



Link 連繫

July – September
七月 – 九月 2018



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

Build Your Resources

Cancer is no doubt a shock and challenging experience for the individual's and their family. It is likely to affect their daily routine and understanding their prognosis and what treatment they require can be daunting.

Our CancerLink services are here to help each individual and their family affected by cancer. To build their inner and outer strength to tackle the journey ahead, including knowledge on the disease, symptoms management, and how to cope with difficult emotions. Do come and visit our CancerLink Support Centre, Central. Our Hong Kong Island team of professionals, i.e. social workers, nurses, dietitian, art therapist and clinical psychologist, are on hand to answer your questions, to support you with your needs and to guide you through your cancer journey.

內外資源 提供全面支援

確診癌症，往往令患者個人及其家庭的生活出現即時的翻天覆地轉變，除了考慮是否需放下日常工作，還要掌握身體狀況及為治療作出抉擇！伴隨而來的還有處理因癌症帶來的不適及情緒起伏，對任何人來說也是相當大的挑戰。

香港癌症基金會癌協服務中心希望協助大家建立內外兼備的資源，以正面態度應付癌症，內在的包括處理情緒、拓闊接納及忍耐程度，外在的包括知識、症狀處理及加強解決問題的能力等。中環及北角的癌協已全面投入服務，希望主力為港島及離島區的居民提供專業癌症支援服務。無論在抗癌路上任何階段，只需聯絡我們，便會為你遇到的困難及問題作出評估，再按需要轉介給我們不同的專業團隊，如社工、護士、營養師、藝術治療師及臨床心理學家作有效的跟進。就讓我們成為受癌症影響人士的手杖，協助大家一步步踏上康復之路，更希望從抗癌歷程中找到人生新方向、新啟發。

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

Enrollment date starts:

14 June 2018 (Thursday)
from 9:00am onwards

接受報名日期：

2018年6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

English Cancer Support Services 4

Practical Support 實際支援 5

Psychological Support 心理支援 12

Family Support 家庭支援 17

Peer Support 朋輩支援 19

Wellness and Holistic Health Care 身心靈健康服務 24

Community Support 社區支援 39

Friends of CancerLink 癌協之友 42

Key Support Services 中心服務 貼心支援

In addition to health talks and group activities/workshops, CancerLink offers the below key support services to help you recover from cancer.

除了互助小組、復康講座及課程外，中心亦提供以下恆常的支援服務，助你康復！

Service Hotline 服務熱線

If you or someone you know could benefit from practical guidance or comforting support, please call our FREE CancerLink hotline on: 3656 0800

隨時準備接聽你的來電，提供有關癌症資訊。由註冊社工及腫瘤科護士為你解答有關癌症疑問，協助你積極抗癌，歡迎致電服務熱線：3656 0800

Professional Counselling 專業輔導

Our Clinical Psychologist and social workers provide individual and family counselling to those in need of help. If you are feeling overwhelmed or would just like to talk to someone, please drop in for a cup of tea or call us.

由臨床心理學家或註冊社工提供個人及家庭輔導，協助有需要人士應付癌症及有關問題。歡迎預約面談。

Home Care Service 家居關顧服務

We serve home bound clients who have difficulty reaching out to community services. Social workers will visit them and conduct a home assessment. Our comprehensive home care support includes professional counselling, nursing consultations and volunteer visits to bring comfort and hope.

家居關顧服務對象為足不出戶而未能接觸所需社區服務的癌症患者。經註冊社工進行家訪評估後，我們提供情緒輔導、護理諮詢和定期的義工關懷探訪。期望透過這些貼心的服務，為服務對象注入新希望。

Nutritional Products 營養品

CancerLink offers a wide range of nutritional products and self-care items at a discount rate. Please ask about our milk powders, prosthesis and other available products designed to help improve your quality of life.

以優惠價格購買營養奶粉、口腔護理產品等，助你輕鬆抗癌！

Wig and Hair Cut Service 假髮借用及剪髮服務

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

為面對治療脫髮的你，提供免費假髮借用服務，備有不同類型假髮以供選擇。同時提供剪髮服務，歡迎致電預約。

Financial Assistance 經濟援助

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

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

Nursing and Dietetic Consultation 醫護及營養諮詢

Through one-on-one sessions, our oncology nurses explain to the client their condition, and what to expect. They suggest questions to ask the doctor, and discuss symptoms, side effects and pain as part of treatment preparation. Our dietetic service specializes in the assessment and treatment of dietary and nutritional problems and we provide medical nutritional therapy to help clients cope with the disease and diet-related complications.

我們的腫瘤科護士會為癌症患者及其親屬提供一對一的諮詢服務，讓他們瞭解所患的癌症、即將面對的情況，以及如何向醫生提問、怎樣準備療程、處理症狀和後遺症、及處理疼痛等問題。而註冊營養師則主要為有需要的患者提供營養治療和飲食上的諮詢，幫助改善患者的營養及健康。



Enrollment Rules:

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

Wellness and Holistic Health Care Programmes* (Page 24-39)	Maximum of 5 confirmed programmes and 5 programmes in wait-list across all CancerLink Centres	For programmes with a hash (#) or marked "enroll only one specific programme/workshop", means an applicant can only enroll one programme from that category within all CancerLink Centres. Unless otherwise specified, 50% of each wellness programme quota will be arranged for those diagnosed in or after 2015.
Other programmes*	Maximum of 5 confirmed programmes and 5 programmes in wait-list across all CancerLink Centres	For programmes with a hash (#) or marked "enroll only one specific programme/workshop", means an applicant can only enroll one programme from that category within all CancerLink Centres.

* Programmes include weekly classes, workshops and other activities.

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

報名須知：

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

身心靈健康活動 (24-39頁)	最多五項正選及五項候補	活動註有#號或「備註」上寫明 只能選報一個該類型的活動 ，意指在所有癌協中心，只可選報一個該類型的活動。 除指定活動外，50%的身心靈健康活動名額將 分配給2015年或以後的確診患者 。
其他活動	最多五項正選及五項候補	活動註有#號或「備註」上寫明 只能選報一個該類型的活動 ，意指在所有癌協中心，只可選報一個該類型的活動。

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

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)		
Date	Last Thursday of the month	Enquiry	7:00pm – 9:00pm
Facilitator	Ms. Polly Lim (Registered Social Worker)	Language	English
Location	CancerLink (Central), Unit 5, Ground Floor, The Center, 99 Queen's Road Central		
Remarks	The group is designed for those Native English-speakers or those who do not understand Cantonese.		

Get to know Whole Food Plant-Based Nutrition**C117**

The session would like to introduce about whole FoodPlant-Based Nutrition and its benefits to our health!

Designed for	Those with cancer and family members (15 participants)		
Date	26 July 2018 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Happy Plantaria	Language	English
Location	CancerLink (Central), Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

Get Together in Summer**C118**

Do come and expect a relaxing evening to meet with our peers! Through fun games and sharing of stories. You would know you'll never walk alone!

Designed for	Those with cancer and family members (20 participants)		
Date	30 August 2018 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Ms. Polly Lim (Registered Social Worker) & Peer Volunteers	Language	English
Location	CancerLink (Central), Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

Outdoor 'Labyrinth' & Meditation**C119**

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

Designed for	Those with cancer and family members (20 participants)		
Date	29 September 2018 (Saturday)	Time	8:45am – 1:00pm
Facilitator	Ms. Martha Collard	Language	English
Location	Mui Wo, Lantau Island		

Understand Lymphatic System and Lymphedema**C120**

The talk will help participants understand how cancer treatment possibly affects the lymphatic system and its function. Also, the development of lymphedema and self-care tips on related concerns.

Designed for	Those with cancer and family members (20 participants)		
Date	22 September 2018 (Saturday)	Time	9:30am – 11:00am
Facilitator	Ms. Jan Moor (Lymphatic Drainage Therapist)	Language	English
Location	CancerLink (Central), Unit 5, Ground Floor, The Center, 99 Queen's Road Central		
Remarks	Priority would be reserved for those Native English-speakers or those who do not understand Cantonese.		

Practical Support 實際支援

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

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

Nursing Consultation 專業護士諮詢服務

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

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

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

CancerLink 癌協中心	Date 日期	Time 時間	Registered Nurse 註冊護士
Central 中環	Wednesdays 逢星期三	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Katrina Wu 胡凱姚姑娘
Wong Tai Sin 黃大仙		2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Tse Ming Wai 謝明慧姑娘
Kwai Chung 葵涌		2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Fiona Yip 葉沛芝姑娘
Tin Shui Wai 天水圍		9:00am – 1:00pm 上午9:00 – 下午1:00	Ms. Delisa Lee 李穎顏姑娘

Speak to a Dietitian 註冊營養師諮詢服務

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

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

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

CancerLink 癌協中心	Date 日期	Time 時間	Registered Dietitian 註冊營養師
Central 中環	Tuesdays 逢星期二	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Fion Chow 周倩蕾姑娘
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	Wednesdays 逢星期三		



To know more about Immunotherapy

C121

認識免疫治療法

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

簡介免疫治療治療方法，探討其機制、副作用和在本港的最新動向，亦會講解接受免疫治療的適合條件。

Designed for 對象	Those with Cancer and their family members (35 participants) 癌症患者及家屬 (35位)		
Date 日期	16 July 2018 (Monday) 2018年7月16日 (星期一)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Dr. Lam Ka On (Clinical Assistant Professor of Department of Clinical Oncology, The university of Hong Kong) 林嘉安醫生 (香港大學臨床腫瘤學系臨床助理教授)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

Speech therapy—recovery of speech and overcoming swallowing difficulty

C122

言語治療 — 說話及吞嚥復康方法

The treatment of tongue cancer, nasopharyngeal cancer or head and neck cancer may cause difficulty swallowing, problems chewing and voice or communication problems. Knowing the way to improve speech and swallowing problems is crucial to enhance the quality of life.

舌癌、鼻咽癌或頭頸癌患者接受治療後，或會出現說話及吞嚥等困難。言語治療師會講解說話、聲線與吞嚥復康的方法，提升患者的生活質素。

Designed for 對象	Those with tongue cancer, nasopharyngeal cancer or head and neck cancer and their family members (35 participants) 舌癌、鼻咽癌或頭頸癌患者及家屬 (35位)		
Date 日期	1 August 2018 (Wednesday) 2018年8月1日 (星期三)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Ms. Ida Ip (Speech Therapist) 葉靜雯小姐 (言語治療師)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

Support to breast cancer patients – during treatment

C123

乳癌支援系列 — 治療路上的同行者 (第二階段)

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.

為治療期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 對象	Those with breast cancer within one year and their family members (20 participants. Places are offered only to participants who attend ALL sessions) 一年內確診的乳癌患者及家屬 (20位，名額只提供給能夠全程參與者)		
Date 日期	7 and 14 September 2018 (Every Friday, total 2 sessions) 2018年9月7日及14日 (逢星期五，共2節)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Ms. Katrina Wu (Registered Nurse), Ms. Iris Ip (Registered Social Worker) 胡凱姚姑娘 (註冊護士)、 葉靜宜姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

“Going Through Project”: Latest trend in screening and treating prostate cancer-Prostate Health Index and Immunotherapy

C124

「前路無阻」：前列腺癌檢測及治療新趨勢 — 前列腺健康指數及細胞免疫療法

Urology Specialist will introduce the latest methods for screening and treatment of prostate cancer, including Prostate Health Index (PHI) and immunotherapy in metastatic prostate cancer.

泌尿外科專科醫生講解前列腺癌檢測及治療新趨勢，包括前列腺健康指數及前列腺癌晚期患者如何應用細胞免疫療法。

Designed for 對象	Those with prostate cancer and their family members (25 participants) 前列腺癌患者及家屬 (25位)		
Date 日期	13 July 2018 (Friday) 2018年7月13日 (星期五)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Dr. Fu Kam Fung Kenneth (Urology Specialist) 傅錦峰醫生 (泌尿外科專科醫生)	Language 語言	Cantonese 廣東話

Understanding upper limb lymphedema

C125

上肢淋巴水腫護理研習坊

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

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

Designed for 對象	Those with breast cancer – who have completed surgery more than six months previously (20 participants. Places are offered only to participants who can attend all sessions) 乳癌患者 (20位，完成手術半年或以上。首次參加者優先，名額只提供給能夠全程參與者)		
Date 日期	6 and 13 July 2018 (Every Friday, total 2 sessions) 2018年7月6日及13日 (逢星期五，共2節)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Ms. Katrina Wu (Registered Nurse), Mr. Calson Leung (Registered physiotherapist) 胡凱姚姑娘 (註冊護士)、 梁佑文先生 (註冊物理治療師)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

Upper Lymphedema Exercise Class

C126

上肢淋巴水腫運動班

The class will teach techniques for effective lymphedema control, using massage balls and mobility training on your rib cage.

以放鬆筋膜、復位及穩固關節的概念教授按摩球及關節運動的技巧，以減輕上肢淋巴水腫的出現。

Designed for 對象	Those with breast cancer who have received a surgery (12 participants, priority will be given to those enrolling for the first time) 曾接受乳科手術的乳癌患者 (12位，首次參加者優先)		
Date 日期	31 July to 28 August 2018 (Every Tuesday, total 5 sessions) 2018年7月31日至8月28日 (逢星期二，共5節)	Time 時間	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
Location 地點	Rm 504-505, Enterprise Building, 228 Queen's Road Central, Sheung Wan 上環皇后大道中228號聯業大廈5樓504-505室		
Remarks 備註	Participants shall complete this season C125 'Understanding Upper Lymphedema' first and receive recommendation. 參加者全部先列作後備，必須先完成今季C125「上肢淋巴水腫研習坊」並獲得推薦。		

Understanding lower limb lymphedema from Cancer Treatment

C127

了解癌症治療導致的下肢淋巴水腫

Some anti-cancer treatment may cause lower limb lymphoedema such as surgery or radiotherapy involving axillary lymph nodes. Therefore, preventative exercises, observation and self-care tips are essential for minimizing discomfort and improving recovery. Come and learn more about lymphoedema prevention and self-care skills.

接受下身手術及電療的癌症病患者，若淋巴腺同時被切除，日後有機會出現下肢淋巴水腫，此研習坊可令他們學習如何預防和自我照顧。

Designed for 對象 Those with cancer – who have completed surgery more than six months previously (25 participants. Priority will be given to those enrolling for the first time. Places are offered only to participants who can attend all sessions)
癌症患者 (20位，完成手術半年或以上。首次參加者優先，名額只提供給能夠全程參與者)

Date 日期 24 July 2018 (Tuesday)
2018年7月24日 (星期二)

Time 時間 4:00pm – 5:30pm
下午4:00 – 5:30

Facilitator 講者 Ms. Pauline C. W. Fong (Registered physiotherapist & Certified Lymphoedema therapist)
方真唯小姐 (註冊物理治療師及認可淋巴水腫治療師)

Language 語言 Cantonese
廣東話

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

Adjustment Group for Gynecological Cancer Patients after Treatment

C128

婦科癌復康適應小組

Speakers from different professionals will address different issues that gynecological cancer patients come across during and after their treatment, such as early menopause, osteoporosis, lower limbs lymphedema and emotional management.

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 對象 Those with gynecological cancer diagnosed on or after 2016
(15 participants, priority will be given to those enrolling for the first time)
2016或以後確診的婦科癌患者 (15位，首次參加者優先)

Date 日期 27 August 2018 to 17 September 2018 (Every Monday, total 4 sessions)
2018年8月27日至9月17日 (逢星期一，共4節)

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

Facilitator 講者 Ms. Iris Ip (Registered Social Worker),
Ms. Sarah Chu (Registered Physiotherapist),
Ms. Katrina Wu (Registered Nurse)
葉靜宜姑娘(註冊社工)、朱影翠小姐(註冊物理治療師)、胡凱煥姑娘(註冊護士)

Language 語言 Cantonese
廣東話

Chinese Medicine Practitioner and Dietitian Views on Cancer Diet

C129

中醫與營養師看癌症飲食

In Hong Kong, where East meets West, cancer patients would often consider the views of both sides on diet, but often find it difficult to integrate the opinions and felt lost about diet. We have invited a Chinese Medicine Practitioner to give a talk with our Dietitian, so that we can have a clearer view on cancer diet.

在中西文化匯聚的香港，很多朋友對於癌症飲食都會考慮中西方的意見，但往往覺得難以綜合兩方的見解以致不知所措。這次請到註冊中醫師與營養師同時講解中西方對不同食物或食療的看法，希望讓大家對癌症飲食有更清晰的見解。

Designed for 對象 Those with cancer and their family members (50 participants diagnosed in or after 2015)
2015年或以後確診患者及其照顧者 (50位)

Date 日期 7 September 2018 (Friday)
2018年9月7日 (星期五)

Time 時間 1:45pm – 3:15pm
下午1:45 – 3:15

Facilitator 講者 Mr. David Au (Registered Chinese Medicine Practitioner from Integrative Medical Centre, Hong Kong Institute of Integrative Medicine, CUHK), Ms. Fion Chow (Registered Dietitian)
歐國賢醫師(香港中文大學醫學院中西醫結合醫學研究所註冊中醫師)、周倩蕾姑娘(註冊營養師)

Language 語言 Cantonese
廣東話

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

The Five Health Facts that You Should Know

C130

不可不知的五個健康真相

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

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

Designed for 對象	Those with cancer within the past five years (20 participants. Places are offered only to participants who attend ALL sessions) 確診五年內癌症患者 (20位，名額只提供給能夠全程參與者)		
Date 日期	5 and 12 July 2018 (Every Thursday, total 2 sessions) 2018年7月5日及12日 (逢星期四，共2節)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Mr. Maksim Cheung 張煒楠先生	Language 語言	Cantonese 廣東話

Muscular Strength and Muscular Endurance Adjustment Workshop

C131

徵狀控制系列 — 肌肉強度及耐力適應評估班

This workshop will help you understand your physical state after treatment, especially muscular strength and muscular endurance, 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，特別是肌肉強度及耐力狀況，學習適應，並建議適當運動。

Designed for 對象	15 participants diagnosed in or after 2016, 10 participants diagnosed in or before 2015 2016年或以後確診患者 (15位)；2015年或以前確診患者 (10位)			
Date & Time 日期及時間	Assessment 評估		Talk 講座	
	7 July 2018 (Saturday) 2018年7月7日 (星期六)	2:45pm – 5:45pm 下午2:45 – 5:45	14 July 2018 (Saturday) 2018年7月14日 (星期六)	9:30am – 11:00am 上午9:30 – 11:00
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	<ol style="list-style-type: none"> Participants will be divided into 6 groups for 30-minute check-ups. Five quotas will be reserved to those who have completed "The Five Health Facts that You Should Know". <p>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。</p>			

Muscular Strength and Muscular Endurance Exercise Class

C132

徵狀控制系列 — 重量訓練班

Weight Training can increase the participants' muscular strength and endurance. The daily life function can be improved.

透過多項阻力訓練鍛鍊肌肉強度及耐力性，提升肌肉負重的能力，增強康復者處理日常生活的能力。

Designed for 對象	Those with cancer (8 participants. Priority will be given to those enrolling for the first time) 癌症患者 (8位，首次參加者優先)		
Date 日期	18 July to 22 August 2018 (Every Wednesday, total 6 sessions) 2018年7月18日至8月22日 (逢星期三，共6節)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Mr. Henry Tong 湯偉雄先生	Language 語言	Cantonese 廣東話
Location 地點	Floor 5, Wai Hing Commercial Building, 17-19 Wing Wo Street, Central 中環永和街17-19號偉興商業大廈5樓		
Remarks 備註	Participants are required to attend and receive a recommendation from the current quarter's "Muscular Strength and Muscular Endurance Adjustment Workshop" C131. 參加者必須先參加今季「徵狀控制系列 - 肌肉強度及耐力適應評估班」C131並獲推薦。		

Chinese Medicine and Pain

C133

中醫與痛症

The talk introduces prevention and treatment of pain through Chinese medicine perspective. Moreover, the speaker also delivers information about acupuncture massage and exercise.

介紹頸椎及頸肩痛症預防及治理、中醫痛症食療、穴位按壓及伸展運動示範。

Designed for 對象	15 participants diagnosed in or after 2016, 10 participants diagnosed in or before 2015 2016年或以後確診患者 (15位) · 2015年或以前確診患者 (10位)		
Date 日期	16 August 2018 (Thursday) 2018年8月16日 (星期四)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Registered Chinese Medicine Practitioner 註冊中醫師	Language 語言	Cantonese 廣東話
Remarks 備註	Five quotas will be reserved to those who have completed “The Five Health Facts that You Should Know”. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

All you can ask about food

C134

食物解碼

Leftover vegetable and barbecue food would cause cancer? Losing weight by cutting down carbohydrates? There are more questions than you can think of about food. Dietitian will be here to answer all your questions and tell you what she thinks about top 10 superfoods.

食唔食得隔夜蔬菜？戒碳水化合物可以減肥？燒烤食品會致癌？大家對食物的問題多多，今次就讓大家問過夠，同時透視十大超級食物的功效。

Designed for 對象	25 participants diagnosed in or after 2016, 10 participants diagnosed in or before 2015 2016年或以後確診患者 (25位) · 2015年或以前確診患者 (10位)		
Date 日期	5 September 2018 (Wednesday) 2018年9月5日 (星期三)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Registered Dietitian 註冊營養師	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		
Remarks 備註	Five quotas will be reserved to those who have completed “The Five Health Facts that You Should Know”. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Fatigue, numbness and Aromatherapy

C135

紓緩疲勞與麻痺 — 香薰減壓

Fatigue and numbness are the common side effects of cancer patients. It influences on their quality of life. In this workshop, the participants can understand aromatherapy and learn simple massage to improve the fatigue and numbness.

疲憊及麻痺是癌症患者常見的副作用，會降低免疫功能，影響生活質素。工作坊讓參加者認識香薰治療，學習自我舒緩的簡易按摩，收改善疲勞及麻痺。

Designed for 對象	7 participants diagnosed in or after 2016, 5 participants diagnosed in or before 2015 2016年或以後確診患者 (7位) · 2015年或以前確診患者 (5位)		
Date 日期	8 and 22 September 2018 (Every Saturday, total 2 sessions) 2018年9月8日及22日 (逢星期六，共2節)	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 講者	Ms. Rowen Lee (Aromatherapist) 李燕怡小姐 (香薰治療師)	Language 語言	Cantonese 廣東話
Remarks 備註	Five quotas will be reserved to those who have completed “The Five Health Facts that You Should Know”. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Mind Mapping Training**思維導圖法訓練**

C136

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

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

Designed for 對象	10 participants diagnosed in or after 2016, 5 participants diagnosed in or before 2015 2016年或以後確診患者 (10位)，2015年或以前確診患者 (5位)		
Date 日期	6 August to 17 September 2018 (Every Monday, total 7 sessions) 2018年8月6日至9月17日 (逢星期一，共7節)	Time 時間	2:00pm – 4:00pm 下午2:00 – 4:00
Facilitator 講者	Mr. David Cheung (Qualified Buzan Instructor) 張世平先生 (思維導圖及記憶培訓導師)	Language 語言	Cantonese 廣東話
Remarks 備註	Five quotas will be reserved to those who have completed “The Five Health Facts that You Should Know”. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

“You Can” Resume Your Fitness – Kangoo Jump Taster Workshop**“You Can” 重拾你體能 — 「彈彈跳」體驗班**

C137

Resume your fitness by choosing the right exercise that interested you! Resume your fitness series will introduce you different kind of exercises, so you can have a taste and choose the one suitable for you. Kangoo jump is an exercise that uses jumping and dancing to burn calories with a pair of special rebound shoes. It will protect your joints and also promotes ideal posture healthy spine and eliminating back pain.

「重拾你體能」系列會安排不同運動體驗班讓你找到最適合自己的運動，讓你從重拾體能！「彈彈跳」是一種跳躍舞動，燃燒卡路厘；此運動會穿著特別的彈力鞋，保護你膝蓋及腰脊。

Designed for 對象	Those with cancer and age between 18 – 39 years old (15 participants) 18-39歲年輕癌症患者 (15位)		
Date 日期	1 September 2018 (Saturday) 2018年9月1日 (星期六)	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Facilitator 講者	Fitness Instructor 健身教練	Language 語言	English 英文
Location 地點	4/F Li Dong Building, 9 Li Yuen Street East, Central 中環利源東街9號利東大廈4樓		



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。

Workshops on Taking Care of Our Emotions

料理「情緒」工作坊

Are you overwhelmed by your negative emotions like anger, worry or anxiety? Did you try to control them but were unsuccessful? Lasting emotion distress affects your health. This series of workshops will help you to look after your emotions better by understanding the emotion mechanisms and learning effective techniques to overcome them.

生氣、擔心、緊張……不時受負面情緒所困擾？嘗試控制情緒卻不大成功？被負面情緒長期影響不利身心健康，工作坊會讓你明白「憤怒」和「擔心」情緒的產生、反應機制與有效應對方法，助你管理自己的情緒。

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

Taking Care of "Our Anger"

料理「憤怒」工作坊

C138

Date 14 July 2018 (Saturday)
日期 2018年7月14日 (星期六)

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

Taking Care of "Our Worries"

料理「擔心」工作坊

C139

Date 28 July 2018 (Saturday)
日期 2018年7月28日 (星期六)

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

Facilitator Ms. O'Nes Lai (Registered Social Worker)
講者 黎沛瑜女士 (註冊社工)

Language Cantonese
語言 廣東話

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

Introduction to Art therapy and mental well-being

認識藝術治療及精神健康

C140

Understanding art therapy and mental well-being by exploring ceramics clay as a very expressive materials. Participants would understand the forms and goals of art therapy, facilitated by an art therapist in a safe and comfortable environment.

透過探索陶泥這種表達性很強的物料去了藝術治療與精神健康的關係。治療師將解釋什麼是藝術治療。參加者將探索藝術材料，同時了解藝術治療的形式及作用。

Designed for Those with cancer within the past 2 years (15 participants)
對象 確診2年內癌症患者 (15位)

Date 31 July 2018 (Tuesday)
日期 2018年7月31日 (星期二)

Time 2:30pm – 5:00pm
時間 下午2:30 – 5:00

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

Language Cantonese
語言 廣東話

Remarks
備註

1. No prior artistic training required.
2. Please wear casual and comfortable outfits.

1. 參加者無需任何藝術創作經驗或技巧。
2. 請穿著舒適衣物。

Art therapy and spirituality

C141

藝術治療與靈性探索

Exploring spirituality through creative process. Whether it is religious or not, some external power has been supporting us in different ways such as the mother nature. Participants would understand the forms and goals of art therapy, facilitated by an art therapist in a safe and comfortable environment to explore inner strength and relationship with the outside world.

無論與宗教有沒有關係，也可以透過藝術創作去探索靈性。就像大地萬物有很多不同力量在支持著我們。治療師將解釋什麼是藝術治療。參加者將探索藝術材料，同時了解藝術治療的形式及作用。

Designed for 對象	Those with cancer within the past 5 years (15 participants) 確診5年內癌症患者 (15位)		
Date 日期	14 August 2018 (Tuesday) 2018年8月14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	1. No prior artistic training required. 2. Please wear casual and comfortable outfits. 1. 參加者無需任何藝術創作經驗或技巧。 2. 請穿著舒適衣物。		

“Fill your life with blessing” positive psychology group

C142

「重踏幸福之路」正向心理小組

The group adopts the positive psychology intervention approach. Participants are taught to strengthen psychological health and resilience upon facing life challenges.

想增強心理素質和抗逆力以抵抗負面情緒？小組以正向心理學為框架，帶領參加者發掘個人的潛能和防禦能力，裝備自己，應付生活上不同的挑戰。

Designed for 對象	Those with breast or gynecological cancer diagnosed on or after 2016 (12 participants) 2016或以後確診乳癌或婦科癌症患者 (12位)		
Date 日期	25 July to 15 August 2018 (Every Wednesday, total 4 sessions) 2018年7月25日至8月15日 (逢星期三，共4節)	Time 時間	11:00am – 1:00pm 上午11:00 – 下午1:00
Facilitator 講者	Ms. Iris Ip (Registered Social Worker) 葉靜宜姑娘 (註冊社工)	Language 語言	Cantonese 廣東話

Walking As Therapy – Basic Level (11th intake)

C143

走步治療課程 — 基礎班 (第11期)

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

近年科學研究指出運動如走步不單能改善個人體質，增強免疫力，還可以有效提升正面情緒和自尊心，舒緩痛症。本課程根據本地研究結果及臨床經驗，配合癌症患者的需要，有系統及循序漸進地，幫助參加者提升生理及心理素質，從而培養健康生活模式。

Designed for 對象	Those with cancer (7 participants diagnosed in or after 2016. 3 participants diagnosed in or before 2015). Priority will be given to those enrolling for the first time 2016年或以後確診患者 (7位)，2015年或以前確診患者 (3位)。首次參加者優先。		
Date 日期	31 July to 18 September 2018 (Every Tuesday, total 8 sessions) 2018年7月31日至9月18日 (逢星期二，共8節)	Time 時間	4:00pm – 6:00pm 下午4:00 – 6:00
Facilitator 講者	WAT peer facilitators and Mr. Tommy Liang (Registered Social Worker) 走步治療朋輩領袖及梁國良先生 (註冊社工)	Language 語言	Cantonese 廣東話
Remarks 備註	1. The first and the last sessions are compulsory and are held at CancerLink Support Centre, North Point. Those who cannot attend these sessions will not be able to join the other sessions, held at the Happy Valley Recreation Ground. 2. Participants with an attendance rate of 80% or higher are eligible to enroll in the advanced level. 1. 參加者必須出席在癌協(北角)舉行的首堂及尾堂(解說及評估)，缺席者將不可以出席在跑馬地遊樂場舉行的其他課堂。 2. 進階班只接受出席本課程不少於80%參加者報名。		

“You Can” Plan your career – Career coaching workshop

C144

“You Can” 重返職場新規劃 — 事業及人生指導工作坊

There is a lot to consider after cancer, especially for young cancer survivors when thinking about returning to work. Many patients worry that the stress of work will cause relapse and that they will have struggles in balancing their well-being, family and work life. In this workshop, we touch on all these topics, work on the fear and uncertainty, how to cope with the stress of going back to work and how to choose a job suitable and appropriate to them now.

年輕癌症患者往往關注重返職場的問題，他們或會擔心工作壓力會否增加癌症復發的機會，也對如何從健康、工作和家庭中取得平衡感到疑惑。工作坊會探討相關問題，教你如何處理恐懼、應付工作壓力及選擇適合自己的工作。

Designed for 對象	Those with cancer and age between 18-39 years old (10 participants) 18-39歲年輕癌症患者 (10位)		
Date 日期	2 to 23 August 2018 (Every Thursday, total 4 sessions) 2018年8月2日至23日 (逢星期四，共4節)	Time 時間	7:15pm – 9:15pm 下午7:15 – 9:15
Facilitator 講者	Ms. Penny Leung (Life Coach); Ms. Stephanie Tang (Registered social worker) 梁玉雲女士 (人生教練)、 鄧曉嫻姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協 (中環) 香港皇后大道中99號中環中心地下5號室		

Tips for Better Sleep Quality

C145

讓我安睡 — 改善睡眠質素工作坊

Research suggests that the levels of insomnia and sleeping issues for those with cancer are double those of other people. Sleeping issues can lead to fatigue, memory and concentration problems, and affect daily activities and quality of life in general. The workshop aims to help participants find solutions.

研究普遍指出，癌症患者比一般人患上失眠及睡眠問題多出一倍或以上。睡眠問題會導致疲勞、記憶及專注力下降，影響參與日常活動的能力，從而影響生活質素！此工作坊藉著講解、介紹認知行為治療法及不同的放鬆技巧等，讓參加者掌握影響睡眠質素的原因，及舒緩有關問題的方法！

Designed for 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	9 to 23 August 2018 (Every Thursday, total 3 sessions) 2018年8月9日至8月23日 (逢星期四，共3節)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
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
Remarks 備註	Assessment by our social worker is required before participation. 參加者需經評估以確定是否適合參加。		



Using Mindful Self-Compassion for better emotional resilience (I)

C146

靜觀自我關懷工作坊 — 增強情緒復原力 (I)

Cancer patients or caregivers often experience a range of difficult and challenging emotions. Mindful self-compassion can be a powerful tool for dealing with these, it can free us from the destructive cycle of emotions that so often rule our lives. Research has shown that mindful self-compassion can decrease depression and anxiety symptoms. This workshop will enable participants to learn some mindful self-compassion theories and techniques as a way to enhance emotional resilience and wellbeing.

癌症患者及其照顧者很多時會面對一些難受的情緒，而研究顯示「靜觀自我關懷」可以令人脫離情緒化反應，避免惡性循環，改善情緒調節的能力，讓抑鬱及焦慮症狀得到改善。工作坊會讓參加者認識「靜觀自我關懷」的理論及方法，擴闊思維及增強情緒復原力，提升身心健康。

Designed for 對象	Those with cancer and their family members (15 participants) 癌症患者及其照顧者 (15位)		
Date 日期	10 August to 31 August 2018 (Every Friday, total 4 sessions) 2018年8月10日至8月31日 (逢星期五，共4節)	Time 時間	3:00pm – 5:00pm 下午3:00 – 5:00
Facilitator 講者	Ms. Marian Wong (Clinical Psychologist) 王敏珩姑娘 (臨床心理學家)	Language 語言	Cantonese 廣東話
Remarks 備註	All participants who enroll will be put on a waiting list for screening. Enrolment in this group is subject to assessment outcome. 報名參加本課程將會先被列作後備。參加者需先經評估，以確定是否適合參加。		

Reviewing your Life Journey Personal Growth Group

C147

生命旅「圖」成長小組

Through story sharing and group activities, this group will help you review your life journey and explore your inner resource and wisdom.

有人形容人生就像一場旅行，你和我手上均拿著獨一無二的地圖，看著不同的風景、走過特別的旅途。小組透過回顧及整理自己的人生旅程，探索生命故事中被遺忘的內在資源和智慧，為你自己的生命賦予新的意義。

Designed for 對象	Male cancer clients (10 participants) 男性癌症患者 (10位)		
Date 日期	18 July to 22 August 2018 (Every Wednesday, total 6 sessions) 2018年7月18日至8月22日 (逢星期三，共6節)	Time 時間	3:15pm – 5:45pm 下午3:15 – 5:45
Facilitator 講者	Ms. Shelley Chau (Registered Social Worker) 周曉敏姑娘 (註冊社工)	Language 語言	Cantonese 廣東話

Caner & Mental Health – Decision Delegation

C148

癌症與精神健康 — 決策授權

Cancer and treatment may affect your decision-making capabilities and you may need someone to take care of duties and roles on your behalf. Being prepared and delegating in advance can reduce the family caring burden. When should I make these arrangements? Which delegations are legally binding? When should I make a will? This talk will explore the above further.

癌症及其治療有可能短暫或長期影響患者的決策和處事能力。在處理如稅務、財務、醫療決定、照顧安排等，懂得預先安排「授權」是承擔的行為，不但減少自己的憂慮，亦可減低家人照顧上的負擔。什麼時候需要作出授權？什麼授權具法律效力？何時適合立遺囑？講座會跟你一一講解。

Designed for 對象	Those with cancer and their family members (30 participants) 癌症患者及家屬 (30位)		
Date 日期	8 September 2018 (Saturday) 2018年9月8日 (星期六)	Time 時間	9:30am – 11:00am 上午9:30 – 11:00
Facilitator 講者	Dr. Jenny Tsang (Specialist in Psychiatry) 曾淑鈞醫生 (精神科專科醫生)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協 (中環) 香港皇后大道中99號中環中心地下5號室		

Sole-to-soul Adventure in Nature

C149

深觸我心 — 大自然歷奇旅程

You may struggle hearing too many voices, minds and comments daily. Exploring nature will help you observe your inner world in stillness. Let's listen to your core needs and start living together.

生活有太多聲音、意見和想法，或會令人感到矛盾急躁。透過探索大自然，在寧靜中觀察自己內心世界，聆聽自己的真正需要，從心出發。

Designed for Those with cancer (10 participants)
對象 癌症患者 (10位)

Date 15 September 2018 (Saturday)
日期 2018年9月15日 (星期六)

Time 9:30am – 1:30pm
時間 上午9:30 – 下午1:30

Facilitator Ms. O'Nes Lai (Registered Social Worker)
講者 黎沛瑜女士 (註冊社工)

Language Cantonese
語言 廣東話

Location Pok Fu Lam Reservoir (Gather at "University of Hong Kong" MTR Station Exit A1 Ground Floor)
地點 薄扶林水塘 (港鐵香港大學站A1出口地面集合)

Remarks Five quotas will be reserved to those who have completed any workshop on "Taking Care of Our Emotions".
備註 5位名額會優先給予完成任何一個「料理情緒工作坊」的參加者。

Music therapy and relaxation

C150

音樂治療講座

Understanding music therapy by exploring musical instruments and voice. Participants would understand the forms and goals of music therapy, facilitated by a music therapist in a safe and comfortable environment.

透過探索不同樂器及聲音去了解音樂治療。治療師將解釋什麼是音樂治療。參加者將探索治療目的及了解音樂治療的形式及作用。

Designed for Those with cancer within the past 2 years (15 participants)
對象 確診2年內癌症患者 (15位)

Date 7 September 2018 (Friday)
日期 2018年9月7日 (星期五)

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

Facilitator Ms. Nicole Chow (Registered Music Therapist)
講者 周穎賢小姐 (註冊音樂治療師)

Language Cantonese
語言 廣東話

Remarks 1. No prior artistic training required.
2. Please wear casual and comfortable outfits.
備註 1. 參加者無需任何藝術創作經驗或技巧。
2. 請穿著舒適衣物。

Music therapy and self-management group

C151

音樂治療小組

Understanding music therapy by exploring musical instruments and voice. Participants would understand the forms and goals of music therapy, facilitated by a music therapist in a safe and comfortable environment.

透過探索不同樂器及聲音去了解音樂治療。治療師將解釋什麼是音樂治療。參加者將探索治療目的及了解音樂治療的形式及作用。

Designed for Those with cancer within the past two years (12 participants. Places are offered only to participants who attend ALL sessions)
對象 確診2年內癌症患者 (12位。名額只提供給能夠全程參與者)

Date 14, 21, 28 September, 5, 12, 19 October 2018
日期 (Every Friday, total 6 sessions)
2018年9月14日，21日及28日，10月5日，12日及19日 (逢星期五，共6節)

Time 2:30pm – 5:00pm
時間 下午2:30 – 5:00

Facilitator Ms. Nicole Chow (Registered Music Therapist)
講者 周穎賢小姐 (註冊音樂治療師)

Language Cantonese
語言 廣東話

Remarks 1. No prior artistic training required.
2. Please wear casual and comfortable outfits.
3. All participants will be registered in the waiting list, must registered in and attend "Music therapy and relaxation" C150.
備註 1. 參加者無需任何藝術創作經驗或技巧。
2. 請穿著舒適衣物。
3. 所有參加者將先列作後備，必須同時報名「音樂治療講座」C150

End-of-life Planning Tour

生死教育系列 — 圓滿人生自遊行

C152

Through this visit, you will know more about the latest information on memorial services in Hong Kong and learn the importance of preparing ahead for the end-of-life.

透過親身參觀和實地了解，具體認識有關香港殯葬資訊，掌握生前規劃後事的重要性和好處。

Designed for 對象	25 participants diagnosed in or after 2016, 20 participants diagnosed in or before 2015. 2016年或以後確診患者 (25位)，2015年或以前確診患者 (20位)		
Date 日期	14 September 2018 (Friday) 2018年9月14日 (星期五)	Time 時間	10:00am – 4:00pm 上午10:00 – 下午4:00
Facilitator 講者	Mr. Maksim Cheung 張煒楠先生	Language 語言	Cantonese 廣東話
Location 地點	Diamond Hill 鑽石山		
Remarks 備註	<ol style="list-style-type: none"> Five quotas will be reserved to those who have completed "The Five Health Facts that You Should Know". The lunch and coach will be provided in this tour. <ol style="list-style-type: none"> 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。 是次活動會提供午膳及旅遊車接送。 		

Family Support 家庭支援

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

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

Rainbow Club – Two Days One Night Summer Family Camp

彩虹會「家」添快樂暑假2日1夜家庭營

C153

The overnight camp strengthens family's intimacy with playful activities, let's join and create precious moments for your family.

兩日一夜的家庭營透過好玩新穎的活動，提昇家庭成員間彼此的親密度，留下美好的親子回憶。

Designed for 對象	Rainbow Club members (Maximum 4 members from each family; total 12 participants) 彩虹會家庭 (12位，每個家庭最多4位)		
Date 日期	7 to 8 July 2018 (Saturday and Sunday) 2018年7月7日至8日 (星期六及日)	Time 時間	2:00pm (7 July) – 3:00pm (8 July) 下午2:00 (7月7日) – 3:00 (7月8日)
Facilitator 講者	Ms. Iris Ip (Registered Social Worker) 葉靜宜姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	Jockey Club Tai Tong Holiday Camp 保良局賽馬會大棠渡假村 Gather Point: Kowloon Tong Station, 2:00pm (7 July) Dismiss Point: Kowloon Tong Station 3:00pm (8 July) 集合：港鐵九龍塘站，下午2:00 (7月7日) 解散：港鐵九龍塘站，下午3:00 (7月8日)		
Remarks 備註	<ol style="list-style-type: none"> Participants have to pay \$100 deposit on or before 27 June 2018 at the center they enrolled. The deposit shall be returned to the participants once they attend the programme, otherwise the \$100 will be donated to HKCF. If a last minute cancellation is reported on the day, participants will be set on wait-lists in the future. The camp includes all meals and coach transport to and from the center and campsite. <ol style="list-style-type: none"> 參加者需於6月27日前到所屬報名中心繳交按金港幣100元，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。 如在活動當天臨時缺席，日後的參與也會被列作後備參加者，敬請留意。 活動包括所有膳食，並提供來回旅遊巴接送。 		

VitaMarriage Talk (5th intake) 「抗癌性格與活力婚姻」講座 (第5期)

C154

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

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

Designed for Cancer clients and their spouses (10 pairs)
對象 癌症患者及其配偶 (10對)

Date 15 September 2018 (Saturday)
日期 2018年9月15日 (星期六)

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

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

VitaMarriage Group (5th intake) 「抗癌性格與活力婚姻」夫婦小組 (第5期)

C155

We explore the relationship between personality, marriage and health using a couple-specific approach, and suggest tools to further develop this special bond.

研究指出性格特質及婚姻素質與免疫力息息相關。本活動為參加者提供專為夫婦而設計的泰氏性格分析、剖析將冰山劈開的心理機制、及示範五種具創意的應對模式，增加夫婦親密感。

Designed for Cancer clients and their spouses (5 pairs)
對象 癌症患者及其配偶 (5對)

Date 29 September and 6 October 2018
(Every Saturday, total 2 sessions)
日期 2018年9月29日及10月6日 (星期六，共2節)

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

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

Language Cantonese
語言 廣東話

Remarks
備註

1. This group is only open to those enrolled in VitaMarriage talk C154.
2. All those who enroll will be put on a waiting list for screening.
3. Accepted participants are eligible to enjoy free personality analysis.

1. 本活動只接受已報名C154「抗癌性格與活力婚姻」講座的夫婦參加。
2. 報名參加本活動者將會先被列作後備，經篩選後獲確認。
3. 成功獲確認為本活動之參加者可免費接受泰氏性格分析。

Endless Love Couples Group 「相守終身」夫婦小組

C156

In this workshop, through the 6 meetings, we will attempt to explore the deeper meanings of real-life challenges relating to life and death. In addition, we shall explore into our unconscious self, the parts which are generally untapped, and discover the implications of this personal understanding on our marriage vow, "two persons but one body; and till death do we part...".

「問世間，情是何物，直教生死相許。」情人們相信也會渴望了解什麼是「愛情」和婚姻的意義。小組會和夫婦們一起從真實的自身經驗出發，探索婚姻獨有的旅程和意義，從而「體悟情為何物」，嘗試明瞭其中男女二人成為一體的奧秘。

Designed for Cancer clients and their spouses (6 pairs)
對象 癌症患者及其配偶 (6對)

Date 4 August to 8 September 2018 (Every Saturday,
total 6 sessions)
日期 2018年8月4日至9月8日 (逢星期六，共6節)

Time 3:00pm – 5:00pm
時間 下午3:00 – 5:00

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

Language Cantonese
語言 廣東話

Remarks
備註

1. All those who enroll will be put on a waiting list for screening.
2. Priority is given to those who have attended "A Date with Couples" Talk held on 16 June 2018.

1. 報名參加本活動者將會先被列作後備，經篩選後獲確認。
2. 曾出席6月16日「相約星期六」講座之參加者可優先獲取錄。

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。

“You can” look for work direction

C157

“You Can” 尋找工作方向

Through theatre play and interactive games to help participants to grasp the skills needed in an interview as well as to develop a positive work attitude.

透過劇場及互動環節，以全新劇目和輕鬆手法，幫助參加者掌握正確的面試技巧和禮儀。參加者亦可反思工作的價值觀，同時建立正面積極的學習和工作態度。

Designed for Those with cancer and age between 18-29 years old (20 participants)
對象 18-29歲年輕患癌人士 (20位)

Date 3 July 2018 (Tuesday)
日期 2018年7月3日 (星期二)

Time 1:30pm – 5:30pm
時間 下午1:30 – 5:30

Facilitator Labour Department YES project
講者 勞工處青年就業起點 (Y.E.S.) 團隊

Language Cantonese
語言 廣東話

Location HK Baptist University (Gather Point: MTR Kowloon Tong station Exit A)
地點 香港浸會大學大學會堂 (集合：港鐵九龍塘站A出口)

“You Can” have a healthy life–Organic farming

C158

“You Can” 認知與實踐健康生活 — 有機耕種

Understand what is organic farming and the importance of it in healthy living. Moreover, participants can also experience farming physically. 認識及現場實踐有機耕作，與志同道合的同路人互相分享，提高對健康生活的意識。

Designed for Those with cancer and age between 18 – 39 years old (15 participants)
對象 18-39歲癌症患者 (15位)

Date 25 August 2018 (Saturday)
日期 2018年8月25日 (星期六)

Time 10:00am – 3:30pm
時間 上午10:00 – 下午3:30

Facilitator Ms. Freda Lee (Registered social worker),
Ms. Stephanie Tang (Registered social worker)
講者 李笑微姑娘 (註冊社工)、
鄧曉嫻姑娘 (註冊社工)

Language Cantonese
語言 廣東話

Location HKFYG Organic Farm
地點 青協有機農場

Remarks 備註

1. This is a cooperate program with CancerLink (Kwai Chung)
2. All participants will be put on the waiting list first. Our staff will contact participants via telephone to confirm successful enrolment before 2018. For each successfully enrolled participant, a deposit of HK\$200 needs to be received on or before 2018. You can pay cash to CancerLink () or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down the name of the workshop. We will return the deposit to participants who complete the workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable.

1. 此活動與癌協 (葵涌) 合辦。
2. 所有參加者先列作後備，工作人員會於 或之前通知正選參加者繳交按金港幣200，按金將於出席活動後退回。如未能出席者，相關按金將捐給癌症基金會，恕不退回。

“You can” Cook with your BFF

C159

“You Can” 閩蜜廚房

Peer support is an important resource for young people, however, young cancer patients often don't know how to communicate with the friends when they are sick and often isolated themselves from their usual social life, vice versa their friends don't know how to support them. Do not let cancer be the barrier between you and your best friend, let this be a platform for you guys to get understand each other more and show thankfulness for having each other while enjoy cooking a dish together.

朋輩支援對年輕人來說是很重要的支援，但年輕癌症患者往往在患病期間選擇「收埋」自己，而其身邊朋友很多時亦不懂如何表達關懷。癌症不應成為朋友間的一道牆，活動期望以入廚為名，增進你與朋友間的互相了解機會。

Designed for 對象	Those with cancer and age between 18 – 39 years old and their friend (12 participants). Each Young Adult User must bring one friend along to join the program. 18-39歲年輕癌症患者及一位朋友(12位)，二人必須一同出席。		
Date 日期	22 September 2018 (Saturday) 2018年9月22日(星期六)	Time 時間	11:00am – 4:00pm 上午11:00 – 下午4:00
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	Rent-a-Kitchen (Gather point: 11:00am, MTR Kwun Tong Station Exit A2) 出租廚房(集合地點: 11:00港鐵觀塘站A2出口)		

“Going Through” Project-Prostate Cancer New Case Sharing

C160

「前路無阻」：「同步向前」前列腺癌新症支援分享會

This 'new case' sharing will focus on the topic "Caring the carers". Apart from guest sharing, participants can have chances to interact with other peers to discuss how to handle the treatment side effects.

分享會主題為「協助照顧者做得更好」，除了嘉賓分享，參加者亦有機會與同路人交流如何面對及處理治療後的各種適應問題。病友和家屬從中可發現更多正確及有效的抗癌智慧，改善個人及家庭生活質素。

Designed for 對象	Those with prostate cancer and their family members (25 participants) 前列腺癌患者及家屬(25位)		
Date 日期	23 August 2018 (Thursday) 2018年8月23日(星期四)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Ms. Shelley Chau (Registered Social Worker) 周曉敏姑娘(註冊社工)	Language 語言	Cantonese 廣東話

“Going Through” Project – Ving Tsun for vitality (5th intake)

C161

前路無阻：活力詠春(第5期)

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

因治療而產生的副作用及後遺症往往令患者出現失禁、肌肉流失、骨質疏鬆等問題，影響平衡力和自信心。參加者可透過研習詠春拳術，提升肌力和增加自信心，掌握提升身心素質的技巧，從而發揮互助精神。

Designed for 對象	Male cancer clients (15 participants, priority given to prostate cancer clients) 男性癌症患者(15位, 前列腺癌患者優先)		
Date 日期	13 July to 28 September 2018 (Every Friday, total 12 sessions) 2018年7月13日至9月28日(逢星期五, 共12節)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Walnut Club trained Ving Tsun peer facilitators 華樂會詠春研習導師	Language 語言	Cantonese 廣東話
Remarks 備註	All those who enroll will be put on a waiting list for screening. 報名參加本活動者將會先被列作後備，經篩選後獲確認。		

Explore in the dark 從黑暗中探索

C162

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

Designed for 對象	10 participants diagnosed in or after 2016, 4 participants diagnosed in or before 2015 2016年或以後確診患者 (10位)；2015年或以前確診患者 (4位)		
Date 日期	10 August 2018 (Friday) 2018年8月10日 (星期五)	Time 時間	2:25pm – 5:30pm 下午2:25 – 5:30
Facilitator 講者	Mr. Maksim Cheung 張焯楠先生	Language 語言	Cantonese 廣東話
Location 地點	Dialogue Experience 黑暗中對話體驗館		
Remarks 備註	Five quotas will be reserved to those who have completed "The Five Health Facts that You Should Know". 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Embroidery for Love 錦「繡」良「圓」

C163

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

Designed for 對象	Those with cancer who diagnosed within past three years (15 participants) 確診3年內癌症患者 (15位)		
Date 日期	4 to 18 July 2018 (Every Wednesday, total 3 sessions) 2018年7月4日至18日 (逢星期三，共3節)	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Facilitator 講者	Ms. Mimi Chan & Mr. Maksim Cheung 陳慧嫻小姐及張焯楠先生	Language 語言	Cantonese 廣東話

Balloon twisting 氣球藝術班

C164

Release stress through balloon art.
透過扭氣球讓你舒緩緊張的生活步伐。

Designed for 對象	Those with cancer who diagnosed within past five years (12 participants) 確診5年內癌症患者 (12位)		
Date 日期	6 to 27 September 2018 (Every Thursday, total 4 sessions) 2018年9月6日至27日 (逢星期四，共4節)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Ms. Betty Ng & Mr. Maksim Cheung 伍慧蘭小姐及張焯楠先生	Language 語言	Cantonese 廣東話

Volunteers Service Briefing Session 「癌協義工」服務簡介會

C165

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	15 September 2018 (Saturday) 2018年9月15日 (星期六)	Time 時間	11:15am – 12:30pm 上午11:15 – 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	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協 (中環) 香港皇后大道中99號中環中心地下5號室		

Sharing group for Center Ambassadors

C166

「服務大使」分享會

A platform for center ambassadors to share their service experiences and to reflect. We aim to enhance the personal growth and development of each volunteer with professional guidance.

服務大使聚在一起，互相分享有趣的經驗及感受，更可交流服務心得，並且計劃未來服務。

Designed for 對象	Center ambassadors of Cancer Link Central and North Point 癌協(中環)及癌協(北角)服務大使		
Date 日期	11 August 2018 (Saturday) 2018年8月11日(星期六)	Time 時間	11:15am – 12:45pm 上午11:15 – 下午12:45
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	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港皇后大道中99號中環中心地下5號室		

Volunteers Advanced Training

C167

– All you needed to know about nasopharyngeal cancer**「癌協義工」進階訓練 — 鼻咽癌全面睇**

From diagnosis to treatment, side effects and its management, all you needed to know about nasopharyngeal cancer will be included in this talk. 由診斷至治療，副作用及其處理；此講座會令你更認識鼻咽癌，助你有更多知識能在服務時使用。

Designed for 對象	Volunteers of CancerLink Central and North Point 癌協(中環)及癌協(北角)義工		
Date 日期	18 August 2018 (Saturday) 2018年8月18日(星期六)	Time 時間	11:15am – 12:45pm 上午11:15 – 下午12:45
Facilitator 講者	Ms. Katrina Wu (Registered Nurse) 胡凱桃姑娘(註冊護士)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港皇后大道中99號中環中心地下5號室		

Community Education Ambassador Training

C168

– Storytelling and meaning-making of my cancer journey**社區教育大使訓練 — 抗癌歷程回顧、意義建構與說故事技巧**

If you are interested to share your cancer story to others and pass the positive life message on while raising the awareness to the public on cancer, you should not miss this training and join the Community Education Ambassador team! Furthermore, we will have a top-up course on African music as a gimmick to present the team when we will do performances!

若有志分享你的抗癌故事，以生命影響生命及提高公眾對癌症的認識，便不要錯過這訓練！課程會以製作紀念冊形式回顧你的抗癌歷程，從中教導如何建構意義和組織故事重點。社區教育大使團隊更會有非洲音樂訓練，以音樂作賣點傳揚生命信息。

Designed for 對象	Volunteers of CancerLink Central and North Point 癌協(中環)及癌協(北角)協航者義工		
Date 日期	17 July to 7 August 2018 (Every Tuesday, total 4 sessions) 2018年7月17日至8月7日(逢星期二，共4節)	Time 時間	3:30pm – 5:30pm 下午3:30 – 5:30
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	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港皇后大道中99號中環中心地下5號室		

Home Care Volunteer Sharing and Evaluation Meeting

C169

家居關顧義工經驗分享交流及檢討會

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

Designed for 對象	Home care volunteers 家居關顧團隊義工		
Date 日期	18 August 2018 (Saturday) 2018年8月18日 (星期六)	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 講者	Ms. Shelley Chau (Registered Social Worker) 周曉敏姑娘 (註冊社工)	Language 語言	Cantonese 廣東話

Mid-Autumn Festive Visit

C170

中秋關懷探訪

Through home visiting cancer clients during mid-autumn festival, home care volunteers can send their love and care to the home-bound patients.
中秋佳節前夕，透過探訪癌症患者送上禮物和關懷，讓他們感受到節日的溫暖。

Designed for 對象	Those with cancer and are currently using home care service or have weak social support network and their family members (10 participants) 正接受家居關顧服務或支援網絡較弱的癌症患者及其照顧者 (10位)		
Date 日期	8 September 2018 (Saturday) 2018年9月8日 (星期六)	Time 時間	2:00pm – 5:30pm 下午2:00 – 5:30
Facilitator 講者	Ms. Shelley Chau (Registered Social Worker) 周曉敏姑娘 (註冊社工)	Language 語言	Cantonese 廣東話

Synergy Home Gathering – Mid Autumn Night Dream

C171

嘻哈聚 — 中秋慶團圓

Great chance to gather with your friends in Cancer Link to celebrate the Mid-autumn Festival! Let's come to have a joyful moment with us!
中秋節又怎少得和我們一同慶祝！仲等？來一起渡過充滿笑聲及喜樂的下午！

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	1 September 2018 (Saturday) 2018年9月1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	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協 (中環) 香港皇后大道中99號中環中心地下5號室		



Wellness and Holistic Health Care 身心靈健康服務

Our Wellness programmes help to relax the mind and body, and improve your overall sense of well-being.
身心靈課程幫助我們放鬆情緒，化解煩惱，促進身、心、靈的健康與和諧。

Wellness online videos and audios

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

Wellness online programmes include:

- Yin Yoga
- Awareness Through Movement – The Feldenkrais Method®
- Yoga for Wellness
- Chair Yoga
- Yoga Nidra and Meditation
- Ba Duan Jin & Yi Jin Bang
- Yang Style Taiji and 8-form Qigong **NEW**
- Body Nuance
- Restorative Yoga
- Pilates
- Chanting



身心靈網上課程

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

網上課程系列包括：

- Yin 瑜伽
- 傾聽身體的聲音 — 魁根斯方法®
- 療愈瑜伽
- 椅子瑜伽
- 瑜伽大休息及靜坐
- 八段錦和易筋棒
- 楊式太極和氣功八式 **新**
- 身體律動
- 復元瑜伽
- 普拉提斯
- 頌唱



Please visit Hong Kong Cancer Fund's YouTube channel: 歡迎瀏覽以下香港癌症基金會YouTube頻道：-
<https://www.youtube.com/c/hongkongcancerfundvideo>

Points to note:

1. For Wellness Programmes, each applicant can enroll the maximum of **5 confirmed programmes and 5 programmes in wait-list** across all CancerLink Centres.
2. For programmes with a hash (#) or marked "enroll only one specific programme", means an applicant can only enroll one programme within all CancerLink Centres.
3. Unless otherwise specified, 50% of each wellness programme quota will be arranged for those **diagnosed in or after 2015**.
4. Some of the programmes are designed for specific groups. If a participant does not meet the programme requirements, we reserve the right to cancel their enrolment.
5. Once your enrolment is confirmed, please mark down the programme details and arrive on time. **We will NOT make further reminder calls.**
6. To create a quiet environment, please arrive 10 minutes before programme begins, **door will be closed on time.**

注意事項：

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

Yoga for Beginners# 初階瑜伽 #

Through gentle postures and mindful breathing, this class enhances the vitality and relaxation of the body and mind for self-healing.
透過柔和及有效的瑜伽式子和呼吸法，伸展肌肉筋骨，達到內心平靜。

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

Class A A班	Pure Fitness Causeway Bay 銅鑼灣	C181	
Date 日期	24 July to 18 September 2018 (Every Tuesday, 9 sessions) 2018年7月24日至9月18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	C182	
Date 日期	18 July to 19 September 2018 (Every Wednesday, 10 sessions) 2018年7月18日至9月19日 (逢星期三，共10節)	Time 時間	3:00pm – 4:20pm 下午3:00 – 4:20
Facilitator 導師	Ms. May Chan 陳兆媚女士	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 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	Quarry Bay 鯽魚涌	(Weekend class, suitable for users at work 周六課程，適合在職患者參加)	C183
Date 日期	21 Jul to 22 September 2018 (Every Saturday, 10 sessions) 2018年7月21日至9月22日 (逢星期六，共10節)	Time 時間	9:15am – 10:45am 上午9:15 – 10:45
Facilitator 導師	Ms. Candy So 蘇靖棋女士	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 — 鯽魚涌 #**

C184

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舒緩手術後的疼痛，也有效預防或治療淋巴水腫。

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

Date 18 July to 19 September 2018
日期 (Every Wednesday, 10 sessions)
2018年7月18日至9月19日 (逢星期三，共10節)

Time 4:40pm – 6:00pm
時間 下午4:40 – 6:00

Facilitator Ms. May Chan
導師 陳兆媚女士

Language Cantonese
語言 廣東話

Location Dance Room, Quarry Bay Sports Centre – 6/F,
地點 Quarry Bay Municipal Services Building, 38 Quarry Bay Street (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance)

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)

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

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

C185

The class aims to strengthen the immune system and release tension through Sun Salutation postures and mindful breathing.

透過「拜日式」等動作和呼吸法，伸展肌肉筋骨，增加能量，邁向療愈。

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

Date 19 July to 20 September 2018
日期 (Every Thursday, 10 sessions)
2018年7月19日至9月20日 (逢星期四，共10節)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Mr. Andrew Marcus Chan (1st–4th sessions)
導師 陳翼文先生 (第1–4節)
Ms. Stacey Lowe (5th–10th sessions; 第5–10節)

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/use Central – Mid Levels escalator)
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 / 使用中環至半山自動扶手電梯)



Photos from 'U-Link' 相片由'U-Link'提供

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

C186

A form of yoga that explores the body's subtle energies with long and deep stretches.
透過長時間的伸展，以放鬆身心及探索身體。

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

Date 16 July to 17 September 2018 (Every Monday, 10 sessions)
日期 2018年7月16日至9月17日 (逢星期一，共10節)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Mr. Andrew Marcus Chan (1st–5th sessions)
導師 Ms. Carol Wong (6th–10th sessions)
陳翼文先生 (第1–5節)
蔣曉薇女士 (第6–10節)

Language Cantonese
語言 廣東話

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

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

C187

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

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

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

Date 18 July to 19 September 2018 (Every Wednesday, 10 sessions)
日期 2018年7月18日至9月19日 (逢星期三，共10節)

Time 3:45pm – 5:15pm
時間 下午3:45 – 5:15

Facilitator Ms. Maggie Lin
導師 連君婷女士

Language Cantonese
語言 廣東話

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

Gentle Flow – Pure Yoga The Centrium 溫和瑜伽 — Pure Yoga 中央廣場

C188

A gentle, flowing yoga practice, the class explores yoga postures and the connection between body and breathing for overall well-being.
溫和瑜伽是一種溫和而又富動感的練習，此課堂帶領參加者專注於瑜伽式子和呼吸，探索兩者的連繫，有助恢復元氣。

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

Date 20 July to 21 September 2018 (Every Friday, 10 sessions)
日期 2018年7月20日至9月21日 (逢星期五，共10節)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Ms. Janus Wong
導師 黃波女士

Language Cantonese
語言 廣東話

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

Yoga for Men – CancerLink (North Point)

C189

男士伸展瑜伽課 — 癌協 (北角)

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

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

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

Date 9 July to 13 August 2018 (Every Monday, 6 sessions)
日期 2018年7月9日至8月13日 (逢星期一，共6節)

Time 4:15pm – 5:45pm
時間 下午4:15 – 5:45

Facilitator Mr. Collin Ng
導師 吳國霖先生

Language Cantonese
語言 廣東話

Laughter Yoga – Sheung Wan

C190

愛笑瑜伽 — 上環

This class explores how, through laughing, you feel relaxed and clapping can stimulate the meridians and strengthen the function of internal organs, with simple and easy movements to enhance blood circulation. It relieves depression and anxiety, and can be practiced in your daily life.

大笑令身心放鬆，有助紓緩抑鬱焦躁的情緒；透過大力拍掌刺激經絡，能強化五臟六腑功能；而輕鬆簡單的四肢動作，能提升體溫，幫助血液循環，達到出汗排毒的效果。

Designed for Those with cancer – who have completed surgery more than six months previously (45 participants)
對象 適合完成手術後半年或以上，並無嚴重心臟病和高血壓的癌症患者 (45位)

Date 20 July to 17 August 2018 (Every Friday, 5 sessions)
日期 2018年7月20日至8月17日 (逢星期五，共5節)

Time 1:10pm – 1:55pm
時間 下午1:10 – 1:55

Facilitator Mr. Dick Yu
導師 余狄夫先生

Language Cantonese
語言 廣東話

Location Dance Room, Sheung Wan Sports Centre - 11/F Sheung Wan Municipal Services Building, 345 Queen's Road Central (Near MTR Sheung Wan Station, Exit A2)
地點 上環體育館舞蹈室 - 皇后大道中345號上環市政大廈11樓(近港鐵上環站A2出口)



Partner Massage Yoga Workshop – Pure Fitness Soho

C191

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 對象	Those with cancer and their family members (34 participants for those with cancer and 10 participants for their family members) 癌症患者 (34位) 及其家屬 (10位)		
Date 日期	12 July 2018 (Thursday) 2018年7月12日 (星期四)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Mr. Anjan Kundu	Language 語言	English 英語
Location 地點	Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance / use Central – Mid-Levels escalator) 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 / 使用中環至半山自動扶手電梯)		

**Yoga Workshop – Yoga for Lower Back Pain – Pure Yoga The Centrium**

C192

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) 適合完成手術後半年或以上的癌症患者 (50位)		
Date 日期	9 July 2018 (Monday) 2018年7月9日 (星期一)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 導師	Ms. Dorothy Lam 藍嘉欣女士	Language 語言	Cantonese 廣東話
Location 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (Near MTR Central Station Exit D1, around 9 minutes walking distance) Pure Yoga 中央廣場 - 中環雲咸街60號中央廣場16樓 (近港鐵中環站D1出口，步行約9分鐘)		

Yoga Workshop – Happy Spine – Pure Fitness Causeway Bay **NEW**

C193

瑜珈工作坊 — 快樂脊柱 — Pure Fitness 銅鑼灣

In this workshop, you will learn how to improve and sustain a healthy spine through yoga postures, suitable especially for people with spinal and neck issues due to lack of exercises or strain.

教授保持脊柱健康的瑜珈動作，改善缺乏運動及勞損的肩頸及脊椎所形成的脊椎毛病。

Designed for 對象	Those with cancer – who have completed surgery more than six months previously (50 participants) 適合完成手術後半年或以上的癌症患者 (50位)		
Date 日期	10 and 17 July 2018 (Tuesdays, 2 sessions) 2018年7月10日及17日 (星期二，共2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 廣東話
Location 地點	Pure Fitness Causeway Bay–15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (Near MTR Causeway Bay Station Exit A) Pure Fitness 銅鑼灣–銅鑼灣波斯富街99號利舞臺廣場15樓 (近港鐵銅鑼灣站A出口)		

Chair Yoga Workshop – CancerLink (North Point)

C195

椅子瑜珈工作坊 — 癌協 (北角)

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

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

Designed for
對象

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

Date
日期

21 August to 4 September 2018
(Every Tuesday, 3 sessions)
2018年8月21日至9月4日 (逢星期二，共3節)

Time
時間

3:00pm – 4:30pm
下午3:00 – 4:30

Facilitator
導師

Ms. May Chan
陳兆媚女士

Language
語言

Cantonese
廣東話

**Breathing and Relaxation for Beginners – Pure Yoga Quarry Bay**

C196

呼吸和瑜珈大休息基礎班 — Pure Yoga 鯽魚涌

Learn different yoga breathing techniques to revitalise your body and calm your mind.

學習瑜珈呼吸法，輔以「瑜珈大休息」減壓，促進身心健康和心靈平和。

Designed for 對象	Those with cancer (23 participants) 癌症患者 (23位)		
Date 日期	17 July to 18 September 2018 (Every Tuesday, 10 sessions) 2018年7月17日至9月18日 (逢星期二，共10節)	Time 時間	2:00pm – 3:45pm 下午2:00 – 3:45
Facilitator 導師	Ms. Winnie Cheung 張丹紅女士	Language 語言	Cantonese 廣東話
Location 地點	Pure Yoga Quarry Bay – 4/F, Lincoln House, Taikoo Place, 979 King's Road, Quarry Bay (Near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B) Pure Yoga 鯽魚涌 – 鯽魚涌英皇道979號太古坊林肯大廈4樓 (近港鐵鯽魚涌站A出口或太古城站B出口)		
Remarks 備註	Enroll in only one Breathing & Relaxation Class 只能選報一個呼吸和瑜珈大休息班		

Meditation – Tsim Sha Tsui

C197

靜坐班 — 尖沙咀

Learn breathing and meditation techniques to ease worries and explore your innermost feelings. Experience a state of inner peace to promote self-healing and elevate your quality of life.

透過呼吸法和靜坐的方式，走入自己的心靈空間，達至自我療愈，平靜情緒，同時提高生活品質。

Designed for 對象	Those with cancer (36 participants) 癌症患者 (36位)		
Date 日期	8 August to 26 September 2018 (Every Wednesday, 8 sessions) 2018年8月8日至9月26日 (逢星期三，共8節)	Time 時間	10:10am – 11:40am 上午10:10 – 11:40
Facilitator 導師	Ms. S. K. Maddox 薛曉光女士	Language 語言	Putonghua/English 普通話/英語
Location 地點	Activity Room, 2/F, Kowloon Park Sports Centre – 22 Austin Road, Tsim Sha Tsui (MTR Jordan Station Exit C or Austin Station Exit F) 九龍公園體育館2樓活動室 – 尖沙咀柯士甸道22號 (港鐵佐敦站C出口或柯士甸站F出口)		

Chanting – CancerLink (North Point)

C198

頌唱班 — 癌協 (北角)

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

透過頌唱舒緩情緒，利用聲音震動產生的能量達到自我療愈，得到內心的安靜。

Designed for 對象	Those with cancer (25 participants) 癌症患者 (25位)		
Date 日期	8 August to 26 September 2018 (Every Wednesday, 8 sessions) 2018年8月8日至9月26日 (逢星期三，共8節)	Time 時間	1:30pm – 3:00pm 下午1:30 – 3:00
Facilitator 導師	Ms. S. K. Maddox 薛曉光女士	Language 語言	Putonghua/English 普通話/英語

Tibetan Singing Bowls Healing 1 on 1 Workshop – CancerLink (Central)**西藏頌鉢1對1療愈工作坊 — 癌協 (中環)**

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

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

Date/Time 日期/時間	C199	Workshop A 工作坊 A: 12 July to 9 August 2018 (Every Thursday, 5 sessions) 2018年7月12日至8月9日 (逢星期四，共5節)	11:00am – 5:00pm 上午11:00 – 下午5:00
	C200	Workshop B 工作坊 B: 16 August to 13 September 2018 (Every Thursday, 5 sessions) 2018年8月16日至9月13日 (逢星期四，共5節)	11:00am – 5:00pm 上午11:00 – 下午5:00
Designed for 對象	Cancer survivors without high blood pressure and heart diseases, except leukemia and lymphoma survivors (5 participants per workshop) 非血癌或淋巴癌的癌症康復者，無高血壓及心臟病病史，及無未痊癒的手術傷口 (每個工作坊5位)		
Facilitator 導師	Tibetan singing bowls facilitators 西藏頌鉢療愈導師	Language 語言	Cantonese 廣東話
Remarks 備註	<ol style="list-style-type: none"> 1. Each participant would be arranged 45 minutes one on one Tibetan Singing Bowls Healing session. 2. All applicants will be put on the waiting list first. Our staff will contact applicants via telephone to confirm successful enrolment and arranging session time slots. 3. Wear loose and comfortable clothes. 4. There will be sometime lying down, therefore, please don't come with full stomach. 5. Enroll in only one Tibetan Singing Bowls Healing 1 on 1 Workshop. <ol style="list-style-type: none"> 1. 每位參加者將會安排不同時段接受45分鐘的西藏頌鉢聲音療愈。 2. 所有報名者會先列作後備，職員會再電話聯絡確認成功報名者以及安排個別時段。 3. 請穿著寬鬆舒適的衣物。 4. 參加工作坊時不宜過飽，因需要一段時間躺著。 5. 只能選報一個西藏頌鉢1對1療愈工作坊。 		

Tibetan Singing Bowls Healing Workshop – CancerLink (North Point)

西藏頌鉢療愈工作坊 — 癌協 (北角)

Tibetan singing bowls are 'struck and sung' in specific rhythmic patterns to create sound harmony. As the bowls vibrate, they send waves through the body, leading to relaxation and slowed respiration, brain and heart rates, and inducing a deep meditative state of self-healing. Many experience a deep sense of well-being. 透過敲擊西藏頌鉢的外緣，經由震波發出的自然能量，幫助身體放鬆，同時平衡及調和身心、紓緩疼痛，並進入深層冥想狀態和促進自我療愈。

Designed for Those with cancer (15 participants per workshop)
對象 癌症患者 (每個工作坊15位)

Facilitator Ms. Mona Choi
導師 蔡雅玲女士

Language Cantonese
語言 廣東話

Date/Time **C201** **Workshop A 工作坊 A:**
日期/時間 13 September 2018 (Thursday) 11:00am – 1:00pm
2018年9月13日 (星期四) 上午11:00 – 下午1:00

C202 **Workshop B 工作坊 B:**
13 September 2018 (Thursday) 4:00pm – 6:00pm
2018年9月13日 (星期四) 下午4:00 – 6:00

C203 **Workshop C 工作坊 C:**
20 September 2018 (Thursday) 10:00am – 12:00noon
2018年9月20日 (星期四) 上午10:00 – 中午12:00

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



Pilates Classes 普拉提斯伸展運動班

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

Beginner Class A/B – Pure Fitness Admiralty 基礎班 A/B – Pure Fitness 金鐘

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

Date 18 July to 19 September 2018
日期 (Every Wednesday, 10 sessions)
2018年7月18日至9月19日
(逢星期三，共10節)

Time **Class A A班:** 3:00pm – 3:55pm
時間 下午3:00 – 3:55

C204

Class B B班: 4:00pm – 4:55pm
下午4:00 – 4:55

C205

Facilitator Ms. Jessie Lee
導師 李惠芳女士

Language Cantonese
語言 廣東話

Location Pure Fitness Admiralty – Levels 1 & 2, Fairmont House, 8 Cotton Tree Drive, Admiralty (MTR Admiralty Station Exit B or Central Station Exit J2)
地點 Pure Fitness 金鐘 – 金鐘紅棉路八號東昌大廈1-2樓 (港鐵金鐘站B出口或中環站J2出口)

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

C206

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

Date 3 August to 21 September 2018 (Every Friday, 8 sessions)
日期 2018年8月3日至9月21日 (逢星期五，共8節)

Time 3:30pm – 5:00pm
時間 下午3:30 – 5:00

Facilitator Ms. Chang Hsiu Yun
導師 張岫雲女士

Language Cantonese/Putonghua
語言 廣東話/普通話

Location Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (Near MTR Central Station Exit D2, around 10 minutes walking distance/use Central – Mid Levels escalator)
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 / 使用中環至半山自動扶手電梯)

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

Pilates Workshop – Spinal Alignment – Pure Fitness Soho

C207

普拉提斯伸展運動工作坊 — 脊椎保健 — Pure Fitness蘇豪

Pilates focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine. The facilitator will share the theories about human muscles and bone structure and teach Pilates exercises to help sustain the neutral alignment of the spine and strengthen the deep postural muscles which are important in alleviating and preventing back pain.

普拉提斯伸展運動專注於核心肌群的練習。導師將會講解肌肉骨骼的理論，並教導如何幫助身體平衡及提供脊椎支撐。透過身體覺察以及強化深層肌肉，能保持脊椎的中位，及減緩或預防背痛。

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

Date 20 and 27 July 2018 (Fridays, 2 sessions)
日期 2018年7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, 10 minutes walking distance / use Central – Mid Levels escalator)
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 / 使用中環至半山自動扶手電梯)

Remarks
備註

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

Awareness Through Movement – The Feldenkrais Method®

C208

– Far East 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 9 July to 6 August 2018 (Every Monday, 5 sessions)
日期 2018年7月9日至8月6日 (逢星期一，共5節)

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

Facilitator Mr. Sean Curran
導師 紀文舜先生

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

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

Remarks
備註

1. Wear warm and comfortable clothing.
2. HK\$300 deposit is required on or before 28 June 2018 if your enrolment is successful. You can pay cash to **CancerLink (Kwai Chung)** or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down “The Feldenkrais Method”. Address: 3/F, TLP132, 132-134 Tai Lin Pai Road, Kwai Chung.
3. The deposit will be refunded upon attendance rate over 80%.
4. If attendance rate is below 80%, the deposit will be donated to the Cancer Fund, and is not refundable.
1. 須穿著舒適保暖的衣服。
2. 成功報名者，請於6月28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。



Health Qigong Ba Duan Jin & Yi Jin (tendon stretching) Bang Exercise**健身氣功八段錦及易筋棒運動**

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

八段錦繼承中國傳統養生方法的基礎，融入科學健身理念。易筋棒運動屬伸展運動，可以活動上半身及腳踝等關節，更兼顧頸部及腰椎的活動。可預防五十肩、網球手、彈弓手、關節退化病、腦退化等病症。練習者如能堅持恆常鍛煉，能增進身心健康。

Shek Tong Tsui 石塘咀

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

Date **C209** 5 July to 30 August 2018 (Every Thursday, 9 sessions)
日期 2018年7月5日至8月30日 (逢星期四，共9節)

C210 **Revision session – for those who have attended this class before**
重溫課 – 歡迎舊生報名
23 and 30 August 2018 (Thursdays, 2 sessions)
2018年8月23日及30日 (星期四，共2節)

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

Facilitator Ms. Milky Ng
導師 伍妙奇女士

Language Cantonese
語言 廣東話

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

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

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

Date **C211** 21 July to 22 September 2018 (Every Saturday, 10 sessions)
日期 2018年7月21日至9月22日 (逢星期六，共10節)

C212 **Revision session – for those who have attended this class before**
重溫課 – 歡迎舊生報名
15 and 22 September 2018 (Saturdays, 2 sessions)
2018年9月15日及22日 (星期六，共2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，毗鄰香港電影資料館)

Remarks 1. Wear loose, comfortable clothing and light kung-fu shoes.
備註 2. Please bring two sets of old newspapers to make the Yi Jin Bang.
3. Enroll in only one qigong class.
1. 穿著輕巧布面膠底鞋、闊身運動褲及運動衣。
2. 請自備兩份舊報紙以創作易筋棒。
3. 只能選報一個氣功班。



Qigong 12 Forms 導引養生氣功班

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

Shek Tong Tsui 石塘咀

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

Date **C213** 5 July to 30 August 2018 (Every Thursday, 9 sessions)
日期 2018年7月5日至8月30日 (逢星期四，共9節)

C214 **Revision session – for those who have attended this class before**
重溫課 — 歡迎舊生報名

23 and 30 August 2018 (Thursdays, 2 sessions)
2018年8月23日及30日 (星期四，共2節)

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

Facilitator Ms. Milky Ng
導師 伍妙奇女士

Language Cantonese
語言 廣東話

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

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

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

Date **C215** 21 July to 22 September 2018 (Every Saturday, 10 sessions)
日期 2018年7月21日至9月22日 (逢星期六，共10節)

C216 **Revision session – for those who have attended this class before**
重溫課 — 歡迎舊生報名

15 and 22 September 2018 (Saturdays, 2 sessions)
2018年9月15日及22日 (星期六，共2節)

Time 9:00am – 9:55am
時間 上午9:00 – 9:55

Facilitator Mr. Suen Kwai Ping
導師 孫貴平先生

Language Cantonese
語言 廣東話

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

Remarks 1. Wear loose, comfortable clothing and light kung-fu shoes.
備註 2. Enroll in only one qigong class.

1. 穿著輕巧布面膠底鞋、闊身運動褲及運動衣。
2. 只能選報一個氣功班。



Yi Jin Bang – North Point**易筋棒 — 北角**

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

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

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

Class A
A班**C217**

Date 5 to 26 July 2018 (Every Thursday, 4 sessions)
日期 2018年7月5日至26日 (逢星期四, 共4節)

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

Facilitator Ms. Leung Mei Ling
導師 梁美玲女士

Language Cantonese
語言 廣東話

Class B
B班**C218**

Date 2 to 23 August 2018 (Every Thursday, 4 sessions)
日期 2018年8月2日至23日 (逢星期四, 共4節)

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

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

Language Cantonese
語言 廣東話

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

Remarks 備註

1. Please bring two sets of old newspapers to make the Yi Jin Bang.
2. Enroll only one Yi Jin Bang class.
1. 請自備兩份舊報紙以創作易筋棒。
2. 只能選報一個易筋棒班。

Zentangle Workshop – CancerLink (Central)**禪繞畫體驗工作坊 — 癌協 (中環)****C219**

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

Date 3, 10 and 17 August 2018 (Fridays, 3 sessions)
日期 2018年8月3日、10日及17日 (星期五, 共3節)

Time 4:00pm – 5:45pm
時間 下午4:00 – 5:45

Facilitator Mr. Dick Yu
導師 余狄夫先生

Language Cantonese
語言 廣東話

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

Remarks 備註

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



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

C220

健康蔬果汁工作坊 — 癌協 (北角)

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

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

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

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

Date 14 July 2018 (Saturday)
日期 2018年7月14日 (星期六)

Time 2:00pm – 5:00pm
時間 下午2:00 – 5:00

Facilitator Ms. Sandra Carvajal
導師

Language English
語言 英語

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

1. Enroll in only one Eat Wise Workshop.
2. Please bring your own food container and cutlery.

注意事項：

1. 最多只能選報一個正選智營烹飪工作坊。
2. 參加者請自備餐盒與餐具。

Designed for Cancer survivors (25 participants per workshop)
對象 癌症康復者 (每個工作坊25位)

Raw Food School
生素學堂

C221

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

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

Date 6 August 2018 (Monday)
日期 2018年8月6日 (星期一)

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

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

Language Cantonese
語言 廣東話

Refreshing Veggie Party
清新蔬果派對

C222

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

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

Date 6 July 2018 (Friday)
日期 2018年7月6日 (星期五)

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

Facilitator Ms. Karrie Tam
導師 譚穎恩女士

Language Cantonese
語言 廣東話



Talk – Soup and Tea Recipes for Cancer Patients – CancerLink (Central) **NEW** **C223****康復湯水與茶飲講座 — 癌協 (中環)**

The speaker will share different soup and tea recipes, based on Chinese medicine knowledge to boost your energy and immune system and to sooth side effects of cancer treatments such as dry mouth and poor appetite.

導師將分享有助病後回復體力的茶飲和養生湯水，講解如何紓緩化療電療後口乾口苦的情況，以及胃口不佳時如何利用不同湯水健脾開胃、提升免疫力和調理五臟等等。

Designed for 對象	Those with cancer (50 participants) 癌症患者 (50位)		
Date 日期	10 August 2018 (Friday) 2018年8月10日 (星期五)	Time 時間	11:30am – 1:00pm 上午11:30 – 下午1:00
Facilitator 導師	Ms. Christine Tull 杜淑貞女士	Language 語言	Cantonese 廣東話
Location 地點	Multi-function Room C, G/F., The Center, 99 Queen's Road Central, Hong Kong 中環皇后大道中99號中環中心多用途活動室C		

Food for the Heart (Book Club) – CancerLink (North Point) **C224****心靈的宴會 — 以書聚友 — 癌協 (北角)**

In this bi-weekly book club, participants share insights on a chosen chapter from an inspirational book. They explore how these can be integrated into daily life, along with a good sense of humour.

這個每兩周聚會一次的讀書會將充滿了歡笑和分享，每次討論一個章節，除了分享大家閱讀的心得外，並討論如何將這些心得運用到每天的生活中。

Designed for 對象	Those with cancer (12 participants) 癌症患者 (12位)		
Date 日期	8, 22 August, 5, 19 September 2018 (Wednesdays, 4 sessions) 2018年8月8日、22日、9月5日及19日 (星期三，共4節)	Time 時間	3:15pm – 4:45pm 下午3:15 – 4:45
Facilitator 導師	Ms. S. K. Maddox 薛曉光女士	Language 語言	Putonghua 普通話

Writing Workshop – CancerLink (North Point) **C225****寫作坊 — 癌協 (北角)**

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

Writing is one of the good ways to express and articulate our feelings, thoughts and to connect deeper with our inner selves. Everyone has personal stories, one's own creativity which can be expressed through writing. The writer, Molly, will share her experiences and writing skills to encourage participants to articulate their inner voices.

寫作可以抒發情感、審視及表達自己想法，同時幫助我們往內探索。每個人也有其獨特的生命故事和創造力，小說作者麻手會與大家分享寫作經驗及技巧，鼓勵參加者透過寫作，將自身的故事以及內在聲音展現出來。

Designed for 對象	Those with cancer (25 participants) 癌症患者 (25位)		
Date 日期	28 July 2018 (Saturday) 2018年7月28日 (星期六)	Time 時間	2:30pm – 5:30pm 下午2:30 – 5:30
Facilitator 導師	Ms. Molly Yee 余嘉敏女士 (麻手)	Language 語言	Cantonese 廣東話

Inner Healing

能量療愈

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

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

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

Date **C179** **Group A:** 3, 17 September; 8, 22 October; 5, 19 November 2018 (Mondays, 6 sessions)
日期 **A班:** 2018年9月3及17日; 10月8日及22日; 11月5日及19日 (星期一, 共六堂)

C180 **Group B:** 10, 24 September; 15, 29 October; 12, 26 November 2018 (Mondays, 6 sessions)
B班: 2018年9月10日及24日; 10月15日及29日; 11月12日及26日 (星期一, 共六堂)

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

Facilitator Pervin Shroff
講者

Language English
語言 英語

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

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

Other Recommended Programme 其他推薦活動

Programme 課程	Code 編號	Please refer to Link below 詳情請參閱以下癌協通訊
Wan's Meridian Harmony Movement Workshop 溫式經絡調整操工作坊	K208	Kwai Chung 葵涌
Mindful Tea Tasting and Ping Shuai Practice Workshop 靜心茶道 + 平甩功團練工作坊	K210 – K211	
Mandala Workshop & Practice Day Mandala 繪畫療愈工作坊及練習日	K212 – K215	
Massage Exercise Ball Workshop 小力球工作坊	K217	
Eat Wise Healthy Cooking Workshop Eat Wise 智營養烹飪工作坊	K220 – K227	
Aroma Massage Workshop 紓緩香薰按摩工作坊	W256	Wong Tai Sin 黃大仙
Talk – How To Create Your Green Kitchen 綠色廚房講座	W257	

Community Support 社區支援

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

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

Pamela Youde Nethersole Eastern Hospital Gynecological Cancer New Case Orientation 東區尤德夫人那打素醫院婦科癌新症分享會

C172

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

Designed for 對象	Those who have been newly diagnosed with gynecological cancer at East Hong Kong Cluster 於港島東聯網確診的新婦科癌症患者		
Date 日期	7 August, 21 August and 18 September 2018 (Tuesdays, total 3 sessions) 2018年8月7日、8月21日及9月18日 (星期二，共3節)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工	Language 語言	Cantonese 廣東話
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

C173

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

Designed for 對象	Those who have been newly diagnosed with cancer at Pamela Youde Nethersole Eastern Hospital 於東區尤德夫人那打素醫院的新症癌症患者		
Date 日期	20 July and 21 September 2018 (Friday) 2018年7月20日及9月21日 (星期五)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Oncologist, nurse and social worker 腫瘤科醫生、護士及社工	Language 語言	Cantonese 廣東話
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		
Remarks 備註	Participants need to join one of the above sessions only. 參加者只需出席其中一節。		

Queen Mary Hospital Know more about prostate cancer 瑪麗醫院前列腺癌講座

C174

Learn the most current treatment trend for prostate cancer, community resources and sharing from survivors. 認識前列腺癌及治療新方向、社區資源介紹及康復者分享。

Designed for 對象	Those with prostate cancer and their families from HK West cluster 港島西聯網前列腺癌患者及其家屬		
Date 日期	31 August 2018 (Friday) 2018年8月31日 (星期五)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Oncologist of Queen Mary Hospital, Registered social worker of CancerLink Support Center 瑪麗醫院腫瘤科駐院專科醫生、癌協服務中心註冊社工	Language 語言	Cantonese 廣東話
Location 地點	Activity Room, 2/F, Cancer Centre Queen Mary Hospital 瑪麗醫院癌症中心二樓活動室		

Queen Mary Hospital Diet Talk

C175

瑪麗醫院癌症飲食與營養講座

Speakers from different professionals would provide tips on healthy diet and cancer support services in the community.
簡介會講解有關癌症飲食及社區支援服務。

Designed for 對象	Cancer patients or carers from HK West cluster 港島西聯網癌症病人或家屬	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Date 日期	21 September 2018 (Friday) 2018年9月21日 (星期五)	Language 語言	Cantonese 廣東話
Facilitator 講者	Dietitian of Queen Mary Hospital, Registered social worker of CancerLink Support Center 瑪麗醫院營養師、癌協服務中心註冊社工	Location 地點	Activity Room, 2/F, Cancer Centre Queen Mary Hospital 瑪麗醫院癌症中心二樓活動室

Joint Talk 合辦講座

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

Home Care and Community Support 癌症病患者居家照顧及社區支援

C176

This talk provides tips for caregivers when looking after cancer patients at home, and introduces home care services in the community.
資深護師講解居家照顧的安排及注意事項，並介紹社區支援服務，以配合癌症患者及照顧者的需要。

Date 日期	7 July 2018 (Saturday) 2018年7月7日 (星期六)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Mr. Cheung Man Kwong (Advanced Practice Nurse, Geriatric clinic of United Christian Hospital) 張民光先生 (基督教聯合醫院內科資深護師)	Language 語言	Cantonese 廣東話
Location 地點	Lecture Theatre, Hospital Authority Building (147B, Argyle Street, Kowloon) 醫院管理局大樓閣樓演講廳 (九龍亞皆老街147B醫院管理局大樓)		

Treatment for cancer in Chinese Medicine 癌症與中醫治療 — 講解中醫治療癌症的方法

C177

Get to know the treatment options from the perspective of Chinese Medicine.
由中醫角度講解治療癌症的方法。

Date 日期	4 August 2018 (Saturday) 2018年8月4日 (星期六)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Registered Chinese Medicine Practitioner of Pok Oi Hospital, The Chinese University of Hong Kong Chinese Medicine Centre for Training & Research 博愛醫院 - 香港中文大學中醫臨床教研中心醫師	Language 語言	Cantonese 廣東話
Location 地點	Lecture Theatre, Hospital Authority Building (147B, Argyle Street, Kowloon) 醫院管理局大樓閣樓演講廳 (九龍亞皆老街147B醫院管理局大樓)		

Will and legacy 平安紙與財產管理

C178

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

Date 日期	8 September 2018 (Saturday) 2018年9月8日 (星期六)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Mr. S.T. Cheng (Solicitor) 鄭瑞泰律師	Language 語言	Cantonese 廣東話
Location 地點	Auditorium, Hong Kong Council of Social Service (Duke of Windsor Social Service Building, No. 15 Hennessy Road, Wanchai, Hong Kong) 香港社會服務聯會禮堂 (香港灣仔軒尼詩道15號溫莎公爵社會服務大廈)		
Remarks 備註	<ol style="list-style-type: none"> 1. Enrollment will take place one month before the talk. 2. Co-organizer: Cancer Patient Resource Centre of public hospitals. <ol style="list-style-type: none"> 1. 報名日期為講座前一個月。成功報名者需到中心領取入場券，憑券入場。 2. 合辦單位：七間腫瘤科醫院的癌症病人資源中心 		

Friends of CancerLink

癌協之友 ~ 並肩同行抗癌路

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

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

在癌症患者及家屬的抗癌路上，「病人自助組織」發揮著朋輩支持及經驗交流的功能，而「癌協服務中心」則提供專業支援服務，兩者是良好的合作伙伴，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

Location Map - North Point

癌協中心位置，歡迎到訪！



Call us
聯絡電話

3667 3030

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

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

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

颱風暴雨期間，為確保會友參加活動的安全，請留意以下安排：
*活動舉行前3小時天氣惡劣，依據下列警告訊號安排

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



癌症基金會
CANCERFUND
So no one faces cancer alone

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

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

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