



癌症基金會
CANCERFUND
So no one faces cancer alone

癌協
CANCERLINK
A free service of Hong Kong Cancer Fund

Link 連繫

April – June
四月 – 六月 2018



Photos from 'U-Link' 相片由'U-Link'提供

Manage Your Own Health

The number of new cases of cancer in Hong Kong hit a historical high exceeding the 30,000 mark for the first time in history (HK Cancer Registry, 2015). As one of the major chronic diseases, cancer patients and their family members will face different challenges once they are diagnosed. They need to be able to deal with their illness, understand different tests and even make a decision on their treatment options within a short period of time! The challenges won't stop after the treatment, there is a need to adjust their life style, and prepare themselves to go back to their 'normal life'!

'Self-management' during chronic disease has shown to improve patient-reported and health care-related outcomes. Self-management refers to tasks that individuals must undertake to live with their chronic conditions. Those tasks include having confidence to deal with the medical and emotional management of their conditions. By improving the self-efficacy for those affected by illness, they are no longer being passive, but now believe they can do something for themselves to bring changes!

CancerLink's part in the process is to not only equip the individuals and families' with the skills and knowledge needed to face the illness, but together build an active and positive community in facing cancer!

健康管理 由我做起

港人患癌數字創新高，最新統計顯示2015年癌症登記個案便突破3萬宗[^]，而隨著醫療科技進步，癌症亦逐漸被視為一種長期病患。患者及其家人在抗癌路上不同階段均要面對不同需要，他們往往在確診後很短時間，便需要認識有關癌症、掌握不同檢查和治療方法的優劣、與醫生商討治療方案，更要為身心作出預備應付挑戰！縱使完成治療，患者在踏上康復路時，亦需調節自己的心情、飲食、運動等生活習慣，建立健康的生活模式！

外國近年提倡「自我管理」，即是除醫療體制和專業人士，患者和家人及社區亦成為個人健康的重要角色。「自我管理」強調每個人都必須為自己的長期病患採取有效行動，達到有效掌管病況、情緒及角色轉變，提升在面對疾病時的效能感，相信自己有能力面對及處理個人的病況，化被動為積極！

癌症基金會屬下的癌協服務中心舉辦的不同課程，便是希望協助患者及其家人掌握及提升面對癌症時的知識及技巧，強化個人管理能力，發揮積極面對人生的力量！

[^]資料來源：香港癌症資料統計中心，2015

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

Enrollment date starts:

15 March 2018 (Thursday)
from 9:00am onwards

接受報名日期：

2018年3月15日（星期四）
上午9時起

Enquiry and Enrollment: 3667 3030

查詢及活動報名：3667 3030

OPENING HOURS

Monday to Saturday: 9am-6pm

Sunday and Public Holidays: Closed

辦公時間

星期一至六：早上9時至下午6時

星期日及公眾假期休息

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CancerLink News 癌協中心最新消息

Starting from January 2018, CancerLink Support Centre, Central is resuming operation, please come and visit our 5 Centre.

由2018年1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9時至晚上10時
星期三、五、六：
上午9時至下午6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9時至下午6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 Wednesday, Friday &
Saturday: 9am-6pm
Thursday: 9am-10pm
Sunday and Public holidays: Closed

辦公時間

星期一至三、五及六：
上午9時至下午6時
星期四：上午9時至晚上10時
星期日及公眾假期休息



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

星期一至四及六：
上午9時至下午6時
星期五：上午9時至晚上10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、二、四至六：
上午9時至下午6時
星期三：上午9時至晚上10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 enrolment rules will include:

Wellness and Holistic Health Care Programmes* (Page 24-43)	Maximum of 5 confirmed programmes and 5 programmes in wait-list across all CancerLink Centres	For programmes with a hash (#) or marked "enroll only one specific programme/workshop", means an applicant can only enroll one programme from that category within all CancerLink Centres. Unless otherwise specified, 50% of each wellness programme quota will be arranged for those diagnosed in or after 2015.
Other programmes*	Maximum of 5 confirmed programmes and 5 programmes in wait-list across all CancerLink Centres	For programmes with a hash (#) or marked "enroll only one specific programme/workshop", means an applicant can only enroll one programme from that category within all CancerLink Centres.

* 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 programme begins, **door will be closed on time.**

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	活動註有#號或「備註」上寫明 只能選報一個該類型的活動 ，意指在所有癌協中心，只可選報一個該類型的活動。 除指定活動外，50%的身心靈健康活動名額將 分配給2015年或以後的確診患者 。
其他活動	最多五項正選及五項候補	活動註有#號或「備註」上寫明 只能選報一個該類型的活動 ，意指在所有癌協中心，只可選報一個該類型的活動。

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，課堂將準時關門，敬請注意。

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.

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

Access to Local Medical System: Private & Public

C001

The session would like to introduce the medical system of private and public settings in HK and address the concerns in between when assess to the series.

Date	26 April 2018 (Thursday)	Time	7:00pm – 9:00pm
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central	Speaker	Ms. Katrina Wu (Registered Nurse)

Psychodrama Workshop on 'Me & Cancer'

C002

The diagnosis of cancer often arouses different emotions along. Instead of verbal, the understanding on self and expressing of emotions could be through Psychodrama. Using a creative and action-based approaches i.e. movement, role play and symbolisation, the session would like to help participants explore about themselves.

Date	24 May 2018 (Thursday)	Time	7:00pm – 9:30pm
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central	Facilitator	Mr. Steve Reynolds

Mindfulness & Mind-Body Connection

C003

As a mindfulness-based health coach, Julie would like to share how one can break free from unhealthy lifestyle habits and achieve personal success and freedom through build up positive behavioral changes in their lives.

Date	14 June 2018 (Thursday)	Time	7:00pm – 9:00pm
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central	Speaker	Ms. Julie Chiu (Registered Nurse & Certified Health Coach)

'Keep Moving' – Integrate Exercises into Daily Life

C004

This programme would like to introduce proper techniques for basic exercises such as stretching, aerobic activity, and training with light weights. It aims at promoting exercise tolerance, flexibility of joint, increase strength and endurance of body muscles, mainly to motivate participants for develop a regular exercises pattern and habit.

Designed for	Those with cancer and have completed treatment (8 participants)		
Date	14 April – 23 June 2018 (Every Saturday, total 11 sessions)	Time	2:00pm – 3:00pm
Location	Positiv Wellness, 1/F, 90 Thomson Road, Wanchai	Facilitator	Ms. Angie Palmer (Fitness Trainer and Pilates Instructor)
Remarks	1. Priority would be reserved for those Native English-speakers or those who do not understand Cantonese. 2. Assessment is required before participation.		

CanSurvive Meetings

C005

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 (20 participants)

Date 11 April, 16 May & 13 June 2018 (Wednesdays)

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

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

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

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. 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 胡凱姚姑娘
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	Tuesdays 逢星期二	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Fion Chow 周倩蓓姑娘
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	Wednesdays 逢星期三		

Effective Management of Chemotherapy's Side Effects

C006

別怕化療副作用

Being diagnosed with cancer is challenging and distressing. Effective management of Chemotherapy's side effects can enhance treatment outcome. This session will provide information on preparation for chemotherapy and caring tips on management of side effect. 為剛確診患者提供有關化療副作用的專業支援，講解如何減輕和護理相關副作用，減少治療期間的疑問和憂慮。

Designed for Those with cancer and their family members, newly diagnosed within 6 months (20 participants)
對象 半年內確診癌症患者及家屬 (20位)

Date 24 May 2018 (Thursday)
日期 2018年5月24日 (星期四)

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

Cancer Related Osteoporosis

C007

癌症與骨質疏鬆全面睇

Osteoporosis is treatable, but not curable. It's important to be aware of your risks for developing osteoporosis. This session can help you detect symptoms early and get effective treatment. 骨質疏鬆能治療卻不能根治，講座會探討患上骨質疏鬆的風險，協助參加者有效預防及治療，減低骨折的機會。

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

Date 17 May 2018 (Thursday)
日期 2018年5月17日 (星期四)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Dr. Ching-Lung Cheung
(Assistant professor of Department of Pharmacy,
The University of Hong Kong)
張正龍先生
(香港大學藥理及藥劑學系助理教授)

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

Managing Side Effects of Treatment of Gynecological Cancers

C008

處理婦科癌的治療副作用

To know more about possible side effects including lymphedema and wound adhesion that may appear and learn how to help yourself. 講解如何處理婦科癌帶來的副作用包括淋巴水腫及傷口黏連，減輕患者的不適。

Designed for Those with gynecological 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 27 June 2018 (Wednesday)
日期 2018年6月27日 (星期三)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

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

New Trend in Targeted Therapy

C009

標靶治療新趨勢

Learn the most current treatment trend for targeted therapy in Hong Kong, including: Mechanism of targeted therapy, indications of targeted therapy, clinical updates in targeted therapy and its common side effects.

簡介細胞標靶治療，探討其機制、副作用和在本港的最新動向，亦會講解接受標靶治療的適合條件。

Designed for Those with cancer and their family members, newly diagnosed within 1 year (30 participants)
對象 一年內確診癌症患者及家屬 (30位)

Date 3 May 2018 (Thursday)
日期 2018年5月3日 (星期四)

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Dr. Stephen Lam Chan (Assistant Professor of the Department of Clinical Oncology, The Chinese University of Hong Kong)
講者 陳林醫生 (中文大學臨床助理教授)

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

Fatigue Go Away

C010

向疲勞說 Bye Bye

Fatigue results in feeling less able to do mental or physical tasks. It can severely restrict activities, and lead to social isolation and impact on relationships. This program will focus on prevention and management of fatigue.

受到癌症影響，患者往往會出現疲勞問題，影響日常生活甚或日常社交。心理學家和護士會講解如何預防疲勞及處理疲勞症狀，令患者保持最佳狀態面對癌症。

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

Date 19 and 26 June 2018 (Every Tuesday, total 2 sessions)
日期 2018年6月19日及26日 (逢星期二，共2節)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Ms. Katrina Wu (Registered Nurse), Ms. Marian Wong (Clinical Psychologist)
講者 胡凱姚姑娘 (註冊護士) 及 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

Breast Cancer Support Series – New Case Sharing

C011

乳癌支援系列 — 新症支援小組

Being diagnosed with cancer is challenging and distressing. This 'Breast Cancer New Case Sharing Group' offers professional nursing and dietetic advice, with a focus on home care tips, side effect management, dietary tips during treatment and diet myths, providing a platform for sharing your experiences and meeting peers.

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

Designed for Those with breast cancer and their family members, newly diagnosed within 6 months (20 participants. Places are offered only to participants who attend ALL sessions)
對象 半年內確診的乳癌患者及家屬 (20位，名額只提供給能夠全程參與者)

Date 16 and 23 April 2018 (Every Monday, total 2 sessions)
日期 2018年4月16日及23日 (逢星期一，共2節)

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Ms. Katrina Wu (Registered Nurse), Ms. Iris Ip (Registered Social Worker)
講者 胡凱姚姑娘 (註冊護士) 及 葉靜宜姑娘 (註冊社工)

Language Cantonese
語言 廣東話

Understanding upper limb lymphedema

上肢淋巴水腫之護理研習坊

C012

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

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

Designed for 對象 Those with breast Cancer (20 participants. Priority will be given to those enrolling for the first time. Places are offered only to participants who attend ALL sessions)
乳癌患者（20位，首次參加者優先，名額只提供給能夠全程參與者）

Date 日期 8 and 15 May 2018 (Every Tuesday, total 2 sessions)
2018年5月8日及15日（逢星期二，共2節）

Time 時間 2:00pm – 3:30pm
下午2:00 – 3:30

Facilitator 導師 Ms. Katrina Wu (Registered Nurse),
Mr. Calson Leung (Registered Physiotherapist)
胡凱桃姑娘（註冊護士）及
梁佑文先生（註冊物理治療師）

Language 語言 Cantonese
廣東話

Upper Lymphedema Exercise Class

上肢淋巴水腫運動班

C013

The class will teach techniques for effective lymphedema control, using massage balls and mobility training on your rib cage. 以放鬆筋膜，復位及穩固關節的概念教授按摩球及關節運動的技巧，以減輕上肢淋巴水腫的出現。

Designed for 對象 Those with breast cancer who have received a surgery (12 participants. Priority will be given to those enrolling for the first time)
曾接受乳癌手術的乳癌患者（12位，首次參加者優先）

Date 日期 23 May – 20 June 2018
(Every Wednesday, total 5 sessions)
2018年5月23日至6月20日（逢星期三，共5節）

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

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

Language 語言 Cantonese
廣東話

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

Remarks 備註 Participants shall complete this season 'Understanding Upper Lymphedema C012' first and receive recommendation
參加者全部先列作後備，必需先完成今季「上肢淋巴水腫研習坊C012」並獲得推薦

New Case Diet Tips Sharing

新症飲食支援小組

C014

Being diagnosed with cancer is challenging and distressing especially on diet. This new case sharing group offers professional dietetic advices, with a focus on side effect management and diet tips during treatment and diet myths, etc., providing a platform for sharing and meeting peers. 為剛確診的患者提供營養專業支援，例如應對治療副作用、治療期間飲食攻略及飲食謬誤等，助你踏上康復之路。

Designed for 對象 Those with cancer and their carers (20 participants diagnosed in or after 2017)
2017年或以後確診患者及家屬（20位）

Date 日期 8 May 2018 (Tuesday)
2018年5月8日（星期二）

Time 時間 1:45pm – 3:15pm
下午1:45 – 3:15

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

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

Learn more about Food Labels for a Healthy Diet

C015

齊學食物標籤防三高

Learn about food labels for a balanced, healthy diet.

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

Designed for Those with cancer (15 participants diagnosed in or after 2016, 10 participants diagnosed in or before 2015)
對象 2016年或以後確診患者（15位）；2015年或以前確診患者（10位）

Date 4 June 2018 (Monday)
日期 2018年6月4日（星期一）

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

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

Language Cantonese
語言 廣東話

Remarks Five quotas will be reserved to those who have completed “The 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

Physical Assessment by Chinese Medicine Practitioner

C016

中醫體質評估

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

註冊中醫師會為參加者進行個別評估，診斷其身體體質，並建議適當的食療。

Designed for Those with cancer (10 participants diagnosed in or after 2016; 5 participants diagnosed in or before 2015). Priority will be given to those enrolling for the first time
對象 2016年或以後確診患者（10位）；2015年或以前確診患者（5位）。首次參加者優先

Date 6 June 2018 (Wednesday)
日期 2018年6月6日（星期三）

Time 3:00pm – 5:30pm
時間 下午3:00 – 5:30

Facilitator Registered Chinese Medicine Practitioner (Yan Chai Hospital cum HKBU Chinese Medicine Clinic cum Training and Research Centre)
講者 註冊中醫師（仁濟醫院暨香港浸會大學中醫診所及臨床研究中心）

Language Cantonese
語言 廣東話

The Five Health Facts that You Should Know

C017

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 within the past five years (20 participants. Places are offered only to participants who attend ALL sessions)
對象 確診五年內癌症患者（20位，名額只提供給能夠全程參與者）

Date 12 and 19 April 2018 (Every Thursday, total 2 sessions)
日期 2018年4月12日及19日（逢星期四，共2節）

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Mr. Maksim Cheung
講者 張煒楠先生

Language Cantonese
語言 廣東話

Knee and Back's Muscle Strength and Flexibility Adjustment Workshop

C018

徵狀控制系列 — 膝部和背部的肌肉強度及靈活性適應評估班

This workshop will help you understand your physical state after treatment, especially Knee and Back's Muscle, and how to adapt to it by doing appropriate exercise.

協助康復者認識治療後的身體狀況，特別是膝部和背部的肌肉狀況，學習適應，並建議適當運動。

Designed for 對象	Those with cancer (15 participants diagnosed in or after 2016; 10 diagnosed in or before 2015) 2016年或以後確診患者（15位）；2015年或以前確診患者（10位）			
Date & Time 日期及時間	Assessment 評估 10 April 2018 (Tuesday) 2018年4月10日（星期二）	2:00pm – 5:00pm 下午2:00 – 5:00	Talk 講座 17 April 2018 (Tuesday) 2018年4月17日（星期二）	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Mr. Calson Leung (Registered Physiotherapist) 梁佑文先生（註冊物理治療師）		Language 語言	Cantonese 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。			

Small Coreball Exercise Class

C019

徵狀控制系列 — 小核心球肌肉訓練班

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

Designed for 對象	Those with cancer (12 participants. Priority will be given to those enrolling for the first time) 癌症患者（12位，首次參加者優先）		
Date 日期	7–28 May 2018 (Every Monday, total 4 sessions) 2018年5月7日至5月28日（逢星期一，共4節）	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Mr. Yeung Ming Fung, Calvin 楊明峰先生	Language 語言	Cantonese 廣東話
Location 地點	Room 2107, Dominion Centre, 43-59 Queen's Road East, Wai Chai 灣仔皇后大道東43-59號東美商業中心2107室		
Remarks 備註	Participants are required to attend and receive a recommendation from the current quarter's "Muscular Strength and Muscular Endurance Adjustment Workshop C017". 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C017」並獲推薦。		

Exercise in the Community

C020

認識社區資源運動工作坊

Learn the importance of exercise in cancer recovery and know more about being active through the utilization of community resources and facilities. Simple aerobic exercise will also be demonstrated.

這個工作坊讓你認識運動在癌症康復過程中的重要性，了解社區現有的運動資源及設施，亦會到社區現場，學習一系列簡單的帶氧運動。

Designed for 對象	Those with cancer (15 participants diagnosed in or after 2016; 10 participants diagnosed in or before 2015) 2016年或以後確診患者（15位）；2015年或以前確診患者（10位）		
Date 日期	25 April and 2 May 2018 (Every Wednesday, total 2 sessions) 2018年4月25日及5月2日（逢星期三，共2堂）	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Facilitator 講者	Tutors from the Physical Fitness Association of Hong Kong 中國香港體適能總會導師		Language 語言 Cantonese 廣東話
Remarks 備註	2 May is an outing session. Participants will go out to learn the community resources and practice simple exercise. 5月2日為戶外活動日，參加者會外出學習使用社區設施做一系列簡單的運動。		

“You Can” Resume Your Fitness

C021

“You Can” 重拾你體能

Resume your fitness after cancer through this gym based training. Physical trainer will teach you how to use the machines in gym to help you to strengthen your muscles, so that you can also continue outside class. Get ready to resume your life after cancer? Get ready to train up your body! 很多癌症患者自覺病後體力比以前差了，此班會以健身房設施教大家鍛鍊肌肉強度及耐力性，已便參加者日後也能自己繼續運動，從拾強健體態。

Designed for Those with cancer and age between 18 – 39 years old (8 participants)
對象 18-39歲癌症患者（8位）

Date 14 April – 12 May 2018
日期 (Every Saturday, total 5 sessions)
2018年4月14日至5月12日（逢星期六，共5節）

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Mr. Henry Tong (Fitness Trainer)
講者 湯偉雄先生（健身教練）

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 Please wear comfortable sportswear and sneakers to class
備註 請穿着舒適運動裝及波鞋

You Can “Lunch Break Session” – How to pick my insurance plan after cancer

C022

“You Can” 午間透透氣 — 如何選擇你的保險

Tips on how you should pick your insurance plan after cancer and what details you needed to be aware of. Light lunch will be provided. 患癌後我的保險有何選擇及我應留意那些細節？此講座會同你一一研究。（活動包括輕盈午膳）

Designed for Those with cancer and age between 18 – 39 years old (8 participants)
對象 18-39歲癌症患者（8位）

Date 19 April 2018 (Thursday)
日期 2018年4月19日（星期四）

Time 1:00pm – 1:45pm
時間 下午1:00 – 1:45

Facilitator Ms. Venus Lai (Senior Wealth Management Manager), Ms. Stephanie Tang (Registered Social Worker)
講者 黎怡怡小姐（財富管理顧問）及鄧曉嫻姑娘（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

Be a Smart Housewife!

C023

家務達人培訓室

Come and learn smart skills for handling daily housework! This could lessen deterioration of upper lymphedema. 日常處理家務有機會令上肢淋巴水腫情況惡化，一齊學習正確的姿勢及技巧，化身醒目家務達人！

Designed for Breast cancer survivors (15 participants)
對象 乳癌康復者（15位）

Date 11 June 2018 (Monday)
日期 2018年6月11日（星期一）

Time 3:30pm – 4:30pm
時間 下午3:30 – 4:30

Facilitator Occupational therapist
講者 職業治療師

Language Cantonese
語言 廣東話

Talk on “Financial Plan For My Better Future” 「財道有方，路由我創」 財務管理講座

C024

Cancer experience may affect your income, job condition and saving plan. To be prepared for a better future, you have to master comprehensive financial management principles and strategies, assessing your risk tolerance level, studying investment options and making a plan for your existing capital - tailor-made for the middle-aged.

癌症或會影響收入、工作狀況或儲蓄計劃，你是否想規劃現有資本，為未來生活作更好準備？講座協助參加者掌握整全及針對中年人士的財務管理原則和策略，了解自己的風險承受力，與及認識適合中年人士的投資項目和種類。

Designed for Those with cancer aged between 45– 65 years old (30 participants)
對象 45-65歲癌症患者（30位）

Date 7 April 2018 (Saturday)
日期 2018年4月7日（星期六）

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

Facilitator Mr. Brian Li (Certified Financial Planner and Chartered Life Practitioner)
講者 李俊諺先生（財務策劃師、特許壽險策劃師）

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號室

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。

Promoting Mental Wellbeing Through Chinese Medicine 中醫養生與精神健康

C025

Chinese medicine adopts a holistic approach to health issues. Emotional disturbances affect the balance of our endocrine and immune system and have an adverse impact on our health. This talk looks at ways to promote well-being.

情緒失調會對內分泌及免疫系統造成不良影響，更甚導致身體產生毛病。中醫師會深入淺出，從中醫角度解構情緒與疾病的關係，並會提供療愈心靈達到身心健康的良方。

Designed for Those with cancer (20 participants diagnosed in or after 2016; 20 participants diagnosed in or before 2015)
對象 2016年或以後確診患者（20位）；2015年或以前確診患者（20位）

Date 29 June 2018 (Friday)
日期 2018年6月29日（星期五）

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Ms. Rachel Tsang
(Registered Chinese Medicine Practitioner)
講者 曾覺知小姐（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號室

Remarks Five quotas will be reserved to those who have completed “The 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



Photos from 'U-Link' 相片由'U-Link'提供

Self-Understanding, Personality and Interpersonal Relationship Workshop

C026

性格決定命運？

Everyone has different personalities. There is a correlation between personality and interpersonal relationship. You can understand yourself through different methods in this workshop.

每個人也擁有不同的性格，性格與人與人之間的關係有莫大的關係，此工作坊會透過不同的方法讓你更了解自己。

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

Date 13 and 20 June 2018 (Every Wednesday, 2 sessions)
日期 2018年6月13日及20日（逢星期三，共2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

Walking As Therapy – Basic Level (10th intake) 走步治療課程 — 基礎班（第10期）

C027

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 (10 participants diagnosed in or after 2016; 5 participants diagnosed in or before 2015). Priority will be given to those enrolling for the first time
對象 2016年或以後確診患者（10位）；2015年或以前確診患者（5位）。首次參加者優先

Date 8 May–3 July 2018 (Every Tuesday, total 8 sessions, except 22 May)
日期 2018年5月8日至7月3日（逢星期二，共8節，5月22日除外）

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 enroll in the advanced level.
1. 參加者必須出席在癌協（北角）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。

Personality Dimensions® at Stress Management 壓力與性格透視®

C028

Research reveals that effective stress management can improve the quality of life, emotion and behavioral problems. Personality Dimensions® is a reliable and validated assessment tool building on temperament theories and research conducted in Canada for over two decades. Understanding your own temperament preferences, competence, values and stressors by using this tool and interactive activities, you will develop your own effective stress management techniques in the workshop.

性格透視®源於加拿大，建基於性格理論和多年研究，是一套可靠及有效的個性分析工具。工作坊會透過評估問卷及互動體驗活動，讓參加者了解自己的性格特質、獨特能力、核心需要、價值觀與壓力來源，幫助建立一套屬於自己有效的減壓方法，提升康復的生活質素，改善情緒與行為問題。

Designed for Those with cancer completed treatment within 1 year (20 participants. Places are offered only to participants who attend ALL sessions)
對象 已完成治療一年或以內癌症患者（20位，名額只提供給能夠全程參與者）

Date 14 and 21 April 2018 (Every Saturday, 2 sessions)
日期 2018年4月14日及21日（逢星期六，共2節）

Time 10:00am – 12:30pm
時間 上午10:00 – 下午12:30

Facilitator Ms. O'Nes Lai (Certified Level 1 Personality Dimensions Facilitator®)
講者 黎沛瑜女士（1級認可性格透視®培訓師）

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號室

“You Can” Self-Image Workshop – Finding the right style for myself

C029

“You Can” 自我形象工作坊 — 穿衣之道

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 how to pick the right colors and style of clothing that will suit you the most, so you look even smarter everyday than before!

癌症治療或會改變我們的外觀，自信心因此也會受到影響。課堂將指導參加者配襯衣服的颜色及款式，讓你重拾神采回到工作崗位！

Designed for Those with cancer and age between 18 – 39 years old (8 participants)
對象 18-39歲癌症患者（8位）

Date 7 and 14 June 2018 (Every Thursday, total 2 sessions)
日期 2018年6月7日及14日（逢星期四，共2節）

Time 7:15pm – 8:45pm
時間 下午7:15 – 8:45

Facilitator Ms. Penny Leung (Image consultant),
Ms. Stephanie Tang (Registered Social Worker)
講者 梁玉雲女士（形象顧問）及
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

‘A Turning Point in Life’ Self-Exploration Group

C030

「第二人生」自我探索小組

The group adopts the body-mind-spirit intervention approach. Participants are able to reflect on their physical, emotional and spiritual life in an all-round perspective, through experiential activities and story sharing.

「身」體健康，才能應付日常生活；「心」靈滿足，才能找到方向；「靈」魂有寄託，才可活在當下。小組採用身心靈全人健康模式的概念，透過體驗環節和故事分享，啟發參加者的身心靈成長。

Designed for Those with breast or gynecological cancer (12 participants)
對象 乳癌或婦科癌症患者（12位）

Date 7 May–11 Jun 2018 (Every Monday, total 6 sessions)
日期 2018年5月7日至6月11日（逢星期一，共6節）

Time 11:00am – 1:00pm
時間 上午11:00 – 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

Awakening Recovery Action Plan (I)

C031

甦醒身心行動計劃（起步篇）

It is common for patients to lose sight of the future after treatment. The group is designed with the reference of the Wellness Recovery Action Plan® developed by a mental health advocate, Dr. Mary Ellen Copeland, and the practical guidelines provided by the National Comprehensive Cancer Network. It helps participants to develop their own recovery action plan in order to reduce their distress and enhance their sense of hope and confidence after treatment. Phase one focuses on enhancing daily health maintenance; phase two will focus on developing crisis plan and management.

治療後，想生活重新出發但欠缺部署和方法？本小組以美國精神健康運動倡導者 Mary Ellen Copeland 所發展的有系統「身心健康行動計劃」為藍圖，參考美國的實務指引，主力為剛完成治療人士建立屬於自己的身心整全健康計劃，減少情緒困擾、增強自信和對未來的信心。（起步篇針對提升日常健康管理；延續篇則注重提升危機處理的意識和能力。）

Designed for Those with cancer completed treatment within 1 year (15 participants)
對象 已完成治療一年或以內癌症患者（15位）

Date 12–26 May 2018 (Every Saturday, 3 sessions)
日期 2018年5月12日至26日（逢星期六，共3節）

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

Facilitator Ms. O'Nes Lai (Registered Social Worker)
講者 黎沛瑜姑娘（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

Positive Thinking For A Better Life

「活出美好」正向思維與情緒管理小組

C032

Based on cognitive behavioral therapy, the group aims at enhance participants' abilities to helpful thinking. Also, to learn effective ways to manage emotions and build a healthy life style.

患病的經歷往往累積了不少負面力量，本小組以認知行為治療法為基礎，與參加者藉著練習、討論一同轉化負面思想及情緒，建立正向思維及活出更健康的生活模式。

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 20 April–25 May 2018 (Every Friday, Total 6 sessions)
日期 2018年4月20日至5月25日（逢星期五，共6節）

Time 2:30pm – 5:00pm
時間 下午2:30 – 5:00

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

Workshop on 'Preparing a Good Death'

談生論死工作坊

C033

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

生命像是一場旅程，當我們相信死亡不再是令人害怕的終結，而是生命完滿的句號，我們便能更懂得欣賞生命，正面和感恩地面對生活每一天。此工作坊亦盼望一起打破死亡的禁忌，探討何謂好死。

Designed for Those with cancer or family members (15 participants. Priority will be given to those enrolling for the first time)
對象 癌症患者或照顧者（15位，首次參加者優先）

Date 10–31 May 2018 (Every Thursday, total 4 sessions)
日期 2018年5月10日至31日（逢星期四，共4節）

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

Facilitator Ms. Polly Lim (Registered Social Worker),
Ms. Shelley Chau (Registered Social Worker)
講者 林暉雯姑娘（註冊社工）及
周曉敏姑娘（註冊社工）

Language Cantonese
語言 廣東話

Art Journaling – Art Therapy Workshop

藝術日記 — 藝術治療工作坊

C034

Art journaling helps participants to reflect and manage their emotions on a daily basis. Participants will understand the forms and goals of art therapy, facilitated by an art therapist in a safe and comfortable environment.

藝術日記讓參加者每天以創作反映及承載令人困擾的情感。藝術治療師將解釋甚麼是藝術治療，而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 five years (25 participants)
對象 確診5年內癌症患者（25位）

Date 9 May 2018 (Wednesday)
日期 2018年5月9日（星期三）

Time 3:00pm – 5:00pm
時間 下午3:00 – 5:00

Facilitator Ms. Tristan Chan (Registered Art Psychotherapist)
講者 陳雅姿姑娘（註冊藝術心理治療師）

Language Cantonese
語言 廣東話

Remarks 1. No prior artistic training required.
備註 2. All participants will be assessed by therapists regarding the suitability of attending the 'Art journaling in exploring life and death art therapy group C035'
3. Please wear casual and comfortable outfits.
1. 參加者無需任何藝術創作經驗或技巧。
2. 參加者將由藝術治療師評估是否適合參與「藝術日記－藝術治療小組C035」。
3. 請穿著舒適衣物。

Art Journaling in Exploring Life and Death Art Therapy Group

C035

從死悟生的藝術日記 — 藝術治療小組

Art journaling helps participants to reflect and manage their emotions on a daily basis. Through regular meeting with Art therapist and peers, the group will explore emotions related to life and death and anxiety aroused during the cancer journey. Participants will understand the forms and goals of art therapy. Together with the group, you will explore your inner strength and the meaning of life.

藝術日記讓參加者每天以創作反映及承載令人困擾的情感。透過與藝術治療師及組員的經常性會面，一起探討因癌症路上出現的生死問題而所帶來的焦慮情緒，在回顧中找到內在力量及生命的意義。

Designed for Those with cancer within the past five years (12 participants)
對象 確診5年內癌症患者（12位）

Date 16, 23, 30 May, 6 June, 11 July 2018
日期 (Every Wednesday, total 5 sessions)
2018年5月16日，23日及30日，6月6日，27日
(逢星期三，共5節)

Time 3:00pm – 5:00pm
時間 下午3:00 – 5:00

Facilitator Ms. Tristan Chan (Registered Art Psychotherapist)
講者 陳雅姿姑娘（註冊藝術心理治療師）

Language Cantonese
語言 廣東話

Remarks
備註

1. No prior artistic training required.
2. Please wear casual and comfortable outfits.
3. All participants will be registered in the waiting list.
4. All participants must registered in and attend “Art journaling art therapy workshop” C034.
5. Participants should attend all 5 sessions.

1. 參加者無需任何藝術創作經驗或技巧。
2. 請穿著舒適衣物。
3. 所有參加者將先列作後備。
4. 參加者必須同時報名「藝術日記－藝術治療工作坊」C034
5. 參加者必須能出席全數5節活動

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。

Caregivers Support Group

C036

照顧者支援小組

A survey from a patient self-help group showed that 63% of the caregivers of cancer patients were neither trained in nursing or have developed sufficient caring skills. This support group offers home care tips, side effect management during treatment, massage tips and community resources.

病人組織有調查曾指出，照顧癌症患者的家屬普遍沒有足夠訓練，高達63%從未接受相關醫療訓練或自覺照顧技巧不足。本小組協助照顧者，增加他們對紓緩癌症患者的心理情緒和身體症狀的知識和實用技巧，例如為患者按摩的小貼士，亦會介紹居家照顧技巧和不同的社區資源。照顧者從中也可分享自身經驗，互相支持，一起同行照顧路。

Designed for Carers of cancer patients (10 participants)
對象 癌症患者的照顧者（10位）

Date 1–22 June 2018 (Every Friday, total 4 sessions)
日期 2018年6月1日至22日（逢星期五，共4節）

Time 2:00pm – 4:00pm
時間 下午2:00 – 4:00

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

Caregivers Monthly Mutual Support Network

C037

照顧者互助網絡

Taking care of a loved one with cancer is a challenging job. This mutual support network provides a platform for caregivers to share their caring experiences and meet peers.

照顧癌症患者是一項艱巨的工作，這互助網絡提供一個平台，讓照顧者與同路人分享照顧貼士，亦會提供與患者溝通的技巧，與及負面情緒的處理和放鬆方法。

Designed for Carers of cancer patients
對象 癌症患者的照顧者

April Programme: DIY Massage Candle
4月月會：製作香薰按摩蠟燭

Date 日期	19 April 2018 (Thursday) 2018年4月19日 (星期四)	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
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June Programme: Stress Management
6月月會：紓緩壓力好心情

Date 日期	16 June 2018 (Saturday) 2018年6月16日 (星期六)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
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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

Rainbow Club Joint Program – Mother's Day Celebration

C038

「真的愛你」母親節慶祝活動

Upon this joyous festival, it is a time for families to get together and share the love. Join us for a relaxing lunch and get recharged!

在這頌揚愛的日子，讓家人一起享用午餐，透過活動，感受在接受挑戰的經歷中父母親的愛，讓家人凝聚正能量，更有勇氣向前邁進。

Designed for Rainbow Club members (15 participants, maximum 3 members from each family)
對象 彩虹會家庭 (15位，每個家庭最多3位)

Date 日期	5 May 2018 (Saturday) 2018年5月5日 (星期六)	Time 時間	11:30am – 2:30pm 上午11:30 – 下午2:30
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Facilitator 講者	Volunteer of Rainbow Club 彩虹會家長義工	Language 語言	Cantonese 廣東話
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Location Red Chimneys, Prudential Hotel (222 Nathan Road, Tsim Sha Tsui)
地點 香港恆豐酒店紅煙窗餐廳 (尖沙咀彌敦道222號)

Remarks
備註

- All participants are marked as reserved first, lots would be drawn and successful participants would receive confirmation call on or before 13 April 2018.
- Successful participants have to make a deposit of \$100 on or before 20 April 2018, only cash is accepted. Deposit will be returned to participants once they show up on the day, vice versa, the deposit will be treated as a donation to HKCF.
- 所有參加者先列作後備，會以抽籤形式決定活動參加者名單，中籤者將於2018年4月13或之前收到電話通知，否則作落選論。
- 正選參加者獲通知後需於4月20日前繳交每位港幣100元按金。參加者可親自到所屬報名中心以現金方式繳交按金。按金將於出席活動後退回。如未能出席者，相關按金將撥捐香港癌症基金會，恕不退回。

“You Can” Mother’s Day Special – Aromatherapy massage for mama

C039

“You Can” 母親節獻禮 — 香薰按摩獻媽咪

Let’s learn to be a massage therapist for your mum for this Mother’s Day! A massage therapist will teach you how to give your mum an aroma massage on site. Mummies always give us great care when we are sick, let’s appreciate their care with our hands this time!

當我們病了，媽咪常給予我們很多照顧及支持；趁着母親節，讓我們以一雙手為媽咪來個香薰按摩，謝謝媽咪為我們的付出。此課堂會香薰治療師教授按摩技巧讓我們即場為媽咪按摩及介紹香薰油功效。

Designed for Those with cancer and age 18-39 years old and their mother (6 pairs)
對象 18-39歲癌症患者及其母親（6對）

Date 5 May 2018 (Saturday)
日期 2018年5月5日（星期六）

Time 10:45am – 12:45pm
時間 上午10:45 – 下午12:45

Facilitator Ms. Rowen Lee (Aromatherapist),
講者 Ms. Stephanie Tang (Registered social worker)
李燕怡小姐（香薰治療師）及
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

Touch, Caring & Cancer™ Couples Workshop

C040

「觸摸、關懷與癌症™」夫婦工作坊

One of the most comforting forms of support you can give a person with cancer is the use of touch. This inspiring and authoritative program was developed as part of a research study sponsored by the National Cancer Institute. It provides detailed instruction for safe and simple techniques anyone can learn and apply.

當您所愛的人患上癌症時，觸摸是您可以提供給患者的一種最好的支持方式。本活動透過獲美國癌症研究學院資助的按摩技巧教材，讓您和您所愛的人在彼此照顧時更有信心及滿足感。

Designed for Those with cancer and their spouses (6 pairs, couple are expected to join together. Places are offered only to participants who attend ALL sessions)
對象 癌症患者及其配偶（6對，夫婦必須一同出席，名額只提供給能夠全程參與者）

Date 14 and 21 April 2018 (Every Saturday, total 2 sessions)
日期 2018年4月14日及21日（逢星期六，共2節）

Time 10:00am – 12:30pm
時間 上午10:00 – 下午12:30

Facilitator Ms. Katrina Wu (Registered Nurse) and
導師 Mr. Tommy Liang (Registered Social Worker)
胡凱姚姑娘（註冊護士）及
梁國良先生（註冊社工）

Language Cantonese
語言 廣東話

“Going Through”: Enriching Marriage Through Dance (6th intake)

C041

前路無阻：「舞出活力婚姻」研習班（第六期）

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

「一位合拍的舞伴，像生命中的另一半，與你同行每一步，跳出火花，提升正能量。」（經濟日報30/12/2015）。本活動旨在增加患者肌力及提升夫婦親密感，參加者完成活動後能掌握基本舞步，增加自信，重燃愛火。

Designed for Those with cancer and their spouses (5 pairs. Priority given to prostate cancer clients and those enrolling for the first time)
對象 癌症患者及其配偶（5對，前列腺癌症患者及首次參加者優先）

Date 5 May–9 June 2018 (Every Saturday, total 6 sessions)
日期 2018年5月5日至6月9日（逢星期六，共6節）

Time 10:00am – 12:30pm
時間 上午10:00 – 下午12:30

Facilitator Mr. William Tam (Social Dance Teacher),
導師 Walnut Club Dance Tutors, Mr. Tommy Liang
(Registered Social Worker)
譚林先生（資深社交舞導師）、華樂會「舞出
活力婚姻」助教、梁國良先生（註冊社工）

Language Cantonese
語言 廣東話

A Date with Couples 「相約星期六」婚姻培育講座

C042

We will explore and discover the mystery and meaning of marriage, and cover different aspects of communication among couples. This talk prepares couples for subsequent marriage enrichment groups and an end-of-year retreat. 透過良好的婚姻互動，夫婦共同探索如何讓二人成為一體的奧秘與意義，讓彼此攙扶走過人生旅程，一起克服生活困難。

Designed for Those with cancer and their spouses (20 pairs. Couple are expected to join together)
對象 癌症患者及其配偶（20對，夫婦必須一同出席）

Date 16 June 2018 (Saturday)
日期 2018年6月16日（星期六）

Time 3:00pm – 5:00pm
時間 下午3:00 – 5:00

Facilitator Mr. Ignatius Yip (Psychotherapist and Spiritual director) & Dr. Filomena Yip (Certified Marriage and Family Therapist; Former Professor of Nursing)
講者 葉釗強先生 (心理治療師及靈修指導) 及 葉周麗雲博士 (認可婚姻及家庭治療師及前護理系教授)

Language Cantonese
語言 廣東話

Location A hotel café in North Point
地點 北角區酒店餐廳

Remarks 1. This programme will serve with tea and coffee.
備註 2. Accepted participants are eligible to enjoy priority in enrolling subsequent marriage enrichment groups and an end-of-year retreat.
1. 本活動備有茶點招待。
2. 參加者在報讀未來相關系列課程可享優先權。

Peer Support 朋輩支援

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

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

“Going Through” Project – Prostate Peer Support Group

前路無阻：「同步向前」前列腺癌朋輩支援小組

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: Caring the carers
主題（一）：協助照顧者做得更好

C043

Date 26 April 2018 (Thursday)
日期 2018年4月26日（星期四）

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

Topic B: Eat Right
主題（二）：食得有道理

C044

Date 17 May 2018 (Thursday)
日期 2018年5月17日（星期四）

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Topic C: Exercise is Medicine
主題（三）：運動是良藥

C045

Date 21 June 2018 (Thursday)
日期 2018年6月21日（星期四）

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

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

“Going Through” Project – Ving Tsun for vitality (4th intake)

C112

前路無阻：活力詠春 (第4期)

Local studies show that Ving Tsun training can be used to maintain general physique, balance, and confidence in the elderly population. This programme, which is based on the Integrative Body-Mind-Spirit model in treatment (Chan et al, 2001) and patients' personal experience in practicing Ving Tsun, provides a supportive platform for cancer patients to facilitate self-care and mutual support.

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

Date 13 April – 29 June 2018 (Every Friday, 12 sessions)
日期 2018年4月13日至6月29日（逢星期五，共12節）

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

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

Language Cantonese
語言 廣東話

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

Visit to Tsz Shan Monastery 暢遊慈山寺

C046

Get in touch with the silence of nature in the monastery, give your body and mind a break. Enjoy the relaxing peer support moment!!
走進幽靜環境，給身體一個歇息機會，靜化心靈，並在這輕鬆時刻與同路人互相支持。

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

Date 26 April 2018 (Thursday)
日期 2018年4月26日（星期四）

Time 1:00pm – 3:30pm
時間 下午1:00 – 3:30

Facilitator Ms. Iris Ip (Registered Social Worker) and Tour guide of Tsz Shan Monastery
講者 葉靜宜姑娘（註冊社工）及慈山寺導賞員

Language Cantonese
語言 廣東話

Location Tsz Shan Monastery, Tai Po (Gather at CancerLink (North Point) at 1:00pm)
地點 大埔慈山寺（下午1:00於癌協（北角）集合）

Remarks 1. A coach will be arranged from CancerLink to Tai Po at 1:00p.m. The visit ends at 3:30pm, participants have to leave the Monastery and arrange own transportation.
2. Please dress appropriately, sleeved tops, trousers, mid-calf dresses or pants are appropriate.
1. 中心會安排旅遊巴士於下午1:00由癌協（北角）到大埔慈山寺。導賞於下午3:30於慈山寺完結，參加者需離開寺院範圍，並自行安排交通離開。
2. 請穿著莊重的服裝，例如有袖上衣、長褲、七分裙或七分褲。

Lamma Island Trip 南丫島之行

C047

Lamma Island is a peaceful and beautiful island. Let you get closer to the nature with peers. Let's join us!
南丫島是一個寧靜及風景怡人的島嶼，此行能讓你與同路人一同親親大自然，快些報名參加啦！

Designed for Those with cancer (7 participants diagnosed in or after 2015; 5 participants diagnosed in or before 2014)
對象 2015年或以後確診患者（7位）；2014年或以前確診患者（5位）

Date 24 April 2018 (Tuesday)
日期 2018年4月24日（星期二）

Time 9:30am – 3:30pm
時間 上午9:30 – 下午3:30

Facilitator Mr. Maksim Cheung
講者 張煒楠先生

Language Cantonese
語言 廣東話

Location Lamma Island
地點 南丫島

Art Jamming 畫中作樂

C048

If you like to draw, don't hesitate to come to our art jamming workshop and have a creative time with your peers.
喜歡畫畫的你切勿錯過此能讓你與志同道合一同創作的空間！

Designed for Those with cancer (7 participants diagnosed in or after 2016; 5 participants diagnosed in or before 2015)
對象 2016年或以後確診患者（7位）；2015年或以前確診患者（5位）

Date 10–31 May 2018 (Every Thursday, 4 sessions)
日期 2018年5月10日至31日（逢星期四，共4節）

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Ms. Liz Lau
講者 劉燕玲小姐

Language Cantonese
語言 廣東話

Life Photo Album 手製紀念冊

C049

Photos contain different life stories. Let's make a life photo album to review your life.
相片記錄著人生中不同的往事，齊來製作一本人生紀念冊，整理及回味人生的喜怒哀樂。

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

Date 7–28 June 2018 (Every Thursday, total 4 sessions)
日期 2018年6月7日至28日（逢星期四，共4堂）

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Ms. Tana (Bookbinding Instructor) &
Mr. Maksim Cheung
講者 天藍小姐（手造畫老師）及張煒楠先生

Language Cantonese
語言 廣東話

Orientation for New Volunteers 義工迎新訓練

C050

We invite you to be one of our ambassadors that provide support to our cancer patients. This is the basic training needed for every volunteers, it will include understanding the needs of cancer patients, rapport building with service users and effective communication skills etc.
為確保沒有人孤單地面對癌症，朋輩支援是十分重要的；所以我們希望能邀請你成為義工的一份子將支援給予癌症患者。此義工訓練包括：義務工作的基本概念、自我認識、了解服務對象之須要及溝通技巧等。

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 9 – 23 June 2018 (Every Saturday, total 3 sessions)
日期 2018年6月9日至23日（逢星期六，共3節）

Time 10:00am – 12:30pm
時間 上午10:00 – 下午12:30

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

Remarks Participants need to participate in Volunteers Service Briefing or been interviewed by responsible worker beforehand; those who are suitable will be confirmed by worker to participate the training.
備註 參加者必須事前參加義工服務簡介會或面見負責同事；適合人選將獲另行通知。

Sharing group for Peer Ambassadors 朋輩大使分享會

C051

A platform for peer ambassadors to share their service experiences and to reflect. We aim to enhance the personal growth and development of each volunteer with professional guidance.
朋輩大使聚在一起，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 Cancer Link Central and North Point
對象 癌協（中環）及癌協（北角）朋輩大使

Date 9 June 2018 (Saturday)
日期 2018年6月9日（星期六）

Time 3:00pm – 4:30pm
時間 下午3:30 – 4:30

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 Advanced Training – Basic knowledge on mental health

C052

季度義工進階訓練 — 認識精神健康

Basic understanding of mental health issue, some symptoms of common mental illnesses and how to give ourselves good self-care.
認識精神健康，了解精神疾病的症狀及學懂如何照顧好自己。

Designed for Volunteers of CancerLink Central and North Point
對象 癌協（中環）及癌協（北角）義工

Date 28 April 2018 (Saturday)
日期 2018年4月28日（星期六）

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

Facilitator Ms. Marian Wong (Registered 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

Home Care Volunteer Sharing and Evaluation Meeting

C053

家居關顧義工經驗分享交流及檢討會

Home care volunteers share their experience and challenges faced during home care service.
家居關顧義工互相分享經驗，交流服務心得，並討論如何解決服務上遇到的挑戰，加強服務信心。

Designed for Home care volunteers
對象 家居關顧團隊義工

Date 26 May 2018 (Saturday)
日期 2018年5月26日（星期六）

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

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

Dragon Boat Festive Visit 端午關懷探訪

C054

Through home visiting cancer clients during dragon boat festival, home care volunteers can send their love and care to the home-bound patients.
透過探訪癌症患者，在端午佳節前送上禮物和關懷，讓他們感受到節日的溫暖。

Designed for Home care volunteers
對象 家居關顧團隊義工

Date 9 June 2018 (Saturday)
日期 2018年6月9日（星期六）

Time 10:00am – 12:30pm
時間 上午10:00 – 下午12:30

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

Remarks Participants need to participate in Home Care Volunteer Training before.
備註 參加者需先完成「家居關顧團隊」義工訓練。

Dragon Boat Festival Party 龍舟競賽朋輩派對

C055

Come and celebrate Dragon Boat Festival with your peers in CancerLink. Enjoy the games and interaction with others.
端午節是中國傳統節日，龍舟競賽更是當中的重要慶祝活動。邀請你們透過遊戲等活動齊來享受朋輩間的互動，同渡過一個輕鬆的下午！

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

Date 9 June 2018 (Saturday)
日期 2018年6月9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 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

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 online programmes include:

- Yin Yoga
- Awareness Through Movement – The Feldenkrais Method®
- Yoga for Wellness
- Chair Yoga **NEW**
- 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
- 椅子瑜伽 **新**
- 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 the maximum of **5 confirmed programmes and 5 programmes in wait-list** across all CancerLink Centres.
2. For programmes with a hash (#) or marked "enroll only one specific programme", means an applicant can only enroll one programme within all CancerLink Centres.
3. Unless otherwise specified, 50% of each wellness programme quota will be arranged for those **diagnosed in or after 2015**.
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. Once your enrolment is confirmed, please mark down the programme details and arrive on time. **We will NOT make further reminder calls.**
6. To create a quiet environment, please arrive 10 minutes before programme begins, **door will be closed on time.**

注意事項：

1. 所有癌協中心身心靈健康活動，每人每季最多可報五項正選及五項候補。
2. 活動註有#號或『備註』上寫明**只能選報一個該類型的活動**，意指在所有癌協中心，只可選報一個該類型的活動。
3. 除指定活動外，50% 的身心靈健康活動名額將**分配給2015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，報名可能被取消。
5. 正選者在報名時一經確認，**將不再以電話通知**，請大家合作，即時記下已報班組的資料，依個別活動的指引，準時出席。
6. 為幫助出席者安頓身心，請於開課前**10分鐘到達**，課堂將準時關門，敬請注意。

Healing with Nature One-Day Workshop

K075

體驗大自然療愈力一日工作坊

Enrolment date starts 13 March, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為3月13日，請致電癌協（葵涌）：3667 3232

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

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

Designed for Those with cancer (20 participants - priority for the first time participant)
對象 癌症患者（20位，首次參加者優先）

Date 23 April 2018 (Monday)
日期 2018年4月23日（星期一）

Time 9:15am – 5:00pm
時間 上午9:15 – 下午5:00
Please assemble sharp at Tai Po Market MTR Exit A3 at 9:15am and we will go to Tai Po Kau Park by bus. 請於上午9:15分於港鐵大埔墟站A3出口集合，一起乘車至大埔滘公園，逾時不候。

Facilitator Ms. Claire Elouard
導師 克萊兒·愛樂華女士

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

Location Tai Po Kau Park
地點 大埔滘公園

- Remarks**
備註
- For each successfully enrolled participant, a deposit of HK\$200 needs to be received **on or before 6 April**. Otherwise, your space will automatically be released to those on the waiting list. You can pay cash at **CancerLink (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "Healing with Nature Workshop". Address: 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories.
 - We will return the deposit to participants who complete the one day workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.
 - Participants are required to be fit enough to stand and walk around outdoors for 1-2 hours.
 - Wear a comfortable outdoor outfit and shoes. Please bring your own mat for seating, water, rain and sun protection and mosquito repellent.
 - Please bring your own lunch which does not need to be heated up.
 - Please give us three days advance notice if you cannot attend the workshop so that we can release your place to waitlisted clients.
 - 成功報名者請於**4月6日前**繳交港幣200元按金，如過期仍未收到按金，名額將自動讓給後備學員。你可親自到**癌協（葵涌）**繳交按金或郵寄支票（抬頭：香港癌症基金會），請註明「體驗大自然療愈力工作坊」。地址：葵涌大連排道132-134號TLP132三樓。
 - 完成一日工作坊的學員，將全數退還按金。如未能出席整個工作坊，按金將捐給香港癌症基金會，恕不退回。
 - 參加者需具備一定體力，能於戶外站立或步行1至2小時，並帶著開放的心學習。
 - 請穿著適合戶外運動的服裝與運動鞋、請自備地墊（坐地上用）、足夠的飲用水、雨具、防曬用品及防蚊液。
 - 請自備不需加熱的午餐。
 - 若因特別情況需要退出工作坊，請最少於活動前3天前與我們聯絡，以方便安排後備學員補替。



Body Mind Spirit Workshop & Day Camp 身心合一工作坊及一日營 **NEW**

K096

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

Enrolment date starts 13 March, please call CancerLink (Kwai Chung): 3667 3232 此活動報名日期為3月13日，請致電癌協 (葵涌)：3667 3232

Rediscover your inner eye. Participants are guided gently through an experience of being mindful, and its practical use in handling life's ups and downs. Learn about Body Mind Unity practices that allow the practitioner to find their own stillness anywhere, anytime. Clarity of mind, inner strength and immense possibility are within your reach. 開啓你的內在心眼。透過簡單的活動和練習，在輕鬆的氣氛中去領略何謂「內觀」，並實際應用於處理人生起伏帶來對身心的衝擊。學習及掌握身心合一練習，無論何時何地，都能夠為自己重拾安定的內在空間，從而看清當下，增強心力，擴闊天地。

Designed for 對象 Those with cancer (30 participants. **Places are offered only to participants who attend ALL sessions**) 癌症患者 (30位，名額只提供給能夠全程參與工作坊及一日營者)

Date 日期 **Workshops:** 14, 21 & 28 April 2018 (Saturdays, 3 sessions)
Day Camp: 12 May 2018 (Saturday)
工作坊：2018年4月14、21及28日 (星期六，共3節)
一日營：2018年5月12日 (星期六)

Time 時間 **Workshops:** 9:15am – 11:45am (21 April 2018 is 9:15am – 11:00am)

Day Camp: 9:30am – 4:30pm

Please assemble sharp at MTR Tai Po Market

Station Exit A2 at 9:30am

工作坊：上午9:15 – 11:45

(4月21日為9:15 – 11:00)

一日營：上午9:30 – 下午4:30

請於上午9:30分於港鐵大埔墟站A2出口集合，逾時不候。

Facilitator 導師 Ms. Pandora Woo
胡若珮女士

Language 語言 Cantonese
廣東話

Location 地點 **Workshops:** CancerLink (Kwai Chung) – 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories
Day Camp: Green Hub – 11 Wan Tau Kok Lane, Tai Po, Hong Kong.
工作坊：癌協 (葵涌) – 葵涌大連排道132-134號TLP132三樓
一日營：綠匯學苑 – 新界大埔運頭角里11號

Remarks 備註

1. Please wear loose and comfortable clothing.
2. **For Day Camp:** please bring your own yoga mat, water bottle, and a big shawl or big towel to keep warm during relaxation practice. **A healthy vegetarian lunch box will be ordered for all participants in advance by CancerLink staff. Each person's lunch cost is around HK\$60. Green Hub is a no-meat zone. Please don't bring food to the Green Hub.**
1. 請穿著適合做瑜伽伸展活動的衣服。
2. **一日營：**參加者請自備瑜伽墊、水樽、大圍巾或大毛巾於鬆弛練習時保暖用。午餐會由癌協統一訂購健康素食午餐，每位學員午餐費用約為港幣60元。綠匯學苑全場均為素食區，請勿攜帶外來食物及飲品進入。

Yoga, Meditation & Self-Discovery Workshop – CancerLink (Kwai Chung)

K082

瑜伽、冥想與自我探索工作坊 — 癌協 (葵涌)

Enrolment date starts 13 March, please call CancerLink (Kwai Chung): 3667 3232 此活動報名日期為3月13日，請致電癌協 (葵涌)：3667 3232

This two days workshop is a time for your needs and have a deeper understanding of yourself. Only when we take care of our deepest yearnings will we be able to be happy. The workshop will begin with morning yoga and meditation practice to nourish the body and mind, followed by a series of lectures, sharing and journal work to develop a better connection with yourself.

探尋自己的內心深處，照顧及認識自己的需要，給自己一個心靈空間去好好理解自己。當我們能夠聆聽自己，我們才有可能得到真正的快樂。兩天的工作坊會從淺入深，早上的瑜伽及冥想練習，幫助我們認識自己的身體；下午以講授、分享、筆記練習等，去學習自我探索。

Designed for 對象 Those with cancer – **who have completed surgery more than six months previously** (40 participants. **Places are offered only to participants who can attend all sessions**) 癌症患者 (40位，適合完成手術後半年或以上的癌症患者，名額只提供給能夠全程參與者)

Date 日期 6 and 7 April 2018 (Friday and Saturday)
2018年4月6及7日 (星期五及星期六)

Time 時間 9:30am – 5:00pm
上午9:30 – 下午5:00

Facilitator 導師 Ms. Janet Lau
劉汝君女士

Language 語言 Cantonese
廣東話

Remarks 備註

1. Wear loose and warm clothing.
2. Please bring your own water bottle, notepad and big towel (if needed for putting under the knees when doing yoga asanas)
3. There is mindful eating lunch sessions. A healthy vegetarian lunch box will be ordered for all participants in advance by CancerLink staff. Each person's lunch cost is around HK\$50 per day.
4. For each successfully enrolled participant, a deposit of HK\$200 needs to be received **on or before 23 March**. You can pay cash at **CancerLink (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "Yoga, Meditation & Self-Discovery Workshop". Address: 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories.
5. We will return the deposit minus the lunch cost to participants who complete the two-day workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.
1. 請穿著鬆身及保暖衣服。
2. 請帶備水樽、筆記本及大毛巾 (供做瑜伽式時墊在膝下使用)。
3. 午餐會安排食禪環節，由癌協統一訂購健康素食午餐。每位學員每日午餐費用約為港幣50元。
4. 成功報名者，請於**3月23日前**繳交港幣200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「瑜伽、冥想與自我探索工作坊」。地址：葵涌大連排道132-134號TLP132三樓
5. 完成2日工作坊的學員，將扣除午餐費用後退還剩餘的按金。如未能出席2日整個工作坊，按金將撥捐香港癌症基金會，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 對象 Those with cancer – **who have completed surgery more than six months previously** (48 participants per class)
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**

C062

Date 日期 17 April – 19 June 2018
(Every Tuesday, total 8 sessions, except 1 & 22 May)
2018年4月17日至6月19日
(逢星期二，共8節，5月1及22日暫停)

Time 時間 3:00pm – 4:30pm
下午3:00 – 4:30

Facilitator 導師 Mr. Carmen Liu
廖正傑先生

Language 語言 Cantonese
廣東話

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**

C063

Date 日期 18 April – 20 June 2018
(Every Wednesday, total 10 sessions)
2018年4月18日至6月20日 (逢星期三，共10節)

Time 時間 3:00pm – 4:20pm
下午3:00 – 4:20

Facilitator 導師 Ms. May Chan
陳兆媚女士

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

C064

Date 日期 21 April – 23 June 2018
(Every Saturday, total 10 sessions)
2018年4月21日至6月23日 (逢星期六，共10節)

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

Facilitator 導師 Ms. Onee Chan
陳安怡女士

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

C065

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

Date 日期 18 April – 20 June 2018
(Every Wednesday, total 10 sessions)
2018年4月18日至6月20日 (逢星期三，共10節)

Time 時間 4:40pm – 6:00pm
下午4:40 – 6:00

Facilitator 導師 Ms. May Chan
陳兆媚女士

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)
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 備註 Please bring your own elastic exercise band or
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

C066

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

Date 日期 16 April – 11 June 2018
(Every Monday, total 9 sessions)
2018年4月16日至6月11日
(逢星期一，共9節)

Time 時間 3:00pm – 4:30pm
下午3:00 – 4:30

Facilitator 導師 Ms. Carol Wong
蔣曉薇女士

Language 語言 Cantonese
廣東話

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)



Yoga For The Experienced – Pure Fitness Soho # 進階瑜伽 — Pure Fitness 蘇豪 #

C067

The class aims to strengthen the immune system and release tension through Sun Salutation postures and mindful breathing. 透過「拜日式」等動作和呼吸法，伸展肌肉筋骨，增加能量，邁向療愈。

Designed for Those with cancer – who completed surgery more than six months previously and with a minimum of six months of yoga experience at CancerLink. (45 participants)
對象 適合曾修習癌協之瑜伽班六個月，並完成手術後半年或以上的癌症患者 (45位)

Date 19 April – 21 June 2018
日期 (Every Thursday, total 10 sessions)
 2018年4月19日至6月21日 (逢星期四，共10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

C068

Combining the supportive postures with conscious breathing, this class 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 18 April – 20 June 2018
日期 (Every Wednesday, total 10 sessions)
 2018年4月18日至6月20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/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)

Mindfulness Yoga– Pure Yoga The Centrium

C069

內觀瑜伽 — Pure Yoga 中央廣場

Mindfulness practice trains us to live in the present moment. This practice is a complete practice for the mind as well as the body, also acts as a bridge between your spiritual practice and your daily life. This is a wonderful platform to start your meditation practice through movements. Through mindful exercises, you will start to understand ourselves in a deeper level, facilitating a positive transformation in our lives.

認識內觀，活在當下。內觀讓你的身心靈和日常生活連繫，而透過安靜、式子及其他練習，讓我們更深層的接觸和了解自己。

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 20 April – 22 June 2018
日期 (Every Friday, total 10 sessions)
 2018年4月20日至6月22日 (逢星期五，共10節)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Ms. Maggie Lin
導師 連君婷女士

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 for Men – CancerLink (North Point)

NEW

C070

男士伸展瑜伽課 — 癌協（北角）

This class is designed for men after cancer treatment, with particular consideration of the male body structure and muscles, enhances the flexibilities and improve their body, mind and overall well-being.

配合男士身體肌肉及骨骼特質，由淺入深，逐步增加柔韌度，改善體型及整體身心健康；亦讓男士在輕鬆的環境下享受瑜伽的樂趣。

Designed for Male cancer clients – **who have completed surgery more than six months previously** (15 participants)
對象 適合完成手術後半年或以上的男士癌症患者 (15位)

Date 9 April – 14 May 2018 (Every Monday, total 6 sessions)
日期 2018年4月9日至5月14日（逢星期一，共6節）

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Mr. Collin Ng
導師 吳國霖先生

Language Cantonese
語言 廣東話

Laughter Yoga – Sheung Wan 愛笑瑜伽 — 上環

C071

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 20 April – 22 June 2018
日期 (Every Friday, total 10 sessions)
2018年4月20日至6月22日
(逢星期五，共10節)

Time 1:10pm – 1:55pm
時間 下午1:10 – 1:55

Facilitator Mr. Dick Yu
導師 余狄夫先生

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

C072

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（34位）及其家屬（10位）

Date 日期 12 April 2018 (Thursday)
2018年4月12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

C073

(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 4 and 11 May 2018 (Fridays, total 2 sessions)
2018年5月4及11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 Lower Back Pain – Pure Yoga The Centrium

C074

瑜伽工作坊 — 改善下腰背痛 — Pure Yoga 中央廣場

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. 透過瑜伽練習，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 April 2018 (Monday)
日期 2018年4月9日 (星期一)

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 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 – Healthy Cervical Spine – Pure Fitness Causeway Bay

NEW

C075

瑜伽工作坊 — 健康頸椎 — Pure Fitness 銅鑼灣

The human spine is a highly complex structure, entangling with all spinal nerves, cord, joints and muscle in the human body. Human neck and lower back have a high degree of flexibility. The cervical spine is a delicate and strong structure where contains spinal cord, providing our head with a flexible mobility. In this workshop, you will learn how to keep healthy cervical through yoga practices.

脊柱是一個複雜的結構，包括各種神經線、骨骼、關節、筋腱、韌帶和肌肉編織在一起，下背和頸部具有高度的柔軟性。頸椎亦是一個精心設計的堅固結構，穩定安置脊髓，給予頭部靈活的活動能力。工作坊將透過瑜伽練習及日常保健知識，幫助保持頸椎健康。

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 10 April 2018 (Tuesday)
日期 2018年4月10日 (星期二)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Ms. Lorraine Lau
導師 劉月芬女士

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)

C076

椅子瑜伽工作坊 — 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伽，為不方便坐在地板上的患者而設計。除了可以改善呼吸、減少壓力、改善睡眠，同時帶來心靈的平和。

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 29 May – 12 June 2018
日期 (Tuesdays, total 3 sessions)
2018年5月29日至6月12日 (星期二，共3節)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Ms. May Chan
導師 陳兆媚女士

Language Cantonese
語言 廣東話



Yoga for Daily Life Workshop – CancerLink (North Point)**NEW****C077****生活與瑜伽工作坊 — 癌協（北角）**

The workshop will be composed of 4 sessions - "Listening", "Acceptance", "Letting Go" and "Gratitude". We will learn how to use Yoga as a tool in our daily life, to active listen to ourselves and others, to deal with difficult times and to let go and to experience love with gratitude. The facilitator will share yoga practices which can be used in daily life, for example, combining Yin yoga posture to practice "Letting Go". All the practices will focus on relaxing our body and mind use, enjoying the peace in the present moment and experiencing the grace of life.

本次工作坊由「聆聽」、「接受」、「放下」和「感恩」四個部分組成。通過瑜伽練習，學習聆聽自己和其他人，接受生活的挑戰和困境，放下負擔和用感恩的心去感受愛。導師會分享一些平時生活中能用到的瑜伽方式，例如，於「放下」的環節中結合Yin瑜伽，在做瑜伽式子中放下不必要的負擔。導師會從不同角度教導放鬆身體和心情，學習活在當下，感受生活的美好。

Designed for Those with cancer (15 participants)
對象 癌症患者 (15位)

Date 9 April – 30 April 2018
日期 (Mondays, total 4 sessions)
2018年4月9日至30日（星期一，共4節）

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

Facilitator Ms. Vivian Guan
導師 關鍵女士

Language English
語言 英語

Meditation – Tsim Sha Tsui**C078****靜坐班 — 尖沙咀**

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 (36 participants)
對象 癌症患者 (36位)

Date 25 April – 13 June 2018
日期 (Every Wednesday, total 8 sessions)
2018年4月25日至6月13日（逢星期三，共8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)**C079****頌唱班 — 癌協（北角）**

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

透過頌唱紓緩情緒，利用聲音震動產生的能量達到自我療愈，得到內心的安靜。

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

Date 25 April – 20 June 2018
日期 (Every Wednesday, total 9 sessions)
2018年4月25日至6月20日（逢星期三，共9節）

Time 1:30pm – 3:00pm
時間 下午1:30 – 3:00

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)

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、解除壓力和紓緩肌肉疼痛，達到深度放鬆。

Designed for 對象 Cancer survivors without high blood pressure and heart diseases, except leukemia and lymphoma survivors (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，及無未痊癒的手術傷口 (每個工作坊5位)

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

Language 語言 Cantonese 廣東話

Date/Time 日期/時間

C080	Workshop A 工作坊 A: 12 April – 10 May 2018 (Every Thursday, total 5 sessions) 2018年4月12日至5月10日 (逢星期四，共5節)	11:00am – 5:00pm 上午11:00 – 下午5:00
C081	Workshop B 工作坊 B: 17 May – 14 June 2018 (Every Thursday, total 5 sessions) 2018年5月17日至6月14日 (逢星期四，共5節)	11:00am – 5:00pm 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

C082	Workshop A 工作坊 A: 26 April 2018 (Thursday) 2018年4月26日 (星期四)	11:00am – 1:00pm 上午11:00 – 下午1:00
C083	Workshop B 工作坊 B: 3 May 2018 (Thursday) 2018年5月3日 (星期四)	10:00am – 12:00noon 上午10:00 – 中午12:00
C084	Workshop C 工作坊 C: 3 May 2018 (Thursday) 2018年5月3日 (星期四)	2:00pm – 4:00pm 下午2:00 – 4:00

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。

Beginner Class A – Pure Yoga Quarry Bay

基礎班 A – 鯽魚涌

C085

Designed for 對象	Those with cancer (23 participants) 癌症患者 (23位)		
Date 日期	17 April – 19 June 2018 (Every Tuesday, total 8 sessions, except 1 & 22 May) 2018年4月17日至6月19日 (逢星期二，共8節，5月1及22日暫停)	Time 時間	2:00pm – 2:55pm 下午2:00 – 2:55
Facilitator 導師	Ms. Chang Hsiu Yun 張岫雲女士	Language 語言	Cantonese/Putonghua 廣東話/普通話
Location 地點	Pure Yoga Quarry Bay – 4/F, Lincoln House, Taikoo Place, 979 King's Road, Quarry Bay (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B) Pure Yoga 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 對象	Those with cancer (30 participants per class) 癌症患者 (每班30位)		
Date 日期	18 April – 20 June 2018 (Every Wednesday, total 10 sessions) 2018年4月18日至6月20日 (逢星期三，共10節)	Time 時間	<div>Class B B班: 3:00pm – 3:55pm 下午3:00 – 3:55</div> <div>Class C C班: 4:00pm – 4:55pm 下午4:00 – 4:55</div>
Facilitator 導師	Ms. Jessie Lee 李惠芳女士	Language 語言	Cantonese/English 廣東話/英語
Location 地點	Pure Fitness Admiralty – Levels 1 & 2, Fairmont House, 8 Cotton Tree Drive, Admiralty (MTR Admiralty Station Exit B or Central Station Exit J2) Pure Fitness 金鐘 – 金鐘紅棉路八號東昌大廈1-2樓 (港鐵金鐘站B出口或中環站J2出口)		

Beginner Class D – Pure Fitness Soho

基礎班 D – Pure Fitness 蘇豪

C088

Designed for 對象	Those with cancer (45 participants) 癌症患者 (45位)		
Date 日期	4 May – 22 June 2018 (Every Friday, total 8 sessions) 2018年5月4日至6月22日 (逢星期五，共8節)	Time 時間	3:30pm – 5:00pm 下午3:30 – 5:00
Facilitator 導師	Ms. Chang Hsiu Yun 張岫雲女士	Language 語言	Cantonese/Putonghua 廣東話/普通話
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)		

Experienced Class – Pure Yoga Quarry Bay

進階班 – 鯽魚涌

C089

Designed for 對象	Those with cancer – with a minimum of six months pilates exercise experience at Cancerlink (23 participants) 適合曾修習此基礎班六個月或以上的癌症患者 (23位)		
Date 日期	17 April – 19 June 2018 (Every Tuesday, total 8 sessions, except 1 & 22 May) 2018年4月17日至6月19日 (逢星期二，共8節，5月1及22日暫停)	Time 時間	3:00pm – 3:55pm 下午3:00 – 3:55
Facilitator 導師	Ms. Chang Hsiu Yun 張岫雲女士	Language 語言	Cantonese/Putonghua 廣東話/普通話
Location 地點	Pure Yoga Quarry Bay – 4/F, Lincoln House, Taikoo Place, 979 King's Road, Quarry Bay (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B) Pure Yoga 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)		

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

C090

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 20 and 27 April 2018 (Fridays, 2 sessions)
日期 2018年4月20及27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

C091

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 10 April – 15 May 2018 (Every Tuesday, total 5 sessions, except 1 May)
日期 2018年4月10日至5月15日 (逢星期二, 共5節, 5月1日暫停)

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 March 2018 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3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 Practices – Wanchai

養生氣功 — 灣仔

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

Learn to relax while you cleanse your body and mind of toxins through qigong practices based on decades of study and scientific research. 養生氣功簡單易明，具有打通穴位、排毒和靜心的效果。若持續練習，可達到身心平和放鬆。

Beginner Class 基礎班

C092

Designed for 對象 Those with cancer (18 participants - For those enrolling for the first time, places are offered only to participants who attend ALL sessions)
癌症患者（18位，只限首次參加者，名額亦只提供給能夠全程參與者）

Date 日期 28 April – 23 June 2018 (Every Saturday, total 8 sessions, except 16 June)
2018年4月28日至6月23日
(逢星期六，共8節，6月16日暫停)

Time 時間 10:00am – 11:55am
上午10:00 – 11:55

Facilitator 導師 Ms. Dawn Zhao
趙文曉女士

Language 語言 Putonghua/Cantonese
普通話/廣東話

Location 地點 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號小童群益會總部五樓501室 (港鐵灣仔站C出口或金鐘站D出口)

Practice Session 重溫練習

C093

This is a practice session for those who have attended the Relaxing and Rejuvenating Energy Healing classes previously. The aim is to encourage and support practitioners to continue their practice and enhance their wellbeing. During the class, the teacher will lead practice, answer questions and ask participants to share experiences.

讓曾參加養生功的學員重溫課堂重點，回答練習問題，並鼓勵學員繼續恆常鍛鍊，增進身心健康。

Designed for 對象 Those with cancer and who have participated in Relaxing and Rejuvenating Energy Healing Practice (18 participants)
只限曾參加此養生氣功班的癌症患者（18位）

Date 日期 19 May – 23 June 2018 (Every Saturday, total 5 sessions, except 16 June)
2018年5月19日至6月23日
(逢星期六，共5節，6月16日暫停)

Time 時間 10:00am – 11:55am
上午10:00 – 11:55

Facilitator 導師 Ms. Dawn Zhao
趙文曉女士

Language 語言 Putonghua/Cantonese
普通話/廣東話

Location 地點 Room 502, 5/F, 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號小童群益會總部五樓502室 (港鐵灣仔站C出口或金鐘站D出口)

Remarks 備註

1. Wear loose, comfortable clothing and light kung-fu shoes.
2. Participants are required to practice 45 mins daily.
3. Enroll only one qigong class.
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。



Photos from 'U-Link' 相片由'U-Link'提供

Health Qigong Ba Duan Jin & Yi Jin (tendon stretching) Bang Exercise

健身氣功八段錦及易筋棒運動

Ba Duan Jin is an ancient Chinese qigong method, combine with a series of Yi Jin (tendon stretching) Bang Exercises that enhances well-being and improves health.

八段錦繼承中國傳統養生方法的基礎，融入科學健身理念。易筋棒運動屬伸展運動，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。練習者如能堅持恆常鍛鍊，能增進身心健康。

Shek Tong Tsui 石塘咀

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 **C094** 20 April – 22 June 2018 (Every Friday, total 10 sessions)
日期 2018年4月20日至6月22日（逢星期五，共10節）

C095 **Revision session – for those who have attended this class before**
重溫課 — 歡迎舊生報名
22 June 2018 (Friday)
2018年6月22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）

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 Those with cancer (45 participants – priority for first time participants)
對象 癌症患者（45位，首次參加者優先）

Date **C096** 21 April – 23 June 2018 (Every Saturday, total 10 sessions)
日期 2018年4月21日至6月23日（逢星期六，共10節）

C097 **Revision session – for those who have attended this class before**
重溫課 — 歡迎舊生報名
23 June 2018 (Saturday)
2018年6月23日（星期六）

Time 8:00am – 8:55am
時間 上午8:00 – 8:55

Facilitator Mr. Suen Kwai Ping
導師 孫貴平先生

Language Cantonese
語言 廣東話

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

Remarks
備註

1. Wear loose, comfortable clothing and light kung-fu shoes.
2. Please bring two sets of old newspapers to make the Yin Jin Bang.
3. 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. 請自備兩份舊報紙以創作易筋棒。
3. 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 Those with cancer and with Ba Duan Jin experience (30 participants)
對象 曾參加八段錦之癌症患者 (30位)

Date **C098** 20 April – 22 June 2018 (Every Friday, total 10 sessions)
日期 2018年4月20日至6月22日 (逢星期五, 共10節)

C099 **Revision session – for those who have attended this class before**
重溫課 — 歡迎舊生報名
22 June 2018 (Friday)
2018年6月22日 (星期五)

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

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)

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

Date **C100** 21 April – 23 June 2018 (Every Saturday, total 10 sessions)
日期 2018年4月21日至6月23日 (逢星期六, 共10節)

C101 **Revision session – for those who have attended this class before**
重溫課 — 歡迎舊生報名
23 June 2018 (Saturday)
2018年6月23日 (星期六)

Time 9:00am – 9:55am
時間 上午9:00 – 9:55

Facilitator Mr. Suen Kwai Ping
導師 孫貴平先生

Language Cantonese
語言 廣東話

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

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。



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。如能堅持恆常鍛煉，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

C102

Date 12 April – 3 May 2018
日期 (Every Thursday, total 4 sessions)
2018年4月12日至5月3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

C103

Date 10 – 31 May 2018 (Every Thursday, total 4 sessions)
日期 2018年5月10日至31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

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 Advanced Workshop – CancerLink (Central)

禪繞畫進階工作坊 — 癌協 (中環)

NEW

C104

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。此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 For those who have attended Zentangle Workshop before
對象 (40 participants. Places are offered only to participants who attend ALL sessions)
曾修習過禪繞畫體驗工作坊的癌症患者 (40位，名額只提供給能夠全程參與者)

Date 20, 27 April and 4 May 2018 (Fridays, total 3 sessions)
日期 2018年4月20日、27日及5月4日 (星期五，共3節)

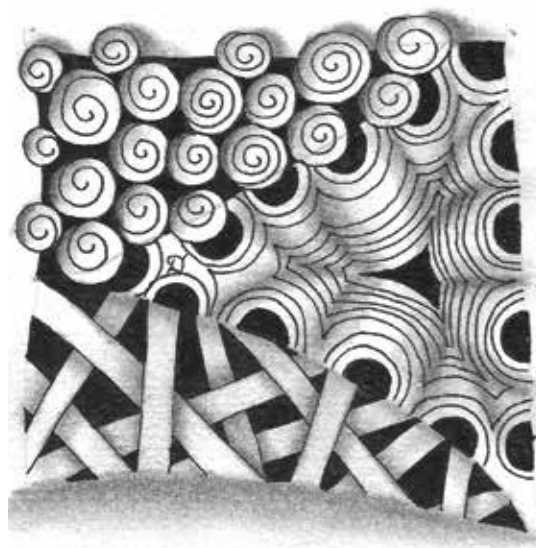
Time 3:45pm – 5:45pm
時間 下午3:45 – 5:45

Facilitator Mr. Dick Yu
導師 余狄夫先生

Language Cantonese
語言 廣東話

Location Multi-function Room C, G/F., The Center, 99 Queen's Road Central, Hong Kong
地點 中環皇后大道中99號中環中心多用途活動室C

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。



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

C105

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 28 April 2018 (Saturday)
日期 2018年4月28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）**Remarks:**

1. Enroll in only one Eat Wise Workshop.
2. 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. 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

C106

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 11 April 2018 (Wednesday)
日期 2018年4月11日（星期三）

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

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

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 14 June 2018 (Thursday)
日期 2018年6月14日（星期四）

Time **Workshop A:** 10:00am – 12:00noon
A班 上午10:00 – 中午12:00

C107

Workshop B: 1:30pm – 3:30pm
B班 下午1:30 – 3:30

C108

Facilitator Ms. Karrie Tam
導師 譚穎恩女士

Language Cantonese
語言 廣東話



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

C109

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 25 April, 9, 23 May, 6 & 20 June 2018
日期 (Wednesdays, total 5 sessions)
2018年4月25日、5月9日、23日、6月6及20日
(星期三，共5節)

Time 3:15pm – 4:45pm
時間 下午3:15 – 4:45

Facilitator Ms. S. K. Maddox
導師 薛曉光女士

Language Putonghua
語言 普通話

Aroma Massage Workshop – CancerLink (Central)

NEW

C110

紓緩香薰按摩工作坊 — 癌協（中環）

Apart from relaxing, aroma massage also helps to relief different side effects during cancer treatments. Participants will make their personalized aroma massage oil and learn how to do hand massage.

除了放鬆心情，香薰對紓緩各種因治療癌症而出現的副作用亦有良好效果，學員將在課堂上製作合適的個人香薰製品，並學習手部按摩。

Designed for Those with cancer during treatment (15 participants) and their carers (5 participants)
對象 治療中的癌症患者（15位）及其照顧者（5位）

Date 26 April 2018 (Monday)
日期 2018年4月26日（星期一）

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

Facilitator Ms. Kaman Cheung
導師 張嘉雯女士 - 曾在英國及荷蘭學習癌症香薰護理，並曾於英國的腫瘤科醫院實習

Language Cantonese
語言 廣東話

Location Multi-function Room A, G/F., The Center, 99 Queen's Road Central, Hong Kong
地點 中環皇后大道中99號中環中心多用途活動室A

Remarks 備註
1. Please wear loose and comfortable clothing.
2. Please bring your own towel (about face towel size).
1. 請穿著寬鬆衣物。
2. 請自備毛巾一條（約為祝君早安洗面巾大小）

Talk – How to create your Green Kitchen – CancerLink (Central)

NEW

C111

綠色廚房講座 — 癌協（中環）

The facilitator will share her years' practice in green living. She will focus on different big and small decisions for one's kitchen to achieve a healthier and more environmental friendly's life.

導師將多年實行綠色生活的經驗統合，與大家分享廚房中的「柴米油鹽醬醋茶」可以怎麼樣做更健康的選擇，以及如何幫助保護地球環境。

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

Date 25 April 2018 (Wednesday)
日期 2018年4月25日（星期三）

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

Facilitator Ms. Lam Lai Shan
講者 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 Multi-function Room C, G/F., The Center, 99 Queen's Road Central, Hong Kong
地點 中環皇后大道中99號中環中心多用途活動室C

Inner Healing

能量治療

One on one support lets you experience the form of alternative therapy focused on primary respiration using therapeutic touch. Release clients stress from the hectic living.

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

Designed for Those with cancer (7 participants per group)
對象 癌症患者（每組名額7位）

Date **C060** **Group A:** 9, 23 April; 7, 21 May and 4 June 2018
日期 **A班：**2018年4月9日及23日；5月7日及21日；6月4日

C061 **Group B:** 16, 30 April; 14, 28 May and 11 June 2018
B班：2018年4月16日及30日；5月14日及28日；6月11日

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

Facilitator Pervin Shroff, Soonie Gander
講者

Language English
語言 英語

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 Each participant would be arranged 15 minutes one on one therapeutic touch.
備註 每位參加者將會安排不同時段接受15分鐘的治療

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
Sound Communication Workshop 聲心對話工作坊 NEW	K087	Kwai Chung 葵涌
Mindful Tea Tasting and Ping Shuai Practice Workshop 靜心茶道 + 平甩功團練工作坊 (Weekend class, suitable for users at work 周六課程，適合在職患者參加)	K094 – K095	
Mandala Workshop & Practice Day Mandala繪畫療愈工作坊及練習日	K097 – K100	
Eat Wise Healthy Cooking Workshop Eat Wise智營烹飪工作坊	K101 – K107	
Workshop for Reorganising Your Home and Life – Detach • Discard • Dissolve 人生整理術 — 斷 • 捨 • 離工作坊	K108	
Angel Laughter Workshop 大笑天使工作坊 NEW	W104	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

C056

東區尤德夫人那打素醫院新症簡介會

TCM practitioner and social worker 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 對象 Those who have been newly diagnosed with cancer at Pamela Youde Nethersole Eastern Hospital
於東區尤德夫人那打素醫院的新症癌症患者

Date 日期	18 May 2018 (Friday) 2018年5月18日（星期五）	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
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Facilitator 講者	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工	Language 語言	Cantonese 廣東話
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Location 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

Pamela Youde Nethersole Eastern Hospital Gynecological Cancer New Case Orientation

C057

東區尤德夫人那打素醫院婦科癌新症分享會

Oncologist, nurse and social worker 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 對象 Those who have been newly diagnosed with gynecological cancer at East Hong Kong Cluster
於港島東聯網確診的新婦科癌症患者

Date 日期	3, 24 April, 5 and 19 June 2018 (Tuesday) 2018年4月3日、24日、6月5日及19日（星期二）	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
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Facilitator 講者	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工	Language 語言	Cantonese 廣東話
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Location 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

Join Talk 合辦講座

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

Diet Talk 癌症與飲食：預防復發

C058

Dietitian will share information about healthy diet and cancer support services in the community.
註冊營養師會講解癌症患者於治療期間的飲食須知，亦會教大家認識預防復發的營養飲食。

Date 7 April 2018 (Saturday)
日期 2018年4月7日（星期六）

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

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

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. For joint talk date and details in May and June, please refer to the posters in centers, details will be announced after 2 April 2018.
2. Enrollment will take place one month before the talk.
3. Co-organizer: Cancer Patient Resource Centre of public hospitals.

1. 5月及6月份合辦講座日期及講座內容請參閱中心內海報，詳情將於4月2日後公佈。
2. 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。
3. 合辦單位：七間腫瘤科醫院的癌症病人資源中心



Photos from 'U-Link' 相片由'U-Link'提供

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，兩者良好的合作夥伴，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
Hong Kong Pioneer Mutual Support Association Ltd. 香港創域會有限公司	All cancers 所有癌症	3656 0799
CanSurvive	All cancers 所有癌症 (外籍人士)	3667 3000
The New Voice Club of Hong Kong 香港新聲會	Laryngeal cancer 喉癌	2779 0400
Sunflower Network 向日葵互協會	Breast cancer and gynecological cancer 乳癌及婦科癌	3656 0838
The Brightening Association (Hong Kong) Ltd. 展晴社 (香港) 有限公司	Breast cancer and gynecological cancer 乳癌及婦科癌	2595 4202 9179 2330
Yin Hong Club 妍康會	Breast cancer 乳癌	3667 3288
Tung Wah Hospital Breast Cancer Support Group 東華醫院傳情舍	Breast cancer 乳癌	2589 8151
Bauhinia Club 紫荊社	Breast Cancer 乳癌	2468 5045
Yin Chun Club 妍進會	Breast cancer 乳癌	3517 6103
Orchid Support Group 蕙蘭社	Gynaecological cancer 婦科癌	3656 0700
Mutual Aid Association 互勉會	NPC 鼻咽癌	3656 0828
Rising Sun Association 東日社	NPC 鼻咽癌	2595 4165
Kin Lok Club 健樂社	NPC 鼻咽癌	3667 3238
Association of Relive 慶生會	NPC 鼻咽癌	2468 5045
Hong Kong Adult Blood Cancer Group Ltd. 心血會有限公司	Leukaemia 血癌 (包括白血病、淋巴瘤、骨髓瘤等)	2603 6869
Hong Kong Bone Marrow Transplant Patients' Association 香港骨髓移植復康會	Patients receiving bone marrow transplants 接受骨髓移植人士	6239 0025
Cheong Hong Club 祥康之友	Bowel cancer without stoma 腸癌無造口	3656 0700
Hong Kong Stoma Association 香港造口人協會	Bowel cancer with stoma 腸癌有造口	2834 6096
Tuen Mun Hospital Stoma Group 屯門醫院造口之友	Bowel cancer with stoma 腸癌有造口	2468 5528
Chinese Painting and Calligraphy at Leisure Circle 筆墨閒情書畫學會	Cancer patients interested in calligraphy 有興趣學習書畫的癌症患者	3656 0700 9490 3034
Hong Kong GIST Union 香港胃腸道基質瘤協會	Gastrointestinal stromal tumor 胃腸道基質瘤	3656 0821
*Prostate Peer Association *前列腺會	Prostate cancer 前列腺癌	3506 6434

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

Remarks : All programs are conducted at CancerLink North Point unless stated otherwise

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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

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