。如未能出席整個工作坊，按金將捐給香港癌症基金會，恕不退回。
- 參加者需具備一定體力，能於戶外站立或步行1至2小時，並帶著開放的心學習。
- 請穿著適合戶外運動的服裝與運動鞋、請自備地墊(坐地上用)、足夠的飲用水、雨具、防曬用品及防蚊液。
- 請自備不需加熱的午餐。
- 若因特別情況需要退出工作坊，請最少於開課前一星期與我們聯絡，以方便安排後備學員補替。
- 每人只能選報一個體驗大自然療愈力工作坊。



## Kitchen Medicine Encyclopedia Talk – CancerLink (Kwai Chung)

NEW

### 廚房醫學百科講座 — 癌協 (葵涌)

KCC-17-050

Enrolment date starts 23 March, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為3月23日，請致電癌協(葵涌) 3667 3232

Based on research by the National Cancer Institute of the United States, 80% of cancers causes are preventable and 35-50% of them are related to dietary habits. In this talk, two doctors will share how to keep healthy dietary habits, ensure balanced nutrition and how to cook simple and delicious food at home.

美國有研究顯示，八成的癌症成因是可以預防的，其中癌症與飲食習慣是息息相關。本講座將由兩位專科醫生分享保持身心健康的飲食習慣，教大家均衡攝取身體所需營養，以及如何在家烹調簡單、美味又有營的食物。

**Date** 12 April 2017 (Wednesday)  
**日期** 2017年4月12日 (星期三)

**Time** 2:00pm – 5:00pm  
**時間** 下午2:00 – 5:00

**Speaker** Dr. Suk Fong Leung  
**講者** Dr. Lai Oi Lo  
梁淑芳醫生 (健康及防癌學會主席、「廚房醫學」作者)  
盧麗愛醫生 (香港註冊外科醫生、「我醫我素 — 健康素食小百科」作者)

**Designed for** Those with cancer and their family members (100 participants, 40 seats for those who are diagnosed during or after the year of 2015 and 20 seats for their family members; 40 seats for those who are diagnosed before 2015)  
**對象/名額** 癌症患者及家屬 (名額100位，2015年或以後確診患者名額40位及家屬名額20位；2014年或以前確診患者，名額40位)

**Remarks** 1. Those who are diagnosed during or after the year of 2015 can only register for 1 family member.  
**備註** 2. Please arrive 10 minutes before the talk and attend the whole session.  
3. Please bring your own food container, cutlery and cup for food tasting.  
1. 2015年或以後確診患者最多只可報名1位家屬偕同出席。  
2. 成功報名者請提早於講座前10分鐘到達以安排座位，請勿早退。  
3. 講座中備有健康小食，參加者請自備餐盒、杯與餐具。



## Yoga for Beginners # 初階瑜珈班 #

Through gentle postures and mindful breathing, this class enhances the vitality and relaxation of the body and mind for self-healing.  
透過柔和及有效的瑜珈式子和呼吸法，伸展肌肉筋骨，達到內心平靜。

### Class A A班 Pure Fitness Causeway Bay 銅鑼灣 CLC-17-043

**Date 日期** 18 April – 20 June 2017 (Tuesdays, except 30 May, 9 sessions)  
2017年4月18日至6月20日 (逢星期二，5月30日除外，共9節)

**Time 時間** 3:00pm – 4:30pm  
下午3:00 – 4:30

**Facilitator 導師** Ms. Lorraine Lau  
劉月芬女士

**Designed for 對象/名額** Those with cancer (49 participants)  
癌症患者 (名額49位)

**Language 語言** Cantonese/English  
廣東話/英語

**Location 地點** Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (MTR Causeway Bay Station Exit A)  
Pure Fitness 銅鑼灣 - 銅鑼灣波斯富街99號利舞臺廣場15樓 (港鐵銅鑼灣站A出口)

### Class B B班 Quarry Bay 鯉魚涌 CLC-17-044

**Date 日期** 19 April – 21 June 2017 (Wednesdays, except 3 May, 9 sessions)  
2017年4月19日至6月21日 (逢星期三，5月3日除外，共9節)

**Time 時間** 3:00pm – 4:20pm  
下午3:00 – 4:20

**Facilitator 導師** Ms. May Chan  
陳兆媚女士

**Designed for 對象/名額** Those with cancer (45 participants)  
癌症患者 (名額45位)

**Language 語言** Cantonese  
廣東話

**Location 地點** Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B)  
鯉魚涌體育館舞蹈室 - 鯉魚涌街38號鯉魚涌市政大廈6樓 (港鐵鯉魚涌站A出口或太古站B出口)

### Class C C班 Quarry Bay 鯉魚涌 CLC-17-045

(Weekend class, priority for users who work)  
周六課程，適合在職患者參加)

**Date 日期** 22 April – 24 June 2017 (Saturdays, 10 sessions)  
2017年4月22日至6月24日 (逢星期六，共10節)

**Time 時間** 9:15am – 10:45am  
上午9:15 – 10:45

**Facilitator 導師** Ms. Cheung Ning  
張寧女士

**Designed for 對象/名額** Those with cancer (45 participants – priority for those at work)  
癌症患者 (名額45位，在職患者優先)

**Language 語言** Cantonese  
廣東話

**Location 地點** Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B)  
鯉魚涌體育館舞蹈室 - 鯉魚涌街38號鯉魚涌市政大廈6樓 (港鐵鯉魚涌站A出口或太古站B出口)





## Pink Yoga – Quarry Bay #

乳癌患者瑜珈班 — 鰂魚涌 #

CLC-17-046

This class focuses on arm movements and gentle stretching to release tightness in the shoulders and chest to enhance joint flexibility and prevent lymphoedema.

溫和的瑜珈練習能夠紓緩手術後的疼痛，也有效預防或治療淋巴水腫。

**Date** 19 April – 21 June 2017  
**日期** (Wednesdays, except 3 May, 9 sessions)  
2017年4月19日至6月21日  
(逢星期三，5月3日除外，共9節)

**Time** 4:40pm – 6:00pm  
**時間** 下午4:40 – 6:00

**Facilitator** Ms. May Chan  
**導師** 陳兆媚女士

**Designed for** Those with breast cancer (45 participants)  
**對象/名額** 乳癌患者 (名額45位)

**Language** Cantonese  
**語言** 廣東話

**Location** Dance Room, Quarry Bay Sports Centre – 6/F,  
**地點** Quarry Bay Municipal Services Building, 38 Quarry Bay Street (MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B)  
鰂魚涌體育館舞蹈室 - 鰂魚涌街38號鰂魚涌市政大廈6樓 (港鐵鰂魚涌站A出口或太古城站B出口)

**Remarks** Please bring your own elastic exercise band or  
**備註** purchase one at CancerLink HK Island prior to the first session.  
請自備橡筋帶或於開課前到港島癌協購買。

## Yoga Capsule for Lunch – Far East Consortium Building, Central

午間瑜珈班 — 中環遠東發展大廈

CLC-17-048

Designed for cancer survivors who have returned to work either after diagnosis or treatment, this class combines meditation, stretching and relaxation.

專為在職癌症患者設計的午間課程，參加者可在短時間內得到瑜珈最大的效益。

**Date** 20 April – 22 June 2017  
**日期** (Thursdays, except 8 June, 9 sessions)  
2017年4月20日至6月22日  
(逢星期四，6月8日除外，共9節)

**Time** 1:00pm – 1:45pm  
**時間** 下午1:00 – 1:45

**Facilitator** Ms. Lindsay Krishnan  
**導師**

**Designed for** Those with cancer (20 participants – priority is given  
**對象/名額** to those who work)  
癌症患者 (名額20位，在職患者優先)

**Language** English  
**語言** 英語

**Location** Room 1701, Far East Consortium Building,  
**地點** 121 Des Voeux Road Central  
(MTR Central Station Exit B or MTR Sheung Wan Exit E1)  
中環德輔道中121號遠東發展大廈17樓1701室  
(港鐵中環站B出口或上環站E1出口)

## Yin Yoga – Pure Yoga The Centrium #

Yin 瑜珈班 — Pure Yoga 中央廣場 #

CLC-17-047

A passive form of yoga that explores the body's subtle energies with long, deep stretches.

透過被動的形式來完成瑜珈動作，通過深長的伸展來探索身體的潛在能量。

**Date** 24 April – 19 June 2017 (Mondays, except 1 May, 8 sessions)  
**日期** 2017年4月24日至6月19日 (逢星期一，5月1日除外，共8節)

**Time** 3:00pm – 4:30pm  
**時間** 下午3:00 – 4:30

**Facilitator** Ms. Pat Fong  
**導師** 方燕媚女士

**Designed for** Those with cancer (50 participants)  
**對象/名額** 癌症患者 (名額50位)

**Language** Cantonese/English  
**語言** 廣東話/英語

**Location** Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (MTR Central Station Exit D1)  
**地點** Pure Yoga 中央廣場 - 中環雲咸街60號中央廣場16樓 (港鐵中環站D1出口)

## Therapeutic Yoga – Pure Fitness Soho

治療瑜伽 — Pure Fitness 蘇豪

CLC-17-049

Suitable for those who are experiencing aches and pains in their joints, and a reduced range of motion. Participants learn how to move with ease and how to increase mobility through shoulder and hip joint exercises.

透過瑜伽動作，介紹加強肩部和髖關節靈活度的運動，改善肢體活動能力。適合因手術或治療而造成的關節疼痛或肢體靈活度受阻的人士。

**Date** 20 April – 22 June 2017 (Thursdays, 10 sessions)  
**日期** 2017年4月20日至6月22日 (逢星期四，共10節)

**Time** 3:00pm – 4:30pm  
**時間** 下午3:00 – 4:30

**Facilitator** Mr. Anjan Kundu  
**導師**

**Designed for** Those with cancer (45 participants)  
**對象/名額** 癌症患者 (名額45位)

**Language** English  
**語言** 英語

**Location** Pure Fitness Soho – 3/F, Kinwick Centre,  
32 Hollywood Road, Central  
(MTR Central Station Exit D2)  
Pure Fitness 蘇豪 - 中環荷李活道32號建業榮基中心3樓 (港鐵中環站D2出口)



## Laughter Yoga – Sheung Wan

午間笑一笑 — 愛笑瑜伽 — 上環

CLC-17-050

This class explores how through laughing you feel relaxed and clapping can stimulate the meridians and strengthen the function of internal organs, with simple and easy movements to enhance blood circulation. It relieves depression and anxiety, and can be practiced in your daily life.

大笑令身心放鬆，有助紓緩抑鬱焦躁的情緒；透過大力拍掌刺激經絡，能強化五臟六腑功能；而輕鬆簡單的四肢動作，能提升體溫，幫助血液循環，達到出汗排毒的效果。

**Date** 28 Apr – 30 June 2017 (Fridays, 10 sessions)  
**日期** 2017年4月28日至6月30日 (逢星期五，共10節)

**Time** 1:10pm – 1:55pm  
**時間** 下午1:10 – 1:55

**Facilitator** Mr. Dick Yu  
**導師** 余狄夫先生

**Designed for** Those who have completed surgery or treatment at least six months prior to the start of this programme (45 participants)  
**對象/名額** 癌症康復者 - 必須完成手術或治療後六個月或以上。(名額45位)

**Language** Cantonese  
**語言** 廣東話

**Location** Dance Room, Sheung Wan Sports Centre - 11/F  
Sheung Wan Municipal Services Building, 345  
Queen's Road Central (MTR Sheung Wan Station,  
Exit A2)  
上環體育館舞蹈室 - 皇后大道中345號上環市政大廈11樓 (近港鐵上環站A2出口)

**Remarks** The programme is **not suitable** for those with serious heart disease or high blood pressure.  
**備註** 課程**不適合**有嚴重心臟病和高血壓患者參加。



## Yoga Workshop – Mindful Practice with Iyengar Yoga – Enlarge your Inner Space – Central

艾揚格瑜珈工作坊 — 內觀練習 — 中環

CLC-17-051

(Evening class, priority given to those working during the week 晚間課程，適合在職患者參加)

Use Iyengar yoga poses to develop the muscular strength and self-confidence needed to tackle physical and mental challenges. The restorative approach focuses on knowing one's body and mind. 以艾揚格瑜珈方法練習，強化身心。工作坊將不僅是復元的練習，更整合身心的融和。

<b>Date</b> 日期	5 and 12 May 2017 (Fridays, 2 sessions) 2017年5月5及12日 (星期五，共兩節)
<b>Time</b> 時間	7:00pm – 9:00pm 晚上7:00 – 9:00
<b>Facilitator</b> 導師	Ms. Karen Lam 林佩芳女士
<b>Designed for</b> 對象/名額	Those who have completed surgery or treatment more than six months previously (25 participants – priority is given to those at work) 癌症康復者 - 參加者必須完成手術或治療後六個月或以上才適合參加。(名額25位，在職患者優先)
<b>Language</b> 語言	Cantonese 廣東話
<b>Location</b> 地點	2C Welley Building, 97 Wellington St., Central (MTR Central Station Exit D1 or C, near Graham St Wet Market) 中環威靈頓街97號威利大廈2樓C室 (港鐵中環站D1或C出口，近嘉咸街露天街市)

## Yoga Workshop – Yoga For A Good Night Sleep – Pure Yoga The Centrium

瑜珈工作坊 — 改善睡眠 — Pure Yoga 中央廣場

CLC-17-052

Proper sleep is essential for good physical and mental health. We will share yoga practices that will help you achieve better sleep at night, including yoga poses, breathing exercises, and meditation. 透過瑜珈練習，包括瑜珈體位法、呼吸法和靜坐練習，幫助你進入良好的睡眠狀態。

<b>Date</b> 日期	10 April 2017 (Monday) 2017年4月10日 (星期一)
<b>Time</b> 時間	3:00pm – 4:30pm 下午3:00 – 4:30
<b>Facilitator</b> 導師	Ms. Pat Fong 方燕媚女士
<b>Designed for</b> 對象/名額	Those with cancer (50 participants, 50% of quotas will be prioritised for those who are diagnosed during or after the year of 2015) 癌症患者 (名額50位 - 50% 的名額將優先分配給2015年或以後的確診患者)
<b>Language</b> 語言	Cantonese/English 廣東話/英語
<b>Location</b> 地點	Pure Yoga The Centrium, 16/F, The Centrium, 60 Wyndham Street, Central (MTR Central Station Exit D1) Pure Yoga 中央廣場 - 中環雲咸街60號中央廣場16樓 (港鐵中環站D1出口)

## Breathing and Relaxation for Beginners – Pure Yoga The Centrium

呼吸和瑜珈大休息基礎班 — Pure Yoga 中央廣場

CLC-17-053

Learn different yoga breathing techniques to revitalise the body and calm the mind. 學習瑜珈呼吸法，輔以「瑜珈大休息」減壓，促進身心健康和心靈平和。

<b>Date</b> 日期	21 April – 23 June 2017 (Fridays, 10 sessions) 2017年4月21日至6月23日 (逢星期五，共10節)
<b>Time</b> 時間	3:00pm – 4:30pm 下午3:00 – 4:30
<b>Designed for</b> 對象/名額	Those with cancer (50 participants) 癌症患者 (名額50位)
<b>Facilitator</b> 導師	To be confirmed 待定
<b>Language</b> 語言	To be confirmed 待定
<b>Location</b> 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (MTR Central Station Exit D1) Pure Yoga 中央廣場 - 中環雲咸街60號中央廣場16樓 (港鐵中環站D1出口)
<b>Remarks</b> 備註	Enroll only one breathing & relaxation class. 只能選報一個呼吸和瑜珈大休息班。



**Meditation – Tsim Sha Tsui**

靜坐班 — 尖沙咀

CLC-17-054

Learn breathing and meditation techniques to ease worries and explore your innermost feelings. Experience a state of inner peace to promote self-healing and elevate your quality of life.

透過呼吸法和靜坐的方式，走入自己的心靈空間，達至自我療愈，平靜情緒，同時提高生活品質。

<b>Date</b> 日期	26 April – 28 June 2017 (Wednesdays, except 3 May, 9 sessions) 2017年4月26日至6月28日 (逢星期三，5月3日除外，共9節)
<b>Time</b> 時間	10:10am – 11:40am 上午10:10 – 11:40
<b>Facilitator</b> 導師	Ms. S. K. Maddox 薛曉光女士
<b>Designed for</b> 對象/名額	Those with cancer (40 participants) 癌症患者 (名額40位)
<b>Language</b> 語言	Putonghua / English 普通話/英語
<b>Location</b> 地點	Activity Room, 2/F, Kowloon Park Sports Centre–22 Austin Road, Tsim Sha Tsui (MTR Jordan Station Exit C or Tsim Sha Tsui Station Exit A1) 九龍公園體育館2樓活動室 - 尖沙咀柯士甸道22號 (港鐵佐敦站C出口或尖沙咀站A1出口)

**Chanting – Pure Fitness Admiralty**

頌唱班 — Pure Fitness 金鐘

CLC-17-055

This class involves chanting and singing to promote healing. The energy generated from sound vibrations produces a state of inner peace that promotes self-healing and relaxation.

透過頌唱紓緩情緒，利用聲音震動產生的能量達到自我療愈，得到內心的安靜。

<b>Date</b> 日期	26 April – 28 June 2017 (Wednesdays, except 3 May, 9 sessions) 2017年4月26日至6月28日 (逢星期三，5月3日除外，共9節)
<b>Time</b> 時間	3:15pm – 5:00pm 下午3:15 – 5:00
<b>Facilitator</b> 導師	Ms. S. K. Maddox 薛曉光女士
<b>Designed for</b> 對象/名額	Those with cancer (30 participants) 癌症患者 (名額30位)
<b>Language</b> 語言	Putonghua / English 普通話/英語
<b>Location</b> 地點	Pure Fitness Admiralty – Levels 1 & 2, Fairmont House, 8 Cotton Tree Drive, Admiralty (MTR Admiralty Station Exit B or Central Station Exit J2) Pure Fitness 金鐘 - 金鐘紅棉路八號東昌大廈1-2樓 (港鐵金鐘站B出口或中環站J2出口)



## Pilates Classes 普拉提斯伸展運動班

Pilates is a gentle, restorative exercise that can help people regain strength and mobility in their arms and shoulders, and to relieve lower back pain. Movements are slow, with an emphasis on precision and control. This class is ideal for those with lymphoedema or neck and shoulder pain. 透過溫和練習，強化手臂和肩膀肌肉的靈活性，同時幫助減輕腰背疼痛。動作緩慢、輕柔、精準和有節奏，對紓緩淋巴水腫或肩頸疼痛有很大幫助。

**Class A A班**  
**Class B B班** **Pure Yoga Quarry Bay 鰂魚涌**

**Date 日期** 18 April – 20 June 2017 (Tuesdays, except 30 May, 9 sessions)  
2017年4月18日至6月20日（逢星期二，5月30日除外，共9節）

<b>Time 時間</b>	<b>Class A A班</b> 2:00pm – 2:55pm 下午2:00 – 2:55	<b>CLC-17-056</b>	<b>Class B B班</b> 3:00pm – 3:55pm 下午3:00 – 3:55	<b>CLC-17-057</b>
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**Designed for 對象/名額** Those with cancer (23 participants per class)  
癌症患者（每班名額23位）

<b>Facilitator 導師</b>	Ms. Maja Minic	<b>Language 語言</b>	English 英語
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**Location 地點** Pure Yoga Quarry Bay – 4/F, Lincoln House, Taikoo Place, 979 King's Road, Quarry Bay (MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B)  
Pure Yoga 鰂魚涌 - 鰂魚涌英皇道979號太古坊林肯大廈4樓（港鐵鰂魚涌站A出口或太古城站B出口）

**Class C C班** **Pure Fitness Soho 蘇豪** **CLC-17-058**

<b>Date 日期</b>	21 April – 23 June 2017 (Fridays, 10 sessions) 2017年4月21日至6月23日（逢星期五，共10節）	<b>Time 時間</b>	3:30pm – 5:00pm 下午3:30 – 5:00
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**Designed for 對象/名額** Those with cancer (45 participants)  
癌症患者（名額45位）

<b>Facilitator 導師</b>	Ms. Chang Hsiu Yun 張岫雲女士	<b>Language 語言</b>	Cantonese/Putonghua 廣東話/普通話
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**Location 地點** Pure Fitness Soho, 3/F, Kinwick Centre, 32 Hollywood Road, Central (MTR Central Station Exit D2)  
Pure Fitness 蘇豪-中環荷李活道32號建業榮基中心3樓（港鐵中環站D2出口）

**Class D D班** **Sheung Wan 上環** **CLC-17-059**

**Date 日期** 21 April – 30 June 2017 (Fridays, 11 sessions)  
2017年4月21日至6月30日（逢星期五，共11節）

**Time 時間** 12:05pm – 12:55pm  
下午12:05 – 12:55

**Designed for 對象/名額** Those with cancer (35 participants)  
癌症患者（名額35位）

<b>Facilitator 導師</b>	Ms. Jessie Lee 李惠芳女士	<b>Language 語言</b>	Cantonese/ English 廣東話/英語
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**Location 地點** Dance Room, Sheung Wan Sports Centre - 11/F Sheung Wan Municipal Services Building, 345 Queen's Road Central (MTR Sheung Wan Station Exit A2)  
上環體育館舞蹈室 - 皇后大道中345號上環市政大廈11樓（近港鐵上環站A2出口）

**Remarks 備註**

1. Wear loose and comfortable clothing. Please bring your own elastic exercise band or purchase one at CancerLink HK Island prior to the first session.
2. Enroll only one Pilates class.

1. 請穿著適合伸展活動的衣服，請自備橡筋帶或於開課前到港島癌協購買。  
2. 只能選報一個普拉提斯伸展運動班。

## Awareness Through Movement – The Feldenkrais Method® – Far East Consortium Building, Central

傾聽身體的聲音 —

魁根斯方法® — 中環遠東發展大廈 CLC-17-060

Through a combination of gentle movements and body awareness training, awareness of habitual movement is enhanced and restrictive patterns eliminated.

透過簡單、輕鬆的動作和對身體覺知的訓練組合，幫助學員提高對身體的覺知能力，重塑慣性的姿勢和動作，以及體驗整合身心健康帶來的輕鬆和舒適。

**Date** 24 April – 29 May 2017 (Mondays, 5 sessions)  
**日期** 2017年4月24日至5月29日 (逢星期一，共5節)

**Time** 11:15am – 12:45pm  
**時間** 上午11:15 – 下午12:45

**Facilitator** Mr. Sean Curran  
**導師** 紀文舜先生

**Designed for** Those with cancer (18 participants – priority for first time participant)  
**對象/名額** 癌症患者 (名額18位，首次參加者優先)

**Language** English with Cantonese translation  
**語言** 英語，附以廣東話翻譯

**Location** Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (MTR Central Station Exit B or MTR Sheung Wan Station Exit E1)  
**地點** 中環德輔道中121號遠東發展大廈17樓1701室 (港鐵中環站B出口或上環站E1出口)

**Remarks**  
**備註**

1. Wear warm and comfortable clothing.
2. HK\$300 deposit is required on or before **5 April 2017** if your enrollment is successful. Cheque payable to "Hong Kong Cancer Fund" and mark down "The Feldenkrais Method".
3. The deposit will be refunded upon attendance rate over 75%.
4. If attendance rate is below 75%, the deposit will be donated to the Cancer Fund, and is not refundable.

1. 須穿著舒適保暖的衣服。  
2. 成功報名者，請於**4月5日前**到港島癌協繳交港幣300元按金。郵寄支票亦可（抬頭：香港癌症基金會），請註明「魁根斯方法®」。  
3. 課程出席率達75%之學員將全數退回按金。  
4. 如學員課程出席率低於75%，按金將捐給香港癌症基金會，恕不退回。



## Massage Exercise Ball Workshop – Sheung Wan

小力球練習工作坊 — 上環

Through the use of massage exercise balls, you will relax tight muscles, enhance joint movement and reduce irritation of the nervous system to further enhance overall well-being.

運用小力球練習按摩穴位，令緊繃的肌肉組織放鬆，增強關節運動，減低神經系統刺激，達至身心平和的效果。

**Date/Time** **Class A A班**  
**日期/時間** 7 April 2017 (Friday)  
2017年4月7日 (星期五)  
12:05pm – 12:55pm  
下午12:05 – 12:55

CLC-17-061

**Class B B班**  
7 April 2017 (Friday)  
2017年4月7日 (星期五)  
1:05pm – 1:55pm  
下午1:05 – 1:55

CLC-17-062

**Class C C班**  
21 April 2017 (Friday)  
2017年4月21日 (星期五)  
1:05pm – 1:55pm  
下午1:05 – 1:55

CLC-17-063

**Facilitator** Ms. Chang Hsiu Yun  
**導師** 張岫雲女士

**Language** Cantonese/Putonghua  
**語言** 廣東話/普通話

**Designed for** Those with cancer (25 participants per class)  
**對象/名額** 癌症患者 (每班名額25位)

**Location** Dance Room, Sheung Wan Sports Centre - 11/F Sheung Wan Municipal Services Building, 345 Queen's Road Central (MTR Sheung Wan Station Exit A2)  
**地點** 上環體育館舞蹈室 - 皇后大道中345號上環市政大廈11樓 (近港鐵上環站A2出口)

**Remarks**  
**備註**

1. Please bring your own tennis ball.
2. Enroll only one Massage Exercise Ball Workshop.

1. 請自備一個網球  
2. 只能選報一個小力球練習工作坊。





## Health Qigong Ba Duan Jin

### 健身氣功八段錦班

Ba Duan Jin is an ancient Chinese qigong method that enhances well-being and improves health.

健身氣功八段錦繼承中國傳統養生方法的基礎，融入科學健身理念，如能堅持恒常鍛鍊，能增進身心健康。

#### Class A A班 Shek Tong Tsui 石塘咀

CLC-17-064

**Date** 21 April – 23 June 2017 (Fridays, 10 sessions)  
**日期** 2017年4月21日至6月23日 (逢星期五，共10節)

**Time** 10:00am – 10:55am  
**時間** 上午10:00 – 10:55

**Facilitator** Ms. Milky Ng  
**導師** 伍妙奇女士

**Designed for** Those with cancer (30 participants – priority for the first time participant)  
**對象/名額** 癌症患者 (名額30位，首次參加者優先)

**Location** Dance Room, Shek Tong Tsui Sports Centre–5/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West (MTR HKU Station Exit B1)  
**地點** 石塘咀體育館舞蹈室 - 皇后大道西470號，石塘咀市政大廈5樓 (港鐵香港大學站B1出口步行約8分鐘)

#### Class B B班 Sai Wan Ho 西灣河 (Weekend class, priority for users at work 周六課程，適合在職患者參加)

CLC-17-065

**Date** 22 April – 24 June 2017 (Saturdays, 10 sessions)  
**日期** 2017年4月22日至6月24日 (逢星期六，共10節)

**Time** 8:00am – 8:55am  
**時間** 上午8:00 – 8:55

**Facilitator** Mr. Suen Kwai Ping  
**導師** 孫貴平先生

**Designed for** Those with cancer (40 participants – priority for the first time participant)  
**對象/名額** 癌症患者 (名額40位，首次參加者優先)

**Location** Dance Room, Island East Sports Centre – 52 Lei King Road, Sai Wan Ho (MTR Sai Wan Ho Station Exit A, near the Hong Kong Film Archive.)  
**地點** 港島東體育館舞蹈室 - 西灣河鯉景道52號 (港鐵西灣河站A出口，毗鄰香港電影資料館)

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註  
1. Wear loose, comfortable clothing and light kung-fu shoes.  
2. Enroll only one qigong class.  
1. 穿著輕巧布面膠底鞋，闊身運動褲及運動衣。  
2. 只能選報一個氣功班。

## Qigong 12 Forms

### 導引養生氣功班

The purpose of this class is to strengthen the body and quiet the mind. It consists of 12 forms that are easy to learn and beautiful to perform.

「健身氣功—導引養生功十二法」是一種強身健體、養生祛病的自身形體活動。它主要以吐故納新和心理調節相結合為主要運動形式，可調身、調息及調心。

#### Class A A班 Shek Tong Tsui 石塘咀

CLC-17-066

**Date** 5 May – 23 June 2017 (Fridays, 8 sessions)  
**日期** 2017年5月5日至6月23日 (逢星期五，共8節)

**Time** 11:00am – 11:55am  
**時間** 上午11:00 – 11:55

**Facilitator** Ms. Milky Ng  
**導師** 伍妙奇女士

**Designed for** Those with cancer and with Ba Duan Jin experience (30 participants)  
**對象/名額** 曾參加八段錦之癌症患者 (名額30位)

**Location** Dance Room, Shek Tong Tsui Sports Centre–5/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West (MTR HKU Station Exit B1)  
**地點** 石塘咀體育館舞蹈室 - 皇后大道西470號，石塘咀市政大廈5樓 (港鐵香港大學站B1出口步行約8分鐘)

#### Class B B班 Sai Wan Ho 西灣河 (Weekend class, priority for users at work 周六課程，適合在職患者參加)

CLC-17-067

**Date** 22 April – 24 June 2017 (Saturdays, 10 sessions)  
**日期** 2017年4月22日至6月24日 (逢星期六，共10節)

**Time** 9:00am – 9:55am  
**時間** 上午9:00 – 9:55

**Facilitator** Mr. Suen Kwai Ping  
**導師** 孫貴平先生

**Designed for** Those with cancer and with Ba Duan Jin experience (45 participants)  
**對象/名額** 曾參加八段錦之癌症患者 (名額45位)

**Location** Dance Room, Island East Sports Centre – 52 Lei King Road, Sai Wan Ho (MTR Sai Wan Ho Station Exit A, near the Hong Kong Film Archive.)  
**地點** 港島東體育館舞蹈室 - 西灣河鯉景道52號 (港鐵西灣河站A出口，毗鄰香港電影資料館)

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註  
1. Wear loose, comfortable clothing and light kung-fu shoes.  
2. Enroll only one qigong class.  
1. 穿著輕巧布面膠底鞋，闊身運動褲及運動衣。  
2. 只能選報一個氣功班。

## Relaxing and Rejuvenating Energy Healing Part II – CancerLink HK Island

### 養生氣功延續班 — 港島癌協

CLC-17-069

This class will teach the Relaxing and Rejuvenating Energy Healing Part II to deepen the practices, based on a set of practices developed from decades of study and scientific research on the human body by a qigong master. It's easy to learn and helps waken self-healing power for a healthy body and mind.

讓恒常鍛鍊的學員深入學習第二節功，激發身體自愈力。功法具有打通穴位、排毒和靜心的效果。

**Date** 22 April – 10 June 2017 (Saturdays, 8 sessions)  
**日期** 2017年4月22日至6月10日 (逢星期六, 共8節)

**Time** 1:00pm – 3:00pm  
**時間** 下午1:00 – 3:00

**Facilitator** Ms. Dawn Zhao  
**導師** 趙文曉女士

**Designed for** Those with cancer who have completed Relaxing and Rejuvenating Energy Healing with regular daily practice. (18 participants)  
**對象/名額** 只限曾參加養生氣功基礎班及可以堅持每天練功的同學參加。(名額18位)

**Language** Putonghua/Cantonese  
**語言** 普通話/廣東話

**Remarks**  
**備註**

1. Wear loose, comfortable clothing and light kung-fu shoes.
2. Participants are required to practice 45 mins daily.
3. Enroll only one qigong class.
4. All participants will be put into wait-listed, the confirmed participants will be notified individually.

1. 穿著輕巧布面膠底鞋、闊身運動褲及運動衣。
2. 參加者需每天練習45分鐘。
3. 參加者只能選報一個氣功班。
4. 所有報名者先列後備，入選者將個別通知。





## Yi Jin Bang Workshop – CancerLink HK Island

### 易筋棒工作坊 — 港島癌協

A series of Yi Jin Bang exercises that enhances well-being and improves health.

易筋棒屬伸展運動，可以活動上半身及腳踝等關節，更兼顧頸部及腰椎的活動。可預防五十肩、網球手、彈弓手、關節退化病、腦退化等病症。如能堅持恆常鍛鍊，能促進身心健康。

#### Class A A班

CLC-17-070

**Date** 6 – 27 April 2017 (Thursdays, 4 sessions)  
**日期** 2017年4月6日至27日（逢星期四，共4節）

**Time** 10:00am – 11:00am  
**時間** 上午10:00 – 11:00

**Facilitator** Ms. Leung Mei Ling  
**導師** 梁美玲女士

#### Class B B班

CLC-17-071

**Date** 4 – 25 May 2017 (Thursdays, 4 sessions)  
**日期** 2017年5月4日至25日（逢星期四，共4節）

**Time** 9:30am – 10:30am  
**時間** 上午9:30 – 10:30

**Facilitator** Ms. Ip Kin Ning  
**導師** 葉建寧女士

**Designed for** Those with cancer (18 participants per class)  
**對象/名額** 癌症患者（每班名額18位）

**Language** Cantonese  
**語言** 廣東話

**Remarks** 1. Please bring two sets of old newspapers to make the Yin Jin Bang.  
備註 2. Enroll only one Yi Jin Bang workshop.  
1. 請自備兩份舊報紙以創作易筋棒。  
2. 只能選報一個易筋棒工作坊。

## Zentangle Workshop – CancerLink HK Island

### 禪繞畫體驗工作坊 — 港島癌協

CLC-17-072

An easy, relaxing, and fun way to create beautiful images through structured patterns. It improves focus and creativity and provides artistic satisfaction with an increased sense of well-being.

透過繪畫重複的基本圖形，創作美麗的圖畫，過程讓人不知不覺沉浸在其中，達到身心平靜與和諧。

**Places are offered only to participants who attend full sessions**  
**名額只提供給能夠全程參與者**

**Date** 5, 12 & 19 May 2017 (Fridays, 3 sessions)  
**日期** 2017年5月5、12及19日（星期五，共3節）

**Time** 3:00pm – 5:00pm  
**時間** 下午3:00 – 5:00

**Facilitator** Mr. Dick Yu  
**導師** 余狄夫先生

**Designed for** Those with cancer  
**對象/名額** (22 participants – for first-time participants only)  
癌症患者（名額22位，只限首次參加者）

**Language** Cantonese  
**語言** 廣東話

**Remarks** Enroll only one Zentangle Workshop.  
**備註** 只能選報一個禪繞畫體驗工作坊。





## Food for the Heart (Book Club) – CancerLink HK Island

心靈的宴會 — 以書聚友  
— 港島癌協

CLC-17-073

In this bi-weekly book club, participants share insights on a chosen chapter from an inspirational book. They explore how these can be integrated into daily life, along with a good sense of humour.

這個每兩周聚會一次的讀書會將充滿了歡笑和分享，每次討論一個章節，除了分享大家閱讀的心得外，並討論如何將這些心得運用到每天的生活中。

**Date** 26 April, 10 & 24 May, 7 & 21 June 2017  
**日期** (Wednesdays, 5 sessions)  
2017年4月26、5月10及24日，6月7及21日  
(星期三，共5節)

**Time** 12:45pm–2:15pm  
**時間** 下午12:45 – 2:15

**Facilitator** Ms. S. K. Maddox  
**導師** 薛曉光女士

**Designed for** Those with cancer (12 participants)  
**對象/名額** 癌症患者 (名額12位)

**Language** Putonghua  
**語言** 普通話

## Writing Workshop – CancerLink HK Island

寫作坊 — 港島癌協

CLC-17-074

(A weekend class with priority given to those who work during the week 周六課程，適合在職患者參加)

Writing can bring a sense of contentment. It helps us to express our feelings and assists us in examining and analyzing our life. The imagination we use while writing allows us to explore the possibilities of life. The writer, Molly, will share her writing experience and encourage participants to taste the happiness of writing.

寫作不但讓人抒發感受和情緒，更帶來幸福的感覺。創作時的分析和組織能力，有助我們審視生活各層面，而想像力更讓人發掘生命的各種可能性，本工作坊邀來小說作者麻手，與大家分享箇中經驗。

**Date** 8 April 2017 (Saturday)  
**日期** 2017年4月8日 (星期六)

**Time** 2:30pm–5:30pm  
**時間** 下午2:30 – 5:30

**Facilitator** Ms. Molly Yee  
**導師** 余嘉敏女士 (麻手)

**Designed for** Those with cancer (25 participants)  
**對象/名額** 癌症患者 (名額25位)

**Language** Cantonese  
**語言** 廣東話

## Workshop for Reorganising Your Home and Life – Detach • Discard • Dissolve – CancerLink HK Island

人生整理術 — 斷 · 捨 · 離工作坊  
— 港島癌協

CLC-17-075

Streamlining your possessions at home can help you clear your mind. This concept has been popular in Japan for years. Put simply, the workshop aims to help you discard excess belongings to simplify your life.

什麼是「斷捨離」？這神奇的詞彙在日本風行多時，簡單地說就是如何斷絕不需要的東西，捨棄多餘的廢物！脫離對物品的執著，是改變人生的第一步。你的人生將從此變得不一樣！

**Date** 17 May 2017 (Wednesday)  
**日期** 2017年5月17日 (星期三)

**Time** 2:30pm–5:00pm  
**時間** 下午2:30 – 5:00

**Facilitator** Ms. Anna Cheung  
**導師** 張小鷗女士

**Designed for** 33 participants – for first-time participants only  
**對象/名額** (25 cancer clients and 8 family members)  
名額33位，只限首次參加者  
(25位患者及8位家屬)

**Language** Cantonese  
**語言** 廣東話

**Remarks** Participant can enroll 1 family member only.  
**備註** 最多只可報名1位家屬偕同出席。



## DIY Natural Detergent for Household – CancerLink HK Island

**NEW**

### DIY天然家居清潔劑工作坊 — 港島癌協

CLC-17-076

Why not try home-made natural detergent for regular clean-up? You can avoid chemical materials which are harmful to your health as well as to the environment. In this workshop, the teacher will share cleaning tips and teach how to make different kinds of natural detergent.

導師會教導各式各樣的天然環保清潔方法，在定期的家居大掃除，不妨改用自製的天然清潔劑，既可避免有害的化學物質，亦能友善地球環境。

<b>Date</b> 日期	8 May 2017 (Monday) 2017年5月8日（星期一）
<b>Time</b> 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
<b>Facilitator</b> 導師	Ms. Lam Lai Shan 林麗珊女士（綠色媽媽、「給孩子一個綠色無毒家」作者）
<b>Designed for</b> 對象/名額	Those with cancer (22 participants) 癌症患者（名額22位）
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	Please bring your own clean glass jar (500ml or above). 請自備一個乾淨回收寬口玻璃瓶（約500毫升或以上）。

## Other Recommended Programme 其他推薦活動

Programme 課程	Code 編號	Please refer to Link below 詳情請參閱以下癌協通訊
<b>Gong Bath Healing Workshop</b> 銅鑼聲音療愈工作坊	KCC-17-062-064	Kwai Chung 葵涌
<b>Mandala Workshop – Prince Edward</b> Mandala繪畫療愈工作坊 — 太子花墟	KCC-17-076	
<b>Pingshuai Workshop</b> 平甩氣功工作坊 <b>NEW</b>	KCC-17-067	
<b>Chen's Taiji in 11 Forms</b> 陳式太極簡易11式	KCC-17-068	
<b>Meditation Workshop</b> 靜坐工作坊	KCC-17-058	
<b>Chanting Workshop</b> 頌唱工作坊	KCC-17-059	
<b>Food Mandala Workshop</b> 蔬食Mandala工作坊	KCC-17-077	
<b>Eat Wise Cooking Workshop</b> Eat Wise智營烹飪工作坊系列 <b>NEW</b>	KCC-17-078-086	Wong Tai Sin 黃大仙
	WTS-17-093-096	

# Volunteer Services

## 協航者義工服務

Through our volunteer services we aim to provide varied cancer support in our community centres, in hospitals, as well as in the homes of cancer patients. To achieve this, we have a team of passionate volunteers, comprising of cancer survivors, care givers, professionals and community friends, working together to create a better life for cancer patients.

達到社區關懷，我們組成由康復者、家屬、專業人士及社區人士參與的協航者義工團隊，在中心、醫院、社區、甚至患者家中提供一系列的支援服務，目的希望能共同努力改善癌症患者的生活。

### Sharing & Evaluation meeting for Home Care

「家居關顧」義工經驗分享交流及檢討會

CLC-17-077

Sharing of experiences, feelings and difficulties encountered among the volunteers of home care service.

新舊義工聚在一起，互相分享有趣的經驗、交流服務心得、感受及所遇到的困難。

**Date** 1 April 2017 (Saturday)  
**日期** 2017年4月1日 (星期六)

**Time** 11:00am – 1:00pm  
**時間** 上午11:00 – 下午1:00

**Facilitator** Ms. Pisa Lee (registered social worker)  
**講者** 李慧芬姑娘 (註冊社工)

**Designed for** Volunteers of home care service  
**對象/名額** (CancerLink, HK Island)  
港島家居關顧團隊義工

**Language** Cantonese  
**語言** 廣東話

### Sharing Group for Peer Ambassadors

朋輩大使分享會

CLC-17-078

A platform for peer ambassadors to share their service experiences and to reflect. We aim to enhance the personal growth and development of each volunteer with professional guidance.

朋輩大使聚首一堂，互相交流服務經驗及感受，共同計劃未來服務方向。

**Date** 13 May 2017 (Saturday)  
**日期** 2017年5月13日 (星期六)

**Time** 11:00am – 12:30pm  
**時間** 上午11:00 – 下午12:30

**Facilitator** Ms. Stephanie Tang (Registered Social Worker)  
**講者** 鄧曉嫻姑娘 (註冊社工)

**Designed for** Peer Ambassadors of CancerLink, HK Island  
**對象/名額** 港島癌協朋輩大使

**Language** Cantonese  
**語言** 廣東話

### Advanced Training – Update of Community Resources

季度義工進階訓練  
— 社區資源考考你

CLC-17-079

Update and review the community resources for cancer patients in the community.

與義工們更新及重溫社區上給病患的資源。

**Date** 3 June 2017 (Saturday)  
**日期** 2017年6月3日 (星期六)

**Time** 11:00am – 12:30pm  
**時間** 上午11:00 – 下午12:30

**Facilitator** Ms. Stephanie Tang (Registered Social Worker)  
**講者** 鄧曉嫻姑娘 (註冊社工)

**Designed for** Volunteers of CancerLink, HK Island  
**對象/名額** 港島癌協義工

**Language** Cantonese  
**語言** 廣東話





## Volunteers Service Briefing Session

### 中環癌協義工服務簡介會

CLC-17-080

Are you passionate about helping others? Are you a positive and caring person who wants to share? Do you want to jump out of your comfort zone for new challenges? If so, our volunteers' team needs you! This is an introduction session about our volunteer service.

如你有一顆熱心去助人、有一種正面樂觀的態度想與人分享，或想跳出框框嘗試新體驗？請即加入我們的協航者義工大家庭，我們需要你！此簡介會讓你了解中環癌協之義工服務範疇。

<b>Date</b> 日期	29 April 2017 (Saturday) 2017年4月29日 (星期六)
<b>Time</b> 時間	11:00am – 12:00noon 上午11:00 – 中午12:00
<b>Facilitator</b> 講者	Ms. Stephanie Tang (Registered Social Worker) 鄧曉嫻姑娘 (註冊社工)
<b>Designed for</b> 對象/名額	Anyone who is interested to serve in the cancer field 任何有意為癌症患者服務之人士
<b>Language</b> 語言	Cantonese 廣東話

## Orientation for New Volunteers

### 港島癌協義工迎新訓練

CLC-17-081

We invite you to be one of our ambassadors that provide support to our cancer patients. This is the basic training needed for every volunteers, it will include understanding the needs of cancer patients, rapport building with service users and effective communication skills etc.

為確保沒有人孤單地面對癌症，朋輩支援是十分重要的。我們誠邀你成為義工的一員，為癌症患者送上支援。此義工訓練包括：義務工作的基本概念、自我認識、了解服務對象之須要及溝通技巧等。

<b>Date</b> 日期	10 – 24 June 2017 (Every Saturday, total 3 sessions) 2017年6月10至6月24日 (逢星期六，共3節)
<b>Time</b> 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
<b>Facilitator</b> 講者	Ms. Stephanie Tang (Registered Social Worker) 鄧曉嫻姑娘 (註冊社工)
<b>Designed for</b> 對象/名額	Anyone who is interested to serve in the cancer field; participants need to participate in Volunteers Service Briefing or been interviewed by responsible worker beforehand; those who are suitable will be confirmed by worker to participate the training. 任何有意為癌症患者服務之人士。參加者必須事前參加義工服務簡介會或面見負責同事，適合人選將獲另行通知。
<b>Language</b> 語言	Cantonese 廣東話

## Joint Projects 合辦服務

At CancerLink, we actively engage a number of community partners to organise mass programmes for cancer patients and their families. Through these joint efforts, we strive to establish a friendly atmosphere for those in our community diagnosed with cancer. Co-organisers include: HKCF CancerLink support centres (Wong Tai Sin, Central, Tin Siu Wai, Kwai Chung), Pamela Youde Nethersole Eastern Hospital CPRC, Prince of Wales Hospital CPRC, Princess Margaret Hospital CPRC, Queen Elizabeth Hospital CPRC, Queen Mary Hospital CancerCare and Support Unit, Tuen Mun Hospital CPRC, United Christian Hospital CPRC. (CPRC-Cancer Patient Resource Centre).

癌協積極與不同機構及地區團體合作，定期舉辦切合患者及家人需要的活動，透過這些服務，我們宣揚預防癌症及積極人生的訊息，推動社會友善關懷癌症家庭的氣氛。合辦單位包括：香港癌症基金會四所癌協服務中心（黃大仙、港島、天水圍、葵涌）、屯門醫院癌症病人資源中心、伊利沙伯醫院癌症病人資源中心、東區尤德夫人那打素醫院癌症病人資源中心、威爾斯親王醫院癌症病人資源中心、基督教聯合醫院癌症病人資源中心、瑪嘉烈醫院癌症病人資源中心、瑪麗醫院癌症病人關顧支援組。

## Diet during Treatment and Relapse Prevention

### 治療期間及預防復發的營養飲食

CLC-17-082

Our registered dietitian will explain the diet during treatment to help reduce risk of relapses.

註冊營養師會講解癌症患者於治療期間的飲食須知，亦會教大家認識預防復發的營養飲食。

<b>Date</b> 日期	8 April 2017 (Saturday) 2017年4月8日 (星期六)
<b>Time</b> 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
<b>Location</b> 地點	Lecture Hall, Hospital Authority Building (147B, Argyle Street, Kowloon) 醫院管理局大樓閣樓演講廳 (九龍亞皆老街147號B)
<b>Facilitator</b> 講者	Hong Kong Cancer Fund – Ms Fion Chow (Registered Dietitian) 癌症基金會 — 周倩蕾姑娘 (註冊營養師)
<b>Designed for</b> 對象	Clients and Family Members 癌症患者及家屬
<b>Language</b> 語言	Cantonese 廣東話
<b>Remarks</b> 備註	Enrollment will take place one month before the talk. 報名日期為講座前一個月。成功報名者須到中心領取入場券，憑券入場。
<b>Co-organizer</b> 合辦單位	Cancer Patient Resource Centre of seven public hospitals 七間腫瘤科醫院的癌症病人資源中心

## The Latest Cancer Treatments Talk

### 「癌症最新治療方法」講座

CLC-17-083

Participants can understand the new trend of cancer treatment development in the talk, including treatment methods, side effect and notice of using drugs.

讓參加者認識癌症治療發展新趨勢，包括治療方法、副作用及用藥須知等。

**Date** 13 May 2017 (Saturday)  
**日期** 2017年5月13日（星期六）

**Time** 11:00am – 1:00pm  
**時間** 上午11:00 – 下午1:00

**Location** Lecture Hall, Hospital Authority Building  
**地點** (147B, Argyle Street, Kowloon)  
醫院管理局大樓閣樓演講廳  
(九龍亞皆老街147號B)

**Facilitator** Dr Lui King Yin (Associate Director/ Honorary  
**講者** Consultant in Clinical Oncology, Comprehensive  
Oncology Centre in Hong Kong Sanatorium &  
Hospital; Honorary Clinical Professor for Department  
of Clinical Oncology, the University of Hong Kong;  
Clinical Associate Professor (honorary), Department  
of Medicine and Therapeutics (CUHK))  
廖敬賢醫生 (養和醫院綜合腫瘤科中心副主任  
/ 臨床腫瘤科名譽顧問醫生，香港大學臨床腫  
瘤學系名譽臨床副教授及香港中文大學內科及  
藥物治療學系名譽臨床副教授)

**Designed for** Cancer clients and family members (30 participants)  
**對象/名額** 癌症患者及其家屬（名額30位）

**Language** Cantonese  
**語言** 廣東話

**Remarks** Enrollment will take place one month before the talk.  
**備註** 報名日期為講座前一個月。成功報名者須到中心領取入場券，憑券入場。

**Co-organizer** Cancer Patient Resource Centre of seven public  
**合辦單位** hospitals  
七間腫瘤科醫院的癌症病人資源中心

## Taking Care of Cancer Patient at Home

### 「癌症患者居家照顧」講座

CLC-17-084

The talk is about attention on taking care of cancer patient at home and introducing social support services.

講解癌症患者居家照顧注意事項，並介紹社區支援服務。

**Date** 24 June 2017 (Saturday)  
**日期** 2017年6月24日（星期六）

**Time** 10:30am – 12:30pm  
**時間** 上午10:30 – 下午12:30

**Location** Lecture Hall, Hospital Authority Building  
**地點** (147B, Argyle Street, Kowloon)  
醫院管理局大樓閣樓演講廳  
(九龍亞皆老街147號B)

**Facilitator** TBC  
**講者** 待定

**Designed for** Cancer clients, family members, and the public  
**對象/名額** (30 participants)  
癌症患者、家屬及公眾人士（名額30位）

**Language** Cantonese  
**語言** 廣東話

**Remarks** Enrollment will take place one month before the talk.  
**備註** 報名日期為講座前一個月。成功報名者須到中心領取入場券，憑券入場。

**Co-organizer** Cancer Patient Resource Centre of seven public  
**合辦單位** hospitals  
七間腫瘤科醫院的癌症病人資源中心



# Friends of CancerLink

## 癌協之友 ~ 並肩同行抗癌路

United in their mission to ensure that no one faces cancer alone, Hong Kong Cancer Fund's CancerLink support centres and self-help groups play a significant role in helping those with cancer and their families. Cancer Fund provides professional support services, while self-help groups offer peer support and a place to share experiences.

Established in 1998, Friends of CancerLink (FOC) brings together 22 self-help groups for people touched by cancer. FOC works together to utilize all available resources and facilitate mutual understanding, learning and co-operation. FOC members have access to support from the Cancer Fund that ranges from professional advice for service development, volunteer training and workshops, to the latest cancer information, funding grants and equipment loans. By working together we are able to create a strong service network that meets the needs of people affected by cancer. If you are a member of a group that would like to join FOC, please contact Mr. Simon So at the Wong Tai Sin CancerLink support centre on 3656-0700.

在癌症患者及家屬的抗癌路上，「病人自助組織」發揮著朋輩支持及經驗交流的功能，而「癌協服務中心」則提供專業支援服務，兩者良好的合作伙伴，彼此擁有「確保沒有人孤獨地面對癌症」的共同使命和願景。

我們在1998年成立「癌協之友」，目的是匯聚各個癌症病人自助組織，有效協調及運用資源，促進彼此了解和合作，同時提供互相學習平台，促進組織經驗交流，並且為有需要的自助組織提供支援，以協助朋輩關懷服務的發展。

成為「癌協之友」團體成員的病人自助組織，不但能與其他組織溝通交流，更可以得到癌症基金會的全方位支援，包括諮詢有關組織發展的專業意見，參與義工訓練課程及工作坊，獲取最新癌症相關資訊，申請活動經費資助，免費借用癌協服務中心設施等等，藉以提升自助組織的服務質素。

現時共有22個癌症病人自助組織成為「癌協之友」，2016年最新加入的成員是前腺會。

我們期盼能逐步擴大「癌協之友」網絡，只要你是香港癌症康復者互助組織，或是提供癌症關懷服務之非牟利團體，就可以加入「癌協之友」大家庭，攜手為患者及家屬提供無縫的癌症關顧服務。期待你的參與！如欲查詢及申請，請致電 3656 0700 與黃大仙癌協服務中心社工蘇明波先生聯絡。





Name 名稱	For Those With 服務對象	Enquiry 查詢電話
<b>Hong Kong Pioneer Mutual Support Association Ltd.</b> 香港創域會有限公司	Any cancers 所有癌症	3656 0799
<b>CanSurvive</b>	Any cancers 所有癌症 (外籍人士)	3667 3000
<b>The New Voice Club of Hong Kong</b> 香港新聲會	Laryngeal cancer 喉癌	2779 0400
<b>Sunflower Network</b> 向日葵互協會	Breast cancer and gynecological cancer 乳癌及婦科癌	3656 0838
<b>The Brightening Association (Hong Kong) Ltd.</b> 展晴社 (香港) 有限公司	Breast cancer and gynecological cancer 乳癌及婦科癌	2595 4202 9179 2330
<b>Yin Hong Club</b> 妍康會	Breast cancer 乳癌	3667 3288
<b>Tung Wah Hospital Breast Cancer Support Group</b> 東華醫院傳情舍	Breast cancer 乳癌	2589 8151
<b>Bauhinia Club</b> 紫荊社	Breast Cancer 乳癌	2468 5045
<b>Yin Chun Club</b> 妍進會	Breast cancer 乳癌	3517 6103
<b>Orchid Support Group</b> 蕙蘭社	Gynaecological cancer 婦科癌	3656 0700
<b>Mutual Aid Association</b> 互勉會	NPC 鼻咽癌	3656 0828
<b>Rising Sun Association</b> 東日社	NPC 鼻咽癌	2595 4165
<b>Kin Lok Club</b> 健樂社	NPC 鼻咽癌	3667 3238
<b>Association of Relive</b> 慶生會	NPC 鼻咽癌	2468 5045
<b>Hong Kong Adult Blood Cancer Group</b> 心血會有限公司	Leukaemia 血癌 (包括白血病、淋巴瘤、骨髓瘤等)	2603 6869
<b>Hong Kong Bone Marrow Transplant Patients' Association</b> 香港骨髓移植復康會	Patients receiving bone marrow transplants 接受骨髓移植人士	6239 0025
<b>Cheong Hong Club</b> 祥康之友	Bowel cancer without stoma 腸癌無造口	3656 0700
<b>Hong Kong Stoma Association</b> 香港造口人協會	Bowel cancer with ctoma 腸癌有造口	2834 6096
<b>Tuen Mun Hospital Stoma Group</b> 屯門醫院造口之友	Bowel cancer with stoma 腸癌有造口	2468 5528
<b>Chinese Painting and Calligraphy at leisure Circle</b> 筆墨閒情書畫學會	Cancer patients interested in calligraphy 有興趣學習書畫的癌症患者	3656 0700 9490 3034
<b>Hong Kong GIST Union</b> 香港胃腸道基質瘤協會	Gastrointestinal stromal tumor 胃腸道基質瘤	9386 4715
<b>*Prostate Peer Association</b> *前列腺會	Prostate cancer 前列腺癌	3506 6434

\* Newly joined FOC members \* 新加入「癌協之友」的團體成員

Remarks : All programs are conducted at CancerLink HK Island unless stated otherwise

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## Location Map - Hong Kong Island

癌協中心位置，歡迎到訪！



**Call us**  
聯絡電話

**3667 3030**

### Adverse Weather Arrangements (Typhoon and/or Rainstorm Warnings) 颱風暴雨訊號活動安排

For the safety reasons, please note the below arrangements (adverse weather conditions 3 hours before activities commence)

\* Please follow the below arrangement when the weather is bad 3 hours before activities commence

颱風暴雨期間，為確保會友參加活動的安全，請留意以下安排：

\*活動舉行前3小時天氣惡劣，依據下列警告訊號安排

Warning 天氣警告	Warning Signal 警告訊號	Indoor Activities 室內活動	Outdoor Activities 戶外活動
Rainstorm Warning 暴雨警告	Amber 黃	Continue as normal 照常	Continue as normal 照常
	Red 紅	Cancel 取消	Cancel 取消
	Black 黑	Cancel 取消	Cancel 取消
Typhoon Signal 颱風訊號	No.1 1號	Continue as normal 照常	Continue as normal 照常
	No.3 3號	Continue as normal 照常	Cancel 取消
	No.8 or above 8號或以上	Cancel 取消	Cancel 取消



**癌症基金會**  
**CANCERFUND**  
So no one faces cancer alone

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