



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

July – September
七月 – 九月 2017



Cancer doesn't only have a physical impact; it also affects us psychologically, socially and spiritually. Although we have little control over whether cancer will touch our lives or now, we can control how we choose to face cancer. Living with cancer may present an opportunity to rearrange priorities, develop a greater level of self-understanding and grow as a person. Placing an increased importance on maintaining wellness through rest, exercise and relationships is common when dealing with cancer. These lessons can be taken beyond health and into all aspects of life, even long after cancer treatment is over.

In our centres, we organise a range of different programmes to help cancer survivors and their families to adjust and feel supported through every stage of their cancer experience. By promoting healthy lifestyle choices and helping our survivors to love themselves, we strive to ensure the challenges of cancer are matched, and even overcome, with moments of peace and joy. Our CancerLink support centres have many opportunities for you to feel supported, learn skills and meet other survivors. Find the right programme and sign up so we can all share in growth and love together.

自我審視與成長

除了身體，癌症還會影響我們的心理、社交和靈性。患病與否自己未必可以控制，但我們仍可以選擇如何面對及安排自己的未來人生。無論什麼年紀，這些經歷都可讓我們有所成長。工作、休息、飲食習慣、運動、嗜好、人際關係都是構成我們日常生活的重要部分，大家不妨放鬆一下，花點時間審視自己的生活習慣及作息，想一想要到底什麼是你真正的所愛、所想？然後好好照顧自己，使生活變得更快樂和有意義。

香港癌症基金會癌協服務中心每季均會舉辦不同活動，協助癌症患者及其家人適應及渡過癌症的不同階段。我們更希望患者能嘗試把癌症歷程當中的痛苦轉化成平安及祝福，一同學習建立健康的生活習慣，愛人愛己。歡迎細閱我們今期的活動資料，一同來參加適合你的活動，與其他同路人互勵互勉，一同成長！

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

Enrollment date starts:

15 June 2017 (Thursday)
from 9:00am onwards

接受報名日期：

2017年6月15日（星期四）
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！

Service Hotline 服務熱線

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，歡迎致電服務熱線：3656 0800

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。

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。

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！

Wig and Hair Cut Service 假髮借用及剪髮服務

CancerLink offers clients a free wig service, as well as assistance in learning how to tie head scarves or manage hair loss. Also we work with a special salon, experienced in assisting those living with cancer that may be experiencing hair loss, please call to make an appointment.

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。

Financial Assistance 經濟援助

We provide eligible clients with funding to help assist individuals and their families facing a short-term financial emergency during especially difficult times and offer advice on securing government social welfare support.

我們為合資格有經濟困難的患者及其家庭提供短期的緊急援助基金，解決燃眉之急，並提供向政府申請社會福利的資訊和建議。

Nursing and Dietetic Consultation 醫護及營養諮詢

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.

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. Enrollment in person is not available on the first day of enrollment at each centre.
2. In the interest of fairness, a maximum of 8 enrollments may be made per phone call. Applicants may call again later to apply for other programmes.
3. For the purpose of better resources allocation, the new enrolment rules will include:

Wellness and Holistic Health care Programmes	Each applicant can enroll maximum 10 programmes at four CancerLink Centres. This includes 5 confirmed programmes and 5 wait list spaces.	For programmes with a hash (#) next to its name, this means that they are from the same programme category. An applicant can only enroll in one programme from each category. Except the specific programmes, 50% of wellness programmes quota will be prioritized for those who are diagnosed in or after 2014.
Other programmes	Each applicant can enroll maximum 10 programmes at four CancerLink Centres. This includes 5 confirmed programmes and 5 wait list spaces.	For programmes with a hash (#) next to its name, this means that they are from the same programme category. An applicant can only enroll in one programme from each category.

4. Participants should inform the centre if they are unable to attend a course of 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.
5. Should any programmes be cancelled or rescheduled, participants will be notified by centre staff.
6. 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.
7. 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.
8. To create a quiet environment, please arrive 10 minutes before a class begins. **Entry is not permitted once a class has started.**

活動報名提醒你：

1. 每間中心的活動報名首日只設電話報名，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：

十項身心靈健康課程	當中最多 五項是正選及五項候補	如在當中註有#的課程，代表是同屬一種性質的活動，只可在該類性質中選取一項活動參與。 除指定課程外，50%的身心靈健康課程名額將優先分配給2014年或以後的確診患者。
十項身心靈健康課程以外的活動	當中最多 五項是正選及五項候補	如在當中註有#的課程，代表是同屬一種性質的活動，只可在該類性質中選取一項活動參與。

4. 為了令報名程序更方便快捷，請於活動報名前已選擇好要參加之活動，確定活動編號及準備個人資料；若未登記成為癌協服務使用者之人士，請於活動報名日前在任何一間癌協服務中心辦妥登記，以簡便報名程序；
5. 參加者如未能出席活動，需盡早通知本中心職員；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；
6. 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；
7. 颱風及暴雨訊號之活動安排，請詳見通訊底頁；
8. 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；
9. 為幫助出席者安頓身心，請於開課前10分鐘到達，遲到者不得進入，敬請包容體諒。

English Cancer Support Services

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
Enquiry	Ms Polly Lim	Remarks	The group is designed for those Native English-speakers or those who do not understand Cantonese

Ways to Heal Outside Conventional Treatments

C132

There is growing evidence of natural health protocols which have helped cancer patients to heal and promote health. This talk aims to broaden our knowledge with existing research and evidence based practices to empower us to find ways to improve our health.

Date	26 July 2016 (Wednesday)	Time	7:00pm – 9:00pm
Speaker	Mr Graham Player, Cancer Coach		

Cancer Prevention through Lifestyle

C133

Being a cancer survivor and cancer coach, Ms Coco Tan would share with us the healthy lifestyle that we should follow or avoid to achieve optimal well-being.

Date	27 September 2017 (Wednesday)	Time	7:00pm – 9:00pm
Speaker	Ms Coco Tan, Director of Green Life Technology Ltd		

CanSurvive Meetings

C134

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.

Date	20 September 2017 (Wednesdays)	Time	From 12:30pm onwards for an informal chat and optional lunch at the club restaurant 2:00pm – Guest speaker
Designed for	Those with cancer, survivors, family and health-conscious members		
Language	English	Location	Kowloon Cricket Club, 10 Cox's Road, Jordan, Kowloon. (Jordan MTR Exit B)



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

Practical Support 實際支援

Cancer has a physical impact both during and long after treatment has ended in survivorship. We provide care to address symptoms, side effects and chronic health conditions for our clients, as well as sourcing financial relief for those in need.

癌症對身體的影響可以十分長遠，即使是康復一段時間的患者，或許仍會受到治療後的副作用所困擾。我們竭力協助患者應對有關症狀，提供心理上的支持。

Nursing Consultation 專業護士諮詢服務

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.

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。歡迎致電預約。

Designed for Cancer clients and family members
對象 癌症患者及家屬

CancerLink 癌協中心	Date 日期	Time 時間	Registered Nurse 註冊護士
Hong Kong Island 港島	Wednesdays 逢星期三	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Astor Lo 盧雁鳴姑娘
Wong Tai Sin 黃大仙		2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Tse Ming Wai 謝明慧姑娘
Kwai Chung 葵涌		2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Dava Chung 鍾秉姓姑娘
Tin Shui Wai 天水圍		9:00am – 1:00pm 上午9:00 – 下午1:00	Ms. Delisa Lee 李穎顏姑娘

Speak to a Dietitian 註冊營養師諮詢服務

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

透過與註冊營養師傾談，釋除對癌症飲食的疑慮，以及通過個人化的飲食諮詢，了解自己於不同抗癌階段所需的營養攝取及飲食策略。歡迎致電查詢或預約會談。

Designed for Cancer clients and family members
對象 癌症患者及家屬

CancerLink 癌協中心	Date 日期	Time 時間	Registered dietitian 註冊營養師
Hong Kong Island 港島	Wednesdays 逢星期三	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Fion Chow 周倩蕾姑娘
Wong Tai Sin 黃大仙	Mondays 逢星期一	2:30pm – 5:30pm 下午2:30 – 5:30	
Kwai Chung 葵涌	Fridays 逢星期五	2:30pm – 5:30pm 下午2:30 – 5:30	
Tin Shui Wai 天水圍	Tuesdays 逢星期二	2:30pm – 5:30pm 下午2:30 – 5:30	

Understanding Diagnostic Tests 掃瞄知多D

C086

Cancer patients face lots of body scans and imaging (e.g. MRI, CT, PET-CT, U/S, bone scan, etc) during their cancer journey. A doctor from the Diagnostic and Radiology department will explain when tests are needed, the roles they play.

由確診、治療期間、完成治療以至定期覆診的癌症旅程中，掃瞄都處於一個很重要的角色。大多數病患者都不太了解當中的意義，尤其擔心掃瞄帶來的輻射量會令病情惡化。是次講座會由放射診斷科曾醫生為大家講述不同掃瞄（例如超聲波、電腦掃瞄、磁力共振、正電子掃瞄、骨掃瞄身等）處於不同癌症的角色、用途及重要性。

Date 日期	August 2017 (To be confirmed) 2017年8月(待定)	Time 時間	To be confirmed 待定
Facilitator 講者	Dr. Tsang Yin Ho, Arnold (Diagnostic Radiologist) 曾彥豪醫生(放射診斷科醫生)	Designed for 對象	Those with cancer and their family members (25 participants) 癌症患者及家屬(25位)
Language 語言	Cantonese 廣東話		

Immunotherapy in Hong Kong 免疫治療多面睇

C087

Learn the most current treatment trend for lung cancer in Hong Kong, including: What is immunotherapy? Mechanism of immunotherapy; Indications for immunotherapy; Availability of immunotherapy in Hong Kong; How it will be given and how much does it cost? Clinical updates in immunotherapy and common side effects.

講座內容主要圍繞癌症的最新治療方法，包括有：免疫治療簡介，免疫治療的機制，怎樣才適合使用免疫治療？在香港，公立或私立醫院設有免疫治療嗎？治療的過程及費用，免疫治療的最新動向？及免疫治療副作用？

Date 日期	18 August 2017 (Friday) 2017年8月18日 (星期五)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Dr. Hilda Wong (Specialist in Medical Oncology) 黃曉恩醫生 (內科腫瘤科專科醫生)	Designed for 對象	Those with cancer (25 participants) 癌症患者 (25位)
Language 語言	Cantonese 廣東話		

Cancer Screening and Prevention 癌症篩檢與防治

C088

Talk about the screening tests for common cancers and tips for cancer prevention.

簡介常見癌症之篩檢方法及癌症預防小貼士。

Date 日期	28 July 2017 (Friday) 2017年7月28日 (星期五)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Ms. Aster Lo (Registered Nurse) 盧雁鳴姑娘 (註冊護士)	Designed for 對象	Clients with or without cancer (25 participants) 癌症患者或公眾人士 (25位)
Language 語言	Cantonese 廣東話		

Adjustment Group for Newly Diagnosed Cancer Clients 新症患者支援小組

C089

Being diagnosed with cancer can be overwhelming. This support group offers professional consultations with a multi-disciplinary approach, including a nurse, dietitian, oncologist and social worker. Topics include knowing more about medical services in Hong Kong, home adjustment issues, cancer treatment and side effect management, diet myths and the relationship between a positive attitude and the immune system etc. The support group provides a platform for sharing experiences and worries.

為剛確診或剛接受治療的癌症患者，提供多方面的專業支援，講者包括有護士、營養師、醫生及社工，透過認識醫院服務、家居護理、癌症治療及副作用處理、治療期間飲食建議與謬誤、心情與免疫力的關係等，以減少治療期間生理及心理上的不適和憂慮，準備踏入復康之路。

Date 日期	15 August– 5 Sept 2017 (Every Tuesday, 4 sessions) 2017年8月15日至9月5日 (逢星期二，共4堂)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	1. Ms. Aster Lo (Registered Nurse) 盧雁鳴姑娘 (註冊護士) 2. Ms. Fion Chow (Registered Dietitian) 周倩蕾姑娘 (註冊營養師) 3. Dr. Liu Shiu Fai, Edward (Clinical Oncologist, Registered Chinese Medicine Practitioner) 廖少輝醫生 (臨床腫瘤科醫生，註冊中醫師) 4. Mr. Tommy Liang (Registered Social Worker) 梁國良先生 (註冊社工)		
Designed for 對象	Those with cancer, newly diagnosed within 6 months (20 participants) 半年內確診癌症患者 (20位)	Language 語言	Cantonese 廣東話
Remarks 備註	1. Please contact the responsible worker if you would like to come with your caregivers. 2. Participants MUST attend at least 3 sessions. 1. 如照顧者有興趣一同參與，可向負責同事查詢。 2. 參加者必須出席最少三節。		

Branded Medication & Generic Medication 剖析專利藥物及非專利藥物

C090

Cancer patients have concerns about the use of generic and branded medication in Public Hospitals such as pain killers, anti-emetic drugs, hormonal medication, chemo drugs, targeted medication etc. This workshop addresses concerns about the difference in effectiveness of generic drugs and branded medications in view of the huge gap in cost. 癌症患者特別關心專利藥物及非專利藥物的使用，他們更會擔心治療癌症的副廠處方藥的效果並沒有比正廠藥的效果好。此講座讓你加深對專利藥物及非專利藥物的認識，讓治療更安心。

Date
日期 15 September 2017 (Friday)
2017年9月15日 (星期五)

Time
時間 2:30pm – 4:30pm
下午2:30 – 4:30

Facilitator
講者 Registered Pharmacist
註冊藥劑師

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

Language
語言 Cantonese
廣東話

Five Health Facts You Should Know 不可不知的五個健康真相

C091

This workshop helps participants understand holistic health. Participants can review their habits and lifestyle, and we provide direction and ways of achieving holistic health.

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！

Date
日期 5 and 12 July 2017 (Wednesday, 2 sessions)
2017年7月5及12日 (逢星期三，共兩節)

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

Facilitator
講者 Mr. Maksim Cheung
張煒楠先生

Designed for
對象 Those with cancer within the past five years
(20 participants)
確診五年內癌症患者 (20位)

Language
語言 Cantonese
廣東話

Remarks
備註 Participants must attend all the sessions
參加者必需出席所有課堂

Chinese Medicine and Pain 中醫與痛症

C097

This talk introduces how Chinese medicine can help prevent and treat pain and includes information on acupuncture, massage and exercise. 講解頸椎及頸肩痛症的預防及治理，介紹中醫痛症食療，並會作出穴位按壓及伸展運動的示範。

Date
日期 17 August 2017 (Thursday)
2017年8月17日 (星期四)

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

Facilitator
講者 Registered Chinese Medicine Practitioner
註冊中醫師

Designed for
對象 Those with cancer (20 participants)
癌症患者 (20位)

Language
語言 Cantonese
廣東話

Remarks
備註 Five quotas will be reserved for those who have completed "Five Health Facts You Should Know".
5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。

Mind Mapping Training 思維導圖法訓練

C100

Join this workshop if you want to learn new, fun ways to improve memory and creativity. Mind maps are useful for note-taking, brainstorming, summarizing, and managing complicated ideas.

經過治療後，有沒有發覺自己的記性和創意不及從前？工作坊將讓你學習使用思維導圖法去整理複雜的想法，並成為提升你記憶力和創造力的小技巧。

Date
日期 17 July to 28 August 2017 (Every Monday, 7 sessions)
2017年7月17日至8月28日 (逢星期一，共7節)

Time
時間 2:30pm – 4:30pm
下午2:30 – 4:30

Facilitator
講者 Mr. David Cheung (Qualified Buzan Instructor)
張世平先生 (思維導圖及記憶培訓導師)

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

Language
語言 Cantonese
廣東話

Remarks
備註 Five quotas will be reserved for those who have completed "Five Health Facts You Should Know".
5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。

Everything you want to know about food 食物解碼

C099

Leftover vegetables and barbecue food cause cancer? Lose weight by cutting down on carbohydrates? There are so many questions out there about food. Our dietitian will answer all your questions and share her thoughts on the top 10 superfoods.

隔夜菜有害？戒碳水化合物可以減肥？燒烤食品會致癌？大家對食物安全問題多多，註冊營養師為你一一解答，同時講解十大超級食物的功效。

Date 日期	13 September 2017 (Wednesday) 2017年9月13日 (星期三)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Ms. Fion Chow (Registered Dietitian) 周倩蕾姑娘 (註冊營養師)	Designed for 對象	Those with cancer (15 participants diagnosed in or after 2015; 10 participants diagnosed before 2015) 癌症患者 (2015年或以後確診患者15位；2015年以前確診患者10位)
Language 語言	Cantonese 廣東話	Remarks 備註	Five quotas will be reserved for those who have completed “Five Health Facts You Should Know”. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。

Cardiopulmonary Function and Muscle Adjustment Workshop

C092

徵狀控制系列 — 心肺功能及肌肉適應評估班

This workshop will help you understand your physical state after treatment and how to adapt through 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 日期及時間	Assessment 評估 7 Jul 2017 (Friday) 2017年7月7日 (星期五) 9:00am – 12:00noon 上午9:00 – 中午12:00	Talk 講座 14 Jul 2017 (Friday) 2017年7月14日 (星期五) 10:00am – 11:30am 上午10:00 – 11:30	Facilitator 講者	Mr. Calson Leung (Registered Physiotherapist) 梁佑文先生 (註冊物理治療師)
			Language 語言	Cantonese 廣東話
Designed for 對象	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15位；2015年以前確診患者10位)		Remarks 備註	1. Participants will be divided into 6 groups for 30-minute check-ups. 2. Five quotas will be reserved to those who have completed “Five Health Facts You Should Know”. 1. 參加者將分為六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「不可不知的五個健康真相」參加者。

Cardiopulmonary Function and Muscle Training Workshop

C093

徵狀控制系列 — 心肺功能及肌肉訓練班

After completing treatment, survivors' physical condition is deteriorated. This workshop will share information about, and how to do aerobic exercise. The aim is to improve participants' cardiopulmonary function.

經歷了不同的治療後，身體的心肺機能也會變弱了。課堂會教授一些有氧運動的資訊及實習，從而強化參加者的心肺的功能及肌肉強度，應付日常生活。

Date 日期	19 July – 23 August 2017 (Every Wednesday, 6 sessions) 2017年7月19日至8月23日 (逢星期三，共6堂)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Location 地點	Rm 1, 20/F, Professional Building, 19-23 Tung Lo Wan Road, Causeway Bay 銅鑼灣銅鑼灣道19-23號建康商業大廈20樓01室	Facilitator 講者	Mr. Francis Chan 陳樹強先生
Designed for 對象	Those with cancer (12 participants) 癌症患者 (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 “Cardiopulmonary Function and Muscle 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「徵狀控制系列 - 心肺功能及肌肉適應評估班」並獲推薦。		

“Going Through” Project – Men’s Health Talk: New Hopes for Prostate Cancer Diagnosis and Treatment 前路無阻：前列腺癌診斷及治療新希望

C094

This talk explores new medical information and de-mystifies common prostate cancer issues regarding diagnosis and treatment.
本活動旨在探討醫學新知，拆解常見的健康謬誤，了解更多治療的利與弊。

Date 日期	20 July 2017 (Thursday) 2017年7月20日（星期四）	Time 時間	3:00pm – 5:00pm 下午3:00 – 5:00
Facilitator 講者	Dr. Kenneth Fu (Specialist in Urology) 傅錦峰醫生（泌尿科專科醫生）	Designed for 對象	Those with prostate cancer (diagnosed in or after 2014), their caregivers, close relatives, and friends (30 participants) 2014年或以後確診前列腺癌患者及家屬、近親及好友（30位）
Language 語言	Cantonese 廣東話		

“Going Through” Project – Educational Talk: Chinese Medicine for Prostate Cancer 前路無阻 — 男士教育講座：認識前列腺癌的中醫治療

C095

Learn knowledge of prostate cancer and healthy diet from a Chinese Medicine perspective.
認識前列腺癌的中醫治療，從而掌握有效的方法。

Date 日期	28 July 2017 (Friday) 2017年7月28日（星期五）	Time 時間	10:30am – 12:00noon 上午10:30 – 中午12:00
Facilitator 講者	Mr. Kao (Registered Chinese Medicine Practitioner) 高文謙註冊中醫師		

“Going Through” Project – Educational Talk: Learn more about Food Labels for a Healthy Diet 前路無阻：男士教育講座 — 齊學食物標籤防三高

C098

Date 日期	31 Aug 2017 (Thursday) 2017年8月31日（星期四）	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Registered Dietitian 註冊營養師		
Designed for 對象	Those with prostate cancer and their family members (25 participants) 前列腺癌患者及其家屬（25位）		
Language 語言	Cantonese 廣東話		

“Going Through” Project – Ving Tsun martial art for health (2nd intake) 前路無阻：詠春強身訓練（第2期）

C096

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 protocol developed by a physiotherapist and researcher.
因治療而產生的副作用及後遺症往往令患者出現失禁、肌肉流失、骨質疏鬆等問題，影響平衡力和自信心。參加者可透過研習詠春拳術，提升肌力和增加自信心。

Date 日期	4 August – 27 October 2017 (Every Friday, 12 sessions) 2017年8月4日至10月27日（逢星期五，共12節）	Time 時間	11:30am – 1:00pm 上午11:30 – 下午1:00
Facilitator 導師	Qualified Ving Tsun instructor 詠春教練	Designed for 對象	Male cancer clients (Priority given to prostate cancer clients; 15 participants) 男性癌症患者（前列腺癌患者優先；15位）
Language 語言	Cantonese 廣東話		

- Remarks**
備註
1. All those who enroll will be put on a waiting list for screening.
 2. Enrollment will be opened from 26 June 2017 until two weeks before programme start.
 3. Participants may be eligible for FREE health assessment conducted by HKU.
 4. Participants are not allowed to enroll for C118 at the same time.
1. 報名參加本活動者將會先被列作後備，經篩選後才獲確認正選資格。
 2. 此活動由6月26日至活動舉行前兩星期接受報名。
 3. 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。
 4. 報名參加本活動者不可同時報名 C118。

Understanding Upper Lymphoedema 上肢淋巴水腫研習坊

C101

Lymphoedema of the upper limbs is common following breast cancer treatment or surgery to remove the lymph nodes. Preventative exercises, observation and self-care are essential to minimize discomfort and improve recovery. Come and learn more for a better quality of life.

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

Date 日期	2 August 2017 (Wednesday) 2017年8月2日 (星期三)	Time 時間	10:00am – 11:30am 上午10:30 – 11:30
Facilitator 講者	Mr. Calson Leung (Registered Physiotherapist) 梁佑文先生 (註冊物理治療師)	Designed for 對象	Breast Cancer Survivors (20 participants) 乳科癌康復者 (20位)
Language 語言	Cantonese 廣東話		

Upper Lymphoedema Exercise Class 上肢淋巴水腫運動班

C102

This class will teach you techniques for effective lymphoedema control using massage balls and mobility training on your rib cage.

教導按摩球及關節運動的技巧，減輕上肢淋巴水腫的出現。

Date 日期	15 August – 12 September 2017 (Every Tuesday) 2017年8月15日 - 9月12日 (逢星期二)	Time 時間	2:00pm – 3:30pm 下午2:30 – 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	Breast Cancer Survivors (12 participants) 乳癌康復者 (12位)
Venue 地點	Rm 1, 20/F, Professional Building, 19-23 Tung Lo Wan Road, Causeway Bay 銅鑼灣銅鑼灣道19-23號建康商業大廈20樓01室	Language 語言	Cantonese 廣東話
Remarks 備註	1. For first-time participants only. 2. Participants are required to attend and receive a recommendation from this season's "Understanding Upper Lymphoedema" programme. 1. 只限首次參加者。 2. 參加者必須先參加今季「上肢淋巴水腫研習坊」並獲推薦。		

Osteoporosis and Exercise 骨質疏鬆及強骨運動

C103

Osteoporosis is an issue that many gynecological and breast cancer patients are concerned about. This talk will address the causes of osteoporosis, how to prevent it and a physiotherapist will also teach exercises to strengthen your bones.

骨質疏鬆症是很多婦科及乳科病友關注的問題，講座會介紹骨質疏鬆症的成因及預防方法及教授強骨運動。

Date 日期	20 September 2017 (Wednesday) 2017年9月20日 (星期三)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 講者	Physiotherapist from United Christian Nethersole Community Health Service 基督教聯合那打素社康服務物理治療師	Designed for 對象	Breast or Gynecological Cancer Survivors (20 participants) 乳科或婦科癌康復者 (20位)
Language 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

Psychological Support 心理支援

Cancer can be a highly distressing experience with a significant impact on both the mental and emotional wellbeing. We provide understanding support and care through individual consultation and group workshops which target the non-physical health aspects of cancer care.

我們明白癌症除了影響身體，很多時更會為患者帶來負面情緒，所以我們提供的個別諮詢服務及心理輔導小組和工作坊，希望能改善患者及照顧者的精神健康，幫助他們放鬆心情和紓緩壓力。

Life and Death Education – The Best Preparation 生死教育系列之圓滿人生講座

C104

In this talk, we share the importance of planning and making arrangements for your own or a loved one's passing, including the latest memorial service and social resources information.

與你分享生前規劃的重要性和好處，認識香港最新殯葬資訊和社會服務資源。

Date 日期	10 August 2017 (Thursday) 2017年8月10日 (星期四)	Time 時間	10:30am – 12:00noon 上午10:30 – 中午12:00
Facilitator 講者	The Social Worker of Endless Care Service in Tung Wah Group of Hospital 東華三院圓滿人生服務社工	Designed for 對象	Those with cancer and their family members (25 participants) 癌症患者及其家屬 (25位)
Language 語言	Cantonese 廣東話	Remarks 備註	Five quotas will be reserved to those who have completed "The Five Health Facts that You Should Know". 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。

Workshop on 'Preparing a Good Death' 談生論死工作坊

C105

This workshop explores the journey of life and its meaning. By viewing death as a graduation of life, we can find ways to live every day with more positivity and gratitude. A focus is also placed on breaking taboos and exploring the idea of a 'good death'.

生命像是一場旅程，當我們相信死亡不再是令人害怕的終結，而是生命圓滿的句號，便能更懂得欣賞生命，正面和感恩面對生活每一天。工作坊盼望大家一起打破死亡禁忌，探討何謂「好死」。

Date 日期	1 – 29 September 2017 (Every Friday, exception 15/9, 4 sessions) 2017年9月1日至9月29日 (逢星期五，9月15日除外，共四節)	Time 時間	2:30am – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Ms Polly Lim (Registered Social Workers) 林暉雯姑娘 (註冊社工)	Designed for 對象	Those with cancer and their family members (12 participants) 癌症患者及其家屬 (12位)
		Language 語言	Cantonese 廣東話

"Going Through" Project – Walnut Club 前路無阻：華樂會月會

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.

美國哈佛大學教授David Spiegel指出，面對病患，生理機制和心理歷程同樣重要。要活得好，就要全面地把一切資源投放在面對病患和復康生活的策略上，不再逃避和否定病情。本活動邀請患者、家屬及輔助醫療人員一同發現更多正確及有效的抗癌智慧，藉以改善個人及家庭生活質素。

Exercise and rehabilitation 運動對前列腺癌患者的幫助

C106

Date 日期	24 August 2017 (Thursday) 2017年8月24日 (星期四)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
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Psychosocial adjustment and quality of life 提升前列腺癌患者的心理質素

C107

Date 日期	21 September 2017 (Thursday) 2017年9月21日 (星期四)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Walnut Club ExCo members and Mr. Tommy Liang (Registered Social Worker) 華樂會委員及梁國良先生 (註冊社工)	Designed for 對象	Those with prostate cancer and their family members (30 participants) 前列腺患者及家屬 (30位)
Language 語言	Cantonese 廣東話		

Ceramic and contain – Art therapy group 陶藝與承載 — 藝術治療小組

C108

Facilitated by an art therapist in a safe and comfortable environment, explore a very expressive and inspiring material. The group begins with appreciating ceramic pieces, and then explores clay through throwing and moulding. Participants will create a ceramic container and a safe space for their inner selves.

小組由欣賞陶藝開始，到經歷拉杯及徒手創作去接觸陶泥這種表達及啟發性很高的物料。與藝術治療師及同路人由創作陶瓷器皿到尋求內在承載的安全空間，於輕鬆的環境分享箇中感受。

Date 日期	12 July – 30 August 2017 (Every Wednesday, 8 sessions) Outings to Flagstaff House Museum of Tea Ware, Jockey Club Creative Arts Centre will be arranged 2017年7月12日至8月30日 (逢星期三，共8節) 小組包括外出參觀茶具博物館及賽馬會創意藝術中心	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
Facilitator 講者	Ms. Tristan Chan, Registered Art Psychotherapist 陳雅姿姑娘 (註冊藝術心理治療師)	Designed for 對象	Cancer clients (10 Participants) 癌症患者 (10位)
		Language 語言	Cantonese 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 prioritized. 1. 參加者無須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。

Self-Image Workshop – We can be beautiful 自我形象工作坊 — 活出美麗自我

C109

Rebuilding a positive self-image is important on the road to recovery. In this workshop, social workers and a life coach discuss issues with participants, while beauty professionals teach techniques to help improve confidence. There will be a photo-shooting session so you can share beautiful moments with your friends and family!

在復康路上能重新建立一個正面的自我形象是十分重要的。此小組會由社工及生涯規劃師與你探討自我形象課題，更有不同專業美容師教大家護膚、化妝、髮型及打扮心得，讓大家由內至外重拾自信！課堂完結時更有拍攝個人肖像時段，讓大家留住美麗一刻與親友分享！

Date 日期	17 July – 18 September 2017 (Every Monday, except 4 & 11 September) & 9 September 2017 Photo shooting (Saturday) 2017年7月17日 – 9月18日 (逢星期一，9月4及11日除外) 及9月9日影相 (星期六)	Time 時間	11:00am – 1:00pm (all Monday sessions); Photo shooting day (TBC) 上午11:00 – 下午1:00；影相日時間待定
Facilitator 講者	Ms. Stephanie Tang (Registered Social Worker); Ms. Penny Leung (Image Consultant and Life Coach); Mr. Perry Tan (Make-up artist); Ms. Kitty Lee (Image consultation) 鄧曉嫻姑娘 (註冊社工)、梁玉雲小姐 (生涯規劃師及形象指導師)、陳滿慶先生 (化妝師)、李茵小姐 (形象指導師)	Designed for 對象	Breast and Gynaecology Cancer Survivors (8 participants) 乳癌及婦科癌症康復者 (8位)
		Language 語言	Cantonese 廣東話
		Remarks 備註	For first-time participants only. 只限首次參加者。

Tips for Better Sleep Quality 「讓我安睡」改善睡眠質素工作坊

C110

Research suggests that levels of insomnia and sleeping issues for those with cancer are double those of other people. Sleeping issues can lead to fatigue, memory and concentration problems, and affect daily activities and quality of life in general. The workshop aims to help participants find solutions. 研究普遍指出，癌症患者比一般人患上失眠及睡眠問題多出一倍或以上。睡眠問題會導致疲勞、記憶及專注力下降，影響參與日常活動的能力，從而影響生活質素！此工作坊藉著講解、介紹認知行為治療法及不同的放鬆技巧等，讓參加者掌握影響睡眠質素的原因，及舒緩有關問題的方法！

Date 日期	27 July – 17 August 2017 (Every Thursday, 4 sessions) 2017年7月27日至8月17日 (逢星期四，共4節)	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
Facilitator 講者	Ms. Polly Lim (Registered Social Workers) 林暉雯姑娘 (註冊社工)	Remarks 備註	1. Assessment by our social workers is required before participation. 2. Enrollment will be opened from 26 June 2017 until two weeks before programme start. 3. For first-time participants only. 1. 參加者需經評估以確定是否適合參加。 2. 此活動由6月26日至活動舉行前兩星期接受報名。 3. 只限首次參加者。
Designed for 對象	Those with cancer (12 participants) 癌症患者 (12位)		
Language 語言	Cantonese 廣東話		

Walking As Therapy – Basic Level (8th intake) 走步治療課程 — 基礎班（第8期）

C111

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

近年科學研究指出運動如走步不單能改善個人體質，增強免疫力，還可以有效提升正面情緒和自尊感，舒緩痛症。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 日期	8 August–26 September 2017 (Every Tuesday, 8 sessions) 2017年8月8日至9月26日（逢星期二，共8節）	Time 時間	4:00pm – 6:00pm 下午4:00 – 6:00
Facilitator 講者	Mr. Tommy Liang (Registered Social Worker) 梁國良先生（註冊社工）	Designed for 對象	Those with cancer (12 participants) 癌症患者（12位）
Language 語言	Cantonese 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 enroll 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%參加者報名。 3. 首次參加者將會優先取錄，其他報名者會先被列作後備。		

Release Pain Talk「舒痛我話事」講座

C112

Pain interferes with sleep, appetite, mood and contributes to anxiety, fatigue, and poor quality of life. This talk introduces pain assessment tools, explains the important role of non-physiological factors in causing pain, and prepares participants for intensive interventions.

疼痛影響睡眠、胃口、情緒，容易令人產生焦慮、疲勞和不安。本講座解釋身心互動作用對疼痛的影響，簡介一般評估方法，準備參加者接受非藥物治療。

Date 日期	14 September 2017 (Thursday) 2017年9月14日（星期四）	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Mr. Tommy Liang (Registered Social Worker) 梁國良先生（註冊社工）	Designed for 對象	Clients (25 participants) 癌症患者（25位）
Language 語言	Cantonese 廣東話		

Ladies Chatroom – Intimacy and Self Exploration**女士俱樂部 — 親蜜關係及自我形象探討**

C113

Sex and intimacy has always been a sensitive topic for ladies, but it is an essential part of a healthy relationship. Being diagnosed with breast or gynecological cancer and having treatment will almost certainly affect how you feel about sex and intimacy, so come to learn more with our sex therapist.

性與親蜜關係對女士來說是一個敏感話題，但亦是夫婦間不可或缺的一環。癌症治療對身體上做成的轉變，或許會使乳科及婦科癌症患者對性與親蜜接觸有所保留或抗拒，如妳是當中的困惑者，不用害羞，參加此講座讓性治療師助妳解開疑慮。

Date 日期	13 July 2017 (Thursday) 2017年7月13日（星期四）	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 講者	Dr. Angela Ng 吳穎英醫生	Designed for 對象	Breast Cancer Survivors (20 participants) 乳癌康復者（20位）
Language 語言	Cantonese 廣東話		

Acceptance Commitment Therapy on Cancer Patients and their Carers

C114

「自我接納與務實改變療法」——面對逆境新思維

We're told a lot of ways to deal with our distress but sometimes, a better way to deal with difficult feelings is just to be present with what life brings us and to move toward positive acts. This talk introduces how Acceptance and Commitment Therapy (ACT) works and shares ways for us to handle those unpleasant feelings and situations.

普遍認為，「積極」才能解決問題，除去負面感覺才擁有美好人生，但現實很多時，我們需要與壓力及不理想的狀況共存！講座希望擴闊參加者思維，於逆境中尋找出路。

Date
日期 30 September 2017 (Saturday)
2017年9月30日 (星期六)

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

Facilitator
講者 Ms. Elsie Wong, Clinical Psychologist
王千嘉女士 (臨床心理學家)

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

Language
語言 Cantonese
廣東話

Cancer Fighter Course for Those with Lung Cancer 肺癌鬥士課程

C115

Our Cancer Fighter Course is the first programme in Hong Kong to provide face-to-face psychological support to those with lung cancer and their family caregivers. The eight-session course focuses on the interaction between these individuals and aims to enhance positive thinking and emotions, thus relieving stress. Health care tips will also be covered in the sessions.

這是全港首個為肺癌患者及其家屬照顧者而設的『抗癌鬥士課程』，提供面對面的心理支援。八節的課程會促進患者及家屬照顧者之間的互動，並幫助兩者發展正面思維，從而紓緩他們的壓力。課程中亦會分享有關健康資訊以扶助治療。

Class A
A班 **CancerLink Wong Tai Sin**
黃大仙癌協

Date
日期 5 August – 23 September 2017
(Every Saturday, 8 sessions)
2017年8月5日至9月23日 (逢星期六，共8節)

Time
時間 9:30am – 12:30pm
上午9:30 – 下午12:30

Class B
B班 **CancerLink Hong Kong Island**
港島癌協

Date
日期 5 August – 23 September 2017
(Every Saturday, 8 sessions)
2017年8月5日至9月23日 (逢星期六，共8節)

Time
時間 2:00pm – 5:00pm
下午2:00 – 5:00

Facilitator
講者 CancerLink Social Workers and HKU Research Team
癌協社工及香港大學研究團隊

Designed for
對象 Those aged 21 or older with lung cancer and a family caregiver (40 pairs; participants must in pairs)
年滿21歲以上的肺癌患者及一位家屬照顧者 (40對，患者及家屬必須同時出席)

Language
語言 Cantonese
廣東話

Remarks
備註

1. The programme is co-organised with Department of Clinical Oncology, Li Ka Shing Faculty of Medicine and Department of Social Work and Social Administration of The University of Hong Kong for evidence-based research.
2. Please call CancerLink for enrollment.
3. Speak in Cantonese and able to read Chinese.
4. Participants can choose either Class A or Class B.
5. On enrollment, participants will be wait-listed first. Assessment by our social worker is required before participation and location, time and date will be confirmed by then.
1. 此活動與香港大學臨床腫瘤學系及香港大學社會工作及社會行政學系合辦，並會進行小組實效評估。
2. 活動可即時報名，歡迎致電任何一間癌協中心。
3. 參加者須操流利廣東話及能夠閱讀中文。
4. 參加者可按自己意願選擇參與一班或二班的優先次序。
5. 所有參加者先列作後備，工作人員將稍後聯絡參加者，以評估是否合適參加此活動，及確定上課日期、時間及地點。

Briefing Session on Mindfulness-Based Cognitive Therapy – Far East**NEW****C173****Consortium Building, Central 靜觀認知治療介紹及體驗 — 中環遠東發展大廈**

Introduction to Mindfulness-Based Cognitive Therapy (MBCT) developed by the Oxford Mindfulness Centre.

將簡介以牛津大學靜觀中心的「靜觀認知治療」課程 Mindfulness-Based Cognitive Therapy (MBCT)，並分享靜觀的起源、特式及相關的研究等；靜觀認知治療課程報名及個別評估安排。

Date 日期	5 July 2017 (Wednesday) 2017年7月5日 (星期三)	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
Facilitator 導師	Ms. Daphne Leung 梁哲瑩女士	Designed for 對象	Those with cancer who are interested in attending the MBCT program (22 participants, 50% of quotas will be prioritized for those who are diagnosed in or after 2014.) 希望參加靜觀認知治療之癌症患者 (22位，50%的名額將優先分配給2014年或以後的確診患者)
Location 地點	Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (Near MTR Central Station Exit B or Sheung Wan Station Exit E1) 中環德輔道中121號遠東發展大廈17樓1701室 (近港鐵中環站B出口或上環站E1出口)		
Language 語言	Cantonese 廣東話		

Mindfulness-Based Cognitive Therapy – Far East Consortium Building, Central 靜觀認知治療課程 — 中環遠東發展大廈**NEW****C174**

Based on Mindfulness-Based Cognitive Therapy (MBCT) developed by the Oxford Mindfulness Centre, this class focuses on teaching participants to make a simple yet radical shifts in their relationship with the thoughts, feelings and bodily sensations that contribute to emotional disturbances. Step-by-step instructions are provided for integrating meditations, mindful movement, body scans and cognitive intervention during each of the structured group sessions. Participants learn to learn respond more skillfully when facing challenge or adversity.

本課程是以牛津大學靜觀中心的「靜觀認知治療」課程 Mindfulness-Based Cognitive Therapy (MBCT) 為基礎，透過靜觀練習和分享了解到自己面對壓力時的身心慣性反應模式，學習以友善的方式照顧自己的情緒。通過覺察力的提昇，讓自己有意識地選擇最合適的方法去面對逆境和挑戰。練習將包括身體掃描、靜坐、覺察伸展、靜觀進食、與困難共處等等。家課包括靜觀練習及記錄，每天約45分鐘。

Date/Time 日期/時間	2 August to 27 Sept 2017 (Wednesdays, 8 sessions) 2:30-5:00pm & 6 September (Wednesday) 10:00am – 5:00pm Participants must attend ALL sessions (including 8 sessions & one whole day session) 2017年8月2日至9月27日 (逢星期三，共8節) 下午2:30-5:00及2017年9月6日 (星期三) 上午10:00 – 下午5:00 每節互相緊扣，須出席全部 (8 節及1天) 課程
Facilitator 導師	Ms. Daphne Leung 梁哲瑩女士
Location 地點	Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (Near MTR Central Station Exit B or Sheung Wan Station Exit E1) 中環德輔道中121號遠東發展大廈17樓1701室 (近港鐵中環站B出口或上環站E1出口)
Designed for 對象	Those with cancer. Participants must attend the briefing session on Mindfulness-Based Cognitive Therapy (16 participants) 癌症患者，必須先參加「靜觀認知治療介紹及體驗」(16位)
Language 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> Please register for the Briefing session on Mindfulness-Based Cognitive Therapy (C173) an individual interview will be arranged afterward. Even if you have attended the MBSR programme before, you are required to attend the MBCT briefing. If the number of eligible participants is over the quota set, we will select participants by a lucky draw after the briefing session. HK\$500 deposit (HK\$250 for persons receiving CSSA) is required on or before 15 July 2017 if your enrollment is successful. You can pay cash to CancerLink (Kwai Chung) or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "MBCT". Address: 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories. The deposit will be refunded upon attendance rate over 80%. If attendance rate is below 80%, the deposit will be donated to the Cancer Fund, and is not refundable. <ol style="list-style-type: none"> 請先報名以上「靜觀認知治療介紹及體驗」(C173)，之後安排個別評估，以了解是否適合。曾參加靜觀相關課程者，亦須報名出席「靜觀認知治療介紹及體驗」及參加個別評估。 如合資格的參加者人數超過限額，中心將在介紹及體驗日後進行抽籤。 成功參加者請於7月15日前繳交港幣500元按金 (綜援人士港幣250元)。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「靜觀認知治療」地址：葵涌大連排道132-134號TLP132三樓。 課程出席率達80%之學員將獲全數退回按金。如學員課程出席率低於80%，按金將捐給香港癌症基金會，恕不退回。

Family Support 家庭支援

We know that cancer can impact not just an individual but their entire family. Through our services and programmes, we aim to nurture and strengthen family relationships to reduce the impact of cancer on the quality of life of all affected by cancer.

我們明白，癌症不單影響患者個人，更會影響整個家庭。透過我們的免費服務和活動，希望促進癌症家庭成員間的關係，讓他們一起在抗癌路上活得更好。

Rainbow Club – Two Days One Night Family Camp

K147

彩虹會凝聚家力量兩日一夜家庭營

An overnight camp that will allow families to enhance their resilience abilities and understanding.

家庭營將有精彩的家庭活動，增強參加家庭面對癌症的抗逆力，並促進成員間相互了解，讓彼此關係更見緊密。

Date 日期	15–16 July 2017 (Saturday and Sunday) 2017年7月15日至7月16日(星期六及星期日)
Time 時間	Gather Point & Time: Kwai Chung Station Exit D (15/7 2:45pm) Dismiss Point & Time: Kwai Chung Station Exit D (16/7 2:45pm) 集合地點/時間：葵涌地鐵站D出口，下午2:45 (7月15日) 解散地點/時間：葵涌地鐵站D出口，下午2:45 (7月16日)
Facilitator 導師	Ms. Cherrie Ng (Social Worker) 吳慧欣姑娘 (註冊社工)
Designed for 對象	Rainbow Families; Maximum 4 members per family (Total 18 Participants) 彩虹會家庭，每個家庭4位 (共18位)
Remarks 備註	<ol style="list-style-type: none"> All participants will be on wait list at enrollment. Responsible worker will contact the suitable participants who will have to pay \$100 deposit at the center where they enrolled on or before 22 June. The deposit shall be returned to the participants once they attend the programme, if they do not attend the \$100 will be donated to HKCF. Enrollment will be opened from 26 June 2017 until two weeks before programme start. If a last minute cancellation is reported on the day, participants will be set on wait-lists in the future. The camp includes all meals and coach transport to and from the center and campsite. <ol style="list-style-type: none"> 所有參加者會先列作後備，正選參加者獲通知後需於6月22日前到所屬報名中心繳交港幣100元按金，按金將於出席活動後退回。如未能出席者，相關按金將撥捐香港癌症基金會，恕不退回。 此活動由6月26日至活動舉行前兩星期接受報名。 如在活動當天臨時缺席，日後的參與也會被列作後備參加者，敬請留意。 活動包括所有膳食，並提供來回旅遊巴接送。

Rainbow Club – Camp for youth 彩虹會青少年樹屋歷奇營

K150

Team building, enhancing communication skills and problem solving skills etc through an adventure based camp for Rainbow teens.

透過樹屋歷奇、游繩下降及獨木舟等體驗活動，探索大自然和挑戰自我，並藉著團隊合作活動，提升青少年們的溝通及解難能力，從而增強面對逆境和家人患癌的信心。

Date 日期	4–5 August 2017 (Friday & Saturday) 2017年8月4日至5日 (星期五及六)	Time 時間	2:00pm (4 August) – 2:00pm (5 August) (Gather point: 2:00pm, Kwai Chung MTR Station Exit D) 下午2:00 (8月4日) 至翌日 (8月5日) 下午2:00 (集合及解散地點：下午2:00，葵涌地鐵站D出口)
Designed for 對象	Rainbow Club Children (10 – 16 years old) 彩虹會兒童 (10歲以上之青少年優先)	Language 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> All participants will be on wait list at enrollment, responsible workers will select suitable participants before 12 July. There is a \$100 deposit required that will be returned to the participants once they attend the programme, if they do not attend, the \$100 will be donated to HKCF. Enrollment will be opened from 26 June 2017 until two weeks before programme start. Participants are only permitted to enroll at one center, closest to their address. Meal would be included and also provided with transportation. Participants can only pick one out of the three centres to enroll. <ol style="list-style-type: none"> 所有參加者會先列作後備，正選參加者獲通知後需於7月12日前到中心繳交港幣100元按金，按金將於出席活動後退回。如未能出席者，相關按金將撥捐香港癌症基金會，恕不退回。 此活動由6月26日至活動舉行前兩星期接受報名。 每名參加者只可按居住地區於其中一間癌協中心報名。 活動包括所有膳食，並提供來回旅遊巴接送。 此活動與其他3間癌協中心合辦，參加者只可於其中一間中心報名。 		

Rainbow Club – Family in the Dark 彩虹會黑暗中對話

C116

Join us and have some fun with your family in the dark. In this family tour, the guide will lead all the participants through interactive games which will strengthen the family bond. You can create memorable moments for your family to share forever.

這是一個讓您及您的家人在一個完全黑暗的環境共同探索的旅程。導賞員將會帶領大家於黑暗中穿梭不同的場景，並讓各參加者在不依靠視力的情況下，發掘並體驗視力以外的感觀所帶來的興奮！整個旅程除可增進家人之間的溝通，拉緊彼此的距離外，更可讓參加者設身處地體驗失去視覺的境況，與家人一同經歷難忘的體驗。

Date 日期	19 August 2017 (Saturday) 2017年8月19日 (星期六)	Time 時間	10:45am – 1:00pm 上午10:45 – 下午1:00
Facilitator 講者	Tour Guide from Dialogue in the Dark 黑暗中對話體驗館導賞員	Designed for 對象	Children (8-15 years old) whose families are affected by cancer and their parents/ guardian; maximum 4 members from each family (Total 16) 彩虹會會員 (8-15歲)及直系親屬或監護人，每個家庭名額4位 (共16位)
Venue 地點	Dialogue in the Dark, Shop 215, 2/F, Nob Hill Square, 8 King Lai Path, Mei Foo, Kowloon 九龍美孚景荔徑8號盈暉薈2樓215室黑暗中對話體驗館		
Language 語言	Cantonese 廣東話		

Peer Support 朋輩支援

Peers serve as role-models and can provide personal encouragement and important information to someone undergoing their own cancer experience. We provide a networking platform for self-help groups, our Friends of CancerLink network, where men and women touched by cancer gather to share insights, experiences and participate in activities together. We also design age and need specific programmes to cater for each client's unique requirements.

朋輩支援能令患者在同路人身上尋獲抗癌信心，明白自己並非孤軍作戰。我們的「癌協之友」便匯聚了不同的病人自助組織，讓相同病類的患者互相交流經驗和心得。我們更特別為年輕和男性患者開設了針對性的服務，以滿足不同人士的特殊需要。

“Going Through” Project – Ving Tsun-based peer support group (2nd intake)

C118

前路無阻：活力詠春朋輩支援小組（第2期）

This programme, which adopts the Integrative Body-Mind-Spirit treatment model (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.

根據安全及養生的原則，參加者在已接受詠春訓練的過來人的指導下，分享研習詠春的益處，掌握提升身心素質的技巧，從而發揮互助精神。

Date 日期	4 August – 27 October 2017 (Every Friday, 12 sessions) 2017年8月4日至10月27日 (逢星期五，共12節)
Time 時間	9:30am – 11:00am 上午9:30 – 11:00
Facilitator 導師	Trained Ving Tsun peer facilitators and Mr. Tommy Liang (Registered Social Worker) 詠春朋輩領袖及梁國良先生 (註冊社工)
Designed for 對象	Male cancer clients (Priority given to prostate cancer clients; 15 participants) 男性癌症患者 (前列腺癌患者優先；15位)
Remarks 備註	<ol style="list-style-type: none"> 1. All those who enroll will be put on a waiting list for screening. 2. Enrollment will be opened from 26 June 2017 until two weeks before programme start. 3. Participants may be eligible for a FREE health assessment conducted by HKU. 4. Participants are not allowed to enroll for C096 at the same time as this programme. <ol style="list-style-type: none"> 1. 報名參加本活動者將會先被列作後備，經篩選後才獲確認正選資格。 2. 此活動由6月26日至活動舉行前兩星期接受報名。 3. 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。 4. 報名參加本活動者不可同時報名 C096。

Explore in the dark 從黑暗中探索

C119

Participants will explore themselves in the dark, build trust with others and face the dark together.
此活動讓參加者於黑暗中探索自己，體驗與同路人共同面對黑暗，從中互相扶持，建立互信關係。

Date 日期	4 August 2017 (Friday) 2017年8月4日 (星期五)	Time 時間	2:30pm – 5:30pm 下午2:30 – 5:30
Location 地點	Dialogue Experience 黑暗中對話體驗館	Language 語言	Cantonese 廣東話
Designed for 對象	Those with cancer (10 participants diagnosed in or after 2015; 4 participants diagnosed before 2015) 癌症患者（2015年或以後確診患者10位；2015年以前確診患者4位）		
Remarks 備註	1. Five quotas will be reserved to those who have completed “Five Health Facts You Should Know”. 2. Participants should not suffer from claustrophobia. 3. Only for first time participants. 1. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。 2. 患有幽閉恐懼症人士不宜參加者。 3. 適合未曾參加過此班之患者。		

Sharing group for Center Ambassadors 朋輩大使分享會

C120

PA platform for center ambassadors to share their service experiences and to reflect. We aim to enhance the personal growth and development of each volunteer with professional guidance.
服務大使聚在一起，互相分享有趣的經驗及感受，更可交流服務心得，並且計劃未來服務。

Date 日期	5 August 2017 (Saturday) 2017年8月5日 (星期六)	Time 時間	11:00am – 12:30pm 上午11:00 – 下午12:30
Facilitator 講者	Ms. Stephanie Tang (Registered Social Worker) 鄧曉嫻姑娘（註冊社工）	Designed for 對象	Center Ambassadors of CancerLink HKI 港島癌協服務大使
Language 語言	Cantonese 廣東話		

Advanced Training – All you needed to know about Gyne and Prostate Cancer 季度義工進階訓練 — 婦科癌及前列腺癌全面睇

C121

From diagnosis to treatment, side effects and symptom management, you will learn all you needed to know about gyne and prostate cancers in this talk.
由診斷至治療，到副作用及其處理；此講座會令你更認識婦科癌及前列腺癌，助你有更多知識能在服務時使用。

Date 日期	16 September 2017 (Saturday) 2017年9月16日 (星期六)	Time 時間	11:00am – 12:30pm 上午11:00 – 下午12:30
Facilitator 講者	Ms. Aster Lo (Registered Nurse) 盧雁鳴姑娘（註冊護士）	Designed for 對象	Volunteers of CancerLink HKI 港島癌協義工
Language 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

Embroidery for Love 錦「繡」良「圓」

C122

Learn embroidery techniques in this workshop and present the product of your work to your loved one.
透過一針一線於刺繡圈內的布上刺出不同圖案，將製成品送給你的摯愛。

Date 7–21 July 2017 (Every Friday, 3 sessions)
日期 2017年7月7日至21日 (逢星期五, 共3節)

Time 12:00noon – 1:30pm
時間 中午12:00 – 下午1:30

Facilitator Ms. Mimi Chan
講者 陳慧嫻女士

Designed for Those with cancer who diagnosed within the last two years (15 participants)
對象 確診兩年內癌症患者 (15位)

Language Cantonese
語言 廣東話

Remarks
備註

1. Only for first time participants.
2. Five quotas will be reserved to those who have completed "Five Health Facts You Should Know".

1. 適合未曾參加過此班之患者。
2. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。

Wellness and Holistic Health Care 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音，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. For Wellness Programmes, each applicant can enroll in a maximum of 10 programmes at our four CancerLink support centres (5 confirmed spaces, 5 on the wait-list).
2. For programmes with a hash (#) next to the programme name, this means that they are from the same category and an applicant may only enroll in one programme from each category.
3. Unless otherwise specified, 50% of each wellness programme quota will be prioritised for those diagnosed in or after 2014.
4. To create a quiet environment, please arrive 10 minutes before class begins. **Entry is not permitted once a class has started.**

注意事項：

1. 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4間癌協中心合共10項身心靈健康課程，當中最多5項正選，5項候補。
2. 如在當中註有#的課程，代表是同屬一種性質的活動，服務使用者只可以在該類性質中選取一項活動參與。
3. 除指定課程外，50%的身心靈健康課程名額將優先分配給2014年或以後的確診患者。
4. 為幫助出席者安頓身心，請於開課前10分鐘到達，遲到者不得進入，敬請包容體諒。

Transform Your Emotions Workshop – CancerLink (Kwai Chung)

NEW

K160

快速轉化情緒工作坊 — 癌協 (葵涌)

Enrollment date starts 13 June, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為6月13日，請致電癌協 (葵涌)：3667 3232

Weekend workshop, priority for users who work.

周六課程，適合在職患者參加。

Our emotions remind us to respect our true needs, find inner strength, let go of expectations and learn to love and forgiveness. Only when we can be comfortable with our emotions will be able to experience growth and love. In this guided workshop, participants will experience the transformation of emotions and gain practical methods to help find inner strength and connect with beautiful qualities which may have been unnoticed in the past.

看似負面的情緒，其實是生命的禮物，提醒我們要放下別人的目光與期望，尊重自己真正的需要。唯獨善用情緒，才有可能體驗到生命真正的突破和愛。透過工作坊的練習，參加者能即時轉化情緒，找回自己的內在力量，發現許多自己未知的美麗特質，並學懂善用內在資源，創造幸福。

Date 日期	8 July 2017 (Saturday) 2017年7月8日 (星期六)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Speaker 講者	Mr. Wah Shan Chou (Founder of Dreams Possible Community) 周華山先生 (自在社創辦人)	Designed for 對象	Those with cancer and their family members (80 participants, 40 seats for those who are diagnosed during or after the year of 2014 and 10 seats for their family members; 30 seats for those who are diagnosed before 2013) 癌症患者及家屬 (80位 - 2014年或以後確診患者40位及家屬10位；2013年或以前確診患者30位)
Language 語言	Cantonese 廣東話		

Healing through Breathwork and Meditation – CancerLink (Kwai Chung)

NEW

K167

靜坐與呼吸療愈工作坊 — 癌協 (葵涌)

Enrollment date starts 13 June, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為6月13日，請致電癌協 (葵涌)：3667 3232

Learn to practice breathing techniques and meditation techniques for deeper relaxation and healing.
學習正確的呼吸方法。透過幾種呼吸法的練習及靜坐，帶來身心深層的放鬆與療愈。

Date 日期	14 July 2017 (Friday) 2017年7月14日 (星期五)	Time 時間	10:00am – 5:00pm 上午10:00 – 下午5:00
Facilitator 導師	Mr. Kapil Rajiv	Designed for 對象	Those with cancer (30 participants) 癌症患者 (30位)
Remarks 備註	Please arrange your own simple lunch. 學員請自理午餐。	Language 語言	English 英語

Yoga for Beginners# 初階瑜伽

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伽式子和呼吸法，伸展肌肉筋骨，達到內心平靜。

Class A A班	Pure Fitness Causeway Bay 銅鑼灣	C136	
Date 日期	18 July to 19 September 2017 (Tuesdays, 10 sessions) 2017年7月18日至9月19日 (逢星期二，共10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	Those with cancer (49 participants) 癌症患者 (49位)
Location 地點	Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (Near 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 (近港鐵銅鑼灣站A出口)	Language 語言	Cantonese/English 廣東話/英語
Class B B班	Quarry Bay 鯪魚涌	C137	
Date 日期	19 July – 20 September 2017 (Wednesdays, 10 sessions) 2017年7月19日至9月20日 (逢星期三，共10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	Those with cancer (45 participants) 癌症患者 (45位)
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 鯪魚涌體育館舞蹈室 – 鯪魚涌街38號鯪魚涌市 政大廈6樓 (近港鐵鯪魚涌站A出口或太古城站 B出口，步行約9分鐘)	Language 語言	Cantonese 廣東話
Class C C班	Pure Yoga The Centrium Pure Yoga 中央廣場	C138	
Date 日期	21 July – 22 September 2017 (Fridays, 10 sessions) 2017年7月21日至9月22日 (逢星期五，共10節)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Ms. Pat Fong 方燕媚女士	Designed for 對象	Those with cancer (50 participants) 癌症患者 (50位)
Location 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance) Pure Yoga 中央廣場 - 中環雲咸街60號中央廣場 16樓(近港鐵中環站D1出口，步行約9分鐘)	Language 語言	Cantonese/English 廣東話/英語
Class D D班	Quarry Bay 鯪魚涌 (Weekend class, priority for users who work 周六課程，適合在職患者參加)	C139	
Date 日期	22 July – 23 September 2017 (Saturdays, 10 sessions) 2017年7月22日至9月23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. Candy So 蘇靖棋女士	Designed for 對象	Those with cancer (45 participants) 癌症患者 (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 (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 鯪魚涌體育館舞蹈室 – 鯪魚涌街38號鯪魚涌市 政大廈6樓 (近港鐵鯪魚涌站A出口或太古城站 B出口，步行約9分鐘)		

Pink Yoga – Quarry Bay # 乳癌患者瑜伽 — 鰂魚涌

C140

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

溫和的瑜伽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
日期 19 July – 20 September 2017
(Wednesdays, 10 sessions)
2017年7月19日至9月20日 (逢星期三，共10節)

Time
時間 4:40pm – 6:00pm
下午4:40 – 6:00

Facilitator
導師 Ms. May Chan
陳兆媚女士

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

Location
地點 Dance Room, Quarry Bay Sports Centre – 6/F,
Quarry Bay Municipal Services Building, 38 Quarry
Bay Street (Near MTR Quarry Bay Station Exit A or
Taikoo Shing Station Exit B, around 9 minutes
walking distance)
鰂魚涌體育館舞蹈室 - 鰂魚涌街38號鰂魚涌市
政大廈6樓 (近港鐵鰂魚涌站A出口或太古城站
B出口，步行約9分鐘)

Language
語言 Cantonese
廣東話

Remarks
備註 Please bring your own elastic exercise band or
purchase one at CancerLink HK Island Support
Centre prior to the first session.
須使用橡筋帶練習，請自備或於開課前到港島
癌協購買。



Yin Yoga – Pure Yoga The Centrium # Yin瑜伽 — Pure Yoga 中央廣場

C141

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伽動作，通過深長的伸展來探索身體的潛在能量。

Date
日期 17 July – 18 September 2017 (Mondays, 10 sessions)
2017年7月17日至9月18日 (逢星期一，共10節)

Time
時間 3:00pm – 4:30pm
下午3:00 – 4:30

Facilitator
導師 Ms. Maria Wong

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

Location
地點 Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central
(Near MTR Central Station Exit D1, around 9 minutes walking distance)
Pure Yoga 中央廣場 – 中環雲咸街60號中央廣場16樓 (近港鐵中環站D1出口，步行約9分鐘)

Language
語言 Cantonese/English
廣東話/英語



Therapeutic Yoga – Pure Fitness Soho 治療瑜伽 — Pure Fitness 蘇豪

C142

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 日期 20 July – 21 September 2017 (Thursdays, 10 sessions)
2017年7月20日至9月21日 (逢星期四，共10節)

Time 時間 3:00pm – 4:30pm
下午3:00 – 4:30

Facilitator 導師 Mr. Anjan Kundu

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

Location 地點 Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance)
Pure Fitness 蘇豪 - 中環荷李活道32號建業榮基中心3樓 (近港鐵中環站D2出口，步行約10分鐘)

Language 語言 English
英語

Yoga Capsule for Lunch – Far East Consortium Building, Central

C143

午間瑜伽 — 中環遠東發展大廈

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伽最大的效益。

Date 日期 20 July – 21 September 2017 (Thursdays, 10 sessions)
2017年7月20日至9月21日 (逢星期四，共10節)

Time 時間 1:00pm – 1:45pm
下午1:00 – 1:45

Facilitator 導師 Ms. Stacey Lowe

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

Location 地點 Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (Near MTR Central Station Exit B or Sheung Wan Station Exit E1)
中環德輔道中21號遠東發展大廈17樓1701室 (近港鐵中環站B出口或上環站E1出口)

Language 語言 English
英語

Laughter Yoga – Sheung Wan 愛笑瑜伽 — 上環

C144

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 日期 7 July – 18 August 2017 (Fridays, 7 sessions)
2017年7月7日至8月18日 (逢星期五，共7節)

Time 時間 1:10pm – 1:55pm
下午1:10 – 1:55

Facilitator 導師 Mr. Dick Yu
余狄夫先生

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

Location 地點 Dance Room, Sheung Wan Sports Centre - 11/F Sheung Wan Municipal Services Building, 345 Queen's Road Central (Near 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)

Language 語言 Cantonese
廣東話

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

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

C145

瑜伽工作坊 — 改善睡眠 — Pure Yoga 中央廣場

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.

透過瑜伽練習，包括瑜伽體位法、呼吸法和靜坐練習，幫助你進入良好的睡眠狀態。

Date
日期 10 July 2017 (Monday)
2017年7月10日 (星期一)

Time
時間 3:00pm – 4:30pm
下午3:00 – 4:30

Facilitator
導師 Ms. Pat Fong
方燕媚女士

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

Location
地點 Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance)
Pure Yoga 中央廣場 – 中環雲咸街60號中央廣場16樓 (近港鐵中環站D1出口，步行約9分鐘)

Language
語言 Cantonese/English
廣東話/英語

Chair Yoga Workshop – CancerLink HK Island 椅子瑜伽工作坊 — 港島癌協

C146

Designed for people who are not recommended to sit on the floor or stand for long periods, Chair Yoga modifies yoga poses so they can be done while seated. Benefits include improved breathing, stress reduction, better sleep and well-being.

以坐椅為輔助工具的瑜伽，為不方便坐在地板上的患者而設計。除了可以改善呼吸、減少壓力、改善睡眠，同時帶來心靈的平和。

Date
日期 25 July, 1 & 8 August 2017 (Tuesdays, 3 sessions)
2017年7月25日、8月1日及8日
(逢星期二，共3節)

Time
時間 2:00pm – 3:30pm
下午2:00 – 3:30

Facilitator
導師 Ms. Kiki Kong
江錦綏女士

Designed for
對象 Those with cancer (18 participants, especially for those who are not suitable sitting on the floor.)
癌症患者 (18位，特別適合不方便坐在地板上的患者參加)

Language
語言 Cantonese
廣東話

Yoga Workshop – Mindful Practice with Iyengar Yoga – Enlarge Your Inner Space – Central 艾揚格瑜伽工作坊 — 內觀練習 — 中環

C147

(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.

以艾揚格瑜伽方法練習，強化身心。工作坊將不僅是復元的練習，更整合身心的融和。

Date
日期 21 and 28 July 2017 (Fridays, 2 sessions)
2017年7月21及28日 (星期五，共2節)

Time
時間 7:00pm – 9:00pm
晚上7:00 – 9:00

Facilitator
導師 Ms. Karen Lam
林佩芳女士

Designed for
對象 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。(25位，在職患者優先)

Location
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)

Language
語言 Cantonese
廣東話

Meditation – Far East Consortium Building, Central 靜坐班 — 中環遠東發展大廈

C148

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。

Date 日期 19 July – 20 September 2017
(Wednesdays, except 6 September, 9 sessions)
2017年7月19日至9月20日
(逢星期三，9月6日除外，共9節)

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

Designed for 對象 Those with cancer (30 participants)
癌症患者 (30位)

Facilitator 導師 Ms. S. K. Maddox
薛曉光女士

Language 語言 Putonghua/English
普通話/英語

Location 地點 Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (Near MTR Central Station Exit B or Sheung Wan Station Exit E1)
中環德輔道中21號遠東發展大廈17樓1701室
(近港鐵中環站B出口或上環站E1出口)

Chanting – Pure Fitness Admiralty 頌唱班 — Pure Fitness 金鐘

C149

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.

透過頌唱舒緩情緒，利用聲音震動產生的能量達到自我療愈，得到內心的安靜。

Date 日期 19 July – 20 September 2017
(Wednesdays, 10 sessions)
2017年7月19日至9月20日 (逢星期三，共10節)

Time 時間 3:15pm – 5:00pm
下午3:15 – 5:00

Designed for 對象 Those with cancer (30 participants)
癌症患者 (30位)

Facilitator 導師 Ms. S. K. Maddox
薛曉光女士

Language 語言 Putonghua/English
普通話/英語

Venue 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)

Tibetan Singing Bowls Healing Workshop 西藏頌鉢療愈工作坊

Tibetan singing bowls are 'struck and sung' in specific rhythmic patterns to create sound harmony. As the bowls vibrate, they send waves through the body, leading to relaxation and slowed respiration, brain and heart rates, and inducing a deep meditative state of self-healing. Many experience a deep sense of well-being.

透過敲擊西藏頌鉢的外緣，經由震波發出的自然能量，幫助身體放鬆，同時平衡及調和身心、舒緩疼痛，並進入深層冥想狀態和促進自我療愈。

Date/Time 日期/時間 **C150**
Workshop A 工作坊 A:
5 September 2017 (Tuesday) 4:15pm – 6:00pm
2017年9月5日 (星期二) 下午4:15 – 6:00

Facilitator 導師 Ms. Mona Choi
蔡雅玲女士

Designed for 對象 Those with cancer (15 participants per workshop – priority will be given to those enrolling for the first time)
癌症患者 (每班15位，首次參加者優先)

C151
Workshop B 工作坊 B:
12 September 2017 (Tuesday) 4:15pm – 6:00pm
2017年9月12日 (星期二) 下午4:15 – 6:00

Language 語言 Cantonese
廣東話

C152
Workshop C 工作坊 C:
19 September 2017 (Tuesday) 4:15pm – 6:00pm
2017年9月19日 (星期二) 下午4:15 – 6:00

Remarks 備註

1. Wear warm and comfortable clothes that have no buttons or metal and bring a scarf to keep warm.
2. Avoid wearing windbreaker or nylon clothing.
3. Can enroll only one Tibetan Singing Bowls Healing Workshop.

C153
Workshop D 工作坊 D:
26 September 2017 (Tuesday) 2:00pm – 3:45pm
2017年9月26日 (星期二) 下午2:00 – 3:45

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 Pure Yoga Quarry Bay 鰂魚涌

Date 日期 18 July – 19 September 2017 (Tuesdays, 10 sessions)
2017年7月18日至9月19日 (逢星期二，共10節)

Facilitator 導師 Ms. Jessie Lee
李惠芳女士

Location 地點 Pure Yoga Quarry Bay – 4/F, Lincoln House, Taikoo Place, 979 King's Road, Quarry Bay (Near 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 (近港鐵鰂魚涌站A出口或太古坊站B出口)

Time 時間 **Class A A班** 2:00pm – 2:55pm
下午2:00 – 2:55

C154

Class B B班 3:00pm – 3:55pm
下午3:00 – 3:55

C155

Designed for 對象 Those with cancer (23 participants per class)
癌症患者 (每班23位)

Language 語言 Cantonese/English
廣東話/英語

Class C C班 Sheung Wan 上環

C156

Date 日期 21 July – 22 September 2017 (Fridays, 10 sessions)
2017年7月21日至9月22日 (逢星期五，共10節)

Facilitator 導師 Ms. Jessie Lee
李惠芳女士

Location 地點 Dance Room, Sheung Wan Sports Centre – 11/F Sheung Wan Municipal Services Building, 345 Queen's Road Central (Near 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)

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

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

Language 語言 Cantonese/English
廣東話/英語

Class D D班 Pure Fitness Soho 蘇豪

C157

Date 日期 21 July – 22 September 2017 (Fridays, 10 sessions)
2017年7月21日至9月22日 (逢星期五，共10節)

Facilitator 導師 Ms. Chang Hsiu Yun
張岫雲女士

Location 地點 Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance)
Pure Fitness 蘇豪 - 中環荷李活道32號建業榮基中心3樓 (近港鐵中環站D2出口，步行約10分鐘)

Time 時間 3:30pm – 5:00pm
下午3:30 – 5:00

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

Language 語言 Cantonese/Putonghua
廣東話/普通話

Remarks 備註

1. Wear loose and comfortable clothing. Please bring your own elastic exercise band or purchase one at CancerLink HK Island Support Centre 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

C158

Consortium Building, Central 傾聽身體的聲音 — 魁根斯方法® — 中環遠東發展大廈

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 日期	4 – 25 July 2017 (Tuesdays, 4 sessions) 2017年7月4日至25日 (逢星期二，共4節)	Time 時間	11:15am – 12:45pm 上午11:15 – 下午12:45
Facilitator 導師	Mr. Sean Curran 紀文舜先生	Designed for 對象	Those with cancer (18 participants) 癌症患者 (18位)
Language 語言	English with Cantonese translation 英語，附以廣東話翻譯		
Location 地點	Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (Near MTR Central Station Exit B or Sheung Wan Station Exit E1) 中環德輔道中121號遠東發展大廈17樓1701室 (近港鐵中環站B出口或上環站E1出口)		
Remarks 備註	<ol style="list-style-type: none"> 1. Wear warm and comfortable clothing. 2. HK\$300 deposit is required on or before 29 Jun 2017 if your enrollment is successful. You can pay cash to CancerLink (Kwai Chung) or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "The Feldenkrais Method". Address: 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories. 3. The deposit will be refunded upon attendance rate over 75%. If attendance rate is below 75%, the deposit will be donated to the Cancer Fund, and is not refundable. <p>1. 須穿著舒適保暖的衣服。</p> <p>2. 成功報名者，請於6月29日前繳交港幣300元按金。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「魁根斯方法」地址：葵涌大連排道132-134號TLP132三樓。</p> <p>3. 課程出席率達75%之學員將獲全數退回按金。<u>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。</u></p>		

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，練習者如能堅持恆常鍛鍊，能增進身心健康。

Shek Tong Tsui 石塘咀

C159

Date 日期	20 July – 21 September 2017 (Thursdays, 10 sessions) 2017年7月20日至9月21日 (逢星期四，共10節)	Time 時間	10:00am – 10:55am 上午10:00 – 10:55
Facilitator 導師	Ms. Milky Ng 伍妙奇女士	Designed for 對象	Those with cancer (30 participants – priority for first time participants) 癌症患者 (30位，首次參加者優先)
Location 地點	Dance Room, Shek Tong Tsui Sports Centre – 5/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West (Near MTR HKU Station Exit B1, around 8 minutes walking distance) 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)	Language 語言	Cantonese 廣東話

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

C160

Date 日期	22 July – 23 September 2017 (Saturdays, 10 sessions) 2017年7月22日至9月23日 (逢星期六，共10節)	Time 時間	8:00am – 8:55am 上午8:00 – 8:55
Facilitator 導師	Mr. Suen Kwai Ping 孫貴平先生	Designed for 對象	Those with cancer (40 participants – priority for the first time participant) 癌症患者 (40位，首次參加者優先)
Location 地點	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.) 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 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> 1. Wear loose, comfortable clothing and light kung-fu shoes. 2. Enroll only one qigong class. <p>1. 穿著輕巧布面膠底鞋、闊身運動褲及運動衣。</p> <p>2. 只能選報一個氣功班。</p>		

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。

Shek Tong Tsui 石塘咀

C161

Date 日期	20 July – 21 September 2017 (Thursdays, 10 sessions) 2017年7月20日至9月21日 (逢星期四，共10節)	Time 時間	11:00am – 11:55am 上午11:00 – 11:55
Facilitator 導師	Ms. Milky Ng 伍妙奇女士	Designed for 對象	Those with cancer and with Ba Duan Jin experience (30 participants) 曾參加八段錦之癌症患者 (30位)
Location 地點	Dance Room, Shek Tong Tsui Sports Centre – 5/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West (Near MTR HKU Station Exit B1, around 8 minutes walking distance) 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)	Language 語言	Cantonese 廣東話

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

C162

Date 日期	22 July – 23 September 2017 (Saturdays, 10 sessions) 2017年7月22日至9月23日 (逢星期六，共10節)	Time 時間	9:00am – 9:55am 上午9:00 – 9:55
Facilitator 導師	Mr. Suen Kwai Ping 孫貴平先生	Designed for 對象	Those with cancer and with Ba Duan Jin experience (45 participants) 曾參加八段錦之癌症患者 (45位)
Location 地點	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.) 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 語言	Cantonese 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 – Practice Session – Wanchai 養生氣功 — 重溫練習 — 灣仔

C163

This is a practice session for those who have attended the Relaxing and Rejuvenating Energy Healing classes previously. The aim is to encourage and support practitioners to continue their practice and enhance their well-being. During the class, the teacher will lead practice, answer questions and ask participants to share experiences. 讓曾參加養生功的學員重溫課堂重點，回答練習問題，並鼓勵學員繼續恆常鍛鍊，增進身心健康。

Date 日期	8 July – 9 September 2017 (Saturdays, 10 sessions) 2017年7月8日至9月9日 (逢星期六，共10節)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 導師	Ms. Dawn Zhao 趙文曉女士	Designed for 對象	Those with cancer and who have participated in Relaxing and Rejuvenating Energy Healing Practice (18 participants) 只限曾參加此養生氣功班的癌症患者 (18位)
Location 地點	Room 704, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wan Chai (near MTR Wan Chai Station Exit C or Admiralty Station Exit D) 灣仔駱克道3號小童群益會總部704室 (近港鐵 灣仔站C出口或金鐘站D出口)	Language 語言	Putonghua/Cantonese 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 half an hour daily. 3. Enroll only one qigong class. 1. 穿輕巧布面膠底鞋，闊身運動褲及運動衣。 2. 參加者需每天練習半小時。 3. 只能選報一個氣功班。		

Yi Jin Bang – CancerLink HK Island 易筋棒 — 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

C164

Date
日期 6 – 27 July 2017 (Thursdays, 4 sessions)
2017年7月6至27日 (逢星期四，共4節)

Time
時間 12:15pm – 1:15pm
下午12:15 – 1:15

Facilitator
導師 Ms. Leung Mei Ling
梁美玲女士

Class B B班

C165

Date
日期 3 – 24 August 2017 (Thursdays, 4 sessions)
2017年8月3至24日 (逢星期四，共4節)

Time
時間 12:15pm – 1:15pm
下午12:15 – 1:15

Facilitator
導師 Ms. Ip Kin Ning
葉建寧女士

Language
語言 Cantonese
廣東話

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

Remarks
備註

1. Please bring two sets of old newspapers to make the Yi Jin Bang.
2. Enroll only one Yi Jin Bang class.
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班。

Zentangle Workshop – CancerLink HK Island 禪繞畫體驗工作坊 — 港島癌協

C166

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 ALL sessions 名額只提供給能夠全程參與者

Date
日期 7, 14 & 21 July 2017 (Fridays, 3 sessions)
2017年7月7、14及21日 (星期五，共3節)

Time
時間 3:30pm – 5:30pm
下午3:30 – 5:30

Facilitator
導師 Mr. Dick Yu
余狄夫先生

Designed for
對象 Those with cancer (18 participants – for first-time participants only)
癌症患者 (18位，只限首次參加者)

Language
語言 Cantonese
廣東話

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



Bring Some Juice into Your Life! – CancerLink HK Island 健康蔬果汁工作坊

C168

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

Juicing can benefit health and wellness. Learn about ingredients; how to prepare fruit and veggies for juicing or smoothies. Demonstrations will be lots of fun with plenty of tasting so you can nourish body and mind with interesting combinations.

如何在家中輕鬆自製新鮮健康的蔬果汁？工作坊將介紹不同鮮材和配料的基本知識；示範製作蔬果汁，分享不同食材的配合，對身心健康的益處。讓我們一起品嚐美味的蔬果汁，享受當下的樂趣！

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

Time
時間 2:00pm – 5:00pm
下午2:00 – 5:00

Facilitator
導師 Ms. Sandra Carvajal

Designed for
對象 Those with cancer (22 participants)
癌症患者 (22位)

Language
語言 English
英語

Talk: Food That Cheers You Up – CancerLink HK Island

NEW

C167

越食越開心的食物講座 — 港島癌協

There are many ways to find happiness and food is one of them. In this talk, the speaker will introduce food that can cheer you up in everyday life! 其實令自己開心有好多方法，但大家又知不知道原來有很多食物都可以令人開心愉心呢？這個講座將會介紹這些越食越開心的食物，這樣日日都會係 Happy Day 啦！

Date
日期 2 August 2017 (Wednesday)
2017年8月2日 (星期三)

Time
時間 4:00pm – 5:00pm
下午4:00 – 5:00

Speaker
講者 Ms. Shan Wong
黃翠珊女士 (營養學家)

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

Language
語言 Cantonese
廣東話



DIY Natural Detergent for Household – CancerLink HK Island

DIY 天然家居清潔劑工作坊 — 港島癌協

Why not try home-made natural detergent for the regular clean-up? You can avoid chemical materials which are harmful to your health as well as to the environment. In this workshop, the facilitator 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。

Date/Time
日期/時間

C169

Workshop A 工作坊 A:

6 July 2017 (Thursday) 2:00pm – 4:00pm
2017年7月6日 (星期四) 下午2:00 – 4:00

C170

Workshop B 工作坊 B:

21 September 2017 (Thursday) 10:00am – 12:00noon
2017年9月21日 (星期四) 上午10:00 – 中午12:00

Facilitator
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)

Designed for
對象

Those with cancer (22 participants)
癌症患者 (22位)

Language
語言

Cantonese
廣東話

Remarks
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)。

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

心靈的宴會 — 以書聚友 — 港島癌協

C171

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
日期 26 July, 9 & 23 August, 6 & 20 September 2017
(Wednesdays, 5 sessions)
2017年7月26、8月9及23日，9月6及20日
(星期三，共5節)

Facilitator
導師 Ms. S.K. Maddox
薛曉光女士

Language
語言 Putonghua
普通話

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

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

Inner Healing 能量治療

One on one support lets you experience healing therapy focused on primary respiration using therapeutic touch.
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。

Date 日期	C123 Group A A班： 17, 31 July; 14, 28 August and 11 September 2017 2017年7月17及31日；8月14及28日；9月11日	Time 時間	11:30am – 1:00pm 上午11:30 – 下午1:00
	C124 Group B B班： 24 July; 7, 21 August; 4, 18 September 2017 2017年7月24日；8月7及21日；9月4日及18日	Designed for 對象	Cancer patients (7 participants per group) 癌症患者（每組7位）
Facilitator 導師	Pervin Shroff, Soonie Gander	Language 語言	English 英語
		Remarks 備註	Each participant would be arranged 15 minutes one on one therapeutic touch. 每位參加者將會安排不同時段接受15分鐘的治療。

Help yourself to find comfort & inner peace 「如何令內心平安」講座

C125

This workshop explores breathing techniques and self-help tips which participants can use to bring the physical, mental, emotional & spiritual parts of their bodies into balance.
透過學習呼吸方法及自助小貼士，自我放鬆，達至身心靈平衡。

Date 日期	25 September 2017 (Monday) 2017年9月10日 (星期一)	Time 時間	11:30am – 1:00pm 上午11:30 – 下午1:00
Facilitator 導師	Pervin Shroff, Soonie Gander	Designed for 對象	Cancer patients (20 participants) 癌症患者（20位）
Language 語言	English 英語	Remarks 備註	Priority is given to those who have previously joined one on one “Inner Healing”. 曾參與一對一「能量治療/氣功治療」的患者優先

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
Gong Bath Healing Workshop 銅鑼聲音療愈工作坊	K170 K171	Kwai Chung 葵涌
Mandala Workshop – Prince Edward Mandala繪畫療愈工作坊 — 太子花墟	K181	
Chen's Taiji in 11 Forms 陳式太極簡易11式	K175	
Meditation Workshop 靜坐工作坊	K168	
OM Chanting Workshop OM 頌唱工作坊	K169	
Eat Wise Cooking Workshop Eat Wise智營烹飪工作坊系列	K184 K185 K186 K187 K188	

Community Support 社區支援

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, Hong Kong Island, 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).

我們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，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。

Pamela Youde Nethersole Eastern Hospital New Case Orientation

東區尤德夫人那打素醫院新症簡介會

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

July programme 七月簡介會

C126

Date 19 July 2017 (Wednesday)
日期 2017年7月19日（星期三）

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

September programme 九月簡介會

C127

Date 20 September 2017 (Wednesday)
日期 2017年9月20日（星期三）

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

Facilitator 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 於東區尤德夫人那打素醫院的新症癌症患者

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

Language Cantonese
語言 廣東話

Enquiry Mr. Tommy Liang
查詢 梁國良先生

PYH Gynecological Cancer New Case Orientation 東區醫院婦科癌新症分享會

C128

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 1, 22 August; 19 September 2017 (All Tuesday)
日期 2017年8月1及22日，9月19日（星期二）

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

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 於港島東聯網區之醫院確診的新婦科癌症患者

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

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

Chinese Medicine and Pain Management Talk 中醫與痛症處理

C129

In this talk, you'll learn how to manage the pain and numbness caused by cancer using traditional Chinese medicine.
由中醫師講解如何以中醫角度協助患者處理與癌症相關的疼痛及麻痺症狀。

Date 日期	8 July 2017 (Saturday) 2017年7月8日 (星期六)	Time 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
Facilitator 講者	Mr. Chan (Registered Chinese Medicine Practitioner from Yan Chai Hospital cum HKBU Chinese Medicine Clinic cum Training and Research Center 陳啟賢中醫師 (仁濟醫院暨香港浸會大學中醫診所及臨床教研中心註冊中醫師))	Designed for 對象	Those with cancer and family member 癌症患者及其家屬
Location 地點	Lecture Theatre, 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147B)	Language 語言	Cantonese 廣東話
		Remarks 備註	1. Enrollment will take place one month before the talk. 2. Co-organizer: Cancer Patient Resource Centre of public hospitals. 1. 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。 2. 七間腫瘤科醫院的癌症病人資源中心。

Cope with Fear of Relapse 超越復發的恐懼

C130

In this talk, you'll learn how to cope with the fear of relapse and to adjust psychologically to your situation.
從心理層面，講解如何適應癌症的治療過程，並學習如何面對恐懼復發的心理壓力。

Date 日期	26 August 2017 (Saturday) 2017年8月26日 (星期六)	Time 時間	9:45am – 11:45am 上午9:45 – 11:45
Facilitator 講者	Dr. Hung, Clinical Psychologist in Queen Mary Hospital 孔淑薇博士 (瑪麗醫院臨床心理學家)	Designed for 對象	Those with cancer and family member 癌症患者及其家屬
Location 地點	Lecture Theatre, Hong Kong Central Library (66 Causeway Road, Causeway Bay, Hong Kong) 香港中央圖書館演講廳 (香港銅鑼灣高士威道66號)	Language 語言	Cantonese 廣東話
		Remarks 備註	1. Enrollment will take place one month before the talk. 2. Co-organizer: Cancer Patient Resource Centre of public hospitals. 1. 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。 2. 七間腫瘤科醫院的癌症病人資源中心。

Will and Legacy 平安紙與財產管理

C131

This talk provides information on preparing your wills and legacy.
此講座將跟你分享平安紙的訂立及法律效用、無訂立遺囑去世者的遺產分配和有關嚴重病況病人的財產管理。

Date 日期	9 September 2017 (Saturday) 2017年9月9日 (星期六)	Time 時間	10:00am – 12:00pm 上午10:00 – 中午12:00
Facilitator 講者	Mr. S. T. Cheng (Solicitor) 鄭瑞泰律師	Designed for 對象	Those with cancer and family member 癌症患者及其家屬
Location 地點	Lecture Theatre, 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147B)	Language 語言	Cantonese 廣東話
		Remarks 備註	1. Enrollment will take place one month before the talk. 2. Co-organizer: Cancer Patient Resource Centre of public hospitals. 1. 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。 2. 七間腫瘤科醫院的癌症病人資源中心。

Friends of CancerLink

癌協之友

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「抗癌路上不孤單」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患者自助組織，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。



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

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

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

CancerLink Support Centre, Hong Kong Island 港島癌協服務中心
2201-03, China United Centre, 28 Marble Road, North Point 北角馬寶道28號華匯中心2201-03室

TEL 電話：3667 3030
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WEBSITE 網址：www.cancer-fund.org/cancerlink