



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

January – March  
一月 – 三月 2018



Photos from 'U-Link' 相片由'U-Link'提供

## Expand New Horizons – Reopen of the Center

Existing local psycho-oncology research focuses mainly on distress and pathology after the diagnosis of cancer; little is known about the growth of patients after the cancer experience. In 2003, a local study was done first time to investigate the phenomenon of posttraumatic growth among Chinese cancer survivors. Posttraumatic growth refers to positive changes or transformation, i.e. a higher level of function in some life domains, which people report experiencing following a traumatic event (Ho et al., 2003). The results of this study show that Chinese cancer patients report positive changes in four areas: self, interpersonal, spiritual and life orientation. Change in life orientation represents a change in life priorities, taking life easier and enjoying it more.

By offering free information and support, Hong Kong Cancer Fund's services not only address symptoms of physical and psychological distress, but we also address all aspects of life with cancer. Our team of multidisciplinary professionals work to promote psychological well-being, cultivate a positive mindset, develop healthier choices for diet and exercises and much more. We encourage our users to put their learning into practice, and until they become a daily habit. Our services strive to stay beside you as you board your outlook on life and all its possibilities!

We are excited to announce that we will be keeping our new North Point premise and will continue to provide services through 2018 and beyond. We can also share that our center in Central has now reopened following renovations! We look forward to seeing you at a CancerLink support centre soon, and hope you will join us as we broaden our outlook and explore all of life's possibilities!

## 拓展新里程 — 重開中環中心會址

癌症經歷如何影響我們的生命？於2003年，本地首次有研究量度癌症經驗對個人生命的影響，並分別從個人層面、人際關係、靈性方面及生命導向擁有正面等不同範疇作分析。當中生命導向包括改變我們生命中的優先次序，較願意嘗試去改變及懂得欣賞及珍惜每一天。

癌症基金會的免費支援服務，除了與患者同行，透過傳遞最新健康資訊，協助患者及其家屬處理症狀及心理困擾外，更希望協助受癌症影響的朋友學習處理情緒、培養良好的飲食及運動習慣等，以達到全面的健康生活。我們希望讓患者把健康習慣變為興趣，實踐在日常生活當中，開拓生命不同層面，從而活得更豐盛滿足！

踏入2018，我們很高興能與大家分享北角癌協服務中心將繼續於北角現址為大家提供服務，另一方面，中環癌協服務中心修繕的地方於裝修工程後亦已重新於中環中心投入服務！未來日子，我們必定會繼續與大家共同探索生命中不同的可能性，在抗癌路上彼此同行！

CancerLink Support Centre, North Point  
北角癌協服務中心

### Enrollment date starts:

14 December 2017 (Thursday)  
from 9:00am onwards

接受報名日期：

2017年12月14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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# CancerLink News 癌協中心最新消息

Starting from December 2017, CancerLink Support Centre, Central is resuming operation, please come and visit our 5 Centre.

由2017年12月份開始，香港癌症基金會屬下中環癌協服務中心將重新投入服務。各癌協中心的地址及服務時間如下：

## Wong Tai Sin 黃大仙

Unit 2-8, Wing C,  
G/F, Lung Cheong House,  
Lower Wong Tai Sin (II) Estate,  
Kowloon

九龍黃大仙下邨(二區)  
龍昌樓地下C翼2-8號  
Tel 電話：3656 0700

### Opening hours

Monday, Tuesday & Thursday: 9am-10pm  
Wednesday, Friday & Saturday: 9am-6pm  
Sunday & Public holidays: Closed

### 辦公時間

星期一、二、四：  
上午九時至晚上十時  
星期三、五、六：  
上午九時至下午六時  
星期日及公眾假期休息



## North Point 北角

Room 2201-03, 22/F, China United Centre,  
28 Marble Road, North Point, Hong Kong

北角馬寶道28號華匯中心2201-03室  
Tel 電話：3667 3030

### Opening hours

Monday to Saturday:  
9am-6pm  
Sunday & Public holidays:  
Closed

### 辦公時間

星期一至六：  
上午九時至下午六時  
星期日及公眾假期休息



## Central 中環

Unit 5, Ground Floor, The Center,  
99 Queen's Road, Central, Hong Kong

中環皇后大道中99號中環中心地下5號室  
Tel 電話：3667 3131

### Opening hours

Monday to Friday:  
9am-6pm  
Saturday, Sunday & Public  
holidays: Closed

### 辦公時間

星期一至五：  
上午九時至下午六時  
星期六、日及公眾假期休息



## Tin Shui Wai 天水圍

Shop 201C, 2/F Phase 2, Fortune Kingswood,  
12-18 Tin Yan Road,  
Tin Shui Wai, New Territories

新界天水圍天恩路12-18號  
置富嘉湖二期二樓201C  
Tel 電話：3919 7070

### Opening hours

Monday to Thursday & Saturday: 9am-6pm  
Friday: 9am-10pm  
Sunday & Public holidays: Closed

### 辦公時間

星期一至四及星期六：  
上午九時至下午六時  
星期五：上午九時至晚上十時  
星期六、日及公眾假期休息



## Kwai Chung 葵涌

3/F TLP132, 132-134 Tai Lin Pai Road,  
Kwai Chung, New Territories

葵涌大連排道132-134號  
TLP132三樓  
Tel 電話：3667 3232

### Opening hours

Monday to Tuesday, Thursday to Saturday:  
9am-6pm  
Wednesday: 9am-10pm  
Sunday & Public holidays: Closed

### 辦公時間

星期一至二、四至星期六：  
上午九時至下午六時  
星期三：上午九時至晚上十時  
星期日及公眾假期休息



# 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。



## Enrollment Rules:

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 enrollment rules will include:

Wellness and Holistic Health Care Programmes* (Page 24-43)	Maximum 5 confirmed spaces and 5 wait-list spaces across all CancerLink Centres.	For programmes with a hash (#) next to the programme name or stated "enroll only one specific class/workshop" in remarks column, this means that they are from the same category and an applicant may only enroll in one programme from each category across all CancerLinks.  Except the specific programmes, 50% of wellness programmes quota will be prioritized for those who are diagnosed in or after 2014.
Other programmes*	Maximum 5 confirmed spaces and 5 wait-list spaces across all CancerLink Centres.	For programmes with a hash (#) next to the programme name or stated "enroll only one specific class/workshop" in remarks column, this means that they are from the same category and an applicant may only enroll in one programme from each category across all CancerLinks.

\* Programmes include weekly classes, workshops and other activities.

4. Participants should inform the centre if they are unable to attend a session of a programme. 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 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.**

## 報名須知：

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，包括所有課程、工作坊或其他活動。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所有癌協中心合共：

身心靈健康活動 (24-43頁)	最多五項正選及五項候補	註有#的活動，或於『備註』寫明 <b>只能選報一個該類活動</b> ，意即只可於所有癌協中心，選報一個該類性質的活動。  除指定活動外，50%的身心靈健康活動名額將 <b>優先分配給2014年或以後的確診患者</b> 。
其他活動	最多五項正選及五項候補	註有#的活動，或於『備註』寫明 <b>只能選報一個該類活動</b> ，意即只可於所有癌協中心，選報一個該類性質的活動。

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

## 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.

<b>Designed for</b>	Those with cancer, their family members and volunteers (15 participants)		
<b>Language</b>	English	<b>Enquiry</b>	Ms. Polly Lim
<b>Remarks</b>	The group is designed for those Native English-speakers or those who do not understand Cantonese		

## Make Gratitude an Attitude

C326

Everyday won't be perfect, especially when we are experiencing challenging moments. However, focusing on what we are grateful for tends to wash away feelings of anger and negativity. In addition to improving mood, [recent studies](#) show that feeling and expressing gratitude leads to better physical health as well!

<b>Date</b>	25 January 2018 (Thursday)	<b>Time</b>	7:00pm – 9:00pm
<b>Location</b>	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central	<b>Facilitator</b>	Ms. Polly Lim (Registered Social Worker)

## Latest Advances in Cancer Treatment

C327

Get-up-to-date information on cancer treatments and address concern on medication, side effects and the medical system.

<b>Date</b>	22 February 2018 (Thursday)	<b>Time</b>	7:00pm – 9:00pm
<b>Location</b>	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central	<b>Speaker</b>	Dr. Roland Leung (Associate Consultant, Queen Mary Hospital)

## Outdoor 'Labyrinth' Session

C328

A labyrinth is an age old path of relaxation inspiration and wisdom which has a history of over 3000 years. It is not a maze. It has no dead ends. Walking the labyrinth of life is more about the journey than the destination; about being rather than doing. Come and experience what 'Labyrinth' brings to you for your well-being.

<b>Date</b>	24 March 2018 (Saturday)	<b>Time</b>	8:45am – 1:00pm
<b>Location</b>	Mui Wo, Lantau Island	<b>Facilitator</b>	Ms. Martha Collard

## Survivors' Physical Assessment

C329

High levels of physical activity are associated with longer survival after a cancer diagnosis and a reduced risk of cancer returning. The workshop will help assess your physical state after treatment and suggest appropriate exercises.

<b>Designed for</b>	Those with cancer (20 participants)		
<b>Date</b>	22 March 2018 (Thursday)	<b>Time</b>	10:00am – 12:30pm
<b>Location</b>	English	<b>Facilitator</b>	Registered Physiotherapist
<b>Remarks</b>	1. Priority will be reserved for Native English-speakers or those who do not understand Cantonese. 2. Participants are required to attend the C330 "Survivors' Physical Talk"		

## Survivors' Physical Talk

C330

The talk will help you understand your physical state after treatment, and how to adapt through appropriate exercise.

**Designed for** Those with cancer who have completed active treatment (10 participants)

**Date** 15 March 2018 (Thursday)

**Time** 10:00am – 11:30am

**Location** CancerLink (Central) Unit 5, Ground Floor,  
The Center, 99 Queen's Road Central

**Facilitator** Registered Physiotherapist

**Remarks** Priority will be reserved for Native English-speakers or those who do not understand Cantonese

## CanSurvive Meetings

C331

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.

**Designed for** Those with cancer, survivors, family and health-conscious members

**Date** 17 January, 14 February & 14 March 2018  
(Wednesdays)

**Time** From 12:30pm onwards for an informal chat and  
optional lunch at the club restaurant  
2:00pm – Guest speaker

**Language** English

**Location** Kowloon Cricket Club, 10 Cox's Road, Jordan, Kowloon. (Jordan MTR Exit B)

# 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，提供實際上的支持。

## 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 from cancer. 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
Central 中環	Wednesdays 逢星期三	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Katrina Wu 胡凱嫻姑娘
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. Fiona Yip 葉沛芝姑娘
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
Central 中環	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		
Kwai Chung 葵涌	Fridays 逢星期五		
Tin Shui Wai 天水圍	Tuesdays 逢星期二		

## Learn more About Gynecological cancer 婦科癌新症支援小組

C332

Learn more about screenings, symptoms, diagnostic and treatment trends of gynecologic cancers, and common side effects after treatment. Q&A session.

為剛確診的婦科癌患者提供專業支援，講解有關治療副作用處，減少治療期間的疑問和憂慮，助你踏上康復之路。

**Designed for** Those with gynecologic cancer and their family members, newly diagnosed within 1 year (30 participants)  
**對象** 一年內確診的婦科癌患者及家屬 (30位)

**Date** 12 January 2018 (Friday)  
**日期** 2018年1月12日 (星期五)

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

**Facilitator** Gynecologist  
**講者** 婦科醫生

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

## Preparing for Chemotherapy and Radiotherapy

C333

### 化療及電療前預備教室

Understand the treatment procedures and their side effects so one can actively prepare for the coming treatment and reduce both physical and psychological stress that accompanies these forms of cancer treatment.

讓參加者了解化療及電療的過程及副作用，例如手指麻痺和肚瀉等，讓患者減低生理及心理的壓力。

**Designed for** Those with cancer that require chemo and R/T treatments and their family members, newly diagnosed within 1 year (25 participants)  
**對象** 一年內確診並會接受化療或電療的癌症患者及家屬 (25位)

**Date** 18 January 2018 (Thursday)  
**日期** 2018年1月18日 (星期四)

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

**Facilitator** Ms. Katrina Wu (Registered Nurse)  
**講者** 胡凱桃姑娘 (註冊護士)

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

## Trend in Colorectal Cancer Treatment and its management (post op)

C334

### 大腸癌的治療及控制新方向

Learn about the symptoms, screenings, early detection methods of colon cancer. Investigations and treatment trends of colorectal cancers. 讓參加者了解大腸癌的症狀、檢查方法及治療新趨勢。

**Designed for** Those with colorectal cancer and their family members, newly diagnosed within 1 year (30 participants)  
**對象** 一年內確診的腸癌患者及家屬 (30位)

**Date** 6 February 2018 (Tuesday)  
**日期** 2018年2月6日 (星期二)

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

**Facilitator** Dr. Cindy Wong (Clinical Oncology)  
**講者** 黃麗珊醫生 (臨床腫瘤科醫生)

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協 (中環) 香港中環皇后大道中99號中環中心地下5號室

## Tackling Fingers and Toes Numbness and Tingling 紓緩手腳痺痛有妙法

C335

Improve your quality of life by learning ways to manage numbness and tingling sensations brought about by chemotherapy. 講解化療引起手腳痺痛的原因及處理方法，並教授簡單運動來改善痺痛。

**Designed for** Those with cancer (15 participants diagnosed in or after 2014; 10 participants diagnosed before 2014)  
**對象** 2015年或以後確診(15位)，2015年以前確診(10位)

**Date** 5 March 2018 (Monday)  
**日期** 2018年3月5日 (星期一)

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

**Facilitator** Ms. Katrina Wu (Registered Nurse)  
**講者** 胡凱姚姑娘 (註冊護士)

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協 (中環) 香港中環皇后大道中99號中環中心地下5號室

## Home Tips for Lung Cancer patients 家居照顧肺癌患者的小貼士

C336

Learn important tips on how to care for the different symptoms of lung cancers after surgery and during treatments. 學習如何處理肺癌患者手術及治療後所帶來的不同症狀，及如何紓緩副作用。

**Designed for** Those with lung cancer and their family members (25 participants)  
**對象** 肺癌患者及家屬 (名額25位)

**Date** 20 March 2018 (Tuesday)  
**日期** 2018年3月20日 (星期二)

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

**Facilitator** Ms. Katrina Wu (Registered Nurse)  
**講者** 胡凱姚姑娘 (註冊護士)

**Language** Cantonese  
**語言** 廣東話

## Understanding Osteoporosis in Breast & Gynaecological Cancers'

C338

### 「癌症治療對骨骼的影響 — 乳腺癌及婦科癌症」講座

Osteoporosis is a concern for many breast and gynecological cancer patients. This talk provides information about the cause, prevention and management of this side effect.

很多婦科及乳癌患者會面對骨質疏鬆的問題，講座會講解癌症治療對骨質的影響，介紹其成因、預防及適應方法。

**Designed for** Those with breast or gynecological cancer (25 participants)  
**對象** 乳癌或婦科癌症患者 (25位)

**Date** 27 January 2018 (Saturday)  
**日期** 2018年1月27日 (星期六)

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

**Facilitator** Dr. IP Tai-Pang, Ex-President & Current Council Member, the Osteoporosis Society of Hong Kong  
**講者** 葉大鵬醫生 (香港骨質疏鬆學會前任會長及現任會董)

**Language** Cantonese  
**語言** 廣東話



**Lower Lymphedema Exercise Class**

C339

**下肢淋巴水腫運動班**

Come and learn more about the cause, symptoms, management and exercise relief for lower limbs lymphedema.  
運動班讓你對下肢淋巴水腫的原因、症狀及處理方法有更多認識，亦有機會練習改善下肢淋巴水腫的運動。

**Designed for** Those with gynecological cancer (12 participants, priority will be given to those enrolling for the first time)  
**對象** 婦科癌症患者（12位，首次參加者優先）

**Date** 28 February to 28 March 2018 (Every Wednesday, total 5 sessions)  
**日期** 2018年2月28日至3月28日（逢星期三，共5節）

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

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

**Language** Cantonese  
**語言** 廣東話

**Location** Rm 504-505, Enterprise Building, 228 Queen's Road Central, Sheung Wan  
**地點** 上環皇后大道中228號聯業大廈5樓504-505室

**Five Health Facts that You Should Know**

C340

**不可不知的五個健康真相**

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！

**Designed for** Those with cancer (20 participants, diagnosed in the past five years. Places are offered only to participants who attend ALL sessions)  
**對象** 癌症患者（20位，確診五年內。名額只提供給能夠全程參與者）

**Date** 8 and 15 January 2018 (Every Monday, total 2 sessions)  
**日期** 2018年1月8及15日（逢星期一，共兩節）

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

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

**Language** Cantonese  
**語言** 廣東話

**Muscular Strength and Endurance Workshop**

C341

**徵狀控制系列 — 肌肉強度及耐力適應評估班**

This workshop will help you understand your physical state after treatment, especially your muscular strength and endurance, and how to adapt through appropriate exercise.

協助康復者認識治療後的身體狀況，特別是肌肉強度及耐力狀況，學習適應，並建議適當運動。

**Designed for** Those with cancer (15 participants diagnosed in or after 2015, 10 participants diagnosed in or before 2014)  
**對象** 2015年或以後確診患者（15位），2014年或以前確診（10位）

**Date & Time** **Assessment 評估**  
**日期及時間** 15 January 2018 (Monday) 2:00pm – 5:00pm  
2018年1月15日（星期一）下午2:00 – 5:00

**Talk 講座**  
20 January 2018 (Saturday) 3:30pm – 5:00pm  
2018年1月20日（星期六）下午3:30 – 5:00

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

**Language** Cantonese  
**語言** 廣東話

**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 "The Five Health Facts that 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。

## Muscular Strength and Endurance Exercise Class

C342

### 徵狀控制系列 — 重量訓練班

Weight training can increase participants' muscular strength and endurance leading to improved daily life function. 透過多項阻力訓練鍛鍊肌肉強度及耐力性，提升肌肉負重的能力，增強康復者處理日常生活的能力。

**Designed for** Those with cancer (8 participants, priority will be given to those enrolling for the first time)  
**對象** 癌症患者（8位，首次參加者優先）

**Date** 24 January-28 February 2018 (Every Wednesday, total 6 sessions)  
**日期** 2018年1月24日至2月28日（逢星期三，共六堂）

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

**Facilitator** Mr. Henry Tong  
**講者** 湯偉雄先生

**Language** Cantonese  
**語言** 廣東話

**Location** Floor 5, Wai Hing Commercial Building, 17-19 Wing Wo Street, Central  
**地點** 中環永和街17-19號偉興商業大廈5樓

**Remarks** Participants are required to attend and receive a recommendation from the current quarter's C341 "Muscular Strength and Endurance Workshop"  
**備註** 參加者必須先參加今季C341「徵狀控制系列—肌肉強度及耐力適應評估班」並獲推薦。

## Total Body Resistance Exercise (TRX) Class

C445

### 懸吊式阻抗訓練體驗班

TRX is whole body muscle training exercise. It can help participants strengthen the core muscle and the body balance.

做運動時會否容易失去平衡？有可能是核心肌肉群力量不足。TRX是屬於全身性的肌力訓練，透過自身力量作阻力，藉此加強核心肌肉的力量。

**Designed for** Those with cancer (5 participants diagnosed in or after 2015, 5 participants diagnosed in or before 2014. Priority will be given to those enrolling for the first time)  
**對象** 2015年或以後確診患者（5位），2014年或以前確診患者（5位）。首次參加者優先

**Date** 19 January 2018 (Friday)  
**日期** 2018年1月19日（星期五）

**Time** 3:30pm – 5:30pm  
**時間** 下午3:30 – 5:30

**Facilitator** Mr. Henry Tong  
**講者** 湯偉雄先生

**Language** Cantonese  
**語言** 廣東話

**Location** 22/F, The Strand, 49 Bonham Strand East, Sheung Wan  
**地點** 上環文咸東街49號慶豐商業大廈22樓

**Remarks** Participants are required to attend and receive a recommendation from the current quarter's "Muscular Strength and Muscular Endurance Adjustment Workshop" C341.  
**備註** 參加者必須先參加今季「徵狀控制系列—肌肉強度及耐力適應評估班」C341並獲推薦。

## The Concept of Yangsheng in Traditional Chinese Medicine 養生保健食療

C343

In Traditional Chinese Medicine, physicians emphasise prevention rather than treatment. To stay healthy, the principle is to maintain the balance of all aspects to cultivate life (Yangsheng). This workshop will share how to put this concept into practice in the modern world.

傳統中醫學說強調早防、早治的積極觀念，所謂保健就是透過採取和諧的生存方式，平衡各方為宗旨，按人生每個階段的生理與心理需要，保養生命，在這個講座中，我們將跟你分享如何將之實踐於現代社會中。

**Designed for** Those with cancer (15 participants diagnosed in or after 2015, 10 participants diagnosed in or before 2014)  
**對象** 2015年或以後確診患者（15位），2014年或以前確診患者（10位）

**Date** 17 March 2018 (Saturday)  
**日期** 2018年3月17日（星期六）

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

**Facilitator** Registered Chinese Medicine Practitioner  
**講者** 註冊中醫師

**Language** Cantonese  
**語言** 廣東話

**Remarks** Five quotas will be reserved to those who have completed "Five Health Facts that You Should Know".  
**備註** 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。

**Weight Management Talk 體重管理知多少**

C344

Studies show that being overweight and/or obese can increase the risk of relapse. our dietitian will introduce how to manage weight through healthy eating followed by a peer sharing session on diet tips.

大量研究指出肥胖會增加癌症復發的風險，此講座將介紹如何透過健康飲食管理體重，並與同路人分享治療前後飲食習慣。

**Designed for 對象** Those with cancer (15 participants diagnosed in or after 2015, 10 participants diagnosed in or before 2014)  
2015年或以後確診患者（15位），2014年或以前確診患者（10位）

**Date 日期** 7 March 2018 (Wednesday)  
2018年3月7日（星期三）

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

**Facilitator 講者** Ms. Fion Chow (Registered Dietitian)  
周倩蕾姑娘（註冊營養師）

**Language 語言** Cantonese  
廣東話

**Remarks 備註** Five quotas will be reserved to those who have completed “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。

**“Going Through” Chinese Medicine Practitioner’s View on Male menopause and Diet Talk 前路無阻：從中醫角度看男士更年期與飲食忌宜講座**

C345

A Chinese Medicine Practitioner will talk about male menopause and its physical and psychological effects. Food that soothes and worsens the symptoms of male menopause will also be introduced.

註冊中醫師會講解何謂男士更年期以及對生理和心理的影響，亦會講解日常生活的飲食忌宜，以助紓緩不適的徵狀。

**Designed for 對象** Male cancer clients and their family members (25 participants. Priority given to prostate cancer clients)  
男士癌症患者及家屬（25位，前列腺癌患者優先）

**Date 日期** 29 January 2018 (Monday)  
2018年1月29日（星期一）

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

**Facilitator 講者** Registered Chinese Medicine Practitioner  
註冊中醫師

**Language 語言** Cantonese  
廣東話

**“Going Through” Workshop on Vegetarian Food and Prostate Cancer 前路無阻：素食「前」菜**

C346

Is vegetarian food a good way of combating prostate cancer? This workshop will introduce different types of vegetarian food, impact on health and also tips of vegetarian diet. Participants will have the chance to taste simple vegetarian food together.

素食是否對抗前列腺癌的好方法？工作坊會講解素食的分類、對身體的影響以及素食需要留意的地方，並會與參加者一同品嚐簡單素食。

**Designed for 對象** Those with prostate cancer and their family members (15 participants)  
前列腺癌患者及家屬（15位）

**Date 日期** 8 March 2018 (Thursday)  
2018年3月8日（星期四）

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

**Facilitator 講者** Ms. Shelley Chau (Registered Social Worker)  
周曉敏姑娘（註冊社工）

**Language 語言** Cantonese  
廣東話

**“Going Through” Ving Tsun for vitality (3<sup>rd</sup> intake) 前路無阻：活力詠春（第3期）**

C347

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 Integrative Body-Mind-Spirit model in treatment (Chan et al, 2001) and provides a supportive platform for cancer patients to facilitate self-care and mutual support. 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，掌握提升身心素質的技巧，從而發揮互助精神。

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

**Date 日期** 5 January – 23 March 2018 (Every Friday, total 11 sessions, except 16/2)  
2018年1月5日至3月23日（2月16日暫停，逢星期五，共11節）

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

**Facilitator 導師** Walnut Club trained Ving Tsun peer facilitators  
華樂會詠春研習導師

**Language 語言** Cantonese  
廣東話

**Remarks 備註** All those who enroll will be put on a waiting list for screening  
報名參加本活動者將會先被列作後備，經篩選後獲確認

## “You Can” Lunch Break Session – How to pick a healthy lunch at work

C348

### “You Can” 午間透透氣 — 「有營」上班一族

Don't know what to eat for lunch after returning to work post cancer? Want to maintain a healthy diet but don't have time to bring own lunch from home? Our dietitian will teach you how to eat smart.

由註冊營養師介紹午餐健康餐單及輕盈午餐，讓病愈後復工的你做一個有營上班一族！

**Designed for** Those with cancer and aged 18 – 39 years old (8 participants)  
**對象** 18-39歲年輕癌症患者（8位）

**Date** 11 January 2018 (Thursday)  
**日期** 2018年1月11日（星期四）

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

**Facilitator** Ms. Fion Chow (Dietitian);  
**講者** Ms. Stephanie Tang (Registered Social Worker)  
周倩蕾姑娘（註冊營養師），  
鄧曉嫻姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

## “You Can” Mind Map for Work Efficiency

C349

### “You Can” 思維導圖 — 提升工作效益

“Chemo brain” after treatment, can often affect a patient's confidence when returning to work. This course teaches mind mapping skills to help you remember things better, think faster and be more organised to improve your work efficiency.

治療後，患者往往會感到記憶力衰退和頭腦轉數減慢，從而沒有信心重回工作崗位。思維導圖能有效提升記憶、創意思考及決策等能力，令你更有效工作。

**Designed for** Those with cancer and age 18 – 39 years old (15 participants)  
**對象** 18-39歲年輕癌症患者（15位）

**Date** 18 January – 8 February 2018 (Every Thursday, total 4 sessions)  
**日期** 2018年1月18日至2月8日（逢星期四，共四節）

**Time** 7:15pm – 8:45pm  
**時間** 下午7:15 – 8:45

**Facilitator** Tutor from Buzan HK  
**講者** 香港博贊思維導圖及記憶培訓中心

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

## Insurance Advice – Cancer Clients

C350

### 保險須知 — 癌症病人篇

A talk on purchasing insurance and common issues that can arise.  
講解購買保險時需要注意事項及常見的保險問題及跟進處理。

**Designed for** Those with cancer (15 participants, diagnosed in or after 2015, 10 participants diagnosed in or before 2014)  
**對象** 2015年或以後確診患者（15位），2014年或以前確診患者（10位）

**Date** 24 March 2018 (Saturday)  
**日期** 2018年3月24日（星期六）

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

**Facilitator** Ms. Lee Yiu Man (Financial Planning Director)  
**講者** 李耀文小姐（財務策劃總監）

**Language** Cantonese  
**語言** 廣東話

**Remarks** Five quotas will be reserved to those who have completed “Five Health Facts that You Should Know”.  
**備註** 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。

**Your Care Plan Workshop**

C351

**「你有得揀！」——照顧模式多面睇工作坊**

This workshop will share practical knowledge about the care plan of cancer patients at various stages, including care at home, advanced care planning and relevant community resources.

工作坊會探討照顧不同階段癌症患者的實用知識，包括在家照顧、預設照顧計劃及有關的社區資源等，助你為未來做好準備。

**Designed for** Those with cancer and their family members (20 participants)  
**對象** 癌症患者及家屬（20位）

**Date** 9 February 2018 (Friday)  
**日期** 2018年2月9日（星期五）

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

**Facilitator** Ms. Shelley Chau (Registered Social Worker)  
**講者** 周曉敏姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Support Group for Metastatic or Advanced Cancer Patients**

C352

**癌症擴散或晚期患者支援小組**

Palliative Care Doctor and Nurse will provide information on the various needs of metastatic or advanced cancer patients and debunk common myths, including basic care, nutrition, pain and other symptom management techniques.

由紓緩醫學科專科醫生及護士講解如何處理癌症擴散或晚期患者的各種需要和釐清謬誤，包括基本護理、飲食、痛楚和不適症狀的處理等。

**Designed for** Those with metastatic or advanced cancer and their family members (15 participants)  
**對象** 癌症擴散或晚期患者及家屬（15位）

**Date** 27 February – 27 March 2018 (Every Tuesday, Except 20 March, total 4 sessions)  
**日期** 2018年2月27日至3月27日（逢星期二，3月20日除外，共4節）

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

**Facilitator** Palliative Care Doctor and Nurse & Ms. Shelley Chau (Registered Social Worker)  
**講者** 紓緩醫學科專科醫生及護士、周曉敏姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**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。

**Walking As Therapy – Basic Level (9<sup>th</sup> intake) 走步治療課程——基礎班（第9期）**

C353

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。

**Designed for** Those with cancer (12 participants, priority will be given to those enrolling for the first time)  
**對象** 癌症患者（12位，首次參加者優先）

**Date** 9 January – 27 February 2018 (Every Tuesday, total 8 sessions)  
**日期** 2018年1月9日至2月27日（逢星期二，共8節）

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

**Facilitator** WAT peer facilitators and Mr. Tommy Liang (Registered Social Worker)  
**講者** 走步治療朋輩領袖及梁國良先生（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註

1. The first and the last sessions are compulsory and are held at CancerLink Support Centre, North Point. 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.

1. 參加者必須出席在北角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。



## “Going Through” Walnut Club Peer Support Group 前路無阻：華樂會月會

Addressing the 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。

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

**Topic A: Eat right**  
**主題 (一)：食得有道理**

C354

**Date** 18 January 2018 (Thursday)  
**日期** 2018年1月18日 (星期四)

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

**Topic B: Exercise is medicine**  
**主題 (二)：運動是良藥**

C355

**Date** 15 February 2018 (Thursday)  
**日期** 2018年2月15日 (星期四)

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

**Facilitator** Walnut Club ExCo members, Ving Tsun-based peer support group and Ms. Shelley Chau (Registered Social Worker)  
**講者** 華樂會委員、活力詠春朋輩支援小組及周曉敏姑娘 (註冊社工)

**Language** Cantonese  
**語言** 廣東話

## Mindful Lunch Session 午間享靜心

C356

Bring your own lunch and join us for a mindful lunch session during your work day. Each session we will introduce one short informal mindfulness practice that can be applied to work and daily life to improve your work effectiveness and appreciation of life.

帶上你的午餐，和我們一起靜心地享用午飯。每節將會介紹一個簡短並能應用在工作及日常生活的靜觀練習，幫助你提升專注力和覺察力，讓參加者學會享受當下每一刻。每節均為獨立，歡迎你加入其中一節或和我們共聚所有午餐。

**Designed for** Those with cancer and are currently working (8 participants)  
**對象** 曾患癌症的在職人士 (8位)

**Date** 19 January; 2 & 23 February; 9 & 23 March 2018 (Fridays)  
**日期** 2018年1月19日；2月2及23日；3月9及23日 (逢星期五)

**Time** 12:45pm – 1:30pm  
**時間** 下午12:45 – 1:30

**Facilitator** Ms. Marian Wong (Clinical Psychologist)  
**講者** 王敏珩姑娘 (臨床心理學家)

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

**Remarks** Please bring your own lunch. Please specify the lunch session(s) that you intend to join. No restrictions of the number of sessions you join, each session is independent.  
**備註** 請自備午餐。報名時請告訴職員你想參加的日期，參與的節數沒有限制。



Photos from 'U-Link' 相片由'U-Link'提供

## Understanding Anxiety 了解你的焦慮講座

C357

Do you ever feel anxious? Come and learn more about anxiety to understand when it is necessary to seek professional help, or whether further intervention would be of help.

每個人都有憂慮。這講座將分享一些常見的焦慮問題，協助患者及照顧者分辨出自己的情緒是否屬正常反應，並識別是否需要進一步的協助或介入。

**Designed for** Those with cancer and their family members (20 participants)  
**對象** 癌症患者及照顧者（20位）

**Date** 25 January 2018 (Thursday)  
**日期** 2018年1月25日（星期四）

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

**Facilitator** Ms. Marian Wong (Clinical Psychologist)  
**講者** 王敏珩姑娘（臨床心理學家）

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

## Fear-less of anxiety: Manage Your Anxiety Better

C353

### 焦慮無懼：自理你的焦慮課程

Do you find that you spend large periods of the day worrying and have difficulty relaxing? Or do you frequently experience symptoms such as increased heart rate and shortness of breath? This 6-week course will provide you with strategies to manage your anxiety, which in turn, reduce your fear of it.

你會花一大天的時間擔心嗎？或感覺很難放鬆，心跳加速或呼吸沉重？這課程會分享一些處理焦慮的策略，減輕你面對焦慮的憂懼。

**Designed for** Those with cancer and their caregivers (12 participants. Priority will be given to those enrolling for the first time and those who can attend all sessions)  
**對象** 癌症患者或照顧者（12位。首次參加者及能夠全程參與者將優先處理）

**Date** 22 February – 29 March 2018 (Every Thursday, total 6 sessions)  
**日期** 2018年2月22日至3月29日（逢星期四，共6節）

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

**Facilitator** Ms. Marian Wong (Clinical Psychologist)  
**講者** 王敏珩姑娘（臨床心理學家）

**Language** Cantonese  
**語言** 廣東話

**Remarks**  
**備註**

1. All participants must first attend 'Understanding Anxiety' talk.
2. All participants who enroll will be put on a waiting list for screening. Enrolment in this group is subject to assessment outcome.
3. Participants are not allowed to enroll for K416 at the same time.

1. 參加者必須先參加「了解你的焦慮」講座。  
2. 報名參加本課程將會先被列作後備。參加者需先經評估，以確定是否適合參加。  
3. 報名參加本活動者不可同時報名 K416。

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

C358

Research suggests that the 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！

**Designed for** Those with cancer (12 participants, priority will be given to those enrolling for the first time)  
**對象** 癌症患者（12位，首次參加者優先）

**Date** 25 January – 8 February 2018 (Every Thursday, 3 sessions)  
**日期** 2018年1月25日至2月8日（逢星期四，共3節）

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

**Facilitator** Ms. Polly Lim (Registered Social Worker)  
**講者** 林暉雯姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Remarks**  
**備註**

Assessment by our social worker is required before participation.  
參加者需經評估以確定是否適合參加。

## Mindfulness-Based Cognitive Therapy 靜觀認知治療

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。

**Facilitator**  
導師 Ms. Daphne Leung  
梁哲瑩女士

**Language**  
語言 Cantonese  
廣東話

### Briefing Session 簡介日

C437

**Designed for**  
對象 Those with cancer who are interested in attending the MBCT program (30 participants, **for first-time participant only**. 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 (30位，**只限首次參加者**，50%的名額將優先分配給2014年或以後的確診患者)

**Date**  
日期 7 February 2018 (Wednesday)  
2018年2月7日(星期三)

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

**Remarks**  
備註

1. If you have attended the MBSR programme before, you are required to attend the MBCT briefing.
2. **HK\$300 cash or cheque deposit is required on 7 February if your enrollment is successful after the briefing session.**  
Cheque payable to "Hong Kong Cancer Fund".
1. 曾參加靜觀相關課程者亦須報名出席「靜觀認知治療簡介日」及參加個別評估。
2. 評估適合者請於**2月7日**簡介日當日繳交港幣**300元按金或支票**。(抬頭：香港癌症基金會)。

### Mindfulness-Based Cognitive Therapy 靜觀認知治療課程

C438

**Designed for**  
對象 Those with cancer (12 participants must attend the briefing session on Mindfulness-Based Cognitive Therapy)  
癌症患者 (12位，必須先參加「靜觀認知治療簡介日」)

**Date/Time**  
日期/時間 28 February-2 May 2018 (Wednesdays, except 4 April, 8 sessions) 4:00-6:00 pm & 18 April 2018 (Wednesday) 10:00am – 5:00pm  
**Participants must attend ALL sessions (including 8 sessions & one whole day session)**  
2018年2月28日至5月2日 (逢星期三，4月4日除外，共8節) 下午4:00-6:00及2018年4月18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

**Remarks**  
備註

1. Please register C437 MBCT Introduction Briefing Session, an individual interview will be arranged afterward.
2. 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.
1. 請先報名C437「靜觀認知治療簡介日」，之後安排個別評估，以了解是否適合。
2. 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。

## Love Forever 「信」心花舍

C359

Preserving flowers is a technique that can make a beautiful moment last and our happy memories can also be like preserved like flowers.. In this workshop, participants can decorate their preserved flowers and write a letter to re-experience a happy memory.

花開往往美麗卻短暫，而保鮮花則可以永遠保留最美一刻。快樂的回憶就是我們人生中的保鮮花，工作坊利用保鮮花製作成擺設，並將人生中的保鮮花以書信記下，藏於心中讓人慢慢細味。

**Designed for**  
對象 Those with cancer (5 participants diagnosed in or after 2015, 5 participants diagnosed in or before 2014)  
2015年或以後確診患者 (5位)，2014年或以前確診 (5位)

**Date**  
日期 10 February 2018 (Saturday)  
2018年2月10日 (星期六)

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

**Facilitator**  
講者 Ms. Anna Law (Instructor) & Mr. Maksim Cheung  
羅燕娜小姐 (花藝導師) 及張煒楠先生

**Language**  
語言 Cantonese  
廣東話

**Creative Insomnia management and arts therapy workshop**

C440

**創意失眠管理 — 藝術治療工作坊**

Cancer related insomnia can be very complex. It involves stress, side effects, pain, anxiety, and hormonal treatment etc. Participants would be able to explore and manage insomnia creatively with art making process and music relaxation. Participants would also understand the forms and goals of art therapy, facilitated by an art therapist and a music therapist in a safe and comfortable environment.

癌症有關的失眠因由非常複雜，可能包括壓力，副作用，疼痛，焦慮和賀爾蒙治療等等。治療師將解釋什麼是藝術治療。以及如何利用藝術媒介協助管理失眠。參加者將探索藝術材料，同時了解藝術治療的形式及作用。

**Designed for** Those with cancer within the past two years (25 participants)  
**對象** 確診兩年內癌症患者（25位）

**Date** 26 February 2018 (Monday)  
**日期** 2018年2月26日（星期一）

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

**Facilitator** Ms. Tristan Chan (Registered Art Psychotherapist),  
**講者** music therapist  
陳雅姿姑娘（註冊藝術心理治療師）及  
註冊音樂治療師

**Language** Cantonese  
**語言** 廣東話

**Remarks**  
**備註**

1. No prior artistic training required. Please wear casual and comfortable outfits.
2. All participants will be assessed by therapists regarding the suitability of attending the C441 Creative Insomnia management and arts therapy group.

1. 參加者無需任何藝術創作經驗或技巧。請穿著舒適衣物。  
2. 參加者將由藝術治療師評估是否適合參與C441創意失眠管理 - 藝術治療小組。

**Creative Insomnia management and arts therapy group**

C441

**創意失眠管理 — 藝術治療小組**

Cancer related insomnia can be very complex. It involves stress, side effects, pain, anxiety, and hormonal treatment etc. Participants would be able to explore and manage insomnia creatively with art making process and music relaxation. Participants experience using different forms and means of arts, facilitated by an art therapist and a music therapist in a safe and comfortable environment to manage insomnia.

癌症有關的失眠因由非常複雜，可能包括壓力，副作用，疼痛，焦慮和賀爾蒙治療等等。由藝術治療師及音樂治療師帶領參加者將探索藝術材料以及音樂媒介協助管理及探索失眠。

**Designed for** Those with cancer within the past two years (12 participants. Places are offered only to participants who attend ALL sessions)  
**對象** 確診兩年內癌症患者（10位。名額只提供給能夠全程參與者）

**Date** 5, 12, 19, 26, March 2018 (Every Monday, Total 4 sessions)  
**日期** 2018年3月5, 12, 19, 26日（逢星期一，共四節）

19 March will be an outing trip to The Jockey Club Creative Arts Centre  
3月19日為外出活動日，將會前往賽馬會創意藝術中心

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

**Facilitator** Ms. Tristan Chan (Registered Art Psychotherapist),  
**講者** Ms. Nicole Chow (Registered music therapist)  
陳雅姿姑娘（註冊藝術心理治療師）及  
周穎賢女士（註冊音樂治療師）

**Language** Cantonese  
**語言** 廣東話

**Remarks**  
**備註**

1. No prior artistic training required. Please wear casual and comfortable outfits.
2. All participants will be registered in the waiting list. All participants must registered in and attend the C440 Creative Insomnia management and arts therapy workshop.

1. 參加者無需任何藝術創作經驗或技巧。請穿著舒適衣物。  
2. 所有參加者將先列作後備。參加者必須同時報名C440探索疼痛 - 雕塑與藝術治療工作坊

**Sparkling your life 燦爛人生路**

C362

This group adopts the Narrative Approach and helps you to believe in your own abilities, acknowledge your dreams and talk about your difficult experience to feel stronger. Let's unearth, acknowledge and celebrate your resources and strengths with the use of metaphors and images.

每個人的生命本來就是豐富而美麗的；每個人都有權參與述說自己的生命故事；每個人所經過的生命歷程都值得被尊重。這個小組會運用敘事治療手法及互動活動，讓癌症患者在努力面對疾病所帶來的困擾的同時，一同發現生命歷程中的豐富和意義。

**Designed for** Those with cancer (8 participants)  
**對象** 癌症患者（8位）

**Date** 2 – 23 March 2018 (Every Friday, total 4 sessions)  
**日期** 2018年3月2日至23日（逢星期五，共四節）

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

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

**Language** Cantonese  
**語言** 廣東話



## “You Can” Self-image workshop – Building a professional image for work after cancer “You Can” 午間享靜心

C361

Cancer treatment might change us through scarring, our skin tone, hair/brows loss etc., which can shake our confidence. We can become especially self-conscious about our looks when we have to return to work. This course will help participants to build confidence on their appearance by learning to apply appropriate make-up for work to look polished and smart every morning!

癌症治療很多時令我們外觀有所轉變，如：膚色、疤痕、頭髮或眼眉脫落等，從而影響患者的自信。課堂將從妝容開始，令參加者重拾信心，在重返職場時更可容光煥發開展新一頁！

**Designed for** Those with cancer and aged 18 – 39 years old (8 participants)  
**對象** 18-39歲年輕癌症患者（8位）

**Date** 1 and 8 March 2018 (Every Thursday, total 2 sessions)  
**日期** 2018年3月1及8日（逢星期四，共2節）

**Time** 7:15pm – 8:45pm  
**時間** 下午7:15 – 8:45

**Facilitator** Make-up artists from May Kay; Ms. Stephanie Tang  
**講者** (Registered Social Worker)  
May Kay (化妝師)，鄧曉嫻姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

**Remarks** Please prepare your own mirror and hair clips. If you have skin allergies, please bring your own make-up.  
**備註** 請自備鏡子和髮夾。如有皮膚過敏，建議自備化妝品。

## Using Hypnotherapy for Body & Mind Wellbeing 運用催眠治療與身心放鬆

C363

Ethical hypnosis has become widely applied in psychotherapy for dealing with psychological distress i.e. insomnia, anxiety and manage stress. The workshop explains how our mind works, and how we can make use of self-hypnosis for physical and psychological well-being.

運用催眠在心理治療的範疇逐漸被廣泛應用，用作處理因心理困擾而達至的問題如失眠、焦慮及壓力等。此工作坊會讓參加者了解講解有關催眠，以及如何運用催眠技巧以達致身心放鬆。

**Designed for** Those with cancer (12 participants, priority will be given to those enrolling for the first time)  
**對象** 癌症患者（12位，首次參加者優先）

**Date** 5 – 26 March 2018 (Every Monday, total 4 sessions)  
**日期** 2018年3月5日至3月26日（逢星期一，共4節）

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

**Facilitator** Ms. Polly Lim (Registered Social Worker)  
**講者** 林暉雯姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

## Pain Talk 「舒痛我話事」講座

C364

Pain interferes with sleep, appetite and mood, and contributes to anxiety, fatigue, and poor quality of life. This talk introduces pain assessment tools, explains the important role of nonphysiological 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。

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

**Date** 15 March 2018 (Thursday)  
**日期** 2018年3月15日（星期四）

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

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

**Language** Cantonese  
**語言** 廣東話



**Cancer & Mental Health – Understanding Psychiatric Medications**

C337

**癌症與精神健康 — 精神健康藥物正解**

Psychiatric medications play an important role in the treatment and management of mental illness. Yet despite being commonplace, there are many myths surrounding the use and effectiveness of psychiatric medication. This talk addresses common mental health concerns among cancer patients and provides reliable information on psychiatric medications.

藥物治療成為了在處理情緒及精神困擾中一種普遍的方法，此講座希望能講解癌症病人較常見的精神困擾，及提供對精神科藥物正確的認識及使用。

**Designed for** Those with cancer and their family members (30 participants)  
**對象** 癌症患者及家屬（30位）

**Date** 17 March 2018 (Saturday)  
**日期** 2018年3月17日（星期六）

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

**Facilitator** Dr. Jenny Tsang (Specialist in Psychiatry)  
**講者** 曾淑鈞醫生（精神科專科醫生）

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協(中環)香港中環皇后大道中99號中環中心地下5號室

## 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 – Lunar New Year Creative Handmade Decorations**

C365

**彩虹會 — 農曆年創意手作班**

Upon such a joyful festival, join us as we convey our blessings to our loved ones via making creative decorations with family members. In this joyful festival, join us as we convey our blessings to our loved ones via making creative decorations with family members.

在這普天同慶的節日，與摯愛的家人透過創作特別的裝飾互相表達祝福和愛意，一同享受親子互動的時刻。

**Designed for** Rainbow Club members (16 participants, maximum 4 members from each family)  
**對象** 彩虹會家庭（16位，每個家庭最多4位）

**Date** 3 February 2018 (Saturday)  
**日期** 2018年2月3日（星期六）

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

**Facilitator** Ms. Iris Ip (Registered Social Worker)  
**導師** 葉靜宜姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**VitaMarriage Talk (4<sup>th</sup> intake)**

C366

**「抗癌性格與活力婚姻」講座（第四期）**

We review the key personality traits of a successful marriage, focusing on the main five factors and how they affect our relationships, especially for those touched by cancer.

研究指出性格特質及婚姻素質與免疫力息息相關。本活動簡介有關研究結果，並提供空間讓夫婦檢視親密感及性格差異的協調方法，有助促進活力婚姻。

**Designed for** Those with cancer and their spouses (10 pairs)  
**對象** 癌症患者及其配偶（10對）

**Date** 10 February 2018 (Saturday)  
**日期** 2018年2月10日（星期六）

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

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

**Language** Cantonese  
**語言** 廣東話

## VitaMarriage Group (4<sup>th</sup> intake) 「抗癌性格與活力婚姻」夫婦小組 (第四期)

C367

We explore the relationship between personality, marriage and health using a couple-specific approach, and suggest tools to further develop this special bond. 研究指出性格特質及婚姻素質與免疫力息息相關。本活動為參加者提供專為夫婦而設計的泰氏性格分析、剖析將冰山劈開的心理機制、及示範五種具創意的應對模式，增加夫婦親密感。

**Designed for** Those with cancer and their spouses (5 pairs)  
**對象** 癌症患者及其配偶 (5對)

**Date** 3 & 10 March 2018 (Every Saturday, total 2 sessions)  
**日期** 2018年3月3日及10日 (逢星期六，共兩節)

**Time** 10:00am – 5:00pm  
**時間** 上午10:00 – 下午5:00

**Facilitator** VitaMarriage Peer Facilitators and Mr. Tommy Liang  
**導師** (Registered Social Worker)  
活力婚姻夫婦義工及梁國良先生 (註冊社工)

**Language** Cantonese  
**語言** 廣東話

**Remarks** 備註  
1. This group is only open to those enrolled in C366 VitaMarriage talk.  
2. All those who enroll will be put on a waiting list for screening.  
3. Accepted participants are eligible to enjoy free personality analysis.  
1. 本活動只接受已報名C366「抗癌性格與活力婚姻」講座的夫婦參加。  
2. 報名參加本活動者將會先被列作後備，經篩選後獲確認。  
3. 成功獲確認為本活動之參加者可免費接受泰氏性格分析。

## 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。

## Tai Tong Nature Trail 紅葉之旅

C368

In this programme, participants can get close to nature and their peers in a comfortable environment.  
此活動可讓參加者與同路人欣賞大自然風景，令人心曠神怡，還會看到紅葉！

**Designed for** Those with cancer (10 participants diagnosed in or after 2015, 5 participants diagnosed in or before 2014)  
**對象** 2015年或以後確診患者(10位)，2014年或以前確診患者(5位)

**Date** 10 January 2018 (Wednesday)  
**日期** 2018年1月10日(星期三)

**Time** 12:00noon – 5:45pm  
**時間** 中午12:00 – 下午5:45

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

**Language** Cantonese  
**語言** 廣東話

**Location** Tai Tong  
**地點** 大棠

**Remarks** 備註  
Five quotas will be reserved to those who have completed "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。

## You Can Valentine's Special – Couples in the dark “You Can” 情人節獻禮 — 黑暗中的默契

C369

Enjoy a romantic valentine's adventure in the dark with your other half as you explore each other through your other senses to get to know each other better. 今個情人節—於來個新點子，參加此75分鐘全黑浪漫旅程，讓你抓緊身邊那牽動你喜怒哀樂的人，盡用我們的五官，重新認識「最熟悉的」身邊人。

**Designed for** Those with cancer and age between 18 – 39 years old and their other half (8 pairs)  
**對象** 18-39歲年輕癌症患者及其伴侶 (8對)

**Date** 10 February 2018 (Saturday)  
**日期** 2018年2月10日 (星期六)

**Time** 10:45am – 1:00pm  
**時間** 上午10:45 – 下午1:00

**Facilitator** Facilitator from Dialogue in the Dark  
**講者** 黑暗中對話導師

**Language** Cantonese  
**語言** 廣東話

**Location** Shop 215, 2/F, Nob Hill Square, 8 King Lai Path, Mei Foo, Kowloon  
**地點** 九龍美孚景荔徑8號盈暉薈2樓215室

## Yama Ladies 山系「女」行

C370

Let's enjoy the beauty of nature together with a relaxing walk in Luk Keng and chat with peers.  
一同走在鹿頸的樹蔭下享受大自然的美麗，與同路人傾傾計、說說笑！

**Designed for** Breast or gynecological cancer survivors (15 participants)  
**對象** 乳科或婦科癌症康復者（15位）

**Date** 2 March 2018 (Friday)  
**日期** 2018年3月2日（星期五）

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

**Facilitator** Ms. Iris Ip (Registered Social Worker)  
**講者** 葉靜宜姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Location** GLuk Keng (Gather at Fanling station at 10am)  
**地點** 鹿頸 (上午10:00於粉嶺鐵路站集合)

## Home Care Volunteer Training 「家居關顧團隊」新義工訓練

C371

Join us to make a difference for one of our home bound cancer clients? Training includes 1. Introducing the characteristics of advanced cancer clients; 2. How to use wheelchair and manual lifting skills; 3. Life education.

如果你有志服務足不出戶，難以參與社區活動的癌症患者，誠邀你參加此訓練，加入家居關顧團隊。訓練內容包括：1. 認識晚期癌症病人的特點；2. 學習使用輪椅及扶抱技巧；3. 生命教育

**Designed for** Those who are interested in becoming home care volunteers  
**對象** 有興趣成為家居關顧團隊的義工

**Date** 20 and 27 January 2018 (Every Saturday, total 2 sessions)  
**日期** 2018年1月20及27日（逢星期六，共2節）

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

**Facilitator** Ms. Shelley Chau (Registered Social Worker)  
**講者** 周曉敏姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Remarks** Participants need to participate in Orientation for New Volunteers before.  
**備註** 參加者需先完成3節的義工迎新訓練。

## Volunteers Advanced Training – The role of Chinese Medicine in Cancer Treatment 季度義工進階訓練 — 中醫在癌症治療的定位

C372

Understand the role of Chinese medicine in cancer treatment, and how it works alongside traditional western medicine.  
了解中醫在癌症治療的定位及如何配合西醫治療。

**Designed for** Volunteers of CancerLink (North Point)  
**對象** 癌協（北角）義工

**Date** 27 January 2018 (Saturday)  
**日期** 2018年1月27日（星期六）

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

**Facilitator** Registered Chinese Medicine Practitioner  
**講者** 註冊中醫師

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協（中環）香港中環皇后大道中99號中環中心地下5號

## New Year Home Visit 春節送暖家居探訪

C373

Through home visiting cancer clients and making handicraft with them, volunteers can show their love and care to home-bound patients. In the first session a handicraft tutor will teach how to make simple decorations and the second session will involve home visits to cancer patients. 透過家訪癌症患者以及與他們製作新春飾物，讓他們感受到節日的溫暖。第一節會教授如何製作簡單飾物，第二節則為家訪癌症患者。

**Designed for** Home care volunteers (12 participants)  
**對象** 家居關顧團隊義工（名額12位）

**Date** 3, 10 February 2018 (Saturday, total 2 sessions)  
**日期** 2018年2月3及10日（逢星期六，共2節）

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

**Facilitator** Ms. Shelley Chau (Registered Social Worker)  
**講者** 周曉敏姑娘（註冊社工）

**Language** Cantonese  
**語言** 廣東話

**Remarks** Participants need to participate in Home Care Volunteer Training before Home visit on 10 February.  
**備註** 參加者需先完成「家居關顧團隊」新義工訓練。2月10日為家訪活動。

## Sharing group for Center Ambassadors 中心大使分享會

C374

A 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。

**Designed for** Center ambassadors of CancerLink (North Point)  
**對象** 癌協（北角）服務大使

**Date** 3 March 2018 (Saturday)  
**日期** 2018年3月3日（星期六）

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

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

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協（中環）香港中環皇后大道中99號中環中心地下5號室

## Volunteers Service Briefing Session 癌協義工服務簡介會

C375

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；或想跳出框框嘗試一個新體驗？不要猶豫！請即加入我們的協航者義工大家庭，我們需要你！此簡介會會讓你了解中環癌協之義工服務範疇。

**Designed for** Anyone who is interested to serve in the cancer field  
**對象** 任何有意為癌症患者服務之人士

**Date** 10 March 2018 (Saturday)  
**日期** 2018年3月10日（星期六）

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

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

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協（中環）香港中環皇后大道中99號中環中心地下5號室

**Volunteers Appreciation Dinner 2017-2018年度協航者義工嘉許禮**

C376

It is with the support from our volunteers that we can provide a holistic service to our users, and it is time for us to thank you all for your hard work and support this year! We cordially invite you to join our appreciation dinner and party together!

活動旨在總結義工服務的經驗，嘉許及肯定各義工在過往一年付出的努力，凝聚義工服務的熱誠，加強團隊合作精神。

**Designed for** Volunteers of CancerLink (North Point and Central)  
**對象** 協航者義工（北角及中環區協航者）

**Date** 16 March 2018 (Saturday)  
**日期** 2018年3月16日（星期六）

**Time** 7:00pm – 9:00pm  
**時間** 下午7:00 – 9:00

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

**Language** Cantonese  
**語言** 廣東話

**Location** To be confirmed  
**地點** 稍後公佈

**Be My Valentines – the floral world 情濃二月 — 花花世界**

C377

Apart from showing love to themselves and review life from a new perspective, participants will have a chance to prepare a special floral gift to themselves.

活動以花為主題，帶領大家學習愛自己，同時對大自然生命的生生不息有另一重體會。花藝導師更會教授插花技巧，讓你為自己送上一份特別的情人節禮物。

**Designed for** Those with breast or gynecological cancer (10 participants)  
**對象** 乳癌或婦科癌症康復者或患者（10位）

**Date** 10 January to 7 February 2018 (Every Wednesday except 17 January, total 4 sessions)  
**日期** 2018年1月10日至2月7日（1月17日暫停，逢星期三，共4節）

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

**Facilitator** Ms. Iris Ip (Registered Social Worker), Ms. Peggy Li (Instructor of flower arrangement)  
**講者** 葉靜宜姑娘（註冊社工），李寶琪小姐（花藝導師）

**Language** Cantonese  
**語言** 廣東話

**Chinese New Year Decoration Workshop 新年飾品製作工作坊**

C378

Chinese New Year is an important traditional festival. You can learn how to make Chinese New Year decorations in this workshop and how to decorate your home. 中國新年又豈可缺少紅噹噹的新年飾品呢？在此工作坊中，導師會教授如何製作新年飾品，為家居添上新年的氣氛。

**Designed for** Those with cancer (10 participants diagnosed in or after 2015, 5 participants diagnosed in or before 2014)  
**對象** 2015年或以後確診患者（10位），2014年或以前確診患者（5位）

**Date** 22 January – 5 February 2018 (Every Monday, total 3 sessions)  
**日期** 2018年1月22日至2月5日（逢星期六，共三節）

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

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

**Language** Cantonese  
**語言** 廣東話

**Synergy Home Gathering–Chinese New Year Party 嘻哈聚 — 春節大團拜**

C379

Come and celebrate the Chinese New Year together with your peers at Synergy Home!

中國新年是一個傳統喜慶的節日，大家互相祝福，一起開心來團拜啦！

**Designed for** Those with cancer (40 participants)  
**對象** 癌症患者（40位）

**Date** 3 February 2018 (Saturday)  
**日期** 2018年2月3日（星期六）

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

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

**Language** Cantonese  
**語言** 廣東話

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



# 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:

- Yin Yoga
- 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：

- Yin 瑜伽
- 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 **5 confirmed spaces and 5 wait-list spaces** across all CancerLink support centres.
2. For programmes with a hash (#) next to the programme name or marked "enroll in only one specific class/workshop" in the remarks column, this means that they are from the same category and an applicant may only enroll in one programme from each category across all CancerLinks.
3. Unless otherwise specified, 50% of each wellness programme quota will be prioritised for those **diagnosed in or after 2014**.
4. 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.
5. 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. 每位服務使用者每季只可報名參加所有癌協中心**最多五項是正選及五項候補**的身心靈健康活動。
2. 註有#的活動，或於『備註』寫明**只能選報一個該類活動的**，意即只可於所有癌協中心，選報一個該類性質的活動。
3. 除指定活動外，**50%的身心靈健康活動名額將優先分配給2014年或以後的確診患者**。
4. 部分活動是為特定對象設計，若參加者資格不符，可能被取消報名。
5. 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。

## Talk: Transform Your Emotions Workshop – CancerLink (Kwai Chung)

K465

### 快速轉化情緒工作坊 — 癌協 (葵涌)

(Evening workshop, suitable for users at work 晚間課程，適合在職患者參加)

Enrolment date starts 12 December, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為12月12日，請致電癌協 (葵涌)：3667 3232

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。

**Designed for** Those with cancer and their family members (80 participants, 40 seats for those who are diagnosed during or after the year of 2015 and 10 seats for their family members; 30 seats for those who are diagnosed before 2015)  
**對象** 癌症患者及家屬 (2015年或以後確診患者40位及家屬10位；2014年或以前確診患者30位)

**Date** 28 February 2018 (Wednesday)  
**日期** 2018年2月28日 (星期三)

**Time** 7:00pm – 9:00pm  
**時間** 晚上7:00 – 9:00

**Speaker** Mr. Wah Shan Chou (Founder of Dreams Possible Community)  
**講者** 周華山先生 (自在社創辦人)

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Kwai Chung) – 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung  
**地點** 癌協 (葵涌) – 葵涌大連排道132-134號TLP132三樓

## Zentangle Advanced Workshop – CancerLink (Kwai Chung)

NEW

K497

### 禪繞畫進階工作坊 — 癌協 (葵涌)

Enrolment date starts 12 December, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為12月12日，請致電癌協 (葵涌)：3667 3232

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. In this advanced workshop, you will learn more patterns and enhance shading techniques. 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其中，達到身心平靜與和諧。進階工作坊除了會學習更多圖形外，更會加強打陰影的練習。

**Designed for** Places are offered only to participants who attend ALL sessions 名額只提供給能夠全程參與者  
**對象** For those who have attended Zentangle Workshop before (30 participants)  
曾修習過禪繞畫體驗工作坊的癌症患者 (30位)

**Date** 25 January, 1 and 8 February 2018 (Thursdays, 3 sessions)  
**日期** 2018年1月25日、2月1及8日 (星期四，共3節)

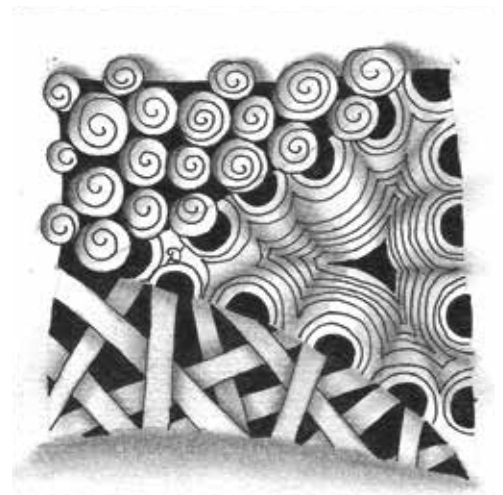
**Time** 4:00pm – 6:00pm  
**時間** 下午4:00 – 6:00

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

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Kwai Chung) – 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung  
**地點** 癌協 (葵涌) – 葵涌大連排道132-134號TLP132三樓

**Remarks** Participants need to pay HK\$30 for workshop materials.  
**備註** 學員需於首課繳交港幣30元的畫材成本費用。



## Yoga for Daily Life Workshop – CancerLink (Kwai Chung)

NEW

K472

### 生活與瑜伽工作坊 — 癌協 (葵涌)

Enrolment date starts 12 December, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為12月12日，請致電癌協 (葵涌)：3667 3232

The workshop will be composed in 4 sessions - "Listening", "Acceptance", "Letting Go" and "Gratitude". We will learn how to use Yoga as a tool in our daily life, to understand our emotions, and how to deal with difficult times. We will learn how to communicate with ourselves and others and how to use yoga to relax our body and mind, so that we could enjoy the peace and joy in the present moment, to live a fulfilled and meaningful life.

工作坊由「聆聽」、「接受」、「放下」和「感恩」四個部分組成。讓瑜伽練習融入日常生活中，幫助我們了解自己的情绪，學習面對生活中的煩惱和如何與他人溝通。通過瑜伽練習放鬆身心後，從而感受活在當下的快樂和安寧，讓生活更加充實和有意義。

**Designed for** Those with cancer (34 participants)  
**對象** 癌症患者 (34位)

**Date** 26 February – 19 March 2018 (Mondays, 4 sessions)  
**日期** 2018年2月26至3月19日 (逢星期一，共4節)

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

**Facilitator** Ms. Vivian Guan  
**導師** 關鍵女士

**Language** English  
**語言** 英語

**Location** CancerLink (Kwai Chung) – 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung  
**地點** 癌協 (葵涌) – 葵涌大連排道132-134號TLP132三樓

## The Joy of Living and Healing with Yoga Workshop – CancerLink (Kwai Chung)

K477

### 療愈瑜伽 + 喜悅生活工作坊 — 癌協 (葵涌)

Enrolment date starts 12 December, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為12月12日，請致電癌協 (葵涌)：3667 3232

In this whole day workshop, the students would be taken a journey of inspiration and healing, learning yogic sciences and how yoga and yogic life can play a role in healing and bring joy and awareness in our lives.

The workshop would consist of lectures and yoga poses alternatively. The lectures provide a comprehensive view of yoga and yogic life together with techniques how to practice the Principles of Yoga in daily lives. The yoga poses will focus on Chakra Healing (Chakra means energy centres), practising how to harmonize and awake these energy centres to experience a deeper sense of peace and deeper healing from within.

在一日的工作坊中，從學習瑜伽科學開始，認識瑜伽在療愈及生活中扮演的積極角色。導師將會講解瑜伽背後的各種理論，亦會帶領瑜伽體位法。瑜伽理論的講解，讓參加者能夠對瑜伽有更全面的認識，以及了解如何能夠將瑜伽原則應用於生活中。瑜伽體位法的練習，著重於脈輪療愈 (脈輪是指身體的各個能量中心)，喚醒和平衡身體各個能量中心，有助平靜心寧及啟動內在療愈。

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

**Date** 8 January 2018 (Monday)  
**日期** 2018年1月8日 (星期一)

**Time** 10:00am – 5:00pm  
**時間** 上午10:00 – 下午5:00

**Facilitator** Mr. Kapil Rajiv  
**導師**

**Language** English  
**語言** 英語

**Location** CancerLink (Kwai Chung) – 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung  
**地點** 癌協 (葵涌) – 葵涌大連排道132-134號TLP132三樓

- Remarks** 備註
1. Healthy vegetarian lunch box will be ordered for all participants in advance by Wellness staff. Each person's lunch cost is around HK\$50.
  2. For each successfully enrolled participant, a deposit of HK\$100 needs to be received **on or before 28 December 2017**. You can pay cash to **CancerLink Centre (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "The Joy of Living and Healing with Yoga Workshop". Address: 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung.
  3. We will return the deposit minus the lunch cost to participants who complete the one day workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.
1. 午餐會由身心靈健康服務統一訂購健康素食午餐。每位學員午餐費用約為港幣50元。  
2. 成功報名者，請於2017年12月28日前繳交港幣100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「療愈瑜伽 + 喜悅生活工作坊」。地址：葵涌大連排道132-134號TLP132三樓。  
3. 完成工作坊的學員，將扣除午餐費用後退還剩餘的按金。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。

## 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。

**Designed for** Those with cancer - **who have completed surgery more than six months previously** (48 participants per class)  
**對象** 適合完成手術後半年或以上的癌症患者 (每班48位)

**Class A**  
**A班** **Pure Fitness Causeway Bay**  
**銅鑼灣**

C390

**Date**  
**日期** 16 January – 20 March 2018  
(Tuesdays, except 20 February, 9 sessions)  
2018年1月16至3月20日  
(逢星期二，2月20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

**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 (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)

**Class B**  
**B班** **Quarry Bay**  
**鯉魚涌**

C391

**Date**  
**日期** 17 January – 21 March 2018  
(Wednesdays, 10 sessions)  
2018年1月17至3月21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

**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)  
鯉魚涌體育館舞蹈室 - 鯉魚涌街38號鯉魚涌市政大廈6樓 (近港鐵鯉魚涌站A出口或太古城站B出口，步行約9分鐘)

**Class C**  
**C班** **Pure Yoga The Centrium**  
**Pure Yoga 中央廣場**

C392

**Date**  
**日期** 19 January – 23 March 2018  
(Fridays, except 16 February, 9 sessions)  
2018年1月19至3月23日  
(逢星期五，2月16日除外，共9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

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

**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)

**Class D**  
**D班** **Quarry Bay**  
**鯉魚涌** (Weekend class, suitable for users at work 周六課程，適合在職患者參加)

C393

**Date**  
**日期** 20 January – 24 March 2018  
(Saturdays, except 17 February, 9 sessions)  
2018年1月20至3月24日  
(逢星期六，2月17日除外，共9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

**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)  
鯉魚涌體育館舞蹈室 - 鯉魚涌街38號鯉魚涌市政大廈6樓 (近港鐵鯉魚涌站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 #

C394

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。

**Designed for** Those with breast cancer – **who have completed surgery more than six months previously** (48 participants)  
**對象** 適合完成手術後半年或以上的乳癌患者 (48位)

**Date** 17 January – 21 March 2018  
**日期** (Wednesdays, 10 sessions)  
2018年1月17至3月21日 (逢星期三，共10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

**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 (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)

**Remarks** Please bring your own elastic exercise band or  
**備註** purchase one at CancerLink (North Point) prior to the first session.  
須使用橡筋帶練習，請自備或於開課前到癌協 (北角) 購買。



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

C395

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

透過長時間的伸展，以放鬆身心及探索身體。

**Designed for** Those with cancer – **who have completed surgery more than six months previously** (50 participants)  
**對象** 適合完成手術後半年或以上的癌症患者 (50位)

**Date** 15 January – 19 March 2018 (Mondays, except 19  
**日期** February, 9 sessions)  
2018年1月15日至3月19日 (逢星期一，2月19日除外，共9節)

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

**Facilitator** Ms. Carol Wong  
**導師** 蔣曉薇女士

**Language** Cantonese  
**語言** 廣東話

**Location** Pure Yoga The Centrium – 16/F, The  
**地點** 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)





**Gentle Yoga – Pure Fitness Soho 溫和瑜伽 — Pure Fitness 蘇豪**

C396

Gentle yoga emphasized the connection of yoga postures, body sensation and breathing to regain overall well-being. 溫和瑜伽是一種輕柔的練習，專注於瑜伽式子，呼吸和身體感受的關聯，有助恢復元氣。

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

**Date** 18 January – 22 March 2018 (Thursdays, except 15 February, 9 sessions)  
**日期** 2018年1月18至3月22日 (逢星期四，2月15日除外，共9節)

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

**Facilitator** Ms. Lindsay Parfitt  
**導師**

**Language** English  
**語言** 英語

**Location** Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance)  
**地點** 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)

**Restorative Yoga – Pure Yoga The Centrium 復元瑜伽 — Pure Yoga 中央廣場**

C397

Combining the supportive postures with conscious breathing this course stimulates the parasympathetic nervous system, allowing the organs of the body to work to their maximum efficiency. Restorative Yoga rejuvenates and restores both the physical and mental body leaving you feeling renewed and energized for the rest of your day.

透過利用各種的瑜伽道具承托身體不同部位，讓身體各器官能在最放鬆的狀態下運作，改善體內循環。同時有助暢通呼吸道，增加肺活量，激發身體自我復元更新的功能。

**Designed for** Those with cancer (26 participants)  
**對象** 癌症患者 (26位)

**Date** 17 January – 21 March 2018 (Wednesday, 10 sessions)  
**日期** 2018年1月17至3月21日 (逢星期三，共10節)

**Time** 3:45pm – 5:15pm  
**時間** 下午3:45 – 5:15

**Facilitator** Ms. Maggie Lin  
**導師** 連君婷女士

**Language** Cantonese  
**語言** 廣東話

**Location** Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance)  
**地點** 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)

**Laughter Yoga – Sheung Wan 愛笑瑜伽 — 上環**

C398

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。

**Designed for** Those with cancer – **who have completed surgery more than six months previously** (45 participants)  
**對象** 適合完成手術後半年或以上的癌症患者 (45位)

**Date** 2 February – 23 March 2018 (Fridays, except 16 February, 7 sessions)  
**日期** 2018年2月2日至3月23日 (逢星期五，2月16日除外，共7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

**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 (Near 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** 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。



## Partner Massage Yoga Workshop – Pure Fitness Soho

C399

### 雙人按摩瑜伽工作坊 — Pure Fitness 蘇豪

Thai Massage Therapy is an ancient healing art rooted in Yoga, Ayurveda and Buddhist spiritual practice. It is a meditative yet powerful bodywork. Thai Massage combines acupressure, hands-on adjustment and muscle stretching to remove energy blockages and to improve overall health and well-being, such as: release of muscular tension, improved flexibility and circulation, boosted immune system, postural alignment, and a balanced state of mind. In this workshop we will focus mainly for neck, shoulder and back.

泰式按摩自古以來在瑜伽、印度的阿育吠陀及佛教修行中，被視為傳統療愈方式之一。此療愈方式可以靜心，亦可幫助提升活力與健康。泰式按摩結合穴位按摩、雙手按壓和肌肉伸展，來疏通能量堵塞的地方，可改善身心健康，例如：釋放緊繃的肌肉、增加身體彈性與循環、提高免疫力、調整姿勢及平靜心靈。本工作坊，導師會著重在頸部、肩膀以及背部的練習。

**Designed for 對象** Those with cancer and their family members (34 participants for those with cancer and 10 participants for their family members)  
癌症患者及家屬 (34位癌症患者及其家屬10位)

**Date 日期** 11 January 2018 (Thursday)  
2018年1月11日 (星期四)

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

**Facilitator 導師** Mr. Anjan Kundu

**Language 語言** English  
英語

**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)



## 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

C400

(Evening workshop, suitable for users at work 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。

**Designed for 對象** Cancer survivors – who have completed surgery or treatment more than six months previously  
(33 participants – priority is given to those at work)  
適合完成手術或治療後半年或以上的癌症康復者 (33位，在職患者優先)

**Date 日期** 2 and 9 February 2018 (Fridays, 2 sessions)  
2018年2月2及9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

**Language 語言** Cantonese  
廣東話

**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)

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

C401

**瑜珈工作坊 — 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。

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

**Date** 8 January 2018 (Monday)  
**日期** 2018年1月8日 (星期一)

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

**Facilitator** Ms. Maria Wong  
**導師**

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

**Location** Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance)  
**地點** 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)

**Yoga Workshop – Yoga for Lower Back Pain – Pure Fitness Causeway Bay**

C402

**瑜珈工作坊 — 改善下腰背痛 — Pure Fitness 銅鑼灣**

We will share yoga practices that will help you stretch your back, relief the tightness of the back and improve your lower back pain issues.

透過瑜珈練習，幫助你伸展背部、紓緩背部肌肉的緊繃以及減輕下背部痠痛的不適感。

**Designed for** Those with cancer – **who have completed surgery more than six months previously** (50 participants)  
**對象** 適合完成手術後半年或以上的癌症患者 (50位)

**Date** 9 January 2018 (Tuesday)  
**日期** 2018年1月9日 (星期二)

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

**Facilitator** Ms. Carol Wong  
**導師** 蔣曉薇女士

**Language** Cantonese  
**語言** 廣東話

**Location** Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (Near MTR Causeway Bay Station Exit A)  
**地點** 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)

**Chair Yoga Workshop – CancerLink (North Point)**

C403

**椅子瑜珈工作坊 — 癌協 (北角)**

Designed for people who are not able 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珈，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。

**Designed for** Those with cancer (15 participants, especially for those who are not suitable sitting on floor.)  
**對象** 特別適合不方便坐在地板上的癌症患者 (15位)

**Date** 16, 23 & 30 January 2018 (Tuesdays, 3 sessions)  
**日期** 2018年1月16、23及30日 (星期二，共3節)

**Time** 2:00pm – 3:30pm  
**時間** 下午2:00 – 3:30

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

**Language** Cantonese  
**語言** 廣東話



## Meditation – Tsim Sha Tsui 靜坐班 — 尖沙咀

C404

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。

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

**Date** 17 January – 21 March 2018 (Wednesdays, except 7,  
**日期** 14 & 21 February, 7 sessions)  
2018年1月17日至3月21日 (逢星期三，2月7、14  
及21日除外，共7節)

**Time** 10:10am – 11:40am  
**時間** 上午10:10 – 11:40

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

**Language** Putonghua/English  
**語言** 普通話/英語

**Location** Activity Room, 2/F, Kowloon Park Sports Centre – 22 Austin Road, Tsim Sha Tsui  
**地點** (MTR Jordan Station Exit C or Austin Station Exit F)  
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出口或柯士甸站F出口)

## Chanting – CancerLink (North Point) 頌唱班 — 癌協 (北角)

C405

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。

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

**Date** 17 January – 21 March 2018 (Wednesdays, except 7,  
**日期** 14 & 21 February, 7 sessions)  
2018年1月17日至3月21日 (逢星期三，2月7、14及  
21日除外，共7節)

**Time** 2:15pm – 3:45pm  
**時間** 下午2:15 – 3:45

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

**Language** Putonghua/English  
**語言** 普通話/英語

## Tibetan Singing Bowls Healing 1 on 1 Workshop – CancerLink (North Point)

NEW

### 西藏頌鉢1對1療愈工作坊 — 癌協 (北角)

Tibetan singing bowls are played by striking or rubbing on the rim to produce rich overtone that resonates our cells. Balancing body and mind, the vibration and sound of singing bowls release stress and blocked energy, ease the muscle pain and invoke a deep state of relaxation.

西藏頌鉢透過敲擊或磨擦銅鉢外緣，產生豐富泛音，幫助身體放鬆，同時平衡身心、解除壓力和舒緩肌肉疼痛，達到深度放鬆。

**Designed for** Cancer survivors without high blood pressure, heart diseases and unhealed surgery wounds, except leukemia and lymphoma survivors  
**對象** (5 participants per workshop)  
非血癌或淋巴癌的癌症康復者，無高血壓及心臟病病史，及無未痊愈的手術傷口 (每個工作坊5位)

**Facilitator** Tibetan singing bowls facilitators  
**導師** 西藏頌鉢療愈導師

**Language** Cantonese  
**語言** 廣東話

**Date/Time** **C406** **Workshop A 工作坊 A:**  
**日期/時間** 11 January – 8 February 2018 (Thursdays, 5 sessions) 11:00am – 5:00pm  
2018年1月11日至2月8日 (逢星期四，共5節) 上午11:00 – 下午5:00

**C407** **Workshop B 工作坊 B:**  
22 February – 22 March 2018 (Thursdays, 5 sessions) 11:00am – 5:00pm  
2018年2月22日至3月22日 (逢星期四，共5節) 上午11:00 – 下午5:00

**Remarks**  
**備註**

1. Each participant would be arranged 45 minutes one on one Tibetan Singing Bowls Healing session.
2. All applicants will be put on the waiting list first. Our staff will contact applicants via telephone to confirm successful enrolment and arranging session time slots.
3. Wear loose and comfortable clothes.
4. There will be sometime lying down, therefore, please don't come with full stomach.
5. Participants are required to fill in simple questionnaires before and after the session.
6. **Enroll in only one Tibetan Singing Bowls Healing 1 on 1 Workshop.**
1. 每位參加者將會安排不同時段接受45分鐘的西藏頌鉢聲音療愈。
2. 所有報名者會先列作後備，職員會再電話聯絡確認成功報名者以及安排個別時段。
3. 請穿著寬鬆舒適的衣物。
4. 參加工作坊時不宜過飽，因需要一段時間躺著。
5. 參加者須於聲音療愈前與完結後，各填寫一份簡單問卷。
6. **只能選報一個西藏頌鉢1對1工作坊。**



## Tibetan Singing Bowls Healing Workshop–CancerLink (North Point)

### 西藏頌鉢療愈工作坊 — 癌協 (北角)

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、紓緩疼痛，並進入深層冥想狀態和促進自我療愈。

**Designed for 對象** Those with cancer (15 participants per class –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）

**Facilitator 導師** Ms. Mona Choi  
蔡雅玲女士

**Language 語言** Cantonese  
廣東話

**Date/Time 日期/時間**

- |             |   |  |
|-------------|---|--|
| <b>C408</b> | <b>Workshop A 工作坊 A:</b><br>8 February 2018 (Thursday)<br>2018年2月8日 (星期四) | 1:00pm – 3:00pm<br>下午1:00 – 3:00         |
| <b>C409</b> | <b>Workshop B 工作坊 B:</b><br>8 February 2018 (Thursday)<br>2018年2月8日 (星期四) | 4:00pm – 6:00pm<br>下午4:00 – 6:00         |
| <b>C410</b> | <b>Workshop C 工作坊 C:</b><br>12 February 2018 (Monday)<br>2018年2月12日 (星期一) | 10:00am – 12:00noon<br>上午10:00 – 中午12:00 |

**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. **Enroll in only one Tibetan Singing Bowls Healing Workshop.**  
1. 請穿著棉質舒適衣服（無鈕或金屬），可自備圍巾保暖。  
2. 避免穿著風衣或尼龍質料的衣服。  
3. 只能選報一個西藏頌鉢療愈工作坊。





## 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。

### Experienced Class – Pure Yoga Quarry Bay 進階班 – Pure Yoga 鯽魚涌

C411

**Designed for** Those with cancer - with a **minimum of six months pilates exercise experience at Cancerlink** (23 participants)  
**對象** 適合曾修習此基礎班六個月或以上的癌症患者 (23位)

**Date** 16 January – 20 March 2018 (Tuesdays, except 20 February, 9 sessions)  
**日期** 2018年1月16至3月20日 (逢星期二，2月20日除外，共9節)

**Time** 3:00pm – 3:55pm  
**時間** 下午3:00 – 3:55

**Facilitator** Ms. Maja Minic  
**導師**

**Language** English  
**語言** 英語

**Location** 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)  
**地點** Pure Yoga 鯽魚涌 – 鯽魚涌英皇道979號太古坊林肯大廈4樓 (近港鐵鯽魚涌站A出口或太古城站B出口)

### Beginner Class A – Pure Yoga Quarry Bay 基礎班 A – Pure Yoga 鯽魚涌

C412

**Designed for** Those with cancer (23 participants)  
**對象** 癌症患者 (23位)

**Date** 16 January – 20 March 2018 (Tuesdays, except 20 February, 9 sessions)  
**日期** 2018年1月16至3月20日 (逢星期二，2月20日除外，共9節)

**Time** 2:00pm – 2:55pm  
**時間** 下午2:00 – 2:55

**Facilitator** Ms. Maja Minic  
**導師**

**Language** English  
**語言** 英語

**Location** 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)  
**地點** Pure Yoga 鯽魚涌 – 鯽魚涌英皇道979號太古坊林肯大廈4樓 (近港鐵鯽魚涌站A出口或太古城站B出口)

### Beginner Class B/C – Pure Fitness Admiralty 基礎班 B/C – Pure Fitness 金鐘

**Designed for** Those with cancer (30 participants per class)  
**對象** 癌症患者 (每班30位)

**Date** 17 January – 21 March 2018 (Wednesdays, 10 sessions)  
**日期** 2018年1月17日至3月21日 (逢星期三，共10節)

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

C413

**Class C C班** : 4:00pm – 4:55pm  
下午4:00 – 4:55

C414

**Facilitator** Ms. Jessie Lee  
**導師** 李惠芳女士

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

**Location** Pure Fitness Admiralty – Levels 1 & 2, Fairmont House, 8 Cotton Tree Drive, Admiralty (MTR Admiralty Station Exit B or Central Station Exit J2)  
**地點** 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)

### Beginner Class D – Pure Fitness Soho 基礎班 D – Pure Fitness 蘇豪

C415

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

**Date** 2 February– 23 March 2018 (Fridays, except 16 February, 7 sessions)  
**日期** 2018年2月2至3月23日 (逢星期五，2月16日除外，共7節)

**Time** 3:30pm – 5:00pm  
**時間** 下午3:30 – 5:00

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

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

**Location** Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance)  
**地點** 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)

**Remarks**  
**備註**

1. Wear loose and comfortable clothing.
2. Please bring your own elastic exercise band or purchase one at CancerLink (North Point) prior to the first session.
3. Enroll in only one Pilates class.
1. 請穿著適合伸展運動的衣服。
2. 請自備橡筋帶或於開課前到癌協 (北角) 購買。
3. 只能選報一個普拉提斯伸展運動班。

**Pilates Workshop – Spinal Alignment – Pure Fitness Soho****NEW****C416****普拉提斯伸展運動工作坊 — 脊椎保健 — Pure Fitness蘇豪**

Pilates focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. Pilates exercises teach awareness of neutral alignment of the spine and strengthening the deep postural muscles that support this alignment, which are important to help alleviate and prevent back pain.

普拉提斯伸展運動專注於核心肌群的練習，可幫助身體平衡及提供脊椎支撐。透過身體覺察以及強化深層肌肉能夠保持脊椎的中位，能夠幫助減緩或預防背痛。

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

**Date** 19 and 26 January 2018 (Fridays, 2 sessions)  
**日期** 2018年1月19及26日 (星期五，共2節)

**Time** 3:30pm – 5:00pm  
**時間** 下午3:30 – 5:00

**Facilitator** Ms. Alice Yuen  
**導師** 袁瑞英女士

**Language** Cantonese  
**語言** 廣東話

**Location** Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance)  
**地點** 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)

**Remarks**  
**備註**

1. Wear loose and comfortable clothing.
2. Please bring your own elastic exercise band or purchase one at CancerLink (North Point) prior to the first session.
1. 請穿著適合伸展運動的衣服。
2. 請自備橡筋帶或於開課前到癌協 (北角) 購買。

**Awareness Through Movement – The Feldenkrais Method® – Far East****C417****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。

**Designed for** Those with cancer (18 participants)  
**對象** 癌症患者 (18位)

**Date** 8 January – 12 February (Mondays, except 22 January, 5 sessions)  
**日期** 2018年1月8日至2月12日 (逢星期一，1月22日除外，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

**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 (Near MTR Central Station Exit B or 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 (近港鐵中環站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 29 December 2017 if your enrolment 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.
3. The deposit will be refunded upon attendance rate over 80%.
4. If attendance rate is below 80%, 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12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。
3. 課程出席率達80%之學員將獲全數退回按金。
4. 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。



## Relaxing and Rejuvenating Energy Healing Part II – Wanchai

C418

### 養生氣功延續班 — 灣仔

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

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.

讓恆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。

<b>Designed for 對象</b>	<b>Participants must be able to attend every session 名額只提供給能夠全程參與者</b> Those with cancer who have completed Relaxing and Rejuvenating Energy Healing with regular daily practice (18 participants) 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 (18位)		
<b>Date 日期</b>	20 January – 24 March 2018, (Saturdays, except 17 February & 10 March, 8 sessions) 2018年1月20日至3月24日 (逢星期六，2月17日及3月10日除外，共8節)	<b>Time 時間</b>	10:00am – 11:55am 上午10:00 – 11:55
<b>Facilitator 導師</b>	Ms. Dawn Zhao 趙文曉女士	<b>Language 語言</b>	Putonghua/Cantonese 普通話/廣東話
<b>Location 地點</b>	Room 501, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wan Chai (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501室 (港鐵灣仔站C出口或金鐘站D出口)		
<b>Remarks 備註</b>	1. Wear loose, comfortable clothing and light kung-fu shoes. 2. Participants are required to practice 45 mins daily. 3. <b>Enroll only one qigong class.</b> 4. <b>All participants will be put into wait-listed, the confirmed participants will be notified individually.</b> 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. 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。		

## Qigong Warm Up Forms – Sai Wan Ho 體育養生功前熱身術 — 西灣河

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

The purpose of this class is to enhance well-being and improve health. During the class, the facilitator will lead practice in soft, gentle and easy to learn movements. This class is for participants who have previous qigong experience.

體育養生功前熱身術是以調心、調息和調身為手段，動作柔和緩慢。練習需要有伸筋拔骨、動靜結合、剛柔相濟的要求，動作幅度相對較大，具有一定的難度和複雜性。練功前在心理和生理上要做好充分準備，以獲得良好的練習效果，達到預防損傷、勞損、益身心的功效。

<b>Designed for 對象</b>	Those with cancer and <b>who have qigong practice experience in past 2 years.</b> (45 participants) 具兩年氣功練習經驗之癌症患者 (45位)		
<b>Date 日期</b>	<b>C419</b> 13 January – 24 March 2018 (Saturdays, except 17 February, 10 sessions) 2018年1月13日至3月24日 (逢星期六，2月17日除外，共10節)	<b>C420</b>	<b>Revision session – for those who have attend this class before</b> <b>重溫課 — 歡迎舊生報名</b> 24 March 2018 (Saturday) 2018年3月24日 (星期六)
<b>Time 時間</b>	8:00am – 8:55am 上午8:00 – 8:55		
<b>Facilitator 導師</b>	Mr. Suen Kwai Ping 孫貴平先生	<b>Language 語言</b>	Cantonese 廣東話
<b>Location 地點</b>	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，近香港電影資料館)		
<b>Remarks 備註</b>	1. Wear loose, comfortable clothing and light kung-fu shoes. 2. <b>Enroll in only one qigong class.</b> 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。		



## Health Qigong Ba Duan Jin – Shek Tong Tsui 健身氣功八段錦班 — 石塘咀

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。

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

**Date** **C421** 12 January – 23 March 2018 (Fridays, except 16 February, 10 sessions)  
**日期** 2018年1月12至3月23日 (逢星期五，2月16日除外，共10節)

**C422** **Revision session – for those who have attended this class before**  
**重溫日 — 歡迎舊生報名**  
23 March 2018 (Friday)  
2018年3月23日 (星期五)

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

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

**Language** Cantonese  
**語言** 廣東話

**Location** 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)  
**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)

**Remarks** 1. Wear loose, comfortable clothing and light kung-fu shoes.  
**備註** 2. **Enroll in 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。

### Shek Tong Tsui 石塘咀

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）		
Date 日期	C423	12 January – 23 March 2018 (Fridays, except 16 February, 10 sessions) 2018年1月12至3月23日 (逢星期五，2月16日除外，共10節)	
	C424	Revision session – for those who have attended this class before 重溫課 — 歡迎舊生報名 23 March 2018 (Friday) 2018年3月23日 (星期五)	
Time 時間	11:00am – 11:55am 上午11:00 – 11:55		
Facilitator 導師	Ms. Milky Ng 伍妙奇女士	Language 語言	Cantonese 廣東話
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)		

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

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）		
Date 日期	C425	13 January – 24 March 2018 (Saturdays, except 17 February, 10 sessions) 2018年1月13至3月24日 (逢星期六，2月17日除外，共10節)	
	C426	Revision session – for those who have attended this class before 重溫課 — 歡迎舊生報名 24 March 2018 (Saturday) 2018年3月24日 (星期六)	
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		
Language 語言	Cantonese 廣東話		
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)		
Remarks 備註	1. Wear loose, comfortable clothing and light kung-fu shoes. 2. Enroll in 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。		



## Yi Jin Bang – North Point 易筋棒 — 北角

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。

**Designed for** Those with cancer (30 participants per class)  
**對象** 癌症患者 (每班30位)

**Class A**  
**A班**

C427

**Date** 11 January – 1 February 2018 (Thursdays, 4 sessions)  
**日期** 2018年1月11至2月1日 (逢星期四，共4節)

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

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

**Language** Cantonese  
**語言** 廣東話

**Class B**  
**B班**

C428

**Date** 1 – 22 March 2018 (Thursdays, 4 sessions)  
**日期** 2018年3月1至22日 (逢星期四，共4節)

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

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

**Language** Cantonese  
**語言** 廣東話

**Revision session – for those who have attended this class before**  
**重溫課 — 歡迎舊生報名**

C429

**Date** 8 February 2018 (Thursday)  
**日期** 2018年2月8日 (星期四)

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

**Facilitator** Ms. Leung Mei Ling and Ms. Ip Kin Ning, Winnie  
**導師** 梁美玲女士及葉建寧女士

**Language** Cantonese  
**語言** 廣東話

**Location** Dance Room, Java Road Sports Centre - 5/F, Java Road Municipal Services Building, 99 Java Road (MTR North Point Station Exit A1)  
**地點** 渣華道體育館舞蹈室 – 渣華道99號渣華道市政大廈5樓 (港鐵北角站A1出口)

**Remarks** 備註  
1. Please bring two sets of old newspapers to make the Yin 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 (Central) 禪繞畫體驗工作坊 — 癌協 (中環)

C430

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。

**Designed for** Places are offered only to participants who attend ALL sessions 名額只提供給能夠全程參與者  
**對象** Those with cancer (40 participants – for first-time participants only)  
癌症患者 (40位，只限首次參加者)

**Date** 19, 26 January and 2 February 2018  
**日期** (Fridays, 3 sessions)  
2018年1月19、26日及2月2日 (星期五，共3節)

**Time** 3:45pm – 5:45pm  
**時間** 下午3:45 – 5:45

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

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) – Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協 (中環) - 中環皇后大道中99號中環中心地下5號室

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

## Food for the Heart (Book Club) – CancerLink (North Point)

C431

### 心靈的宴會 — 以書聚友 — 癌協(北角)

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。

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

**Date** 17, 31 January, 28 February and 14 March 2018  
**日期** (Wednesdays, 4 sessions)  
2018年1月17、31日、2月28日及3月14日  
(星期三，共4節)

**Time** 4:15pm – 5:45pm  
**時間** 下午4:15 – 5:45

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

**Language** Putonghua  
**語言** 普通話

## Bring Some Juice into Your Life! – CancerLink (North Point)

C432

### 健康蔬果汁工作坊 — 癌協(北角)

(Saturday workshop, suitable for users at 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！

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

**Date** 13 January 2018 (Saturday)  
**日期** 2018年1月13日 (星期六)

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

**Facilitator** Ms. Sandra Carvajal  
**導師**

**Language** English  
**語言** 英語



## Eat Wise Workshop – CancerLink (North Point) 智營烹飪工作坊 — 癌協 (北角)

NEW

## Remarks:

1. Enroll in only one Eat Wise Workshop.
2. For each successfully enrolled participant, a deposit of HK\$100 needs to be received **on or before 4 January 2018**. You can pay cash to **CancerLink (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down the name of the workshop.  
Address: 3/F, TLP 132, 132-134 Tai Lin Pai Road, Kwai Chung.
3. We will return the deposit to participants who complete the workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.
4. Please bring your own food container and cutlery.

## 注意事項：

1. 最多**只能選報一個正選**智營烹飪工作坊。
2. 成功報名者請於**1月4日前**繳交港幣**100元**按金。如過期仍未收到按金，名額將會自動讓給後備學員。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），請註明報名的工作坊名稱。**地址：葵涌大連排道132-134號TLP132 三樓。**
3. 完成工作坊的學員，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。
4. 參加者請自備餐盒與餐具。

**Designed for** Cancer survivors (20 participants per workshop)  
**對象** 癌症康復者（每個工作坊20位）

### Raw Food School 生素學堂

C433

What are the benefits for Raw Vegan Diet? Is it suitable for everyone to practice? In the workshop, the facilitator will introduce the theory and demonstrate a few recipes. Participant will be able to taste food and bring basic ideas home.

生素飲食（Raw Vegan Diet）是健康新趨勢，但它怎樣逆轉健康？是否適合所有人實踐？課堂包括理論、示範及試食，由淺入深，輕鬆把健康飲食帶入生活。

**Date** 5 February 2018 (Monday)  
**日期** 2018年2月5日（星期一）

**Facilitator** Ms. Wings Lam (Raw Food facilitator of Alpha Living Planet)  
**導師** 林詠虹女士 - Alpha Living Planet資深生素導師，推廣生素飲食已有7年經驗

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

**Language** Cantonese  
**語言** 廣東話

### Refreshing Veggie Party 清新蔬果派對

Fresh vegetables and fruits provide us various nutrients and vitality. Facilitator will share how to use local and common ingredients to make delicious juices and smoothies. Participants will also have hands-on experiences making juices and smoothies to share with others.

新鮮蔬菜和水果可補充身體各種營養素，帶來活力與能量，導師將分享如何以本地常見的食材製作美味而營養豐富的果汁及蔬果昔，參加者亦可嘗試選用不同的蔬果配搭製作果汁，與眾共享。

**Date** 19 March 2018 (Monday)  
**日期** 2018年3月19日（星期一）

**Time** **Class A A班** : 1:00pm – 3:00pm  
**時間** 下午1:00 – 3:00

C434

**Class B B班** : 3:30pm – 5:30pm  
下午3:30 – 5:30

C435

**Facilitator** Ms. Pin Han Wang & Ms. Karrie Tam  
**導師** 王品涵女士及譚穎恩女士

**Language** Cantonese  
**語言** 廣東話





## Workshop for Reorganizing Your Home and Life Detach • Discard • Dissolve – CancerLink (Central) 人生整理術 — 斷 · 捨 · 離工作坊 — 癌協 (中環)

C446

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！

**Designed for** 50 participants – for first-time participants only  
**對象** 癌症患者 (50位，只限首次參加者)

**Date** 15 January 2018 (Monday)  
**日期** 2018年1月15日 (星期一)

**Time** 3:45pm – 5:45pm  
**時間** 下午3:45 – 5:45

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

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) – Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協 (中環) - 中環皇后大道中99號中環中心地下5號室



## DIY Natural Detergent for Household – CancerLink (Central) DIY天然家居清潔劑工作坊 — 癌協 (中環)

C436

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 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。

**Designed for** Those with cancer (40 participants)  
**對象** 癌症患者 (40位)

**Date** 19 January 2018 (Friday)  
**日期** 2018年1月19日 (星期五)

**Time** 11:15am – 1:15pm  
**時間** 上午11:15 – 下午1:15

**Facilitator** Ms. Lam Lai Shan  
**導師** 林麗珊女士 (綠色媽媽，「給孩子一個綠色無毒家」作者)

**Language** Cantonese  
**語言** 廣東話

**Location** CancerLink (Central) – Unit 5, Ground Floor, The Center, 99 Queen's Road Central  
**地點** 癌協 (中環) - 中環皇后大道中99號中環中心地下5號室

**Remarks** Please bring your own clean glass jar (500ml or above)  
**備註** 請自備一個乾淨回收寬口玻璃瓶 (約500毫升或以上)。



Photos from 'U-Link' 相片由'U-Link'提供

**Organic Farm Trip – Yuen Long****有機農莊之旅 — 元朗**

C380

Understand more about organic farming and experience the simplicity of farming in this trip. Participants will also learn how to differentiate organic food.

此旅行能讓參加者了解有機種植的知識及體驗簡單農務。

**Designed for / 對象** Those with cancer (16 participants diagnosed in or after 2015, 10 participants diagnosed in or before 2014)  
2015年或以後確診患者（16位）；2014年或以前確診患者（10位）

**Date / 日期** 21 February 2018 (Wednesday)  
2018年2月21日（星期三）

**Time / 時間** 12:15pm – 5:45pm  
下午12:15 – 5:45

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

**Language / 語言** Cantonese  
廣東話

**Location / 地點** HKFYG Organic Farm at Yuen Long  
元朗青協有機農莊

**Remarks / 備註**

1. A coach will be arranged to and from the centre; please arrive at the support centre at 12:15pm sharp on the day.
2. Five quotas will be reserved to those who have completed “Five Health Facts that You Should Know”.

1. 中心會安排巴士來回中心及活動地點，參加者請於下午12:15於北角癌協集合。  
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。

**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 銅鑼聲音療愈工作坊</b>	K478 – K480	Kwai Chung 葵涌
<b>Mandala Workshop Mandala繪畫療愈工作坊</b>	K498	
<b>Massage Exercise Ball Workshop 小力球工作坊</b>	K496	
<b>Eat Wise Healthy Cooking Workshop Eat Wise智營烹飪工作坊</b>	K502 – K506	
<b>Mindful, Slow and Experiencing Nature Workshop – Kam Sheung Road 靜心慢生活·體驗自然工作坊 — 錦上路</b> (Weekend workshop, suitable for users at work 周六課程，適合在職患者參加)	K516	
<b>8 Forms Qigong – Choi Hung Road, Wong Tai Sin 八式氣功 — 黃大仙彩虹道</b> (Weekend workshop, suitable for users at work 周六課程，適合在職患者參加)	W621	Wong Tai Sin 黃大仙



Photos from 'U-Link' 相片由'U-Link'提供



# 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, North Point, 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).

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：香港癌症基金會屬下癌協服務中心（黃大仙、北角、中環、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

TCM practitioner and social worker will share information about cancer and cancer-support services in the community.  
由中醫及社工於簡介會講述有關癌症資訊及癌症支援服務。

**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

#### January programme 一月簡介會

C383

<b>Date</b> 日期	19 January 2018 (Friday) 2018年1月19日（星期五）	<b>Time</b> 時間	2:30pm – 4:30pm 下午2:30 – 4:30
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#### March programme 三月簡介會

C384

<b>Date</b> 日期	16 March 2018 (Friday) 2018年3月16日（星期五）	<b>Time</b> 時間	2:30pm – 4:30pm 下午2:30 – 4:30
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<b>Facilitator</b> 講者	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工
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<b>Language</b> 語言	Cantonese 廣東話
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<b>Location</b> 地點	Cancer Patient Resource Centre, Pamela Youde Nethersole Eastern Hospital 東區尤德夫人那打素醫院癌症病人資源中心
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## Pamela Youde Nethersole Eastern Hospital Gynecological Cancer New Case

### Orientation 東區尤德夫人那打素醫院婦科癌新症分享會

C385

Oncologist, nurse and social worker will share information about gynecological 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。

**Designed for** Those who have been newly diagnosed with gynecological cancer at East Hong Kong Cluster  
**對象** 於港島東聯網確診的新婦科癌症患者

<b>Date</b> 日期	23 January, 6 February and 20 March 2018 (Tuesday) 2018年1月23日、2月6日及3月20日（星期二）	<b>Time</b> 時間	2:30pm – 4:30pm 下午2:30 – 4:30
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<b>Facilitator</b> 講者	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工
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<b>Language</b> 語言	Cantonese 廣東話
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<b>Location</b> 地點	Cancer Patient Resource Centre, Pamela Youde Nethersole Eastern Hospital 東區尤德夫人那打素醫院癌症病人資源中心
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**Diet Talk**

C386

**癌症飲食與營養講座**

Dietitian and social worker will share information about healthy diet and cancer support services in the community.  
營養師及社工於簡介會講述有關癌症飲食及社區支援服務。

**Designed for** Those with cancer and their care givers from HK West cluster  
**對象** 港島西聯網癌症病人或家屬

**Date** 23 March 2018 (Friday)  
**日期** 2018年3月23日 (星期五)

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

**Facilitator** Dietitian and social worker  
**講者** 營養師及社工

**Language** Cantonese  
**語言** 廣東話

**Location** Activity Room, 2/F, Cancer Centre Queen Mary Hospital  
**地點** 瑪麗醫院癌症中心二樓活動室

**Join Talk****合辦講座**

**Designed for** Those with cancer and family member  
**對象** 癌症患者及其家屬

**Cope with Numbness through Chinese Medicine 「中醫治療麻痺」講座**

C387

The talk is about how to use Chinese Medicine to cope with numbness caused by cancer treatment.  
從中醫角度，分析如何處理癌症治療所引致的麻痺症狀。

**Date** 20 January 2018 (Saturday)  
**日期** 2018年1月20日 (星期六)

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

**Facilitator** Ms. Chu (Registered Chinese Medicine Practitioner from Yan Oi Tong – The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research)  
**講者** 朱嘉敏醫師 (仁愛堂 — 香港中文大學教研中心 (屯門) 註冊中醫師)

**Language** Cantonese  
**語言** 廣東話

**Adversities in life 逆境人生**

C388

Understand life from different perspectives; resilience in life challenges; psychological distress of cancer patients and family members; and coping wisdom.

從不同角度探討什麼是人生的逆境、處理逆境的智慧、癌症病人及家屬的心理困擾及解困的智慧。

**Date** 10 March 2018 (Saturday)  
**日期** 2018年3月10日 (星期六)

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

**Facilitator** Venerable Sik Fa Ren  
**講者** 釋法忍法師

**Language** Cantonese  
**語言** 廣東話

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

**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。成功報名者需到中心領取入場券，憑券入場。
2. 合辦單位：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 the latter 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。



Photos from 'U-Link' 相片由'U-Link'提供

Name 名稱	Service Target 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	All cancers 所有癌症	3656 0799
<b>CanSurvive</b>	All 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 Ltd.</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 stoma 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	3656 0821
<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 North Point unless stated otherwise

JAN – MAR 一月 — 三月 2018 | 47



## Location Map - North Point

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, North Point 北角癌協服務中心**  
Room 2201-03, 22/F, China United Centre, 28 Marble Road, North Point, Hong Kong  
北角馬寶道28號華匯中心2201-03室

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FAX 傳真：3667 3100  
WEBSITE 網址：www.cancer-fund.org/cancerlink