

Autumn | Winter 2017

INTOUCH 觸覺



**Don't wait
check regularly**

Pink Revolution 2017



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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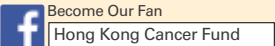
We rely on the expertise of our Cancer Fund team and friends to bring you the latest InTouch information and news. We would especially like to thank Violet Man, accredited practising dietitian, for her generous contribution in the last issue of InTouch.

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CancerLink service hotline: 3656 0800



Supporting our survivors

Dear Friends,

As we continue to reflect on the last 30 years of providing free professional support to the community, we are proud of how far we have come since we first started working in cancer care. In 1987, the level of support available in the community was very different from today. We are lucky to now be living at a time, when survivorship, patient wellbeing and holistic care are all fundamental aspects of cancer care.

Today, with the benefits of modern medicine, we join the international oncology community in focusing not only on treating cancer, but on ensuring the best quality of life for the growing number of survivors.

At Cancer Fund, over 41% of our clients are breast cancer survivors. We have free services professionally tailored to support the thousands of women surviving cancer every year, and their families. Our aim is to help women regain their confidence and self-esteem after their treatment or surgery is over, and return to full health and wellness.

We know that early diagnosis has one of the greatest impacts on increasing survivorship rates, so once again our Pink Revolution Breast Cancer Awareness Campaign is asking women to check, check, check for breast cancer.

We can all do our part to raise awareness by spreading the important message to check regularly, or giving what we can to support families touched by cancer.

We thank everyone who makes our work possible; from our enthusiastic DIY fundraisers, to our dedicated monthly donors and our generous corporate friends. We would not be where we are today without you all!

With love,

Sally Lo, MBE
Founder and Chief Executive





PINK REVOLUTION 2017

Around the world, October is recognised as Breast Cancer Awareness month and Cancer Fund's Pink Revolution is back again in 2017. With 1 in 16 women being diagnosed every year in Hong Kong, we are sounding the alarm on breast cancer and asking you to 'check, check, check'.

This year, we have a range of events and promotions you can get involved with to help us raise life-saving breast cancer awareness. Additionally, all donations raised will help us support and expand our FREE breast cancer services.

Visit www.cancer-fund.org/pink for all the Pink details

15
Sep



Pink Revolution Launch

15 Sep, The One shopping mall

Come along to The One for our Pink Revolution launch to find out how Cancer Fund supports women living with breast cancer in Hong Kong. With important information, special guests and giveaways, this is sure to be a fun-filled event and we guarantee you'll be inspired by our brave breast cancer survivors.



Oct

Shop for Pink

Every year, Hong Kong brands take part in Shop for Pink by offering special Pink products and promotions to raise money for our free services. All you have to do is start shopping! For more information on this year's Pink specials visit www.cancer-fund.org/pink



Dress Pink Day workplace celebrations
clockwise from left: Principal, M Moser
Associates & Franklin Templeton Investments

27
Oct



Dress Pink Day

Get involved in Dress Pink Day with your workplace, school or a group of friends to raise awareness and funds for women with breast cancer. Throw a Pink themed party, dress in pink or simply sponsor a Pink Recovery Pack with a donation of HK\$120 or above to take part in this fun and meaningful event. The money you raise will help us to maintain and expand our network of free services.

Fala & Coco Pink Ambassadors

Our Pink Ambassadors Fala Chen and Coco Lee are again asking women across Hong Kong to 'check, check, check'. Fala recently joined a Pink Yoga class alongside breast cancer survivors to raise awareness of this important health issue and to advocate maintaining a healthy lifestyle at all times. We hope you will take this reminder to check regularly and spread the message for early detection. You could save a life, so sound the alarm today!

For more information, check out our free Shop for Pink guide inserted with this issue of InTouch, visit www.cancer-fund.org/pink or call our fundraising hotline on 3667 6333.

Ladies, it's time to check, check, check



With nearly 4,000 new diagnoses a year*, there are more women than ever requiring our specialised services and the demand is growing.

As a woman living in Hong Kong, chances are you already know someone who has been diagnosed

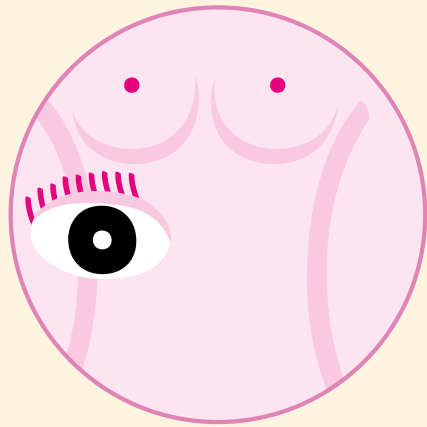
with breast cancer; the most common cancer type for women. Over half the women diagnosed in 2014 were aged between 40 and 59 however it is possible for women much younger or older to be diagnosed. If you have a close relative diagnosed with breast cancer, you may have a higher than

average risk and it is important you talk to your doctor about a genetic screening.

Early detection can lead to less invasive treatment options, reducing the emotional and physical impact of cancer, and also means the best chance for survival.

*Hong Kong Cancer Fund latest figures, 2014 data

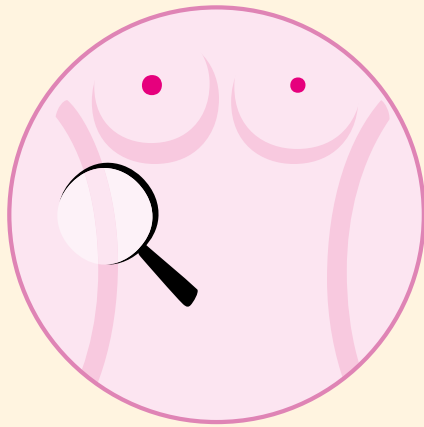
Check your breasts in 3 easy steps



1
LOOK for changes in your breast or changes/discharge from the nipple



2
FEEL for lumps, thickening, puckering, dimpling of the skin, unusual redness, colour change or pain



3
COMPARE the shape and size of your breast with before, and both nipples for unusual changes

Don't ignore the signs

Inflammatory breast cancer (IBC) is a serious and fast growing breast cancer in which cancer cells infiltrate the skin and lymph vessels of the breast. It is unlike other breast cancers as it is unusual for a lump to develop.

Early signs of IBC may include persistent itching and the appearance of a rash or small irritation on the breast, which can become red, swollen, and warm. The skin may look pitted like an orange peel, and nipple changes such as inversion, flattening, or dimpling may occur.

Don't ignore these visual signs - if you notice a persistent and unusual marking or rash on your breast, consult your doctor.



TO ALL THE MEN OUT THERE...

Protect the women in your life and encourage them to check, check, check. We all have a mother, wife, sister or daughter in our lives. Let them know you care by reminding them to check, because early detection can save lives.

Pink Yoga

We've combined the health and wellness benefits of yoga with exercises specially designed for breast cancer survivors to create Pink Yoga.

If you have survived cancer and are living with the long term side effects of breast cancer treatment like lymphoedema, then you are likely familiar with the overwhelming nature of recovery. Returning to full health after cancer treatment can sometimes feel like a never-ending uphill battle, but there are ways to safely return to exercise and aid your body's recovery.

Rebuilding strength for everyday tasks can make breast cancer survivors feel more capable and independent, and can assist with physical recovery and emotional wellbeing. Another added benefit of returning to exercise after treatment, for breast cancer survivors especially, is the ability to cope with and also prevent the common side effect of lymphedema.

Our specially designed Pink Yoga offers women a safe way to slowly build their strength and health after breast cancer treatment, and return to their normal lives as soon as possible.

What is Pink Yoga?

Pink Yoga is a simple and gentle style of yoga appropriate for patients recovering from breast cancer, to help prevent and relieve the symptoms of lymphoedema. Many survivors live with the daily tension and inconvenience of limited mobility and painful swelling of the arm after treatment. In addition to aiding movement and elasticity of muscles, participants are also encouraged to focus on breathing, the body's sensations and connection with their body.

Who can get involved?

Pink Yoga is predominately designed for women recovering from breast cancer. The gentle nature of Pink Yoga means that most people are able to begin practice about six months after surgery or treatment. We all recover at a different pace, and have individual needs and circumstances, so if you are unsure about your suitability for Pink Yoga, please call our service hotline on 3656 0800.

How does it work?

Pink Yoga movements can effectively enhance the elasticity and softness of muscles and also help the circulation of lymph fluid, relieving the pain and side effects often experienced after breast cancer treatment. Experienced teachers guide participants in the correct technique and practice of moderate yoga positions and breathing. They promote a relaxing and calm mood to reduce anxiety and improve sleep quality. These strategies can be taken home by participants to help themselves exercise and effectively manage their symptoms.

In addition to Pink Yoga, Cancer Fund also offers Laughing and Chair Yoga classes and a range of FREE wellness programmes to help guide survivors through rehabilitation and promote a spirit of health and harmony.

"Pink Yoga is effective in helping breast cancer patients to stretch their minds and live in the moment"

– Ms Vivian Guan, Pink Yoga facilitator

What is Lymphoedema?

Lymphoedema is the swelling of limbs following lymph node removal or surgery. This common and uncomfortable side effect of treatment usually affects the arms for breast cancer survivors. There is no cure for lymphoedema which can present weeks or even years after treatment. For more information on lymphoedema, download our cancer information booklet at www.cancer-fund.org.



Cancer Fund's Pink Ambassador Fala Chen recently attended Pink Yoga to raise breast cancer awareness for Pink Revolution. She encourages women across Hong Kong to regularly 'check, check, check'!





CANCER, SEX AND INTIMACY

For most people, when cancer is first diagnosed the immediate focus is on treatment and how to survive. Slowly though, other important factors such as adjusting your diet, lifestyle and relationships also need to be addressed. Sex can be an especially sensitive and at times uncomfortable topic for women, however honest and open discussion can help you better deal with the impact of breast cancer on your sexuality and sex.

Your doctor or cancer care team is the best source for information specific to your situation, so we encourage you to seek their advice before making any decisions affecting your health or wellbeing.



Questions for your doctor

- How will my sex life be affected by treatment?
- Is it safe to be intimate with my partner while receiving treatment?
- Are there safety measures I should take?
- Should I use birth control, what type and for how long?
- Where can I access further support on dealing with the side effects of my cancer treatment?

You are not alone

When you're dealing with a personal issue, just knowing that what you are going through is normal and able to be overcome can make a world of difference.

If you, or a partner, have been diagnosed with breast cancer, you should expect to experience some or all of the following impacts of treatment on your sex, intimacy and sexuality.



Physical impact

It is not uncommon for women to experience a loss of libido as a side effect of treatment. Following surgery, care may need to be taken for a number of weeks as your body heals and recovers. This can lead to you feeling disinterested in sex or experiencing physical difficulties in maintaining your regular sex life in both the long and short term.

It is important to share all side effects, even embarrassing ones, with your doctor as they might be able to adjust your treatment or offer you a remedy to the physical barriers you are experiencing to your sex life or loss of libido.

Relationship changes

Often when one person in a relationship is having difficulties with intimacy, the other can feel just as frustrated and confused, often leading to misunderstandings. Openly discussing sex may not be normal for some couples. It can be awkward and embarrassing to talk about but open communication can often be the most helpful way to address your concerns about intimacy and overcome sexual changes.

Intimacy is not only about sexual activity, it is about the overall connection you share with your partner. Warm embraces, kissing and caressing can help you stay intimate even if you are not ready for intercourse. This non-sexual intimacy can help you maintain a connection while you build up to returning to the sex life you enjoyed before cancer.

Confidence and self-esteem

During and after treatment, cancer can leave its mark physically. This could be scarring from surgery, hair loss or a changed body condition and with breast cancer, the loss of one or both breasts through a mastectomy. This can have huge emotional impacts and greatly affect a woman's confidence, which can make feeling desirable or sexually motivated challenging.

The good news is that, through support and empowerment,



FIND SUPPORT

It is important to discuss any concerns and side effects with your health professional in the first instance. The Cancer Fund offers couple's counselling and runs a range of workshops that can support both you and your partner as you manage the impact of cancer on your relationship and sexuality. Call our service hotline for more details 3656 0800.

confidence can be regained. Building strength through exercise can help you to feel energised, while connecting with peers and focusing on a positive outlook can help to create a confident mindset and keep spirits up. As your confidence grows, you will likely start to feel better about your sexuality too.

Couples programmes

When couples make a commitment for good times and bad, in sickness and health, they likely never expect this to include cancer. Relationships can be deeply tested as the stress and challenges of a cancer diagnosis, treatment and recovery take their toll.

Cancer Fund knows how important it is for patients and their partners to receive practical and emotional support, and we take a family-centered approach to all of our supportive care services. We have range of workshops, activities and talks specifically tailored for couples to help them build strength and unity as they face cancer together.

Enriching Marriage Through Dance

Through the art of dance, this programme teaches couples to improve their connection and bond. Learning a dance like the cha-cha is not only a fun and healthy activity to enjoy together, it's a practical way to build communication skills and develop intimacy for couples who are dealing with the impact of cancer in their relationship.

Expressive Art Group

Art therapy has long been recognised as a valuable way to heal the physical and emotional side effects of cancer. Couples explore their emotions through art, music and drama, connect through conversation, and experience sharing in a safe and creative environment. By participating in these activities together, couples can enhance their communication strategies, mutual understanding and emotional expression.



Enriching Your Marriage Talk

It is always possible to learn new skills which can help improve your relationship. During this interactive talk, we review the key personality traits of a successful marriage and how they can impact relationships, especially for those touched by cancer. Research findings will be shared and through exploring what makes a marriage work, couples can learn better ways to approach their relationship and communication style.

Couples Outdoor Activity

Spending time outdoors to just relax in the moment can help relieve the pressures of daily life. Enjoying the beauty of nature together with walks and photography provides the opportunity for a shared experience away from the challenges of cancer. With the tranquility of our natural environment, intimacy can be enhanced through this couple activity.

Mr. Mak's story

When my wife was diagnosed with breast cancer, I was left feeling frustrated, confused and worried as we struggled to handle the situation. Arranging my wife's care during treatment was especially challenging as her diagnosis required surgery, chemotherapy and radiation, leaving a big impact on our relationship. Thankfully we were able attend a number of Cancer Fund's couples workshops.

We learned to identify and communicate our true feelings and how to put ourselves into each other's shoes. We now understand our different perspectives, and are more aware of how arguing is ineffective and can make an already difficult situation worse. I respect and appreciate my wife more today than I ever have.

My wife experienced the common side effect of early menopause following her cancer treatment which has affected our physical relationship. After partaking in the *Enriching Marriage Through Dance* workshop, we have learned that dance can achieve a special form of intimacy between us. We are able to feel love and care for each other while dancing. We also treasure our time together more now than before.

I encourage others to ask questions and be informed because knowledge is key. Men should take time to understand the effect of surgery on their partners, be prepared in advance to cope with side effects like hair loss, and learn to be more patient and supportive. Discussing our feelings and how to cope with changes has made a world of difference for our relationship and we are now looking forward to much more quality time together.

Mr Mak's wife is a breast cancer survivor and they continue to attend Cancer Fund's workshops at CancerLink support centres to build and develop their relationship.

If you and your partner, or a couple you know, need support facing cancer, call our service hotline on 3656 0800 to find out how we can support you.

Quality sleep for quality health

We all know how hard it can be to function on a poor night's sleep. Low energy, difficulty concentrating and irritability are just some of the unpleasant consequences after not getting the recommended 7-9 hours each night.

For people diagnosed with cancer, the need for quality sleep becomes even more important as the body uses more energy than ever to fight the disease and cope with treatment cycles. Unfortunately, sleeping related problems are one of the most common side effects of cancer and its treatments, which can have a big impact on emotional and physical wellbeing.

'Getting enough quality sleep is highly important as it helps the body repair, boosts your immune system and even brightens your mood,' says Polly Lim, Programme Manager at Cancer Fund's CancerLink Support Centre Hong Kong Island. 'At the Hong Kong Cancer Fund, we work to address the issue of sleep with our clients and provide both physical and psychosocial advice to help overcome the problem and enhance sleep quality.'

Sleep disorders most likely to affect people living with cancer are insomnia and abnormal sleep-wake cycle, with fatigue also a highly prevalent and persistent side effect for cancer patients and survivors. They can be caused by some or all of the following factors:

- Physical changes or symptoms affecting the body
- Side effects of cancer treatments and drugs
- Being in hospital or an unfamiliar environment
- Stress and anxiety about having cancer

It is also common for family and carers to experience sleeping problems due to feelings of stress and concern for their loved one. Getting enough rest and general self-care is important for staying healthy and will also help you to stay fit to be the best carer possible.

Tips for a better night's sleep

Exercise

Stay as active throughout the day as your health condition allows. If you are able to exercise, try to do so earlier in the day and don't partake in strenuous exercise for at least three hours before bed.

Eat well

Maintain a healthy and balanced diet, avoid drinking alcohol or smoking before bedtime and limit consumption of caffeine products after lunch.

Set a routine

If you're not sleeping well at night, try not to nap during the day. Establish a regular bed time and try to keep consistent sleeping patterns. Avoid using light-emitting devices (TV, phones and computers) at least 30 minutes before bed, and only go to bed when you are ready to sleep. If you do not fall asleep after a short time, leave bed and try to de-stress before returning to bed and attempting to sleep again.

Environment

Prepare your sleeping environment with a comfortable temperature, soft lighting and good quality linens. Blankets are better for keeping warm than having your room temperature too high.

De-stress

Set aside time before bed to write down unfinished business, tasks or worries on your mind and then try to leave them until the next day. Learn relaxation techniques, such as breathing, yoga, meditation and muscle relaxations exercises, and practice these before bed to calm the body and mind.

Seek help

Acknowledge and discuss your sleep problem; keeping a sleep journal can help you communicate your concerns. Seek professional support if needed and make positive changes to your lifestyle and routine as recommended.

Tips to Improve Sleep Quality

Our psychotherapeutic group 'Tips to Improve Sleep Quality' is tailored for cancer patients experiencing sleeping problems. The course helps participants to improve lifestyle habits that can affect sleep, and teaches different relaxation techniques to reduce anxiety and equip them with the skills needed to achieve better quality sleep.

Yoga for a Good Night's Sleep

In our wellness workshop 'Yoga for a Good Night's Sleep', participants can learn yoga poses, breathing exercises and meditation to help achieve better sleep which is essential for physical and mental health. You can also check out our YouTube channel for online Yoga for Wellness videos (in Chinese):

www.youtube.com/hongkongcancerfund





30 YEARS OF CANCER CARE

Since 1987, the Hong Kong Cancer Fund has been providing free professional support, information and awareness to anyone living with cancer in the community. With the largest network of psychosocial cancer care in Hong Kong, our extensive reach and experience in the community constantly informs our plans and vision for the future of our specialised support services.



Our expanding network of professional care

Over the past thirty years, Cancer Fund has supported the establishment of seven cancer patient resource centres in all major public hospitals across Hong Kong. These resource centres provide critical information and access to further support at the point of diagnosis, a time when patients are especially in need of guidance and support.

In addition to our presence in hospitals, the Cancer Fund has

been slowly expanding our reach throughout Hong Kong with our CancerLink support centres in the community. These centres provide cancer patients, survivors and their families with free multidisciplinary care to meet their practical, physical and emotional needs. As the number of cancer diagnoses continues to rise, we are committed to developing our services to ensure no one faces cancer alone.

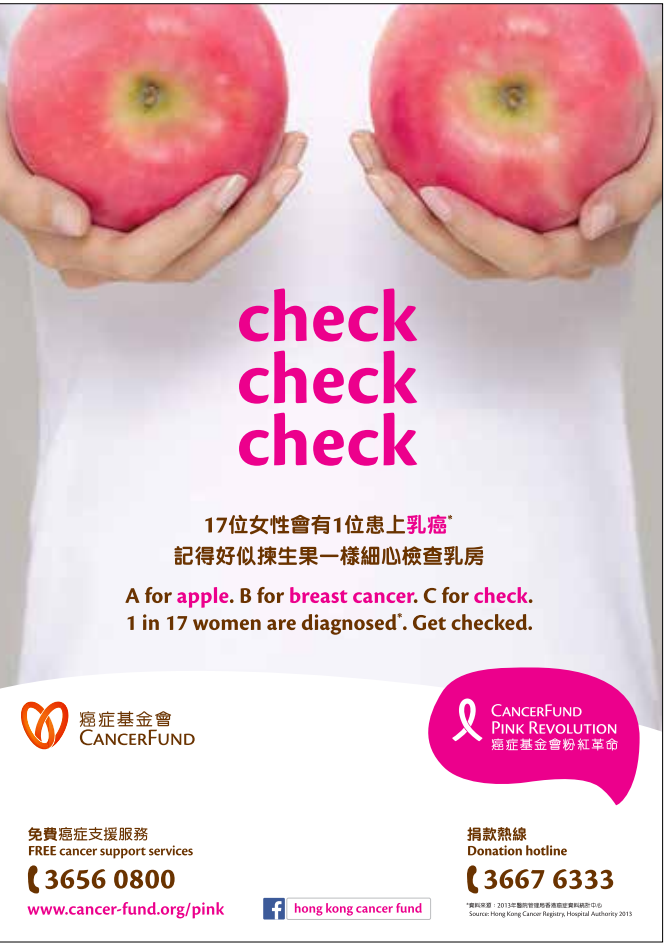
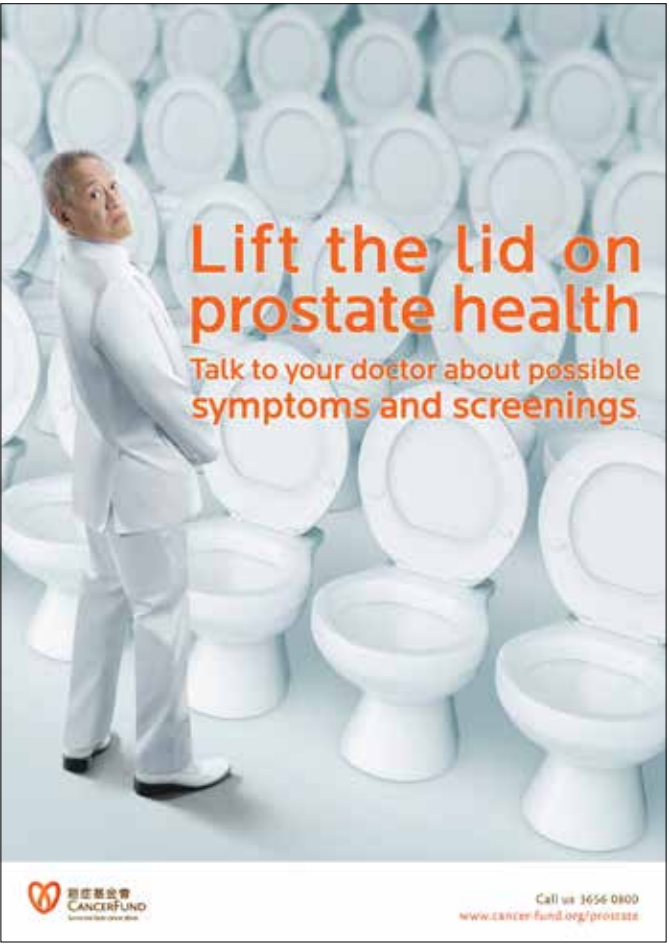
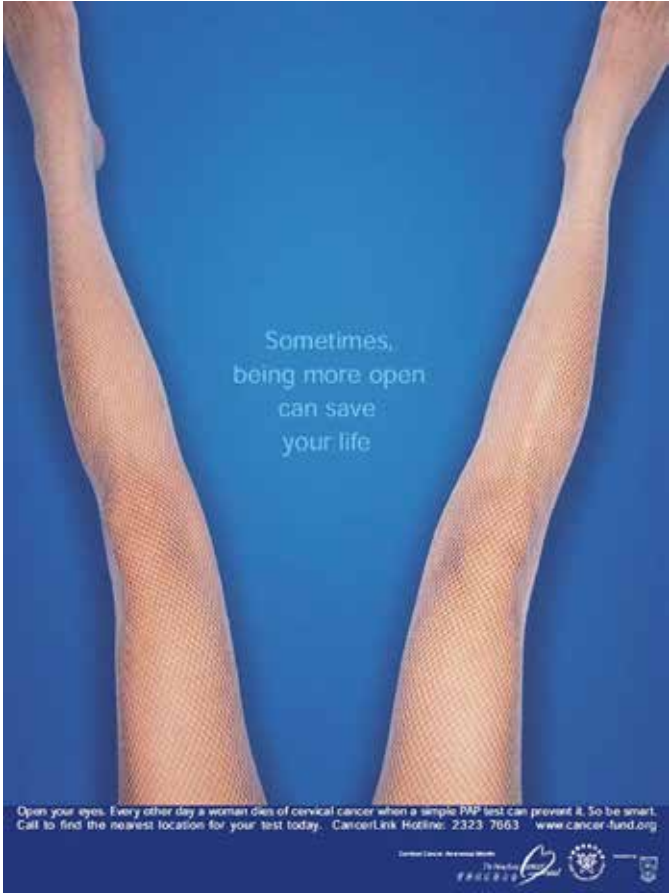


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|---|---|--|---|--|--|--|--|---|---|--|
| Cancer patient resource centre at Queen Mary Hospital | Cancer patient resource centres at Tuen Mun Hospital and Pamela Youde Nethersole Eastern Hospital | Cancer patient resource centre at Queen Elizabeth Hospital | CancerLink support centre in Wong Tai Sin | Cancer patient resource centre at Prince of Wales Hospital | Two cancer patient support centres in Shanghai | CancerLink support centre in Central (closed temporarily, reopens in Dec 2017) | Cancer patient resource centre at Princess Margaret Hospital | CancerLink support centre in Tin Shui Wai | Cancer patient resource centre at United Christian Hospital | CancerLink support centres at Kwai Chung and North Point |
|---|---|--|---|--|--|--|--|---|---|--|

30 years of raising awareness

Our focus is to provide life changing support to people touched by cancer however, we are also committed to raising public awareness of cancer through education campaigns. We communicate the importance of a healthy lifestyle and information on getting checked or screened at appropriate times. Through understanding symptoms for early detection and learning ways to lower cancer risks, education can make a key difference in safeguarding our community against cancer.

You may recall some of our memorable and creative awareness raising campaigns...



Everyday people making a world of difference



Stride for a Cure

This December, celebrate the holiday season by bringing your family and friends together for our annual Stride for a Cure walkathon.

Sunday 17 December 2017

8:30am – 1:30pm

Hong Kong International School

Help us to raise HK\$3 million for cancer research as we enjoy a day in nature with games and fun for all ages, including a special appearance by Santa!

Thanks to our generous event sponsors, all money raised will go directly to life changing cancer research. Places are limited and extremely popular so don't miss out – register now www.cancer-fund.org/sfc

Run for a Cure

Can't make our event but still want to get involved? Visit www.cancer-fund.org/sfc-run and follow these simple steps:

1. Sign up to Run for a Cure
2. Ask your friends to sponsor your running goal
3. Run in your own time to stay fit and raise money for cancer research

With great giveaways included, this is a fun, healthy and convenient way to support the Cancer Fund. What are you waiting for? Sign up today!

Kate runs and draws for Cancer Fund



Kate Cheung is taking a creative approach to raising funds for Cancer Fund. She is dedicating 6 months to run an ultra trail marathon for over 100 miles and to draw artwork across Asia and Europe. With a fundraising target of HK\$20,000, Kate is selling her artworks and calling for donations which will go to helping cancer patients in Hong Kong.



Support Kate via her Cancer Fund DIY page

The Wonton Book

Mr. Yu Yat-yiu and Joint Publishing HK life recently launched 天地一餛飩 which he published to honour the memory of his mother who passed away from cancer. Wonton is tied to memories of his mother and the times they shared together, and he has used this book to share their stories. It also introduces readers to different types of delicious wonton from around the world.

His book was recently launched at Hong Kong's annual Book Fair and it is available at your local bookstore. All royalty proceeds will be donated to the Hong Kong Cancer Fund.



Donor gathering



We regularly gather with our monthly donors to show our thanks for their support. Most recently our young cancer survivors and volunteers shared their stories and led our donors in a balloon twisting workshop in an afternoon of love and warmth.

If they can do it, you can too!

Want to do something good for others but don't know where to start? Check out our DIY fundraising page for some inspiration – the most simple ideas are often the best. If you have the passion to help others then you're already on your way, so get started today! www.cancer-fund.org

To become a monthly donor and help us provide free cancer support and care, call 3667 6333.

Thank you to all our supporters

We would like to acknowledge and thank the following friends, volunteers, individual donors and Circle of Friends members. Your generosity and continued support allows us to expand our reach, so no one faces cancer alone.

PINK REVOLUTION 2017

- Coco Lee
- Fala Chen
- Dr. Tsang Wing Hang, Janice
- #legend
- aalis
- amika
- Around DB
- Calvin Klein Performance
- Carrie Carries
- Casablanca
- Cathay Dragon
- Cathay Pacific
- city'super
- CK Performance
- Conrad Macao
- ECCO
- Ecozine
- ELLE
- Expat Living
- Folli Follie
- HW Bridal
- ICE-WATCH
- KitchenAid
- Liv Magazine
- Marks & Spencer
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- Privilege Vida
- Proluxury
- Pure International (HK) Ltd.
- Rebecca Minkoff
- Regina Miracle
- Repetto
- Samsonite RED
- Sassy Mama HK
- Shanghai Tang
- Sinomax
- The ONE
- The Royal Garden
- Zip Magazine
- Zojirushi

COLORECTAL CANCER AWARENESS CAMPAIGN 2017

- Dr Yuen Siu Tsan
- Expat Living
- Privilege Vida
- Zip Magazine

SUNSMART AWARENESS CAMPAIGN 2017

- Dr Shih Tai Cho
- Privilege Vida
- Zip Magazine

STRIDE FOR A CURE 2017

- Geoff Wong
- Citybus
- Eco Travel
- Elite Partners CPA Limited
- GiftU

- Hong Kong International School
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- Mulitex Ltd.
- Ocean Park
- Ocean Spray
- One O One
- PCCW
- PizzaExpress (HK) Ltd.
- Pure International (HK) Ltd.
- XTC Gelato
- Zojirushi

MAJOR GIFT

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- In memory of Dr Chin Ping-Chuen
- Fu Tak Iam Foundation Limited

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- Ming Pao Weekly
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- Twopresents
- Yu Yat Yiu

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- Altermode Hair Wig Boutique
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- Anita Cheung
- Ann Lam
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- Au Kwok Yin
- Au Wing Ho
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- Calvin Yeung
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- Dr. Chan Lam
- Chan Wai King

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- Chiu Wai Yin
- Choi Po Chuen
- Chong Kit Lung
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- Chris Tsui
- Chu Kiu Cho
- Chu Kwok Tung
- Department of Occupational Therapy of Queen Elizabeth Hospital
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- Dragons Abreast Hong Kong
- Dreams Possible
- Eric Chong
- Federation of Beauty Industry (H.K.)
- Fion Yuen
- Francis Chan
- HKFYG Organic Farm at Yuen Long
- Dr. Ho Pui Ying
- Hong Kong Baptist Hospital, Breast Care Centre
- Hong Kong Baptist Hospital's Chinese Medicine Clinic
- Hong Kong Christian Cancer Care Association
- Hong Kong Dietitians Association
- Hong Kong Health Association
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- Lam Kwok Hung
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- Laurel Cheung
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- Lee Shuk Fan
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- Leung Yuk Wan Penny
- Lillian Chan
- Dr. Liu King Yin, Rico
- Liu Kwai Fun
- Lo Wai Fong

- Dr. Lok Chiu Ming
- Luisa Yeung
- Mango Art
- Mary Kay Ltd
- Mary Liu
- May Ng
- Michael Tang
- Mimi Tung
- Nancy Ng
- New Wine Ministries of Hong Kong
- Oliver Smith
- Patrick Kwan
- Perry Tan
- Pervin Shroff
- Physical Fitness Association of Hong Kong
- Pian Poon
- Pok Oi Hospital - The Chinese University of Hong Kong Chinese Medicine Centre for Training and Research
- Polly Fung
- Prince of Wales Hospital Cancer Patient Resource Centre
- Queen Elizabeth Hospital Cancer Patient Resource Centre
- Raymond Chung
- Rev. Noreen Siu Richards
- Ritchie Kwok
- Robert Henderson
- Rufina Lau
- Shatin International Medical Centre Union Hospital
- So Ming Fai
- Social Welfare Department- Wong Tai Sin Integrated Family Service Centre
- Dr. Soong Sung, Inda
- Soonie Gander
- St. Teresa's Hospital
- Tam Ka Man, Fion
- Tam Lam
- Tang Sai Wo
- The Cancer Crusade Angels Service Society Of Hong Kong
- The Family Planning Association of Hong Kong
- The Hong Kong Association of Hair Design
- The Hong Kong Society For Rehabilitation, Community Rehabilitation Network, Wang Tau Hom Centre
- The Hong Kong Tuberculosis Association Chinese Medicine Clinic cum Training Centre of the University of Hong Kong
- The Philanthropic Community Pharmacy-St Jame's Settlement
- To Hoi-Chu
- Dr. Tsang King Yin, Raymond
- Tsang Kit Ying
- Dr. Tsang Wing Hang, Janice

- United Christian Hospital Cancer Patient Resource Centre
- Venerable Hin Yan
- Vonnie Chin
- Wacoal Hong Kong Company Limited
- William Wan
- Winnie Fung
- Winnie Kwok
- Wong Chi Hung
- Dr. Wong Chi Tak, Danny
- Wong Chi Wing
- Dr. Wong Kwok Tin, Martin
- Wong Ling
- Wong Mei Wah
- Wong Ngan Kwan
- Dr. Wong Siu Yu, Joyce
- Wong Suet Mei
- Dr. Wu Kwan Kit
- Yan Chai Hospital Cum Hong Kong Baptist University Chinese Medicine Clinic Cum Training and Research Centre (Ha Kwai Chung)
- Yasmin Li
- Dr. Yeung How Cheung, Gustus
- Yiu Ming Kit, Iris
- Dr. Yuen Phin Lee, Elaine
- Yung Yau Cheung

FRIEND OF CANCERLINK

- Association of Relive
- Bauhinia Club
- Cansurvive
- Cheong Hong Club
- Chinese Painting And Calligraphy At Leisure Circle
- Hong Kong Adult Blood Cancer Group Ltd.
- Hong Kong Bone Marrow Transplant Patients' Association
- Hong Kong Gist Union
- Hong Kong Pioneer Mutual Support Association Ltd.
- Hong Kong Stoma Association
- Kin Lok Club
- Mutual Aid Association
- Orchid Support Group
- Prostate Peer Association
- Rising Sun Association
- Sunflower Network
- The Brightening Association (Hong Kong) Ltd.
- The New Voice Club Of Hong Kong
- Tuen Mun Hospital Stoma Group
- Tung Wah Hospital Breast Cancer Support Group
- Yin Chun Club
- Yin Hong Club



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(Sunday)
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