



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

October – December
十月 – 十二月 2017



Cancer Change People for the Better

Nobody would go through cancer by choice. But for the users we meet at our CancerLink support centres, there really can be silver-linings. Usually, people find more positive changes the longer it has been since their diagnosis. One of these changes involves meeting new people during our cancer journey, possibly at the clinic or in a support group. The change may also simply be the role change in your own family.

When you meet new people, they can open your mind to also enjoy new experiences and possibilities. Even during treatment, you can start enjoying different activities. This may be a novel you always wished you had time to read. As time goes on, and with changed priorities, new items may be added to your bucket list. Many people with cancer understand the benefits of a bucket list and, if you haven't set your own yet, you can start now. The best part is, when you get to the end of your bucket list, you can always make a new one and continue enjoying new experiences.

Growth is always possible when we embrace change with a positive attitude. If you are feeling distressed or facing change, we can guide you and help you to create a bucket list. Come to our CancerLink Support Centre, Hong Kong Island for consultation and discussion.

活出生活色彩

沒有人會希望患上癌症。然而，我們在癌協中心的服務使用者，往往能夠發現在黑暗中總有一線曙光。從確診癌症開始，大家都可以發現很多正面及積極的轉變。在癌症旅程上，我們可能於診所或支援小組中認識到新朋友；如同路人及專業人士，我們亦會體驗到自己於家中的角色也會有所變化。

我們或會遇到不同經歷的人，從而發現到新的契機。即使在治療期間，我們也可以開始參與自己喜愛的活動，例如閱讀陳放已久小說。此外，隨著時間過去，我們的喜好改變，選擇事物的優先次序也會隨之而改變，我們可羅列願望清單。不少癌症患者都會了解清單的好處。如果你還沒有設定你的個人清單，你可以隨時開始的。當你完成了清單上最後的項目，你又可以創建另一個新的清單。

癌協一直鼓勵大家積極面對轉變，我們希望與服務使用者共同建構人生中的新體驗，如果您需要我們協助，港島癌協歡迎您隨時來我們的癌協服務中心諮詢。

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

Enrollment date starts:

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

接受報名日期：

2017年9月14日（星期四）
上午9時起

Enquiry and Enrollment: 3667 3030

查詢及活動報名：3667 3030

OPENING HOURS

Monday to Saturday: 9am-6pm

Sunday and Public Holidays: Closed

辦公時間

星期一至六：早上9時至下午6時
星期日及公眾假期休息

INDEX 目錄

Key Support Services
中心服務 貼心支援

2

Support Pink Revolution
粉紅革命

4

English Cancer Support Services

5

Practical Support
實際支援

7

Psychological Support
心理支援

13

Family Support
家庭支援

16

Peer Support
朋輩支援

17

Wellness and Holistic Health Care
身心靈健康服務

20

Community Support
社區支援

37

Friends of CancerLink
癌協之友

38

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 new enrollment rules will include:

Wellness and Holistic Health Care Programmes* (Page 20-36)	Maximum 5 confirmed spaces and 5 wait-list spaces across four CancerLink Centres.	For programmes with a hash (#) next to the programme name or stated "enroll only one specific class/workshop" in remarks column, this means that they are from the same category and an applicant may only enroll in one programme from each category across four CancerLinks. Except the specific programmes, 50% of wellness programmes quota will be prioritized for those who are diagnosed in or after 2014.
Other programmes*	Maximum 5 confirmed spaces and 5 wait-list spaces across four CancerLink Centres.	For programmes with a hash (#) next to the programme name or stated "enroll only one specific class/workshop" in remarks column, this means that they are from the same category and an applicant may only enroll in one programme from each category across four CancerLinks.

* Programmes include weekly classes, workshops and other activities.

4. Participants should inform the centre if they are unable to attend a session of a programme. If participants are absent from the first 2 sessions without prior notice, their outstanding programme places will be assigned to people on the waiting list to ensure others have the opportunity to participate.
5. Should any programmes be cancelled or rescheduled, participants will be notified by centre staff.
6. For arrangements in the event of adverse weather conditions (typhoon and/or rainstorm warnings) on the date of a programme, please refer to the back page of this booklet.
7. Participants should read the programme details and choose a programme that is appropriate to their health status. Please seek medical advice prior to enrolling if necessary. Hong Kong Cancer Fund shall not be liable for any injury that the participant may suffer in the programmes if the cause of injury is due to the participant's negligence or inadequate health and fitness.
8. To create a quiet environment, please arrive 10 minutes before a class begins. **Entry is not permitted once a class has started.**

報名須知：

1. 每間中心的活動報名首日只設電話報名，恕不接受現場報名；
2. 由於活動名額有限，每次來電只會處理八項活動報名，包括所有課程、工作坊或其他活動。若有需要，參加者可再致電輪候處理其他報名；
3. 為更有效善用活動資源及處理輪候問題，中心現規定每位服務使用者每季最多只可報名參加四間癌協中心合共：

身心靈健康活動 (20-36頁)	最多五項正選及五項候補	註有#的活動，或於『備註』寫明 只能選報一個該類活動 ，意即只可於四間癌協中心，選報一個該類性質的活動。 除指定活動外，50%的身心靈健康活動名額將 優先分配給2014年或以後的確診患者 。
其他活動	最多五項正選及五項候補	註有#的活動，或於『備註』寫明 只能選報一個該類活動 ，意即只可於四間癌協中心，選報一個該類性質的活動。

4. 為了令報名程序更方便快捷，請於活動報名前已選擇好要參加之活動，確定活動編號及準備個人資料；若未登記成為癌協服務使用者之人士，請於活動報名日前在任何一間癌協服務中心辦妥登記，以簡便報名程序；
5. 參加者如未能出席活動，需盡早通知本中心職員；如在未有通知的情況下缺席首兩節，則列作自行退出活動，該活動名額將由後備參加者補上，以確保更多服務使用者能參加活動；
6. 如活動遇特別情況而需改期或取消，本中心將會通知有關參加者；
7. 颱風及暴雨訊號之活動安排，請詳見通訊底頁；
8. 參加者需清楚及了解活動內容，並按身體狀況選擇適合活動，如有需要，應在報名活動前徵詢醫生建議。如參加者因個人疏忽或健康及體能上的不足而導致任何損傷，癌症基金會恕不負責；
9. 為幫助出席者安頓身心，請於開課前10分鐘到達，**遲到者不得進入**，敬請包容體諒。

Support Pink Revolution 粉紅革命

Pink Revolution is Cancer Fund's annual breast cancer awareness and fundraising campaign. It aims to promote the importance of early detection and raise funds for our FREE breast cancer support services. We invite the community to help us raise HK\$2.5 million which will go towards our ongoing breast cancer care services, as well as valuable research in Hong Kong. According to the latest Hong Kong Cancer Registry statistics, there were more than 3,868 new breast cancer cases in 2014, making it the most common form of cancer amongst women in our community. You can help by spreading the message that early detection saves lives, and make a valuable donation to help us sustain our FREE cancer support services.

Join Pink Revolution and support women with breast cancer

Dress Pink Day is your chance to raise awareness of breast cancer and the need for professional support services. You are invited to join Dress Pink Day on October 27. To participate, please visit www.cancer-fund.org/pink for details.

「粉紅革命」是香港癌症基金會每年一度的關注乳癌活動，藉此響應國際乳癌關注月，喚醒公眾對乳癌的關注，及為相關的乳癌服務籌集經費。同時，我們希望籌募港幣250萬元，以持續提供各種恆常及免費乳癌支援服務，及資助本地癌症研究項目。根據癌症資料統計中心最新的2014年數字顯示，本港婦女有3,868宗新增乳癌個案，乳癌除了是本港婦女最常見的癌症，亦是婦女的第三號癌症殺手。請即加入「粉紅革命」行列，與我們攜手，將關注乳癌的健康訊息帶給全港婦女，同時為重要的免費乳癌支援服務籌募善款。

加入「粉紅革命」出力支持乳癌患者

今年我們的「粉紅服飾日」將定於2017年10月27日，誠邀您當日穿戴粉紅衣飾，以喚醒眾人對乳癌的關注。想了解詳情，請瀏覽本會網頁：www.cancer-fund.org/pink



Suggested Programme 推薦活動

Programme Name 活動名稱	Code 活動編號	Page 頁數
Nursing Care after Breast Cancer Surgery and understanding breast reconstruction 乳癌手術後之護理及認識乳房重建	C204	P.8
Goodbye Post-surgical Wound Pain – Thoracic and Axillary Wound 改善術後繃緊及疼痛 — 針對腋下及胸腔傷口	C205	P.8
Nursing talk on prevention of upper limb lymphedema 預防上肢淋巴水腫之護理講座	C207	P.9
Understanding Upper Lymphedema 上肢淋巴水腫研習坊	C209	P.9
Upper Lymphedema Exercise Class 上肢淋巴水腫運動班	C210	P.9
Synergy Home Gathering – Have Fun in Pink 嘻哈聚 — 紅粉佳人有約	C240	P.19
Pink Yoga – Quarry Bay # 乳癌患者瑜伽 — 鯽魚涌 #	C252	P.24

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)

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

Understanding Diagnostic Tests on Cancer

C195

The talk introduces common diagnostic and imaging test cancer clients have to go through for diagnosis and treatment.

Date 25 October 2017 (Wednesday)

Time 7:00pm – 9:00pm

Speaker Dr. Vince Vardhanabhuti, Clinical Assistant Professor, Department of Diagnostic Radiology of The University of Hong Kong

Developing Self-Compassion

C196

Evidence shows that being compassionate towards oneself and one's difficulties that cancer can reduce the additional distress that often results from self-blame and self-judgment, and it has been shown to have beneficial effects in the psychological adjustment among cancer patients. This workshop includes group sharing and aims to provide you with some information about the benefits of self-compassion and practical skills to develop self-compassion.

Date 29 November 2017 (Wednesday)

Time 7:00pm – 9:00pm

Speaker Ms. Marian Wong, Clinical Psychologist

'Celebration of Life' Christmas & New Year Gathering

C197

It's time to count our blessings and gather with friends and loved ones during the festive season. Let's celebrate with delicious food, good music, fun, games and gifts!

Date 8 December 2017 (Friday)

Time 6:30pm – 9:30pm

Location To be confirmed

Protein in Cancer Treatment Diet

C198

Protein promotes tissue regeneration and wound repair, and serves as an important raw material of the structure of the body cell (including the immune system). Therefore, adequate intake of protein is very important for the treatment of cancer. This talk will introduce the food source and recommended intake of protein, and explain the misunderstanding that many patients have with some protein foods.

Designed for Those with cancer (diagnosed within one year) and their family members (25 participants)

Date 22 November 2017 (Wednesday)

Time 2:30pm – 4:00pm

Speaker Ms. Fion Chow, Registered Dietitian

Language English

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

English Outing Programme

C199

Please invite your family and friends to come and join us for a walk in cool weather! Also, to take the opportunity to enjoy the sharing with other survivors.

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

Date 11 November 2017 (Saturday)

Time 9:00am – 1:00pm

Language English

Location TBC

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

Free Your Emotions with EFT: Let go of Stress in the Body and Mind

C200

The 4-session workshop will introduce Emotional Freedom Techniques (EFT) – an energy psychology technique which works with the meridian system in the body through gently tapping and speaking on the meridian points. It aims to unblock and release any stuck energy, resulting in enhanced emotional as well as physical well-being. This experiential workshop will include an introduction to EFT, understanding emotions, language and the subconscious mind, plus an introduction to META-Health.

Designed for Those with cancer (12 participants)

Date 26 October – 16 November 2017
(Every Thursday; 4 sessions)

Time 2:30pm – 4:30pm

Speaker Ms. Falguni Mather, Accredited Certified Advanced
EFT Practitioner with AAMET

Language English

Remarks Priority would be for those Native English-speakers or those who do not understand Cantonese.

CanSurvive Meetings

C201

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

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

Date 11 October, 8 November & 12 December 2017

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)



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

Practical Support 實際支援

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

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

Nursing Consultation 專業護士諮詢服務

Through one-on-one sessions, our oncology nurses explain to the client their condition, and what to expect. They suggest questions to ask the doctor, and discuss symptoms, side effects and pain as part of treatment preparation.

我們的腫瘤科護士會為癌症患者及其親屬提供一對一的諮詢服務，讓他們瞭解所患的癌症，即將面對的情況，以及如何向醫生提問、怎樣準備療程、處理症狀和後遺症、及處理疼痛等問題。歡迎致電預約。

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

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

Speak to a Dietitian 註冊營養師諮詢服務

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

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

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

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

Lung Cancer Support Group 肺癌患者支援小組

C202

Being diagnosed with cancer is challenging and distressing. This lung cancer sharing group offers professional nursing and dietetic advices, with a focus on home care tips, side effect management, dietary tips during treatment and diet myths, etc., providing a platform for sharing your experiences and meeting peers.

為肺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，減少治療及復康期間的疑問和憂慮。

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

Date 14 October 2017 (Saturday)
日期 2017年10月14日 (星期六)

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

Facilitator Ms. Wong Wa Ni (Registered Nurse),
講者 Ms. Fion Chow (Registered Dietitian)
王華妮姑娘 (註冊護士)、
周倩蕾姑娘 (註冊營養師)

Language Cantonese
語言 廣東話

Breast Cancer New Case Sharing 乳癌新症支援小組

C203

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

Being diagnosed with cancer is challenging and distressing. This breast cancer new case sharing group offers professional nursing and dietetic advices, with a focus on home care tips, side effect management, dietary tips during treatment and diet myths, etc., providing a platform for sharing your experiences and meeting peers. 為剛確診的乳癌患者提供護理及營養方面的專業支援，例如家居照顧、治療副作用處理、治療期間飲食攻略及飲食謬誤等，減少治療期間的疑問和憂慮，助你踏上康復之路。

Designed for Those with breast Cancer and their family members, newly diagnosed within 6 months (20 participants)
對象 半年內確診的乳癌患者及家屬 (20位)

Date 8 and 15 December 2017 (Every Friday, 2 sessions)
日期 2017年12月8日及15日 (逢星期五，共2節)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Ms. Wong Wa Ni (Registered Nurse),
Ms. Fion Chow (Registered Dietitian)
講者 王華妮姑娘 (註冊護士)、
周倩蕾姑娘 (註冊營養師)

Language Cantonese
語言 廣東話

Nursing Care after Breast Cancer Surgery and understanding breast reconstruction 乳癌手術後之護理及認識乳房重建

C204

The talk provides knowledge on post lumpectomy/mastectomy care, so as to enhance their self-care skills and reduce their worries. Besides, the nurse will also talk about the pros and cons on different breast reconstruction methods.

講座主要為乳癌患者提供有關乳房手術後的護理知識，從而提高病人自理的能力及減低他們的憂慮。此外，亦會介紹乳房重建手術，令患者了解不同方法的利與弊。

Designed for Those with breast Cancer (30 participants)
對象 乳癌患者 (30位)

Date 14 October 2017 (Saturday)
日期 2017年10月14日 (星期六)

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

Facilitator Ms. Wong Ling (Advanced Practice Nurse of Tung Wah Hospital)
講者 黃凌姑娘 (東華醫院資深護師)

Language Cantonese
語言 廣東話

Goodbye Post-surgical Wound Pain – Thoracic and Axillary Wound 改善術後繃緊及疼痛 — 針對腋下及胸腔傷口

C205

Physiotherapist is going to help you to get rid of post-surgical pain caused by adhesion and scarring by using non-pharmacological approaches. Come and join us! 物理治療師教授簡單運動，減輕因手術黏連及疤痕而引起的疼痛。

Designed for Cancer clients with thoracic, breast or axillary surgery done in recent 12 months (15 participants)
對象 最近12個月內曾接受胸腔、乳房及腋下手術的癌症患者 (15位)

Date 8 – 29 November 2017 (Every Wednesday, 4 sessions)
日期 2017年11月8日至11月29日 (逢星期三，共4節)

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

Facilitator Registered Physiotherapist
講者 註冊物理治療師

Language Cantonese
語言 廣東話

Location 2C Welley Bldg., 97 Wellington St., Central, Hong Kong
地點 香港中環威靈頓街威利大廈2字樓C室

Understanding medication myths 拆解藥物謬誤

C206

The talk addresses common myths on medication use. Join our talk for more information. 市民的藥物知識有限，藥劑師會拆解對服用藥物的不少誤解，並給大家一些用藥小貼士。

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

Date 25 November 2017 (Saturday)
日期 2017年11月25日 (星期六)

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

Facilitator Registered Pharmacist
講者 註冊藥劑師

Language Cantonese
語言 廣東話

Nursing talk on prevention of upper limb lymphedema 預防上肢淋巴水腫之護理講座

C207

Most breast cancer patients may face lymphedema 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 lymphedema prevention and self-care skills. 接受乳房切除手術的乳癌患者，若淋巴腺同時被切除，日後有機會出現上肢淋巴水腫，此研習坊可令她們學習如何預防和自我照顧。

Designed for Those with breast cancer (20 participants)
對象 乳癌患者 (20位)

Date 29 November 2017 (Wednesday)
日期 2017年11月29日 (星期三)

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

Facilitator Ms. Wong Wa Ni (Registered Nurse)
講者 王華妮姑娘 (註冊護士)

Language Cantonese
語言 廣東話

Cancer Genetics 拆解癌症之基因遺傳

C208

Cancer clients always worry of transmitting the cancerous genes to their children. How is the chance of inheriting cancer? 確診癌症，除了擔心自己的病情外，作為父母，還會多一份憂心：擔心誘發癌症的基因會否影響兒女。究竟不同癌症的遺傳機率有多高？此講座為你一一拆解。

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

Date 7 December 2017 (Thursday)
日期 2017年12月7日 (星期四)

Time 3:30pm – 5:00pm
時間 下午3:30 – 5:00

Facilitator Dr. Stephen Chan (Associate Professor, Department of Clinical Oncology, The Chinese University of Hong Kong Specialist in Medical Oncology)
講者 陳林醫生 (香港中文大學腫瘤學系副教授)

Language Cantonese
語言 廣東話

Understanding Upper Lymphedema 上肢淋巴水腫研習坊

C209

Lymphedema of the upper limbs is common in those with breast cancer following surgery or treatment to remove the lymph nodes. Preventative exercises, observation and self-care are essential to minimize discomfort and improve recovery. Come and learn more about them for a better quality of life. 接受乳房切除手術的乳癌患者，若淋巴腺同時被切除，日後有機會出現上肢淋巴水腫，此研習坊將讓我們學習如何預防和自我照顧。

Designed for Breast Cancer Survivors (20 participants)
對象 乳癌康復者 (20位)

Date 10 October 2017 (Tuesday)
日期 2017年10月10日 (星期二)

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

Location Rm 1905, 19/F, The HK Federation of Youth Groups Building, 21 Pak Fuk Road, North Point
地點 北角百福道21號香港青年協會19樓1905室

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

C210

This class will teach you techniques for effective lymphedema control, using massage balls and mobility training on your rib cage. 教導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 Breast Cancer Survivors (12 participants, priority will be given to those enrolling for the first time)
對象 乳癌康復者 (12位，首次參加者優先)

Date 26 October – 23 November 2017 (Every Thursday, total 5 sessions)
日期 2017年10月26日–11月23日 (逢星期四，共5節)

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

Location Rm 1, 20/F, Professional Building, 19-23 Tung Lo Wan Road, Causeway Bay
地點 銅鑼灣銅鑼灣道19-23號建康商業大廈20樓01室

Remarks Participants are required to attend and receive a recommendation from this season's "Understanding Upper Lymphedema" programme. 參加者必須先參加今季「上肢淋巴水腫研習坊」並獲推薦。

Knee and Back's Muscle Strength and Flexibility Adjustment Workshop

C211

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 2015, 10 diagnosed before 2015) 癌症患者 (2015年或以後確診患者15位；2015年以前確診患者10位)			
Date & Time 日期及時間	Assessment 評估 17 October 2017 (Tuesday) 2017年10月17日 (星期二)	2:00pm – 5:00pm 下午2:00 – 5:00	Talk 講座 24 October 2017 (Tuesday) 2017年10月24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。			

Knee and Back Fitness Exercise Class 徵狀控制系列 — 膝背健體訓練班

C212

Stretching and chair aerobic exercises for promoting exercise tolerance, flexibility of knee and back as well as increasing the strength and endurance of knee and back muscles.

透過多項伸展及帶氧運動鍛鍊膝部和背部的肌肉耐力性及強度，提升關節的靈活性，增強康復者處理日常生活的能力。

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	30 October-4 December 2017 (Every Monday, 6 sessions) 2017年10月30日至12月4日 (逢星期一，共6堂)		Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Mr. Tong Wai Hung 湯偉雄先生		Language 語言	Cantonese 廣東話
Location 地點	Room 2107, Dominion Centre, 43-59 Queen's Road E, Wai Chai 香港灣仔皇后大道東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 "Knee and Back's Muscle Strength and Flexibility Adjustment Workshop" C211. 參加者必須先參加今季「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」C211並獲推薦。			

Exercise Right 運動全面睇

C213

The best way to keep health is doing exercise. However, some people may use the wrong strategies to do exercise. This workshop will share good strategy of doing exercise and achieve healthy life.

維持身體健康最理想的方法是做運動。而過量的運動會適得其反，令身體受到傷害。工作坊會教授參加者怎樣做運動才是理想及達到身體健康的效果。

Designed for 對象	Cancer clients (diagnosed in or after 2015: 10 participants; diagnosed before 2015: 5 participants) 癌症患者 (2015年或以後確診患者名額10位；2015年以前確診患者名額5位)			
Date 日期	7 December 2017 (Thursday) 2017年12月7日 (星期四)		Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Location 地點	CancerLink Support Centre, Hong Kong Island 港島癌協服務中心			
Date 日期	14 December 2017 (Thursday) 2017年12月14日 (星期四)		Time 時間	10:00am – 1:30pm 上午10:00 – 下午1:30
Location 地點	Tai Tam Country Park 大潭郊野公園			
Facilitator 講者	Mr. Maksim Cheung 張煒楠先生		Language 語言	Cantonese 廣東話
Remarks 備註	5 quotas will be reserved to those who have completed "The Five Health Facts that You Should Know". 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。			

Adjustment Group for: Gynecological Cancer Patients after Treatment

C214

婦科癌復康適應小組

Speakers from different professionals will address different issues that gynecological cancer patients came across during and after their treatment, such as early menopause, osteoporosis, lower limbs lymphedema, emotion management, self-identity etc.

由不同專業人士，講解及討論婦科癌患者治療後遇上的副作用問題，如提早更年期、骨質疏鬆症、下肢淋巴水腫、情緒管理等等。

Designed for Gyne Cancer Survivors (15 participants. Priority will be given to those enrolling for the first time)
對象 婦科癌康復者 (15位。首次參加者優先)

Date 24 November – 15 December 2017 (Every Friday, total 4 sessions)
日期 2017年11月24日 – 12月15日 (逢星期五，共4節)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Language Cantonese
語言 廣東話

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

C215

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

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

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

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

Date 9 and 16 Oct 2017 (Every Monday, 2 sessions)
日期 2017年10月9及16日 (逢星期一，共2節)

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

Facilitator Mr. Maksim Cheung
講者 張煒楠先生

Language Cantonese
語言 廣東話

Physical Assessment by Chinese Medicine Practitioner 中醫體質評估

C216

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

註冊中醫師會為參加者進行個別評估，診斷其身體體質，並建議適當的食療。

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

Date 6 December 2017 (Wednesday)
日期 2017年12月6日 (星期三)

Time 3:00pm – 5:30pm
時間 下午3:00 – 5:30

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

Language Cantonese
語言 廣東話

Remarks 5 quotas will be prioritized to the participants who have finished "The Five Health Facts that You Should Know".
備註 5位名額會給予已完成「不可不知的五個健康真相」的參加者優先權。

Chinese Herbal Garden Outing 認識中草藥之行

C217

Come and learn about common Chinese herbs in Hong Kong and how different herbs can be used to improve your health conditions. 介紹香港常見中草藥，並簡介其生長特性、藥用功效，之後參與戶外導賞，由中草藥導賞員帶領，實地觀賞多種中草藥。

Designed for Those with cancer (diagnosed in or after 2015: 15 participants; diagnosed before 2015: 10 participants. Priority will be given to those enrolling for the first time)
對象 癌症患者 (2015年或以後確診患者15位；2015年以前確診患者10位。首次參加者優先)

Understanding Chinese Herbs Talk 認識中草藥講座

Date 日期	11 November 2017 (Saturday) 2017年11月11日 (星期六)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
-------------------	---	-------------------	----------------------------------

Chinese Herbal Garden Outing 認識中草藥戶外導賞

Date 日期	18 November 2017 (Saturday) 2017年11月18日 (星期六)	Time 時間	8:45am – 3:00pm 上午8:45 – 下午3:00
-------------------	---	-------------------	------------------------------------

Location 地點	Lions Nature Education Centre (Sai Kung) 西貢獅子會自然教育中心
-----------------------	---

Facilitator 講者	Hong Kong Health Association 香港健康協會	Language 語言	Cantonese 廣東話
--------------------------	--	-----------------------	------------------

Remarks A coach will be arranged to and from the centre on 18 November; please arrive at the support centre at 8:45am sharp on the day.
備註 中心會於11月18日安排巴士來回中心及活動地點，參加者請於上午8:45於港島癌協集合。

Healthy Tips on Eating Out 外出飲食小貼士

C218

The survey on Hong Kong People's Eating Habit conducted by The Public Opinion Programme at the University of Hong Kong in October 2012 shown that over 60% of respondents would eat out or buy takeaways over 4 times a week on average. Hong Kong people love yum cha, hotpot and buffet so much, however these are where we always encounter high fat high sodium food. This talk is going to bring you some healthy tips on eating out and takeaways.

香港大學民意研究計劃於2012年10月的調查顯示，以一日兩餐正餐計算，逾六成受訪港人每星期平均外出用膳或直接購買熟食四次或以上。香港人生活忙碌，經常外出用膳；周末與家人飲茶、節日打邊爐或吃自助餐慶祝亦不少見。但外出飲食常常都會遇到高脂高鹽的食物，是次講座將講解提防出外飲食陷阱的方法。

Designed for Those with cancer (diagnosed in or after 2015: 20 participants; diagnosed before 2015: 10 participants)
對象 癌症患者 (2015年或以後確診患者20位；2015年以前確診患者10位)

Date 日期	3 November 2017 (Friday) 2017年11月3日 (星期五)	Time 時間	10:30am – 12:00noon 上午10:30 – 中午12:00
-------------------	--	-------------------	--

Facilitator 講者	Registered Dietitian 註冊營養師	Language 語言	Cantonese 廣東話
--------------------------	-------------------------------	-----------------------	------------------

Remarks 5 quotas will be prioritized to the participants who have finished "The Five Health Facts that You Should Know".
備註 5位名額會給予已完成「不可不知的五個健康真相」的參加者優先權。

"Going Through" Project- Prostate Educational Talk: Food and Mental Health 前路無阻：男士教育講座 — 「心」之食堂

C219

The talk is about what kinds of food affect your emotion and their mechanism. 進食會影響個人的心情，甚麼食物會導致喜怒哀樂？如何導致？此講座會一一為你解開。

Designed for Those with prostate cancer and their family members (25 participants)
對象 前列腺癌患者及其家屬 (25位)

Date 日期	9 October 2017 (Monday) 2017年10月9日 (星期一)	Time 時間	10:30am – 12:00noon 上午10:30 – 中午12:00
-------------------	---	-------------------	--

Facilitator 講者	Registered Dietitian 註冊營養師	Language 語言	Cantonese 廣東話
--------------------------	-------------------------------	-----------------------	------------------

Handling Fatigue**處理疲勞營養飲食講座**

C220

Fatigue is common among clients who are facing treatments. This affects their appetite and the mood to prepare food, which turns out a downward spiral to the tolerance of treatments. This talk will introduce diet strategy to reserve energy in food preparation and tackle fatigue.

感到疲倦是癌症患者常見的問題，並直接影響患者的胃口、準備食物的精神以致影響到身體接受治療的準備。此講座將講解營養飲食策略，在利用較少體力及精神情況下，保持最佳狀態，面對癌症。

Designed for Cancer clients (diagnosed within two years) and caregivers (25 participants)
對象 確診兩年內癌症患者及照顧者 (25位)

Date 11 October 2017 (Wednesday)
日期 2017年10月11日 (星期三)

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

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

Language Cantonese
語言 廣東話

Psychological Support 心理支援

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

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

You Can “Lunch Break Session” – 3 minutes work stress relaxation techniques**You Can 午間透透氣 — 3分鐘舒緩工作壓力有妙法**

C221

Our clinical psychologist will share tips with you on stress management and quick relaxation techniques, so that you can relax yourself just in your office seat conveniently. Light lunch will be provided.

臨床心理學家教你妙法處理工作壓力，助你在辦公室3分鐘簡易放鬆自己。(活動包括輕盈午餐)

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

Date 8 December 2017 (Friday)
日期 2017年12月8日 (星期五)

Time 1:00pm – 1:45pm
時間 下午1:00 – 1:45

Facilitator Ms. Marian Wong (Clinical Psychologist),
Ms. Stephanie Tang (Registered Social worker)
講者 王敏珩姑娘 (臨床心理學家) 及
鄧曉嫻姑娘 (註冊社工)

Language Cantonese
語言 廣東話

Location The Center
地點 中環中心

“Going Through” Project – In Quietness Shall be our Strength – 2-day retreat for men (3rd intake) 前路無阻：「靜中得力」兩天男士課程 (第三屆)

C222

Spiritual distress, according to National Comprehensive Cancer Network, has led to disconnection and disorientation. This program aims at enhancing peace, reconciliation, and gratitude, and prepares participants for a hopeful new year.

根據美國國家綜合癌症支援網絡(NCCN)的指引，靈性上的困擾令癌症患者失去生活方向和意義。本活動遠離煩囂，在大自然的環境中為參加者提供心靈空間，回顧人生，重整生命。

Designed for Male cancer clients (Priority given to prostate cancer clients; 10 participants)
對象 男士癌症患者 (10位，前列腺癌患者優先)

Date 29-30 December 2017 (Friday-Saturday)
日期 2017年12月29-30日 (星期五、六)

Time 9:00am (29 December) to 4:00pm (30 December)
時間 上午9:00 (12月29日) 至下午4:00 (12月30日)

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

Language Cantonese
語言 廣東話

Location Tentative venue is Joy of Lady Trappist Monastery, Lantau Island. Details will be delivered after enrollment.
地點 暫定宿營地點為大嶼山神樂院 (十字牌鮮奶農場舊址)。詳情將會在報名後公佈

Remarks Participants are expected to attend a preparatory meeting on 15 December 2017.
備註 參加者必須出席將於2017年12月15日舉行的營前會。

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

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

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

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

Caring the carers (Part One)
協助照顧者做得更好 (上)

C223

Date 19 October 2017 (Thursday)
日期 2017年10月19日 (星期四)

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

Caring the carers (Part Two)
協助照顧者做得更好 (下)

C295

Date 28 December 2017 (Thursday)
日期 2017年12月28日 (星期四)

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

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

Language Cantonese
語言 廣東話

Walking As Therapy – Advanced Level

C224

走步治療課程 — 進階班

Since the inception of Walking As Therapy, patients have realized the importance of mind-body interaction in their recovery. This advanced course provides an opportunity for practitioners to consolidate their knowledge and skills to become a peer facilitator.

過去10年，走步治療的理念及成效已獲肯定，本課程旨在提供進一步的知識和技巧，培訓有志帶領癌症患者參與有系統的走步治療課程的過來人，成為朋輩領袖，推動健康生活模式。內容包括：(一) 走步治療的發展與理論、(二) 壓力、癌症及身心健康、(三) 健康走步的評估和方法、(四) 教學及帶領技巧、(五) 實習及考核。

Designed for Those who are regularly engaged in Quali-walk or equivalent exercise (Priority given to those who completed Walking As Therapy in the past; 10 participants)
對象 有恆常參與走步運動或相等強度運動的癌症康復者 (10位，曾完成「走步治療」基礎課程可獲優先取錄)

Date 10 October – 28 November 2017 (Every Tuesday, 8 sessions)
日期 2017年10月10日至11月28日 (逢星期二，共8節)

Time 4:00pm – 6:00pm
時間 下午4:00 – 6:00

Facilitator Mr. Lee Ka-lun (Senior coach) & Mr. Tommy Liang (Registered Social Worker)
講者 李嘉倫先生 (資深長跑教練) 及 梁國良先生 (註冊社工)

Language Cantonese
語言 廣東話

Adversities in life

C225

逆境人生

To understand life from different perspectives; Resilience in life challenges; Psychological distress of cancer patients and family members, and coping wisdom.

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

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

Date 10 November 2017 (Friday)
日期 2017年11月10日 (星期五)

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

Facilitator Venerable Hin Yan
講者 釋衍隱法師

Language Cantonese
語言 廣東話

What is Art Therapy? An Introductory Workshop

C226

什麼是藝術治療？藝術治療簡介工作坊

Participants would be able to explore different art materials as a source of your creative outlet and a means of expression, and understand the forms and goals of art therapy, facilitated by an art therapist in a safe and comfortable environment.

這工作坊提供一個安全舒適的空間，透過治療師的分享去理解什麼是藝術治療。參加者將探索不同藝術材料，同時了解藝術治療的形式及作用。

Designed for 對象	Those with cancer within the past two years (12 participants. Priority will be given to those attended art therapy activities for the first time) 確診兩年內癌症患者 (12位。只限首次參加藝術治療活動人士)		
Date 日期	10 Oct 2017 (Tuesday) 2017年10月10日 (星期二)	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
Facilitator 講者	Ms. Tristan Chan, Registered Art Psychotherapist 陳雅姿姑娘 (註冊藝術心理治療師)	Language 語言	Cantonese 廣東話
Remarks 備註	No prior artistic training required. Please wear casual and comfortable outfits. 參加者無需任何藝術創作經驗或技巧及請穿著舒適衣物。		

Creation and Focusing – Art Therapy Workshop 創作與專注 — 藝術治療小組

C227

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

Focusing is proved to be useful on dealing with anxiety issues. Explore how anxiety affects our living. Playing with a specific art material as a source of your creative outlet focus on the art-making process, facilitated by an art therapist in a safe and comfortable environment.

專注對處理焦慮情緒有正面作用。小組提供一個安全舒適的空間，讓參加者去探索特定的物料與個人的連繫，探討焦慮對生活的不同影響，同時專注於藝術創作的過程。於輕鬆的環境與治療師暢談藝術治療對個人的幫助。

Designed for 對象	Those with cancer within the past five years (10 participants) 確診五年內癌症患者 (10位)		
Date 日期	4, 11 and 18 Dec 2017 (Every Monday, 3 sessions) 2017年12月4, 11及18日 (逢星期一，共3節)	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 講者	Ms. Tristan Chan, Registered Art Psychotherapist 陳雅姿姑娘 (註冊藝術心理治療師)	Language 語言	Cantonese 廣東話

Understanding Mindfulness-Based Cognitive Therapy 認識「靜觀認知治療」講座

C228

Mindfulness is defined as “the awareness that arises through paying attention, on purpose, in the moment and non-judgmentally”. Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based intervention designed specifically to help people who are prone to recurring depression. MBCT has been shown to be effective in reducing anxiety, depression and fatigue in those with cancer.

「靜觀」是有意識地，不加批判地將注意力放在此時此刻。「靜觀認知療法」是實證的心理治療，它原本是協助抑鬱症的康復者減低抑鬱和復發。經過多年的研究和發展，「靜觀認知療法」適合癌症患者用作紓緩緊張、焦慮及抑鬱的情緒，幫助身心健康。

Designed for 對象	Those with cancer and their caregiver (25 participants, Priority will be given to those enrolling for the first time) 癌症患者及照顧者 (名額25位，首次參加者優先)		
Date 日期	12 October 2017 (Thursday) 2017年10月12日 (星期四)	Time 時間	10:30am – 12:00noon 上午10:30 – 中午12:00
Facilitator 講者	Ms. Doris Woo (Clinical Psychologist) 胡美心女士 (臨床心理學家)	Language 語言	Cantonese 廣東話

Positive Thinking For A Better Life 「活出美好」正向思維與情緒管理小組

C230

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 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 November – 12 December 2017 (Every Tuesday, 6 sessions) 2017年11月7日至12月12日 (逢星期二，共6節)	Time 時間	2:00pm – 4:00pm 下午2:00 – 4:00
Facilitator 講者	Ms. Polly Lim, Registered Social Worker 林暉雯姑娘 (註冊社工)	Language 語言	Cantonese 廣東話

Mindfulness-Based Cognitive Therapeutic Group 「靜觀認知治療」小組

C229

In this group, you learn how to pay attention to the present moment, rather than worrying about the past or the future, and to let go of the negative thoughts that can tip them over into anxiety, depression or emotional fatigue. It also gives you a greater awareness of your own body, mind and behaviours, helping you to alleviate negative emotions and enhance coping abilities.

本小組希望培育學員一份開放且溫柔的覺察力，專注此時此刻的身體感覺、思想、情緒及行為，以不同的方式，回應思想和行為的慣性模式，有效減低癌症所帶來的負面情緒，並提升面對壓力的能力。

Designed for 對象	Those with cancer (10 participants. Priority will be given to those enrolling for the first time) 癌症患者 (10位。首次參加者優先)		
Date 日期	26 October – 14 December 2017 (Every Thursdays, 8 sessions) 2017年10月26日至12月14日 (星期四，共8節)	Time 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
Facilitator 講者	Ms. Doris Woo (Clinical Psychologist) 胡美心女士 (臨床心理學家)	Language 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> Participants must have attended the “Understanding Mindfulness-based Cognitive Therapy” talk, C228. All potential participants will be required to undergo a psychological assessment. Enrolment in this group is subject to the outcome of this assessment. <ol style="list-style-type: none"> 參加者需先參加C228「認識『靜觀認知治療』講座」 參加者需經評估以確定是否適合參加。 		

Family Support 家庭支援

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

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

Rainbow Club Joint Program – Day Camp for Celebrating Christmas

C231

彩虹會聖誕親子同樂營

Visit to Noah's Ark Park as well as adventure based activities to enhance the communication and resilience skills of the families. Do not miss it! 彩虹會將為各家庭舉辦一個優質的親子同樂日，作為這個聖誕最佳的禮物。親子同樂營包括遊覽挪亞方舟展館、親子歷奇、生態歷史導賞遊等，藉此發掘參加家庭面對癌症的抗逆力，讓親子關係更緊密。

Designed for 對象	Rainbow Club members (Maximum 4 members from each family; total 16 participants) 彩虹會家庭 (16位，每個家庭最多4位)		
Date 日期	23 December 2017 (Saturday) 2017年12月23日 (星期六)	Time 時間	9:00am – 5:00pm 上午9:00 – 下午5:00
Facilitator 講者	Ms. Stephanie Tang, Registered Social Worker 鄧曉嫻姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> This is a joint program of all 4 centers, participants can only pick one center to enroll for. Participants must be the direct family members or guardians of the child. All participants will be marked as reserved first. After confirmation, participants have to make a deposit of \$100 on or before 11 November 2017; only cash is accepted. Deposit will be returned to the participants once they show up on the day, wise versa; the deposit will be treated as a donation to HKCF. The program included an entry ticket to Noah's Ark, lunch and transportation to and from center. Please gather at CancerLink HKI (North Point Site) at 9:00am; the bus should return to center by 5:30pm. <ol style="list-style-type: none"> 此活動與其他3間癌協服務中心合辦，參加者只可於其中一間中心報名。 所有參加者將列作後備。正選參加者獲通知後需於11月11日前繳交每人港幣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。 活動已包括挪亞方舟展館套票、午餐及來回旅遊巴接送。 集合地點/時間：北角癌協，上午9:00。解散地點/時間：北角癌協，下午5:30。 此活動由9月25日至活動舉行前兩星期接受報名。 		

“Going Through” Project – Enriching Marriage Through Dance (4th intake)

C232

前路無阻：「舞出活力婚姻」研習班（第四期）

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妻親密感，參加者完成活動後能掌握基本舞蹈，增加自信，重燃愛火。

Designed for 對象	Clients and their spouses (5 pairs. Priority given to prostate cancer clients) 癌症患者及配偶 (5對。前列腺患者優先)		
Date 日期	4 November – 9 December 2017 (Every Saturday, total 6 sessions) 2017年11月4日至12月9日（星期六，共6堂）	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Mr. William Tam (Social Dance Teacher), 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 語言	Cantonese 廣東話
Remarks 備註	Priority is given to first time participants. Former participants and others will be put on the waiting list. 首次參加本活動者獲優先取錄，其他報名者會先被列作後備。		

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。

Yama Ladies 山系「女」行

C233

Explore yourself while exploring the nature of Little Hawaii Trail with your peers! Enjoy a soft walk in the nature while sharing insights on the recovery road. 放慢腳步在小夏威夷徑觀賞其河瀑美景及與同路人在路上一同分享康復心得，重拾信心與體能！趁這秋季戀上藍愛上綠！

Designed for 對象	Breast or Gynecological Cancer Survivors (15 participants) 乳科或婦科癌康復者 (15位)		
Date 日期	29 November 2017 (Wednesday) 2017年11月29日（星期三）	Time 時間	10:30am – 1:00pm 上午10:30 – 下午1:00
Facilitator 講者	Ms. Stephanie Tang, Registered Social Worker 鄧曉嫻姑娘（註冊社工）	Language 語言	Cantonese 廣東話
Remarks 備註	Gather at Po Lam Station at 10:30am. 上午10:30於寶琳集合。		

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

C234

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

如你有一顆熱心去助人；有一種正面樂觀的態度想與人分享；或想跳出框框嘗試一個新體驗？不要猶豫！請即加入我們的協航者義工大家庭，我們需要你！此簡介會會讓你了解中環癌協之義工服務範疇。

Designed for 對象	Anyone who is interested to serve in the cancer field 任何有意為癌症患者服務之人士		
Date 日期	21 October 2017 (Saturday) 2017年10月21日（星期六）	Time 時間	11:00am – 12:00noon 上午11:00 – 中午12:00
Facilitator 講者	Ms. Stephanie Tang, Registered Social Worker 鄧曉嫻姑娘（註冊社工）	Language 語言	Cantonese 廣東話

Orientation for New Volunteers 港島癌協義工迎新訓練

C235

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分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 對象	Anyone who is interested to serve in the cancer field 任何有意為癌症患者服務之人士		
Date 日期	2 – 16 December 2017(Every Saturday, total 3 sessions) 2017年12月2日至16日（逢星期六，共3節）	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 講者	Ms. Stephanie Tang, Registered Social Worker 鄧曉嫻姑娘（註冊社工）	Language 語言	Cantonese 廣東話
Location 地點	The Center 中環中心		
Remarks 備註	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. 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。		

Advanced Training – Volunteers Retreat 季度義工進階訓練 — 港島癌協義工退修

C236

A time for volunteers to gather and team build! This year we will go to the Wiseland Adventure at Kam Tin for adventure based activities. It will surely be another fun time with your peers and also review your volunteering experience together.
今年退修營我們會去到智趣樂園以歷奇活動一同體驗不同的挑戰；相信會一如以往，除能讓我們義工團更團結，也會是難忘的一天！

Designed for 對象	Volunteers of CancerLink HKI 港島癌協義工		
Date 日期	4 November 2017 (Saturday) 2017年11月4日（星期六）	Time 時間	9:30am – 4:00pm 上午9:30 – 下午4:00
Facilitator 講者	Facilitators from Wiseland Adventure 智趣樂園導師	Language 語言	Cantonese 廣東話
Remarks 備註	Will gather at North Point Center at 9:30am; depart Wiseland Adventure at 4:00pm. 上午9:30北角中心集合；下午4:00離開智趣樂園		

Knitting with Love and Warmth 窩心暖暖編織初階班

C237

Let's learn knitting a scarf or a hat to warm you and your loved one in this winter.
這個活動將與你一起為自己或心愛的人編織一頂冷帽或一條圍巾來迎接窩心暖暖冬天。

Designed for 對象	Those diagnosed with cancer in the past three years (10 participants) 確診三年之內癌症患者（10位）		
Date 日期	4 October to 8 November 2017 (Every Wednesday, 4 sessions, expect 18/10 & 25/10) 2017年10月4日至11月8日（除了18/10及25/10外，逢星期三，共4節）	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Facilitator 講者	Ms. Josephine Keung 姜貝玲女士	Language 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> 1. Suitable for those who have known the basic technique of knitting. 2. Participants bring two 4.5mm needles, yarn and crochet needle. 3. Participants must attend the first lesson. 4. 3 quotas will be reserved to those who have completed "The Five Health Facts that You Should Know". <ol style="list-style-type: none"> 1. 適合已認識棒針編織的起針和高低針編織手法，或對棒針編織有初步認識的初學者。 2. 參加者請自行帶備一對4.5mm織針，毛冷及鉤針。 3. 參加者必須出席第一節課堂。 4. 3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。 		

Tai O Trip 大澳之旅

C238

Tai O is a famous fishing port in Hong Kong. Participants can get intimate with natures and feel relax in Tai O. Let's join us!

大澳是香港現存最著名的漁村，仍舊保留早期香港獨特的漁村風貌，故有「香港威尼斯」之譽。此旅行是讓參加者感受昔日漁村的生活及與同路人親親大自然，減慢生活節奏，讓心境平靜下來。

Designed for 對象 Those diagnosed with cancer in the past three years (10 participants. Priority will be given to those enrolling for the first time)
確診三年之內癌症患者（10位。首次參加者優先）

Date 日期 23 November 2017 (Thursday)
2017年11月23日（星期四）

Time 時間 12:00noon – 5:30pm
中午12:00 – 下午5:30

Facilitator 講者 Mr. Maksim Cheung
張煒楠先生

Language 語言 Cantonese
廣東話

Remarks 備註 Participants should arrive Exit A of Tung Chung MTR station at 12:00noon
所有參加者需要於中午12:00在東涌地鐵站A出口集合

Tea Ceremony 茗間聚

C239

Taking a break to relax can energize the body and inspire the mind. Learn the benefits of tea drinking and make new friends. 透過品茶來學習保持情緒平靜，了解茶對健康的好處，並與同路人分享自己的個人經歷。

Designed for 對象 Those diagnosed with cancer in the past five years (10 participants)
確診五年之內癌症患者（10位）

Date 日期 17 November – 8 December 2017 (Every Friday, total 4 sessions)
2017年11月17日至12月8日（星期五，共4節）

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

Facilitator 講者 Ms. Yuen Chee Kuen & Mr. Maksim Cheung
阮慈娟女士及張煒楠先生

Language 語言 Cantonese
廣東話

Synergy Home Gathering – Have Fun in Pink 嘻哈聚 — 紅粉佳人有約

C240

(Please call center for enrollment 請致電中心報名)

Come and join us for an afternoon tea party in pink while learn more about breast cancer prevention through games! Please dress in PINK! 一個有遊戲、有獎品又可對乳癌提升關注的下午茶派對，作為嘻哈匯粉絲的你又怎可錯過！請一同穿着粉紅服飾！

Designed for 對象 Cancer Clients (40 participants)
癌症患者（40位）

Date 日期 21 October 2017 (Saturday)
2017年10月21日（星期六）

Time 時間 2:30pm – 4:30pm
下午2:30 – 4:30

Facilitator 講者 Mr. Maksim Cheung
張煒楠先生

Language 語言 Cantonese
廣東話

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

Synergy Home – House Warming x Christmas Party 嘻哈聚 — 聖誕暨入伙派對

C241

Let's gather and celebrate for Christmas and our return to Central!

久別了的中環中心及嘻哈聚派對，讓我們從聚這舊一同預祝聖誕！

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

Date 日期 2 December 2017 (Saturday)
2017年12月2日（星期六）

Time 時間 3:00pm – 5:00pm
下午3:00 – 5:00

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

Language 語言 Cantonese
廣東話

Location 地點 The Center
中環中心

Wellness and Holistic Health Care 身心靈健康服務

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

身心靈課程幫助我們放鬆情緒，化解煩惱，促進身、心、靈的健康與和諧。

Wellness online videos and audios

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

Wellness on line programmes include:

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



身心靈網上課程

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

網上課程系列包括：

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

Please visit Hong Kong Cancer Fund's YouTube channel:

歡迎瀏覽以下香港癌症基金會YouTube頻道：-

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



Points to note:

1. For Wellness Programmes, each applicant can enroll in a maximum of **5 confirmed spaces and 5 wait-list spaces** across our four CancerLink support centres.
2. For programmes with a hash (#) next to the programme name or marked "enroll in only one specific class/workshop" in the remarks column, this means that they are from the same category and an applicant may only enroll in one programme from each category across our four CancerLinks.
3. Unless otherwise specified, 50% of each wellness programme quota will be prioritised for those **diagnosed in or after 2014**.
4. Some of the programmes are designed for specific groups. If a participant does not meet the programme requirements, we reserve the right to cancel their enrolment.
5. To create a quiet environment, please arrive 10 minutes before class begins. **Entry is not permitted once a class has started.**

注意事項：

1. 每位服務使用者每季只可報名參加四間癌協中心**最多五項是正選及五項候補**的身心靈健康活動。
2. 註有#的活動，或於『備註』寫明**只能選報一個該類活動的**，意即只可於四間癌協中心，選報一個該類性質的活動。
3. 除指定活動外，50%的身心靈健康活動名額將**優先分配給2014年或以後的確診患者**。
4. 部分活動是為特定對象設計，若參加者資格不符，可能被取消報名。
5. 為幫助出席者安頓身心，請於開課前**10分鐘到達，遲到者不得進入**，敬請包容體諒。

Healing with Nature One-Day Workshop

體驗大自然療愈力一日工作坊

K300

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

此活動報名日期為9月12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 27 September 2017 (Wednesday)
日期 2017年9月27日 (星期三)

Time 9:30am – 4:30pm
時間 上午9:30 – 下午4:30

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 Please assemble at CancerLink (Kwai Chung) at 9:15am and we will walk together to Central Kwai Chung Park.
地點 請於上午9:15分於癌協(葵涌)集合，一起步行至中葵涌公園。

Remarks 備註

1. For each successfully enrolled participant, a deposit of HK\$200 needs to be received **on or before 20 September**. 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.
 2. 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.
 3. Participants are required to be fit enough to stand and walk around outdoors for 1-2 hours.
 4. Wear a comfortable outdoor outfit and shoes. Please bring your own mat for seating, water, rain and sun protection and mosquito repellent.
 5. Please bring your own lunch which does not need to be heated up.
 6. Please give us three days advance notice if you cannot attend the workshop so that we can release your place to waitlisted clients.
1. 成功報名者請於**9月20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。
 2. 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。
 3. 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。
 4. 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。
 5. 請自備不需加熱的午餐。
 6. 若因特別情況需要退出工作坊，請最少於開課前3天前與我們聯絡，以方便安排後備學員補替。



Healing through Breathwork and Meditation – CancerLink (Kwai Chung)

K310

靜坐與呼吸療愈工作坊 — 癌協 (葵涌)

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

此活動報名日期為9月12日，請致電癌協 (葵涌)：3667 3232

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

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

Date 9 October 2017 (Monday)
日期 2017年10月9日 (星期一)

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

Facilitator Mr. Kapil Rajiv
導師

Language English
語言 英語

Remarks
備註

1. Wear loose and warm clothing.
2. Please bring your own water bottle and big towel.
3. Healthy vegetarian lunch box will be ordered for all participants in advance by Wellness staff. Each person's lunch cost is around HK\$50.
4. For each successfully enrolled participant, a deposit of HK\$100 needs to be received **on or before 29 September**. You can pay cash to **CancerLink (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "Healing through Breathwork and Meditation". 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 one day workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.

1. 穿著舒適保暖的衣服。
2. 請自備水樽及大圍巾保暖用。
3. 午餐會由身心靈健康服務統一訂購健康素食午餐。每位學員午餐費用約為港幣50元。
4. 成功報名者，請於**9月29日前**繳交港幣100元按金。你可親自到**癌協 (葵涌)** 繳交按金或郵寄支票（抬頭：香港癌症基金會），請註明「靜坐與呼吸療愈工作坊」。地址：葵涌大連排道132-134號TLP132三樓。
5. 完成工作坊的學員，將扣除午餐費用後退還剩餘的按金。如未能出席整個工作坊，按金將撥捐香港癌症基金會，恕不退回。

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

NEW

K309

瑜伽、冥想與自我探索工作坊 — 癌協 (葵涌)

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

此活動報名日期為9月12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 Places are offered only to participants who attend ALL sessions 名額只提供給能夠全程參與者
對象 Those with cancer – who have completed surgery more than six months previously (34 participants)
癌症患者 (34位，適合完成手術後半年或以上的患者參加)

Date 24 and 25 November 2017 (Friday and Saturday)
日期 2017年11月24及25日 (星期五及星期六)

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

Facilitator Ms. Janet Lau
導師 劉汝君女士

Language Cantonese
語言 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 are mindful eating lunch sessions. A healthy vegetarian lunch box will be ordered for all participants in advance by Wellness 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 13 October**. You can pay cash to **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. 可以帶備水樽、筆記本及大毛巾 (供做瑜伽式子時墊在膝下使用)。
3. 午餐會安排食禪環節，由身心靈健康服務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**10月13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。

Class A A班	Pure Fitness Causeway Bay 銅鑼灣			C248
Designed for 對象	Those with cancer - who have completed surgery more than six months previously (49 participants) 癌症患者 (49位，適合完成手術後半年或以上的患者參加)			
Date 日期	17 October – 12 December 2017 (Tuesdays, 9 sessions) 2017年10月17至12月12日 (逢星期二，共9節)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30	
Facilitator 導師	Ms. Lorraine Lau 劉月芬女士	Language 語言	Cantonese/English 廣東話/英語	
Location 地點	Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (Near MTR Causeway Bay Station Exit A) Pure Fitness 銅鑼灣 - 銅鑼灣波斯富街99號利舞臺廣場15樓 (近港鐵銅鑼灣站A出口)			
Class B B班	Quarry Bay 鯽魚涌			C249
Designed for 對象	Those with cancer - who have completed surgery more than six months previously (45 participants) 癌症患者 (45位，適合完成手術後半年或以上的患者參加)			
Date 日期	18 October – 13 December 2017 (Wednesdays, 9 sessions) 2017年10月18至12月13日 (逢星期三，共9節)	Time 時間	3:00pm – 4:20pm 下午3:00 – 4:20	
Facilitator 導師	Ms. May Chan 陳兆媚女士	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) 鯽魚涌體育館舞蹈室 - 鯽魚涌街38號鯽魚涌市政大廈6樓 (近港鐵鯽魚涌站A出口或太古城站B出口，步行約9分鐘)			
Class C C班	Pure Yoga The Centrium Pure Yoga 中央廣場			C250
Designed for 對象	Those with cancer - who have completed surgery more than six months previously (50 participants) 癌症患者 (50位，適合完成手術後半年或以上的患者參加)			
Date 日期	27 October – 15 December 2017 (Fridays, 8 sessions) 2017年10月27至12月15日 (逢星期五，共8節)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30	
Facilitator 導師	Ms. Pat Fong 方燕媚女士	Language 語言	Cantonese/English 廣東話/英語	
Location 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance) Pure Yoga 中央廣場 - 中環雲咸街60號中央廣場16樓(近港鐵中環站D1出口，步行約9分鐘)			
Class D D班	Quarry Bay 鯽魚涌 (Weekend class, priority for users who work 周六課程，適合在職患者參加)			C251
Designed for 對象	Those with cancer - who have completed surgery more than six months previously (45 participants) 癌症患者 (45位，適合完成手術後半年或以上的患者參加)			
Date 日期	21 October – 16 December 2017 (Saturdays, except 28 October, 8 sessions) 2017年10月21至12月16日 (逢星期六，10月28日 除外，共8節)	Time 時間	9:15am – 10:45am 上午9:15 – 10:45	
Facilitator 導師	Ms. Candy So 蘇靖棋女士			
Language 語言	Cantonese 廣東話			
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 鯽魚涌體育館舞蹈室 - 鯽魚涌街38號鯽魚涌市政大廈6樓 (近港鐵鯽魚涌站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

C252

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** (45 participants)
乳癌患者（45位，適合完成手術後半年或以上的患者參加）

Date 日期 18 October – 13 December 2017 (Wednesdays, 9 sessions)
2017年10月18至12月13日（逢星期三，共9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 HK Island Support Centre prior to the first session.
須使用橡筋帶練習，請自備或於開課前到港島癌協購買。



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

C253

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)
癌症患者（50位，適合完成手術後半年或以上的患者參加）

Date 日期 16 October – 11 December 2017 (Mondays, 9 sessions)
2017年10月16日至12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. Maria Wong

Language 語言 Cantonese/English
廣東話/英語

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



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

C254

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

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

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

Date 26 October – 14 December 2017 (Thursdays, 8 sessions)
日期 2017年10月26日至12月14日（逢星期四，共8節）

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Mr. Anjan Kundu
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 復元瑜伽班 — Pure Yoga 中央廣場

C255

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

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

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

Date 18 October – 13 December 2017 (Wednesdays, 9 sessions)
日期 2017年10月18日至12月13日（逢星期三，共9節）

Time 3:45pm – 5:15pm
時間 下午3:45 – 5:15

Facilitator Ms. Shoko Ishihara
導師

Language English
語言 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 Quarry Bay 內觀瑜伽 — Pure Yoga 鯽魚涌

C256

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 (23 participants)
對象 癌症患者（23位）

Date 17 October – 12 December 2017 (Tuesdays, 9 sessions)
日期 2017年10月17日至12月12日（逢星期二，共9節）

Time 2:15pm – 3:45pm
時間 下午2:15 – 3:45

Facilitator Ms. Maggie Lin
導師 連君婷女士

Language Cantonese/English
語言 廣東話/英語

Location Pure Yoga Quarry Bay – 4/F, Lincoln House, Taikoo Place, 979 King's Road, Quarry Bay (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B)
地點 Pure Yoga 鯽魚涌 - 鯽魚涌英皇道979號太古坊林肯大廈4樓（近港鐵鯽魚涌站A出口或太古站B出口）

Laughter Yoga – Sheung Wan 愛笑瑜伽 — 上環

C257

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 癌症患者 (45位，適合完成手術後半年或以上的患者參加)

Date 20 October – 15 December 2017 (Fridays, 9 sessions)
日期 2017年10月20日至12月15日 (逢星期五，共9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
地點 Sheung Wan Municipal Services Building, 345 Queen's Road Central (Near MTR Sheung Wan Station, Exit A2)
上環體育館舞蹈室 - 皇后大道中345號上環市政大廈11樓(近港鐵上環站A2出口)

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

NEW

C258

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、肩膊以及背部的練習。

Designed for Those with cancer (44 participants)
對象 癌症患者 (44位)

Date 19 October 2017 (Thursday)
日期 2017年10月19日 (星期四)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Mr. Anjan Kundu
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)



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

C259

瑜伽工作坊 — 改善睡眠 — Pure Yoga 中央廣場

Proper sleep is essential for good physical and mental health. We will share yoga practices that will help you achieve better sleep at night, including yoga poses, breathing exercises, and meditation.

透過瑜伽練習，包括瑜伽體位法、呼吸法和靜坐練習，幫助你進入良好的睡眠狀態。

Designed for 對象	Those with cancer (50 participants) 癌症患者 (50位)		
Date 日期	9 October 2017 (Monday) 2017年10月9日 (星期一)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Ms. Pat Fong 方燕媚女士	Language 語言	Cantonese/English 廣東話/英語
Location 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance) Pure Yoga 中央廣場 – 中環雲咸街60號中央廣場16樓 (近港鐵中環站D1出口，步行約9分鐘)		

Yoga Workshop – Mindful Practice with Iyengar Yoga – Enlarge Your Inner Space

C260

– Central 艾揚格瑜伽工作坊 — 內觀練習 — 中環

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

Use Iyengar yoga poses to develop the muscular strength and self-confidence needed to tackle physical and mental challenges. The restorative approach focuses on knowing one's body and mind.

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

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) 癌症康復者 – 適合完成手術或治療後半年或以上的患者參加。 (33位，在職患者優先)		
Date 日期	10 and 17 November 2017 (Fridays, 2 sessions) 2017年11月10及17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

NEW

C261

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 對象	Those with cancer – who have completed surgery more than six months previously (50 participants) 癌症患者 (50位， 適合完成手術後半年或以上的患者參加)		
Date 日期	20 October 2017 (Friday) 2017年10月20日 (星期五)	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)		

Chair Yoga Workshop – CancerLink HK Island

椅子瑜珈工作坊 — 港島癌協

C262

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

Date 6, 13 & 20 November 2017 (Mondays, 3 sessions)
日期 2017年11月6、13及20日（逢星期一，共3節）

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Ms. Carol Wong
導師 蔣曉薇女士

Language Cantonese
語言 廣東話



Meditation – Tsim Sha Tsui 靜坐班 — 尖沙咀

C263

Learn breathing and meditation techniques to ease worries and explore your innermost feelings. Experience a state of inner peace to promote self-healing and elevate your quality of life.
透過呼吸法和靜坐的方式，走入自己的心靈空間，達至自我療愈，平靜情緒，同時提高生活品質。

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

Date 18 October – 13 December 2017
日期 (Wednesday, 9 sessions)
2017年10月18日至12月13日（逢星期三，共9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 HK Island 頌唱班 — 港島癌協

C264

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 (22 participants)
對象 癌症患者（22位）

Date 18 October – 13 December 2017 (Wednesdays, except 22 November, 8 sessions)
日期 2017年10月18日至12月13日（逢星期三，11月22日除外，共8節）

Time 3:15pm – 5:00pm
時間 下午3:15 – 5:00

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 Workshop 西藏頌鉢療愈工作坊

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

透過敲擊西藏頌鉢的外緣，經由震波發出的自然能量，幫助身體放鬆，同時平衡及調和身心、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）

Date/Time 日期/時間	C265	Workshop A 工作坊 A: 31 October 2017 (Tuesday) 4:00pm – 6:00pm 2017年10月31日（星期二） 下午4:00 – 6:00
	C266	Workshop B 工作坊 B: 6 November 2017 (Monday) 10:00am – 12:00noon 2017年11月6日（星期一） 上午10:00 – 中午12:00
	C267	Workshop C 工作坊 C: 7 November 2017 (Tuesday) 10:00am – 12:00noon 2017年11月7日（星期二） 上午10:00 – 中午12:00

Facilitator 導師 Ms. Mona Choi
蔡雅玲女士

Language 語言 Cantonese
廣東話

Remarks 備註

1. Wear warm and comfortable clothes that have no buttons or metal and bring a scarf to keep warm.
2. Avoid wearing windbreaker or nylon clothing.
3. **Enroll in only one Tibetan Singing Bowls Healing Workshop.**
1. 請穿著棉質舒適衣服（無鈕或金屬），可自備圍巾保暖。
2. 避免穿著風衣或尼龍質料的衣服。
3. 只能選報一個西藏頌鉢療愈工作坊。



Pilates Classes 普拉提斯伸展運動班

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

Experienced Class – Pure Fitness Admiralty 進階班 – Pure Fitness 金鐘

NEW

C268

Designed for 對象	Those with cancer - with a minimum of six months pilates exercise experience at Cancerlink (30 participants) 癌症患者 (30位，適合曾修習此基礎班六個月或以上的患者參加)		
Date 日期	18 October – 13 December 2017 (Wednesdays, 9 sessions) 2017年10月18日至12月13日 (逢星期三，共9節)	Time 時間	4:00pm – 4:55pm 下午4:00 – 4:55
Facilitator 導師	Ms. Maja Minic	Language 語言	English 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 A – Pure Fitness Admiralty 基礎班 A – Pure Fitness 金鐘

C269

Designed for 對象	Those with cancer (30 participants) 癌症患者 (30位)		
Date 日期	18 October – 13 December 2017 (Wednesdays, 9 sessions) 2017年10月18日至12月13日 (逢星期三，共9節)	Time 時間	3:00pm – 3:55pm 下午3:00 – 3:55
Facilitator 導師	Ms. Maja Minic	Language 語言	English 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 B – Sheung Wan 基礎班 B – 上環

C270

Designed for 對象	Those with cancer (35 participants) 癌症患者 (35位)		
Date 日期	20 October – 15 December 2017 (Fridays, 9 sessions) 2017年10月20日至12月15日 (逢星期五，共9節)	Time 時間	12:00noon – 1:00pm 中午12:00 – 下午1:00
Facilitator 導師	Ms. Jessie Lee 李惠芳女士	Language 語言	Cantonese/English 廣東話/英語
Location 地點	Dance Room, Sheung Wan Sports Centre – 11/F Sheung Wan Municipal Services Building, 345 Queen's Road Central (Near MTR Sheung Wan Station Exit A2) 上環體育館舞蹈室 - 皇后大道中345號上環市政大廈11樓 (近港鐵上環站A2出口)		

Beginner Class C – Pure Fitness Soho 基礎班 C – Pure Fitness 蘇豪

C271

Designed for 對象	Those with cancer (45 participants) 癌症患者 (45位)		
Date 日期	3 November – 15 December 2017 (Fridays, 7 sessions) 2017年11月3日至12月15日 (逢星期五，共7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/Potonghua 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)		

- Remarks**
備註
1. Wear loose and comfortable clothing.
 2. Please bring your own elastic exercise band or purchase one at CancerLink HK Island Support Centre 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港島癌協購買。
 3. 只能選報一個普拉提斯伸展運動班。

Awareness Through Movement – The Feldenkrais Method® – Far East

C272

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 24 October – 28 November 2017 (Tuesdays, 6 sessions)
日期 2017年10月24日至11月28日 (逢星期二，共6節)

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

Facilitator Mr. Sean Curran
導師 紀文舜先生

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

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

- Remarks** 備註
1. Wear warm and comfortable clothing.
 2. **HK\$300 deposit is required on or before 29 September 2017 if your enrolment is successful.** You can pay cash to **CancerLink (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "The Feldenkrais Method". Address: 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories.
 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9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

C273

養生氣功 — 灣仔

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

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。

Designed for Participants must be able to attend every session 名額只提供給能夠全程參與者
對象 Those with cancer (18 participants – For first-time participant only)
癌症患者 (18位 – 只限首次參加者)

Date 21 October – 9 December 2017, (Saturdays, 8 sessions, including 2 sessions of outdoor practices)
日期 2017年10月21日至12月9日 (逢星期六，共8節，包括2節戶外課)

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

Facilitator Ms. Dawn Zhao
導師 趙文曉女士

Language Putonghua/Cantonese
語言 普通話/廣東話

Location Room 704, 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)
地點 灣仔駱克道3號小童群益會總部704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 for 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。**

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

C274

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

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

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

Designed for Those with cancer and **who have qigong practice experience in past 2 years.** (45 participants)
對象 具兩年氣功練習經驗之癌症患者 (45位)

Date 21 October – 16 December 2017 (Saturdays, except
日期 28 October, 8 sessions)
2017年10月21日至12月16日
(逢星期六，10月28日除外，共8節)

Time 8:00am – 8:55am
時間 上午8:00 – 8:55

Facilitator Mr. Suen Kwai Ping
導師 孫貴平先生

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，近香港電影資料館)

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

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

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

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

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

Date **C275** 20 October – 15 December 2017 (Fridays, 9 sessions)
日期 2017年10月20日至12月15日 (逢星期五，共9節)

C276 **Revision session – for those who have attended this class before**
重溫日 — 只限曾修習此課程之患者報讀
15 December 2017 (Friday)
2017年12月15日 (星期五)

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

Facilitator Ms. Milky Ng
導師 伍妙奇女士

Language Cantonese
語言 廣東話

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

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

Qigong 12 Forms 導引養生氣功班

The purpose of this class is to strengthen the body and quiet the mind. It consists of 12 forms that are easy to learn and beautiful to perform. 「健身氣功—導引養生功十二法」是一種強身健體、養生祛病的自身形體活動。它主要以吐故納新和心理調節相結合為主要運動形式，可調身、調息及調心。

Shek Tong Tsui 石塘咀

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

Date 日期 **C277** 20 October – 15 December 2017 (Fridays, 9 sessions)
2017年10月20日至12月15日 (逢星期五, 共9節)

C278 **Revision session – for those who have attended this class before**
重溫日 — 只限曾修習此課程之患者
15 December 2017 (Friday)
2017年12月15日 (星期五)

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

Facilitator 導師 Ms. Milky Ng
伍妙奇女士

Language 語言 Cantonese
廣東話

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

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

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

Date 日期 **C279** 21 October – 16 December 2017 (Saturdays, except 28 October, 8 sessions)
2017年10月21日至12月16日 (逢星期六, 10月28日除外, 共8節)

C280 **Revision session – for those who have attended this class before**
重溫日 — 只限曾修習此課程之患者
16 December 2017 (Saturday)
2017年12月16日 (星期六)

Time 時間 9:00am – 9:55am
上午9:00 – 9:55

Facilitator 導師 Mr. Suen Kwai Ping
孫貴平先生

Language 語言 Cantonese
廣東話

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

Remarks 備註

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



Yi Jin Bang – North Point 易筋棒 — 北角

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

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

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

Class A A班

C281

Date 19 October – 9 November 2017 (Thursdays, 4 sessions)
日期 2017年10月19至11月9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

C282

Date 16 November – 7 December 2017 (Thursdays, 4 sessions)
日期 2017年11月16至12月7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
導師 葉建寧女士

Language Cantonese
語言 廣東話

Revision session – for those who have attended this class before 重溫日 — 只限曾修習此課程之患者報讀

C283

Date 7 December 2017 (Thursday)
日期 2017年12月7日 (星期四)

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

Facilitator Ms. Ip Kin Ning
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。**

Massage Exercise Ball Workshop – Pure Fitness Soho

C284

小力球練習工作坊 — Pure Fitness 蘇豪

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

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

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

Date 20 and 27 October 2017 (Fridays, 2 sessions)
日期 2017年10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. Please bring your own tennis ball or massage ball.
2. **Enroll only one Massage Exercise Ball Workshop.**
1. 請自備一個網球或按摩球。
2. **只能選報一個小力球練習工作坊。**



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

C285

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

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

Designed for **Places are offered only to participants who attend ALL sessions** 名額只提供給能夠全程參與者
對象 Those with cancer (18 participants – **for first-time participants only**)
 癌症患者 (18位，**只限首次參加者**)

Date 3, 10 and 17 November 2017 (Fridays, 3 sessions)
日期 2017年11月3、10及17日 (星期五，共3節)

Time 3:00pm – 5:00pm
時間 下午3:00 – 5:00

Facilitator Mr. Dick Yu
導師 余狄夫先生

Language Cantonese
語言 廣東話

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



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

C286

心靈的宴會 — 以書聚友 — 港島癌協

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 18 October, 1, 15, 29 November & 13 December 2017 (Wednesdays, 5 sessions)
日期 2017年10月18日，11月1、15、29日，12月13日 (星期三，共5節)

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

Facilitator Ms. S. K. Maddox
導師 薛曉光女士

Language Putonghua
語言 普通話

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

C287

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

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

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

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

Date 4 November 2017 (Saturday)
日期 2017年11月4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



DIY Natural Detergent for Household – CancerLink HK Island

C288

DIY天然家居清潔劑工作坊 — 港島癌協

Why not try home-made natural detergent for the regular clean-up? You can avoid chemical materials which are harmful to your health as well as to the environment. In this workshop, the teacher will share cleaning tips and teach how to make different kinds of natural detergent. 導師會教導各式各樣的天然環保清潔方法，在定期的家居大掃除，不妨改用自製的天然清潔劑，既可避免有害的化學物質，亦能友善地球環境。

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

Date 22 November 2017 (Wednesday)
日期 2017年11月22日 (星期三)

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

Language Cantonese
語言 廣東話

Remarks 備註
1. Please bring your own clean glass jar (500ml or above)
2. Enroll only one DIY Natural Detergent for Household workshop.
1. 請自備一個乾淨回收寬口玻璃瓶 (約500毫升或以上)。
2. 只能選報1個DIY天然家居清潔劑工作坊。

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



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 Cancer patients (7 participants per group)
對象 癌症患者 (每組7位)

Date C242 Group A A 班
日期 9, 23 October; 6, 20 November and 4 December 2017
2017年10月9日及23日；11月6日及20日；12月4日

Date C243 Group B B 班
日期 16, 30 October; 13, 27 November and 11 December 2017
2017年10月16日及30日；11月13日及27日；12月11日

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

Facilitator Pervin Shroff, Sooni Gander
導師

Language English
語言 英語

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

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
Breathing and Relaxation – For Better Sleep 呼吸和瑜伽大休息 — 改善睡眠工作坊 (Evening workshop, suitable for users who work 晚間課程，適合在職患者參加)	K308	Kwai Chung 葵涌
Chen Style Taiji – Simplified 11-form 陳式太極班 — 簡易11式	K323	
Wan's Meridian Harmony Movements 溫氏經絡調整體操工作坊 (Weekend workshop, suitable for users who work 周六課程，適合在職患者參加)	K317 K318	
Pingshuai Practice Workshop 平甩氣功工作坊	K328	
Mandala Workshop – Prince Edward Mandala繪畫療愈工作坊 — 太子花墟	K331	
Talk: Food that Cheers You Up 越食越開心的食物講座 (Weekend talk, suitable for users who work 周六講座，適合在職患者參加)	K333	
Herbs Kitchen Workshop 香草廚房工作坊	K343	Wong Tai Sin 黃大仙
Talk: Top Anti-Inflammatory Foods 食物中的抗炎高手講座 (Evening talk, suitable for users who work 晚間講座，適合在職患者參加)	W421	

Community Support 社區支援

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

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

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

C244

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

Designed for 對象	Newly diagnosed Gynecological Cancer patients from the East HK Cluster 於港島東聯網區之醫院確診的新婦科癌症患者		
Date 日期	3 October, 5 & 19 December 2017 (Every Tuesday, total 3 sessions) 2017年10月3日，12月5及19日 (星期二，共3節)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 導師	Doctors and nurses from PYH, Social workers from CPRC and Cancerlink 東區醫院醫生及護士；癌症病人資源中心及癌協社工	Language 語言	Cantonese 廣東話
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 New Case Orientation 東區尤德夫人那打素醫院新症簡介會

C245

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

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	15 November 2017 (Wednesday) 2017年11月15日 (星期三)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 導師	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工	Language 語言	Cantonese 廣東話
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		



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

Join Talk 合辦講座

Designed for Those with cancer and family member (15 participants)
對象 癌症患者及其家屬 (15位)

Diet in Chinese Medicine Perspective During Treatment 「抗癌治療期間中醫飲食指導」講座

C246

The talk is about diet of cancer prevention, diet during treatment, and appropriate diet by using Chinese Medicine perspective. 癌症患者的防癌健康飲食原則、中醫飲食宜與忌、在抗癌治療期間飲食注意事項及 適合癌症患者的中醫食療。

Date 7 October 2017 (Saturday)
日期 2017年10月7日 (星期六)

Time 6:30pm – 8:30pm
時間 晚上6:30 – 8:30

Facilitator Dr Lam To Yi (Registered Chinese Medicine Practitioner, Registered Nurse, Guest Speaker in The University of Hong Kong, Guest Speaker in HKUSPACE)
講者 林道儀博士 (註冊中醫師、註冊護士、香港中文大學客席講師、香港大學專業進修學院客席老師)

Language Cantonese
語言 廣東話

Location Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital (30 Gascoigne Road, Kowloon)
地點 伊利沙伯醫院M座地下演講室 (九龍加士居道30號)

Smart Tips to Combat Fatigue 「倦亦有方 ~ 疲倦處理」

C247

The talk will share with you the causes of fatigue and teach you exercises to handle the negative impacts of fatigue. 講解因癌症引起疲倦的原因及如何減少疲倦在日常生活所引致的負面影響。體驗「八段錦」練習，學習在日常生活中運用節省體力及活動處理原則。

Date 4 November 2017 (Saturday)
日期 2017年11月4日 (星期六)

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

Facilitator Ms Lee Mi Suen, Connie (Registered Occupational Therapist, Queen Mary Hospital)
講者 李美璇小姐 (瑪麗醫院職業治療師)

Language Cantonese
語言 廣東話

Location Meeting Room, Hospital Authority Building (147B, Argyle Street, Kowloon)
地點 醫院管理局大樓閣樓研討室 (一) (九龍亞皆老街147B醫院管理局大樓)

Remarks 1. Enrollment will take place one month before the talk.
2. Co-organizer: Cancer Patient Resource Centre of public hospitals.
備註 1. 報名日期為講座前一個月。成功報名者需到中心領取入場券，憑券入場。
2. 合辦單位：七間腫瘤科醫院的癌症病人資源中心

Friends of CancerLink

癌協之友 ~ 並肩同行抗癌路

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

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

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

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

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

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

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

Name 名稱	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 HK Island unless stated otherwise

OCT – DEC 十月 – 十二月 2017 | 39

Location Map - Hong Kong Island

癌協中心位置，歡迎到訪！



Call us
聯絡電話

3667 3030

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

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

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

颱風暴雨期間，為確保會友參加活動的安全，請留意以下安排：

*活動舉行前3小時天氣惡劣，依據下列警告訊號安排

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



癌症基金會
CANCERFUND
So no one faces cancer alone

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

TEL 電話：3667 3030
EMAIL 電郵：canlinkcentral@hkcf.org

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