



Link 連繫

October – December
十月 – 十二月 2018

Cancer & the Power of Resilience

Researchers have studied how resilience in individuals could promote positive psychosocial outcomes before, during or after cancer experiences. Resilience can be defined by an individual's traits and personal resources such as hope, motivation, optimism, pre-existing social support and spirituality. It can also be defined as a quality that people develop as a result of stress or trauma, which helps protect against further psychological distress and enhances psychosocial functioning.

So, how do you develop 'resilience'? Here are some tips that have proven helpful in boosting resilience levels:

- Recognise that some things in life are within our control, but some are not
- Identify what causes our stress and implement strategies to manage stress levels
- Find strength in what we can control, learn from difficult experiences and acknowledge our own efforts in overcoming life's challenges

Resilience is not just about expanding our inner capacity, as our lives are much richer and easier to navigate when we surround ourselves with supportive resources. This is why CancerLink services exist – to help individuals manage the physical, emotional, psychological and social challenges brought about by a cancer diagnosis; thereby reducing distress and improving overall quality of life!

癌症與抗逆力

專家嘗試研究個人抗逆力與癌症不同階段的關係，有指與先天的性格及資源有關，例如個人對未來的期望、動力、樂觀性格、良好人際及靈性支援等，這些正能量有助我們在面對困難時有較佳的適應力。而困境或經歷創傷的過程中有機會提升個人的抗逆力，減低我們的心理困擾，促進個人成長。

以下貼士有助提升抗逆能力：

- 遇上困境時，分辨出那些因素屬個人可控制範圍；
- 了解壓力來源及建立有效應對方法；
- 掌握可以控制的元素，如：從經驗中學習、欣賞自己所付出的努力。

抗逆力不單是個人內在耐力的擴展，如能在充足的支援及資源下，更能事半功倍，有效達到正向的改變！癌協服務中心便希望為患者及其家人提供情緒、心理、社交層面及實際上等全方面支援，協助他們提升面對癌症的能力，減輕困擾，改善生活質素！



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

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

Enrollment date starts:

13 September 2018 (Thursday)
from 9:00am onwards

接受報名日期：

2018年9月13日（星期四）
上午9時起

Enquiry and Enrollment: 3667 3030

查詢及活動報名：3667 3030

OPENING HOURS

Monday to Saturday: 9am-6pm

Sunday and Public Holidays: Closed

辦公時間

星期一至六：早上9時至下午6時

星期日及公眾假期休息

INDEX 目錄

Key Support Services 中心服務 貼心支援	2
Support Pink Revolution 粉紅革命	4
English Cancer Support Services	5
Practical Support 實際支援	6
Psychological Support 心理支援	14
Family Support 家庭支援	19
Peer Support 朋輩支援	21
Wellness and Holistic Health Care 身心靈健康服務	27
Community Support 社區支援	48
Friends of CancerLink 癌協之友	50

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 27-47)	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 (27-47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。

Support Pink Revolution 粉紅革命

Pink Revolution is Cancer Fund's annual breast cancer awareness and fundraising campaign. It aims to promote the importance of early detection and raise funds for our FREE breast cancer support services. We invite the community to help us raise HK\$2.5 million which will go towards our ongoing breast cancer care services, as well as valuable research in Hong Kong. According to the latest Hong Kong Cancer Registry statistics, there were more than 3,920 new breast cancer cases in 2015, making it the most common form of cancer amongst women in our community. You can help by spreading the message that early detection saves lives, and make a valuable donation to help us sustain our FREE cancer support services.



Join Pink Revolution and support women with breast cancer

Dress Pink Day is your chance to raise awareness of breast cancer and the need for professional support services. You are invited to join Dress Pink Day on October 26. To participate, please visit <https://www.cancer-fund.org/pink/en/participate/> for details.

「粉紅革命」是香港癌症基金會每年一度的關注乳癌活動，藉此響應國際乳癌關注月，喚醒公眾對乳癌的關注，及為相關的乳癌服務籌集經費。同時，我們希望籌募港幣250萬元，以持續提供各種恆常及免費乳癌支援服務，及資助本地癌症研究項目。根據癌症資料統計中心最新的2015年數字顯示，本港婦女有3,920宗新增乳癌個案，乳癌除了是本港婦女最常見的癌症，亦是婦女的第三號癌症殺手。請即加入「粉紅革命」行列，與我們攜手，將關注乳癌的健康訊息帶給全港婦女，同時為重要的免費乳癌支援服務籌募善款。

加入「粉紅革命」出力支持乳癌患者

今年我們的「粉紅服飾日」將定於10月26日，誠邀您當日穿戴粉紅衣飾，以喚醒眾人對乳癌的關注。想了解詳情，請瀏覽本會網頁：<https://www.cancer-fund.org/pink/participate/>



Talk to a Peer

It's always useful to talk to someone who has experienced cancer before, as they can provide you with practical advice and emotional support. Our trained volunteers are ready to help. Please call Yoyo Chan on 3667 3030 to arrange a talk with a peer.

Mutual Support Group

Come join our monthly gathering for speakers of English to share experiences and provide support for each other. You and your family will receive support from peers and make new friends on your 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. Yoyo Chan (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.		

Roles of Chinese Medicine in Cancer Care

C251

Empirical findings show that Chinese medicine can ease some of the side effects of cancer treatments and reduce cancer risk. Come to learn more about how it works!

Designed for	Those with cancer and their family members (20 participants)		
Date	25 October 2018 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Tung Wah Group of Hospitals - The University of Hong Kong Clinical Centre for Teaching and Research in Chinese Medicine	Language	English
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

Healthy Tips for Eating Out

C252

Eating out is so common in Hong Kong - dim sum lunches, hotpots, and buffets are some of our favourite meals, which are all full of high-fat and high-sodium ingredients. Join this talk with our registered dietician to provide you with tips on eating out and staying healthy.

Designed for	Those with cancer and their family members (20 participants)		
Date	29 November 2018 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Ms. Fion Chow (Registered Dietitian)	Language	English
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

'Celebration of Life' Christmas & New Year Gathering

C253

Time to be grateful and gather with friends and loved ones during the festive season. Let's celebrate with delicious food, good music, fun games and gifts!

Designed for	Those with cancer and their family members (20 participants)		
Date	14 December 2018 (Friday)	Time	6:30pm – 9:30pm
Facilitator	Ms. Yoyo Chan (Registered Social Worker) and volunteers	Language	English
Location	TBC		

Music Therapy and Relaxation

C254

Music can help us express and explore our feelings. In a safe environment led by our music therapist, you can learn to understand yourself better and find ways to relax through music.

Designed for	Those with cancer and their family members (15 participants). Priority will be given to those diagnosed in or after 2016.		
Date	17 November 2018 (Saturday)	Time	10:00am – 11:30am
Facilitator	Ms. Nicole Chow (Registered Music Therapist)	Language	English
Remarks	1. No prior artistic training required. 2. Please wear casual and comfortable clothing.		

Practical Support 實際支援

Cancer has a physical impact both during and long after treatment has ended. 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.

癌症對健康影響深遠，本會提供專業護理支援及不同的講座和活動，協助患者應對癌症症狀和治療後的副作用。

Nursing Consultation 專業護士諮詢服務

The one-to-one sessions with our oncology nurses allow you to discuss your condition, treatment options, side effects, pain etc. in person. Our nurses will also suggest questions to ask your doctor, and advise you on what to expect from your physical health during your cancer journey.

腫瘤科護士為患者及其親屬提供一對一的服務，諮詢問題如下，歡迎致電預約。

- 瞭解所患的癌症
- 患癌後即將面對的情況
- 如何向醫生提問
- 準備療程
- 處理症狀和治療後遺症、如疼痛等問題

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

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

Speak to a Dietitian 註冊營養師諮詢服務

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

為患者及其親屬提供營養治療和飲食諮詢服務，幫助提升營養，改善健康。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 Dietitian 註冊營養師
Central 中環	Tuesdays 逢星期二	2:30pm – 5:30pm 下午2:30 – 5:30	Ms. Fion Chow 周倩蓓姑娘
Wong Tai Sin 黃大仙	Mondays 逢星期一		
Kwai Chung 葵涌	Fridays 逢星期五		
Tin Shui Wai 天水圍	Wednesdays 逢星期三		

Lung Cancer and its Latest Treatment 肺癌治療新知

C255

This talk provides up-to-date information about lung cancer and its latest treatment.

近年很多研究針對肺癌的個人化治療，講座將講解肺癌的最新治療情況，讓參加者了解醫學進展如何有效控制病情。

Designed for Those with lung cancer and their family members (30 participants)
對象 肺癌患者及其照顧者 (30位)

Date 20 October 2018 (Saturday)
日期 2018年10月20日 (星期六)

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

Facilitator Dr. Lam Tai-Chung, Clinical Assistant Professor,
講者 Department of Clinical Oncology, The University of Hong Kong
林泰忠醫生 (香港大學臨床腫瘤學系臨床助理教授)

Language Cantonese
語言 廣東話

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

Cancer Pain management

C256

知多啲 癌痛少啲

Pain is common among people with cancer. Up to 77% of cancer patients have experienced pain according to research conducted in Hong Kong. We can help you to understand the cause of cancer pain, the myths about analgesics, and peripheral neuropathy treatment that can significantly lower pain and improve your quality of life.

疼痛往往伴隨癌症而來，香港有調查便指出多達77%的晚期癌症患者有疼痛問題。其實患癌不一定會疼痛，而後期癌症也不一定比初期更痛。紓緩專科醫生講解癌痛的形成、止痛藥的迷思及治療後手脚麻痺等治療方案，改善患者的生活質素。

Designed for 對象	Those with cancer and their family members (50 participants) 癌症患者及其照顧者 (50位)		
Date 日期	3 November 2018 (Saturday) 2018年11月3日 (星期六)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Dr. Lam Kwok Kwong (Palliative Care Doctor) 林國光醫生 (紓緩專科醫生)	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)香港中環皇后大道中99號中環中心地下5號室		

The Management of Mental Health-related Issues in Patients Undergoing Hormonal Therapy

C257

荷爾蒙治療與精神健康

Our guest psychiatrist will help those undergoing hormonal therapy to manage their moods better, discussing ways to maintain a healthy and positive mindset. Hormonal therapy may cause mood swings and even depression, so join us to find out more about how to deal with these symptoms.

體內荷爾蒙大幅度改變或降低時，有可能造成情緒問題，如情緒起伏或憂鬱。精神科醫生講解如何維持精神健康，以幫助患者在荷爾蒙治療路上得到支援。

Designed for 對象	Those with cancer and their family members (30 participants) 癌症患者及其照顧者 (30位)		
Date 日期	10 November 2018 (Saturday) 2018年11月10日 (星期六)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Dr. Cheng Shuk Yee, Rachel (Clinical psychiatrist) 鄭淑儀醫生 (精神科醫生)	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)香港中環皇后大道中99號中環中心地下5號室		

Genomic Tests and Precision Medicine in Cancer Care

C258

癌症基因測試與精準醫學

Get to know more about the latest developments in cancer heterogeneity and cancer genetics by coming to this talk with Dr Wong from the University of Hong Kong. He will tell you how the genetic basis of cancer development can provide patients with more tailored and effective treatment options.

癌症基因學家講解癌症遺傳學及基因的最新發展，讓大家了解遺傳學如何應用在癌症的防治發展，為患者帶來個人化治療，提升醫療效率。

Designed for 對象	Those with cancer and their family members (30 participants) 癌症患者及其照顧者 (30位)		
Date 日期	15 December 2018 (Saturday) 2018年12月15日 (星期六)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Dr. Wong Chun Ming Jack (Assistant Professor of department of Pathology of the HKU) 黃俊銘博士 (香港大學病理學系助理教授)	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		

Nursing Care after Breast Cancer Surgery and Understanding Breast Reconstruction and Prosthesis 認識乳癌術後護理、乳房重建和義乳

C259

Surgery is one of the treatment options for managing breast cancer. Our talk will enhance the self-care skills of breast cancer patients regarding post lumpectomy/mastectomy care. The nurse leading the session will also discuss the pros and cons of different breast reconstruction methods, and the use of breast prosthesis.

為乳癌患者提供有關乳房手術後的護理知識，提高自理能力及減低憂慮。講座亦會介紹乳房重建手術和義乳，令患者了解不同方法的利弊。

Designed for 對象	Those with cancer and their family members (30 participants) 癌症患者及其照顧者 (30位)		
Date 日期	24 November 2018 (Saturday) 2018年11月24日 (星期六)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Ms. Wong Ling (Advanced Practice Nurse, Tung Wah Hospital) 黃凌姑娘 (東華醫院資深護士)	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)香港中環皇后大道中99號中環中心地下5號室		

Breast Cancer Support Series – Adjustment Group for Breast Cancer Patients after Treatment 乳癌支援系列 — 「乳後彩虹」復康適應小組

C260

Speakers from different professions will address a range of issues that breast cancer patients come across after treatment, such as: numbness, upper limb lymphedema, symptoms of menopause, osteoporosis, and emotional changes.

匯聚不同專業人士，講解及討論乳癌患者治療後常見的副作用，如手腳麻痺、上肢淋巴水腫、更年期症狀、骨質疏鬆、情緒變化等。

Designed for 對象	Those with breast cancer (15 participants) diagnosed in or after 2017. Priority will be given to those enrolling for the first time. 2017或以後確診乳癌患者 (15位，首次參加者優先)		
Date 日期	31 October, 5 November (Monday), 14, 21 November 2018 (Other three sessions are Wednesday, total 4 sessions) 2018年10月31日、11月5日 (星期一)、11月14、21日 (其餘三堂為星期三，共4節)	Time 時間	11:30am – 1:30pm 上午11:30 – 下午1:30
Facilitator 講者	Ms. Iris Ip (Registered Social Worker), Ms. Sarah Chu (Registered Physiotherapist) and 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)及胡凱桃姑娘(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)香港中環皇后大道中99號中環中心地下5號室		

Lower Limb Lymphedema Exercise Class 下肢淋巴水腫運動班

C263

Come and learn more about the causes, symptoms, management and pain-relieving exercises for lower limb lymphedema. 了解下肢淋巴水腫的原因、症狀及處理方法，教授改善下肢淋巴水腫的運動練習。

Designed for 對象	Those with gynaecological cancer (12 participants). Priority will be given to those enrolling for the first time. 婦科癌症患者 (12人，首次參加者優先)		
Date 日期	7 November to 5 December 2018 (Every Wednesdays, total 5 sessions) 2018年11月7日至12月5日 (逢星期三，共5節)	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Facilitator 講者	Mr. Calson Leung (Registered Physiotherapist) 梁佑文先生 (註冊物理治療師)	Language 語言	Cantonese 廣東話
Location 地點	Rm. 504-505, Enterprise Building, 228 Queen's Road Central, Sheung Wan 上環皇后大道中228號聯業大廈5樓504-505室		

Eat Well and Be Happy**食出開心 快樂食療**

C264

The food we eat has a powerful impact on our mood. Join us to learn which foods can help you to feel happier.
快樂健康的情緒，有助癌症患者面對人生的挑戰和困難。原來有些快樂食物可助改善心情，齊來以美食更自己更快樂吧！

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

Date 26 October 2018 (Friday)
日期 2018年10月26日 (星期五)

Time 2:00pm – 4:00pm
時間 下午2:00 – 4:00

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

Language Cantonese
語言 廣東話

Chinese Medicine and Limb Numbness**中醫與手腳麻痺**

C265

The Chinese medicine practitioner at this session will provide ways to ease limb numbness.
以中醫角度為癌症患者提供舒緩手腳麻痺的方法。

Designed for Those with cancer and their family members (30 participants)
對象 癌症患者及其照顧者 (30位)

Date 14 November 2018 (Wednesday)
日期 2018年11月14日 (星期三)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Mr. Chan Ying Fai (Chinese Medicine Practitioner)
講者 陳英暉先生 (註冊中醫師)

Language Cantonese
語言 廣東話

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

Chinese Herbal Garden Outing**認識中草藥之行**

C266

Come and learn about common Chinese herbs in Hong Kong and how different herbs can be used to improve your health conditions.
介紹香港常見的中草藥，並簡介其生長特性及藥用功效，如何幫助患者改善健康。參與戶外導賞，由中草藥導賞員帶領，實地觀賞多種中草藥。

Designed for 15 participants diagnosed in or after 2016, 10 participants diagnosed in or before 2015. Places are offered only to those enrolling for the first time.
對象 2016年或以後確診患者(15位)；2015年或以前確診患者(10位)。只限首次參加者參加

Date/Time **Understanding Chinese Herbs Talk 「認識中草藥」講座**

日期/時間 24 November 2018 (Saturday)
2018年11月24日 (星期六)

2:00pm – 4:00pm
下午2:00 – 4:00

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

1 December 2018 (Saturday)
2018年12月1日 (星期六)

8:45am – 3:30pm
上午8:45 – 下午3:30

Facilitator Tutor from Hong Kong Health Association
講者 香港健康協會導師

Language Cantonese
語言 廣東話

Remarks A coach will be arranged from the centre on 1 December; Please arrive at the CancerLink (North Point) at 8:45am sharp on the day.
備註 中心會於12月1日安排巴士來回中心及活動地點，參加者請於上午8:45於癌協(北角)集合。

Physical Assessment by Chinese Medicine Practitioner

C267

中醫體質評估

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

註冊中醫師會為參加者進行個別評估，診斷身體體質，並建議適當的食療。

Designed for 對象	10 participants diagnosed in or after 2016, 5 participants diagnosed in or before 2015. Places are offered only to those enrolling for the first time 2016年或以後確診患者 (10位)；2015年或以前確診患者 (5位)。只限首次參加者參加		
Date 日期	5 December 2018 (Wednesday) 2018年12月5日 (星期三)	Time 時間	3:00pm – 5:30pm 下午3:00 – 5:30
Facilitator 講者	Registered Chinese Medicine Practitioner from Yan Chai Hospital cum HKBU Chinese Medicine Clinic cum Training and Research Centre 仁濟醫院暨香港浸會大學中醫診所及臨床研究中心註冊中醫師	Language 語言	Cantonese 廣東話

The Five Health Facts that You Should Know

C268

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.

探討整全健康的定義，了解五大健康範疇及分享降低癌症風險的資訊，帶領參加者檢視自己的身體狀況，從而掌握提升健康的方法。

Designed for 對象	Those diagnosed 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	8 and 15 October 2018 (Every Monday, total 2 sessions) 2018年10月8日及15日 (逢星期一，共2節)	Time 時間	10:30am – 12:00noon 上午10:30 – 中午12:00
Facilitator 講者	Mr. Maksim Cheung 張煒楠先生	Language 語言	Cantonese 廣東話

Cardiopulmonary Function and Muscle Strength Adjustment Workshop

C269

症狀控制系列 — 心肺功能及肌肉強度適應評估班

This workshop will help you understand your physical state after treatment, especially cardiopulmonary function and muscle strength, and how to adapt to any changes by doing appropriate exercise.

協助康復者認識及適應治療後的身體狀況，特別是心肺功能及肌肉強度，並建議適合他們的運動。

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/時間	Assessment 評估 16 October 2018 (Tuesday) 2018年10月16日 (星期二) Talk 講座 20 October 2018 (Saturday) 2018年10月20日 (星期六)	Time 時間	2:00pm – 5:00pm 下午2:00 – 5:00 3:30pm – 5:00pm 下午3:30 – 5:00
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	1. Participants will be divided into 6 groups for 30-minute check-ups. 2. 5 places will be reserved for those who have completed 'The Five Health Facts that You Should Know'. 1. 參加者將分為6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。		

Kickboxing Exercise Class

C270

症狀控制系列 — 拳擊運動訓練班

Kickboxing can strengthen both your muscles and cardiopulmonary function. Join us to improve your overall health.
透過有氧運動 Kickboxing 鍛煉心肺功能及肌肉強度，增強康復者處理日常生活的能力。

Designed for 對象	Those with cancer (10 participants). Places are offered only to those enrolling for the first time. 癌症患者 (10位，只限首次參加者參加。)		
Date 日期	22 October to 26 November 2018 (Every Monday, total 6 sessions) 2018年10月22日至11月26日 (逢星期一，共6堂)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Mr. Henry Tong 湯偉雄先生	Language 語言	Cantonese 廣東話
Location 地點	Floor 6, Wai Hing Commercial Building, 17-19 Wing Wo Street, Central 中環永和街17-19號偉興商業中心6樓		
Remarks 備註	Participants are required to attend and receive a recommendation from the current quarter's 'Cardiopulmonary Function and Muscle Strength Adjustment Workshop' (C269). 參加者必須先參加今季「症狀控制系列 - 心肺功能及肌肉強度適應評估班」(C269)，並獲推薦。		

Exercise Right

C271

運動全面睇

The best way to stay healthy is by exercising regularly. However, some people may use the wrong strategies to do this. This workshop will share effective approaches to regular exercise and will help you to live a healthy lifestyle.

適當的運動有助癌症患者康復，但要留意過量運動或會適得其反，令身體受到傷害。工作坊會教授參加者怎樣做運動才是理想及可達到強健身體的效果。

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 December 2018 (Thursday) 2018年12月6日 (星期四)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Location 地點	CancerLink Support Centre, North Point 癌協 (北角)		
Date 日期	13 December 2018 (Thursday) 2018年12月13日 (星期四)	Time 時間	10:00am – 2:00pm 上午10:00 – 下午2:00
Location 地點	Cape D'Aguilar 鶴咀		
Facilitator 講者	Mr. Maksim Cheung 張煒楠先生	Language 語言	Cantonese 廣東話
Remarks 備註	3 quotas will be reserved for those who have completed the 'The Five Health Facts that You Should Know'. 3位名額會優先給予曾經完成「不可不知的五個健康真相」參加者		



Photos from 'U-Link' 相片由'U-Link'提供

Manage Your Health via Smartphone

C272

「智」Fit 健康方程式

Use your smartphone to help you manage your health! This workshop will show you how.

大家日常會用智能電話來處理生活上的大小事務，工作坊還會發掘它的一個重要用途，便是幫助癌症患者管理你的健康。

Designed for 對象	Those with cancer (20 participants) 癌症患者 (20位)		
Date 日期	9 November 2018 (Friday) 2018年11月9日 (星期五)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
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 centre, 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	Suitable for people with a smart phone and those who know how to use a smartphone. 參加者需擁有並懂得使用智能電話。		

'You Can' Mind Map for Work Efficiency

C273

「You Can」思維導圖 — 提升工作效益

Patients often complain about having "chemo brain" after treatment, which affects their confidence in returning to work. This course will teach you mind-mapping skills to help you to remember things better, think faster and be more organized to improve your work efficiency.

治療後記憶力變差，頭腦轉數減慢，令到重新面對工作時自信心下跌？思維導圖有效幫助提升記憶、創意思考及決策能力等，令你可以更有效地工作。

Designed for 對象	Those with cancer aged 18–39 years old (12 participants); those over 39 years old will be put on the waiting list first. 18-39歲年輕癌症患者 (12位)，39歲以上患者先列作後備		
Date 日期	11 to 25 October 2018 (Every Thursday, total 3 sessions) 2018年10月11日至25日 (逢星期四，共3節)	Time 時間	7:15pm – 9:15pm 晚上7:15 – 9:15
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
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The centre, 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		

'You Can' Prepare Well when Talking to HR about Your Illness

C274

「You Can」應否在職場透露病情？

Many cancer patients are concerned about whether to share their condition with their employer, or how best to do so. Is it essential to tell my boss about my illness, if so when is the right time? How will HR respond if I expose my illness in interviews? Does my employer's medical insurance plan still cover my health issues? These are all common questions. This program will have senior HR managers to share with you all the tips you need.

年輕癌症患者往往關注應否在面試時告訴僱主自己的病情。透露病情是否必須？何時為透露的最佳時機？僱主對於癌症患者又有什麼看法？公司的醫療保險還能保障自己的醫療費用嗎？資深人力資源經理在講座會分享箇中貼士！

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	6 December 2018 (Thursday) 2018年12月6日 (星期四)	Time 時間	7:15pm – 8:45pm 晚上7:15 – 8:45
Facilitator 講者	Ms. Winnie Lo (Head of Human Resources and administration of HKCF) 羅穎兒小姐 (癌證基金會人力資源及行政部主管)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The centre, 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		

Retirement: A New Chapter

C275

「一切從退休開始」工作坊

You may take early retirement after being diagnosed with cancer. This talk will discuss the core aspects concerning retirement under these circumstances: financial state, physical and psychological adjustments, continuous learning, community participation, social life, developing interests outside work and family health. It will also help you to reflect on, and plan your retirement pathway. Community services tailored-made for retired people, and real-life stories will be shared too.

癌症可能令患者提早從工作崗位退下來，工作坊會探討退休人士最關注的生活範疇，包括：財務狀況、個人身心管理、持續學習、社會參與、社交生活、休閒嗜好、家庭健康，協助參加者檢視自己退休的前路，還會介紹給退休人士的社區服務，並分享「創夢」真實故事。

Designed for 對象	Those with cancer aged between 45-65 and their family members (40 participants) 45-65歲癌症患者及其照顧者 (40位)		
Date 日期	6 to 20 October 2018 (Every Saturday, total 3 sessions) 2018年10月6日至20日 (逢星期六，共3節)	Time 時間	11:15am – 12:45pm 上午11:15 – 下午12:45
Facilitator 講者	Registered Social Worker from YWCA Y Evergreen Learning Center, Ms. O'Nes Lai (Registered Social Worker) 女青賽馬會樂齡活學中心社工及黎沛瑜女士 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The centre, 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		

Tips on Resuming Work

C276

再踏職場路

If you are ready to get back to work, then our workshops will help prepare you to do so. We will equip you with all the skills and knowledge you need. 小組將邀來各專業人士分享愈後工作的準備，了解勞工法例、殘疾歧視條例、勞工保險等，讓你有更充份準備再踏職場。

Designed for 對象	Those with cancer (12 participants) 癌症患者 (12位)		
Date 日期	8 to 29 November 2018 (Every Wednesday, total 4 sessions) 2018年11月8日至29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	The University of Hong Kong Jockey Club Institute of Cancer Care 香港大學賽馬會癌症綜合關護中心	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The centre, 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		

Talk – Recent Developments in Cancer Diagnostics and Treatment – CancerLink (Kwai Chung) 淺談癌症治療的最新進展 — 癌協 (葵涌)

NEW

K276

Saturday workshop, suitable for users and their carers at work 周六講座，適合在職患者及其照顧者參加

Enrolment date starts 11 September, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為9月11日，請致電癌協(葵涌) 3667 3232

This talk will discuss recent developments in cancer treatment strategies, including genetic tests to more accurately diagnose the disease subtypes and new targeted therapy and immunotherapy for more effective treatment of certain cancer subtypes.

講解臨床癌症治療最新進展，包括利用基因測試更準確的診斷癌症類型及對應的治療方法，以及近年備受關注的新標靶藥物和免疫療法。

Designed for 對象	Those with cancer (65 participants) and their carers (15 participants) 癌症患者 (65位) 及其照顧者 (15位)		
Date 日期	17 November 2018 (Saturday) 2018年11月17日 (星期六)	Time 時間	11:00am – 1:00pm 上午11:00 – 下午1:00
Speaker 講者	Dr Jade Shi (Associate Professor, Faculty of Science, Hong Kong Baptist University; PhD in biophysics at University of Michigan; postdoctoral fellow at Harvard Medical School) 史珏博士 (香港浸會大學理學院副教授，美國密歇根大學生物物理學博士，哈佛大學醫學院博士後)	Language 語言	Cantonese 廣東話

Psychological Support 心理支援

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

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

Reviewing Your Life Journey Personal Growth Group

C277

生命旅「圖」成長小組

Cancer can be a challenge, but it is just a part of your life. Our story-sharing sessions with group activities will help you review your life experience and find the wisdom, courage, and confidence to live after cancer. Suitable for those undergoing treatment and at the recovery stage.

以敘事治療為框架，與正接受治療或康復的你，一起回顧及整理自己的生命歷程，探索當中被遺忘的內在資源和智慧，發掘個人能力、信念和價值。

Designed for 對象	Those with cancer (10 participants) 癌症患者 (10位)		
Date 日期	11 October to 15 November 2018 (Every Thursday, total 6 sessions) 2018年10月11日至11月15日 (逢星期四，共6節)	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
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
Remarks 備註	All participants will be registered on the waiting list, assessment is required before participation. 所有參加者先列作後備，需經評估以確定是否適合參加。		

Walking As Therapy – Basic Level

C278

走步治療課程 — 基礎班

Based on new developments in neuroscience and positive psychology, our eight-week programme will add value to cardiovascular training, boost your immune system, relieve painful symptoms, enhance positive thinking, and improve your quality of life after cancer.

近年科學研究指出運動如走步不單能改善個人體質，增強免疫力，還可以有效提升正面情緒和自尊感，舒緩痛症。課程根據本地研究結果及臨床經驗，配合癌症患者需要，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	10 participants diagnosed in or after 2016, 5 participants diagnosed in or before 2015. Priority will be given to those enrolling for the first time. 2016年或以後確診患者 (10位)，2015年或以前確診患者 (5位)。首次參加者優先。		
Date 日期	30 October to 18 December 2018 (Every Tuesday, total 8 sessions) 2018年10月30日至12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	<ol style="list-style-type: none"> 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. Participants with an attendance rate of 80% or higher are eligible to enroll in the advanced level. <p>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。</p> <p>2. 進階班只接受出席本課程不少於80%參加者報名。</p>		

'A Turning Point in Life' – Self-Exploration Group

C279

「第二人生」自我探索小組

The group adopts the body-mind-spirit intervention approach to help participants to reflect on their physical, emotional, and spiritual well-being from a 360-degree perspective, learning skills with experiential activities to foster acceptance of how their lives have changed.

「身」體強壯，才能應付日常生活；「心」靈滿足，才能找到方向；「靈」魂有所寄託，才可活在當下。小組採用全人健康模式概念，透過體驗環節，啟發參加者的身心靈成長。

Designed for 對象	Those with breast or gynaecological cancer (12 participants diagnosed in or after 2017. Priority will be given to those enrolling for the first time) 2017或以後確診乳癌或婦科癌患者 (12位，首次參加者優先)		
Date 日期	1 November to 6 December 2018 (Every Thursday, total 6 sessions) 2018年11月1日至12月6日 (逢星期四，共6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
Remarks 備註	All participants will be registered on the waiting list, assessment is required before participation. 所有參加者先列作後備，需經評估以確定是否適合參加。		

Positive Thinking for a Better Life

C280

「活出美好」正向思維與情緒管理小組

Based on cognitive behavioural therapy (CBT), the group aims to enhance participants' abilities to think positively. This workshop also teaches participants how to learn effective ways of managing emotions, in order to build a healthy lifestyle.

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

Designed for 對象	Those with cancer (12 participants), places are offered only to those enrolling for the first time. 癌症患者 (12位，只限首次參加者參加)		
Date 日期	6 November to 11 December 2018 (Every Tuesday, total 6 sessions) 2018年11月6日至12月11日 (逢星期二，共6節)	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
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。		

Personality Dimensions® at Stress Management

C281

壓力與性格透視®

Cancer can increase the stress levels of the person affected. Our workshop uses Personality Dimensions®, a reliable and validated assessment tool from Canada to help you understand your own temperament, competences, values and stressors, and equip you with techniques to manage stress. 研究顯示，有效管理壓力能提升康復者的生活質素。工作坊採用「性格透視」，一套源自加拿大、建基於性格理論和多年研究的個性分析工具，透過評估問卷和互動有趣的體驗活動，讓參加者更了解自己的性格特質、獨特能力、核心需要、價值觀與壓力來源，助你建立一套屬於自己有效的減壓方法。

Designed for 對象	Those with cancer completed treatment within 1 year (20 participants). Places are offered only to participants who attend both assessment and workshop. 已完成治療一年或以內的癌症患者 (20位)。名額只提供給能夠出席評估及工作坊的參與者		
Date/Time 日期/時間	Assessment 評估 10 November 2018 (Saturday) 2018年11月10日 (星期六) 10:00am – 12:30pm 上午10:00 – 下午12:30 Workshop 工作坊 17 November 2018 (Saturday) 2018年11月17日 (星期六) 10:00am – 3:30pm 上午10:00 – 下午3:30		
Facilitator 講者	Ms. O'Nes Lai (Certified Level 1 Personality Dimensions® Facilitator) 黎沛瑜女士 (1級認可性格透視®培訓師)	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		

'What if it comes back?' – Ways to Deal with your Fear of Cancer Recurrence

C282

面對復發恐懼工作坊

Living with uncertainty is never easy. After a diagnosis of cancer, fear of cancer recurrence is one of the most prominent concerns for patients and their caregivers. Research has shown that up to 70% of cancer patients experience moderate to severe levels of fear of cancer recurrence. In this workshop, ways to cope with the fear of relapse will be discussed.

癌症旅途難免面對很多不確定感，研究顯示高達70%的癌症患者對復發有明顯的恐懼，臨床心理學家探討應如何應對，從而活得更自在。

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	16 November 2018 (Friday) 2018年11月16日 (星期五)	Time 時間	3:00pm – 5:00pm 下午3:00 – 5:00
Facilitator 講者	Ms. Marian Wong (Clinical Psychologist) 王敏珩 (臨床心理學家)	Language 語言	Cantonese 廣東話
Remarks 備註	Quotas will be reserved to those who have not participated in the 'Fear-less of anxiety Manage Your Anxiety Better'. 名額會優先給予沒有參加過「焦慮無懼 - 自理你的焦慮課程」的患者。		

Workshop on How to Prepare a Good Ending for Life

C283

談生論死工作坊

This workshop will explore the journey of life and its meaning. Death is like a graduation of life, and we can find ways to live every day positively and with gratitude, even when affected by cancer. The workshop will also help break taboos and bring a new meaning to end of life.

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

Designed for 對象	Those with cancer and their family members (30 participants. Priority will be given to those enrolling for the first time) 癌症患者及其照顧者 (30位，首次參加者優先)		
Date 日期	20 October – 10 November 2018 (Every Saturday, total 3 sessions, except 3 November) 2018年10月20日至11月10日 (逢星期六，共3節，11月3日暫停)	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 講者	Mr. Pasu Ng (Founding President of Hong Kong Life and Death Studies Association) 伍桂麟先生 (香港生死學協會創會會長)	Language 語言	Cantonese 廣東話
Remarks 備註	10 November is an outing activity. The time will be 10:00am–5:30pm. Coach will be provided for this tour and participants have to pay for their own lunch. 11月10日為外出參觀活動。時間為上午10:00至下午5:30。當日將提供旅遊巴接送，午膳則需自費。		

Adversities in life

C284

逆境人生

To understand life from different perspectives, resilience in life's challenges, psychological distress of cancer patients and family members, and wisdom that will allow you to cope.

從不同角度探討人生的逆境，處理箇中智慧及癌症患者及其家屬的心理困擾及解困的智慧。

Designed for 對象	Those with cancer (20 participants) 癌症患者 (20位)		
Date 日期	16 November 2018 (Friday) 2018年11月16日 (星期五)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Venerable Hin Yan 釋衍隱法師	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		

Improving the Psychological Well-being of Lung Cancer Patients

C285

提升肺癌患者的心理質素

Through group discussion and sharing with peers, this session will explore ways to improve the psychological well-being of lung cancer patients. 透過專業講解及同路人分享，講座希望帶出癌症經歷對患者的情緒影響，並提供增強心理質素的妙法。

Designed for 對象	Those with lung cancer and their family members (20 participants) 肺癌患者及其照顧者 (20位)		
Date 日期	10 November 2018 (Saturday) 2018年11月10日 (星期六)	Time 時間	11:00am – 1:00pm 上午11:00 – 下午1:00
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
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 – In Quietness Shall be Our Strength

C286

– 2-day retreat for men**前路無阻 — 「靜中得力」 兩天男士課程**

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

根據美國國家綜合癌症支援網絡(NCCN)的指引，靈性上的困擾令癌症患者失去生活方向和意義。活動讓參加者遠離煩囂，在大自然的環境中找尋心靈空間、回顧人生和重整生命。

Designed for 對象	Male cancer clients (10 participants. Priority will be given to prostate cancer clients) 男士癌症患者 (10位，前列腺癌患者優先)		
Date 日期	21 to 22 December 2018 (Friday to Saturday) 2018年12月21日至22日 (星期五至六)	Time 時間	9:00am (21 December) – 4:00pm (22 December) 上午9:00 (12月21日) – 下午4:00 (12月22日)
Facilitator 講者	Mr. Larry Lee (RSW, Haven of Hope SASHCC), Mr. Tommy Liang (Registered Social Worker) 李瑞昌 (靈實司務道寧養院註冊社工) 及 梁國良先生 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	Joy of Our Lady Trappist Monastery (To be confirmed) 大嶼山聖母神樂院 - 十字牌鮮奶農場舊址 (有待確定)		
Remarks 備註	Participants are expected to attend a preparatory meeting on 14 December 2018. 參加者必須出席將於2018年12月14日舉行的營前會。		

Five Rhythms Dance and Tracing our Flow – Art Therapy Experiential Workshop

C287

從節奏中畫出足跡 — 藝術治療體驗工作坊

Learn the 'Five Rhythms Dance' together to express and explore specific rhythms that relate to different emotions; helping us to trace the flow of our body and reflect our inner-self. This experiential workshop will also help cancer survivors to learn reflective practice through art and dance.

利用五種不同節奏讓身體自由律動，探索節奏及舞動所連繫的感受，並透過藝術媒介創作出律動的足跡。藝術治療師會帶領參加者學習利用藝術來自我反思的方法。

Designed for 對象	Those with cancer (10 participants diagnosed in or after 2016) 2016年或以後確診患者 (10位)		
Date 日期	12 November 2018 (Monday) 2018年11月12日 (星期一)	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 clothing. 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。		

Weaving Art – Therapy Group

布藝術治療小組

C288

The weaving process involves various textures, colours, and amounts of yarn. Like painting, weaving as a creative process helps you to explore how your life is changing through your cancer journey. Art therapists will help you through this process, exploring your inner strength with a group of peers. 織布的過程將不同粗幼、顏色及質感的冷線編織成布。藉著這個像繪畫一樣的創造過程，探索我們患癌前後的生活轉變，理解自己適應的過程及支持著內在力量，並與同路人及藝術治療師一起分享感受。

Designed for 對象	Those with cancer (6 participants diagnosed in or after 2016, 4 participants diagnosed in or before 2015). Places are offered only to participants who attend ALL sessions. 2016年或以後確診患者 (6位)，2015年或以前確診患者 (4位)。名額只提供給能夠全程參與者		
Date 日期	18 October, 8 November, 22 November and 13 December 2018 (Every Thursday, total 4 session) 2018年10月18日，11月8日，11月22日及12月13日 (星期四，共4節)	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
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	1. No prior artistic training required. 2. Please wear casual and comfortable clothing. 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。		

“You Can” Dancing with chairs

“You Can” 與椅子共舞

C289

Use of dancing routines and exercise with chairs to enhance your fitness and flexibility as well as to have more understanding of your body after cancer. 利用椅子作不同運動及舞蹈，提升體能及身體的柔軟度，以及探討與認識更多身體癌前癌後的轉變與適應。

Designed for 對象	Female with cancer and age between 18 – 39 years old (8 participants); for those over 39 years old but interested in this course will be put on waiting list first 18-39歲女性年輕癌症患者 (8位)；39歲以上列作後備		
Date 日期	1 to 22 November 2018 (Every Thursday, 4 session) 2018年11月1日至22日 (逢星期四；共4節)	Time 時間	7:15pm – 8:45pm 晚上7:15 – 8:45
Facilitator 講者	Ms. Stephanie Tang (Registered Social Worker), Ms. June Kwok (Dancing & Fitness Instructor) 舞蹈及健身導師	Language 語言	Cantonese 廣東話
Location 地點	Trio Spin Tango Studio, Room 504-505, Enterprise Building, 228 Queen's Road Central, Sheung Wan Trio Spin Tango Studio – 香港上環皇后大道中228號聯業大廈5樓504至505室		
Remarks 備註	Please wear sports gear and bring water. 請穿著運動裝及帶備水		



Photos from 'U-Link' 相片由'U-Link'提供

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, reducing the impact of cancer on the quality of life of all those affected by it.

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

Caregivers Monthly Mutual Support Network

C290

照顧者互助網絡

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

照顧癌症患者是一項艱巨工作，活動除提供一個平台，讓各照顧者互相分享照顧貼士，社工亦會介紹與患者溝通的技巧、面對負面情緒的處理和放鬆方法。

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

Date 15 December 2018 (Saturday)
日期 2018年12月15日 (星期六)

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

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

Language Cantonese
語言 廣東話

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

A Date with Dancing Couples

「譚」情跳舞

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

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

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

Date/Time **Class A A班**
日期/時間 13 October 2018 (Saturday)
2018年10月13日 (星期六)

11:00am – 1:00pm
上午11:00 – 下午1:00

C291

Class B B班
3 November 2018 (Saturday)
2018年11月3日 (星期六)

11:00am – 1:00pm
上午11:00 – 下午1:00

C292

Class C C班
15 December 2018 (Saturday)
2018年12月15日 (星期六)

11:00am – 1:00pm
上午11:00 – 下午1:00

C293

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

Language Cantonese
語言 廣東話

Location CancerLink (Central) Activity Room, 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號中環中心地下活動室

Remarks Priority is given to those who have previously attended 'Enriching Marriage Through Dance'. Others will be put on the waiting list.
備註 曾參加「舞出活力婚姻」之學員可獲優先取錄，其他報名者會先被列作後備。

Endless Love Couples Retreat Camp

C294

「相守終身」夫婦退修營

Spiritual experience comes from integration of life. In this couple's camp, couples learn to listen to the other's story with a child's heart, without blame or criticism, and acquire the skills to console and heal each other. The facilitators will also explore how to enhance connectedness between couples, thereby enabling them to have a foretaste of the union of body, mind and soul with the help of 'ignition spirituality'.

在退修營，讓伴侶患癌後的夫婦學習以謙遜的赤子之心來聆聽彼此的生命故事，不加批評與指責，以愛來安慰及治癒彼此受傷的部分。運用依納爵 (St. Ignatius of Loyola) 屬靈體驗式的視角，二人感受靈性的聯繫，體驗「身心靈」合一的喜樂與幸福。

Designed for 對象	Those with cancer and their spouses (10 pairs) 癌症患者及其配偶 (10對)		
Date 日期	7 to 9 December 2018 (Friday to Sunday) 2018年12月7日至9日 (星期五至日)	Time 時間	3:00pm (7 December) – 2:00pm (9 December) 下午3:00 (12月7日) – 下午2:00 (12月9日)
Facilitator 講者	Mr. Ignatius Yip (Psychotherapist and Spiritual director) & Dr. Filomena Yip (Certified Marriage and Family Therapist; Former Professor of Nursing) 葉釗強先生 (心理治療師及靈修指導) 及 葉周麗雲博士 (認可婚姻及家庭治療師及前護理系教授)	Language 語言	Cantonese 廣東話
Location 地點	Salesian Retreat House 長洲慈幼靜修院		
Remarks 備註	1. This is a residential programme. 2. Both spouses are expected to attend the full programme. 3. Priority is given to those who have attended 'A Date with Couples' talk held on 16 June 2018. 4. All those who enrol will be put on a waiting list for screening. 1. 活動期間參加者需住宿於靜修營； 2. 夫婦必須一同出席全程活動； 3. 曾出席6月16日「相約星期六」講座之參加者可獲優先取錄； 4. 報名參加本活動者將先列作後備，經篩選後獲確認。		

Rainbow Club 彩虹會

The cancer influences on the whole family, including children. Thus, we provide care and support to children under the age of 18 who have a family member with cancer or have recently lost someone to cancer. Through professional support and activities, we help children cope with changes in their family as a result of cancer, and aim to minimize their emotional stress and anxiety. Our programmes for parents also provide guidance and support on how to communicate with children during this challenging time.

「彩虹會」幫助兒童及青少年處理家人患癌而帶來的衝擊，讓他們重展歡顏。本會提供情緒支援、親子溝通及兒童成長發展等活動和家庭諮詢服務，照顧孩童之餘，亦引領父母打開心扉，一家攜手面對癌症。

成為彩虹會會員

年齡介乎5-17歲因家人患癌而受影響的兒童及青少年均可免費申請成為「彩虹會」會員，並參加「彩虹會」活動。申請手續可於任何一間癌協服務中心辦理。

Learn More about the Emotions of Adolescents

C295

認識青少年子女的「腦」朋友

The emotions of adolescents are a challenge for many parents, more so when one of the parents is experiencing cancer at the same time. This talk introduces the needs behind the emotions of your children, and assists you with managing your own, too.

患者後少了時間和心力照顧孩子？面對步入青春期的子女情緒起伏感到無所適從？講座讓你認識青少年情緒背後的因由，同時協助家長掌握自己的情緒，為良好親子關係建立重要基石。

Designed for 對象	Parents of Rainbow Club members between 10-17 years old (30 participants) 10-17歲彩虹會會員之家長 (30位)		
Date 日期	24 November 2018 (Saturday) 2018年11月24日 (星期六)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Ms. Chiu Chui Sheung, Sharon (Senior Psychological Counsellor, Breakthrough Counselling Center) 趙翠嫦女士 (突破輔導中心資深心理輔導員)	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		

Rainbow Club – Thanksgiving Pizza Express Party

C296

彩虹會感恩節親子Pizza Express派對

To celebrate the joyous Thanksgiving festival, let's relax at this pizza-making party!

2018年即將過去，一家人共同製作Pizza，享受親子活動及下午茶點，回味生活中的點滴，為正接受挑戰的家庭帶來正能量。

Designed for 對象	Rainbow Club members (Maximum 4 members from each family, total 20 participants) 彩虹會家庭 (20位，每個家庭最多4位)		
Date 日期	10 November 2018 (Saturday) 2018年11月10日 (星期六)	Time 時間	3:00pm – 5:30pm 下午3:00 – 5:30
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
Venue 地點	Pizza Express, Empire Centre, Tsim Sha Tsui 尖東帝國中心 Pizza Express		
Remarks 備註	<ol style="list-style-type: none"> 1. This is a joint program with 3 other CL centres, participants can only enrol once. 2. Participants must be Rainbow Club members and their immediate family members or guardians. 3. All participants will be registered on the waiting list first, lots will be drawn and successful participants will receive a confirmation call on or before 27 October 2018. 4. Successful participants must make a deposit of \$100 on or before 3 November 2018 at the respective CL centre, only cash is accepted. The deposit will be returned to participants on attendance on the day, vice versa, the deposit will be treated as a donation to HKCF. <ol style="list-style-type: none"> 1. 此活動與其他3間癌協服務中心合辦，參加者只可於其中一間中心報名； 2. 參加者只限兒童及其直系親屬或監護人； 3. 所有參加者將列作後備，會以抽籤形式決定活動參加者名單，中籤者將於2018年10月27日或之前收到電話通知，否則作落選論； 4. 正選參加者獲通知後需於2018年11月3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。 		



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 via 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.

患者在同路人身上能尋獲抗癌信心，明白自己並非孤軍作戰。本會的「癌協之友」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，以滿足不同人士的需要。

Sketch Away your Stress – Sketching with water colours pencils

C297

「素」走壓力 — 水彩木顏色素描

Drawing clearly benefits our mental health. On the one hand, drawing favours concentration, and helps us to acquire it, as when we draw, we focus on what we want to get across, and not on other things. It also helps to distract us from difficult problems or difficult situations that we may be going through, while we do something relaxing and go at our own pace to create unhindered pieces of art. So, don't wait, let's learn to sketch together!

利用水彩木顏色素畫出不同風格的畫作，而繪畫有助訓練集中力，讓你可專注此時此刻，暫時忘記患癌的壓力，放鬆自己。

Designed for 對象	Those with cancer (8 participants diagnosed in or after 2016) 2016年或以後確診患者 (8位)		
Date 日期	3 to 17 December 2018 (Every Monday, total 3 sessions) 2018年12月3日至17日 (逢星期一，共3節)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 講者	Ms. Nancy To 杜婉蘭女士	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)香港中環皇后大道中99號中環中心地下5號室		

Visit to Flagstaff House Museum of Tea Ware

C298

遊歷茶具文物館

Visiting the Flagstaff House Museum of Tea Ware will help you to understand more about ceramic art and Chinese tea drinking culture. It's a great way to enjoy leisure time with peers.

遊歷茶具文物館讓你了解及欣賞陶瓷藝術和中國品茗文化，與同路人共享休閒時光，紓緩患癌的壓力！

Designed for 對象	Those with cancer and their family members (20 participants) 癌症患者及家屬 (20位)		
Date 日期	25 October 2018 (Wednesday) 2018年10月25日 (星期三)	Time 時間	11:00am – 1:00pm 上午11:00 – 下午1:00
Facilitator 講者	Tour Guide of Flagstaff House Museum of Tea Ware 茶具文物館導賞員	Language 語言	Cantonese 廣東話
Location 地點	10 Cotton Tree Drive, Central, Hong Kong (inside Hong Kong Park) 茶具文物館 - 香港中區紅棉路10號 (香港公園內)		

Knitting with Love and Warmth

C299

窩心暖暖編織班

Learn how to knit by making a scarf or a hat to warm you or someone close to you this winter. Knitting is also good exercise for your fingers, a way to practice concentration and to stay focused.

癌症治療後，患者或會有手指麻痺或不靈活的問題，編織可鍛煉手指的靈活性，增強手部肌肉發展，紓緩麻痺不適的感覺。活動還可讓你為自己或心愛的人編織冷帽或圍巾來迎接窩心暖暖冬天。

Designed for 對象	Those with cancer (15 participants) 癌症患者 (15位)		
Date 日期	7 to 28 November 2018 (Every Wednesday, total 4 sessions) 2018年11月7日至28日 (逢星期三，共4節)	Time 時間	10:00am – 11:30am 上午10:00 – 11:30
Facilitator 講者	Ms. Josephine Keung, Mr. Maksim Cheung 姜貝玲女士及張煒楠先生	Language 語言	Cantonese 廣東話
Remarks 備註	1. Suitable for those who have known the basic technique of knitting. 2. Participants bring two 4.5mm needles, yarn and crochet needle. 3. Participants must attend the first lesson. 4. 3 quotas will be reserved for those who have completed "The Five Health Facts that You should Know". 1. 適合已認識棒針編織的起針和高低針編織手法，或對棒針編織有初步認識者； 2. 參加者請自行帶備一對4.5mm織針，毛冷及鉤針； 3. 參加者必須出席第一節課堂； 4. 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。		

Tea Ceremony

C300

茗閒聚

Taking time to relax can energize the body and inspire the mind. Learn the benefits of tea drinking and make new friends.

透過品茶來學習保持情緒平靜，讓患癌後起伏的心慢下來。了解茶對健康的好處，並與同路人分享自己的個人經歷。

Designed for 對象	Those with cancer (15 participants) 癌症患者 (15位)		
Date 日期	23 November to 14 December 2018 (Every Friday, total 4 sessions) 2018年11月23日至12月14日 (逢星期五，共4節)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Ms. Yuen Chee Kuen, Mr. Maksim Cheung 阮慈娟女士及張煒楠先生	Language 語言	Cantonese 廣東話

“Going Through” Project – Ving Tsun for vitality (6th intake)**C301****前路無阻 — 活力詠春 (第6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.

治療後，患者或會出現失禁、肌肉流失、骨質疏鬆等副作用或後遺症，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，掌握提升身心素質的技巧。

Designed for 對象	Male cancer clients (15 participants). Priority will be given to prostate cancer clients. 男性癌症患者 (15位，前列腺癌患者優先)		
Date 日期	12 October to 28 December 2018 (Every Friday, total 12 sessions) 2018年10月12日至12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 enrol 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。		

“Going Through” Project – Prostate Cancer New Case Sharing**C302****前路無阻 — 「同步向前」前列腺癌新症支援分享會**

This new case sharing session will focus on the topic of ‘caring for the carers’. Apart from guest sharing, participants will have the chance to interact with peers to discuss how to handle treatment side effects.

分享會主題為「協助照顧者做得更好」，除了嘉賓分享，過來人亦會交流如何面對及處理治療後的各種適應問題。活動期望可以協助患者和其家人一同發現更多正確的抗癌智慧，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) 前列腺患者及其照顧者 (25位)		
Date 日期	27 December 2018 (Thursday) 2018年12月27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

Tai Tong Nature Trail**C303****紅葉之旅**

Walking is good exercise for all. Join us for this comfortable walk in nature with peers who have walked through their own cancer journey. 與同路人一起欣賞大自然風景，觀賞紅葉，令人心曠神怡，增加抗癌力量！

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	20 December 2018 (Thursday) 2018年12月20日 (星期四)	Time 時間	1:00pm – 5:00pm 下午1:00 – 5:00
Facilitator 講者	Mr. Maksim Cheung 張煒楠先生	Language 語言	Cantonese 廣東話
Location 地點	Tai Tong 大棠		
Remarks 備註	3 quotas will be reserved for those who have completed ‘The Five Health Facts You Should Know’. 3位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Volunteer Service – Cookie Making for Christmas Events

C304

薑餅曲奇聖誕禮物製作

Recruiting volunteers to come and help us to make chocolate, to use as gifts for our Christmas parties.
一同來為中心不同的聖誕活動製作愛心曲奇，為病友送暖！

Designed for 對象	Volunteers of Cancer Link (Central) and (North Point) 癌協(中環)及癌協(北角)義工		
Date 日期	5 December 2018 (Wednesday) 2018年12月5日 (星期三)	Time 時間	11:00am – 4:00pm 上午11:00 – 下午4:00
Facilitator 講者	Agnes Choi (Volunteer) & Ms. Stephanie Tang (Registered Social Worker) 蔡淑慧女士 (義工) 及鄧曉嫻姑娘 (註冊社工)	Language 語言	Cantonese 廣東話

“You Can” Play Hard Christmas Party

C305

“You Can” 玩轉聖誕節

Let's enjoy a fun time with your peers through crazy group games and a festive dinner together for Christmas!
通過團體遊戲與同路人共享歡樂時光，並一起享受聖誕晚餐，發揮同輩支援力量面對癌症！

Designed for 對象	Those with cancer age between 18-39 years old (40 participants) 18-39歲癌症患者 (40位)		
Date 日期	7 December 2018 (Friday) 2018年12月7日 (星期五)	Time 時間	7:00pm – 9:30pm 晚上7:00 – 9:30
Facilitator 講者	Ms. Freda Lee (Registered social worker), Ms. Stephanie Tang (Registered social worker) 李笑微姑娘 (註冊社工) 及 鄧曉嫻姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	Coffee Central By Coffee Exchange, Basement, 22 Des Voeux Road Central (MTR exit C) 中環德輔道中22號地庫		
Remarks 備註	<ol style="list-style-type: none"> This is a cooperate program with CancerLink (Kwai Chung). For each successfully enrolled participant, a deposit of HKD 200 must be received on or before 30 November 2018. You can pay cash to the responsible CancerLink centre, or post the deposit by cheque (payable to Hong Kong Cancer Fund) indicating the name of the workshop. We will return the deposit to participants who complete the program; otherwise, the deposit will be donated to HKCF and is not refundable. <p>1. 此活動與癌協(葵涌)合辦； 2. 正選參加者須繳交按金港幣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。</p>		

Synergy Home Gathering – Have Fun in Pink

C306

嘻哈聚 — 紅粉佳人有約

Come and join us for an afternoon tea party in pink while learning more about how to lower breast cancer risk through games. Please dress in PINK!
一個有遊戲、有獎品又可提升乳癌關注的下午茶派對，各嘻哈匯「粉絲」請一同穿着粉紅服飾出席，增添粉紅力量！

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	27 October 2018 (Saturday) 2018年10月27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)香港中環皇后大道中99號中環中心地下5號室		

Synergy Home Gathering – Where's Santa Claus?

C307

嘻哈聚 — 聖誕老人你嚟邊?

We wish you a Merry Christmas! Come and join our Christmas Party and spend an afternoon full of fun and joy with your friends!
 嘻哈聚的聖誕派對又怎少得你! 快來一同慶祝此普世歡騰的日子!

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	8 December 2018 (Saturday) 2018年12月8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		

Orientation for New Volunteers

C308

協航者義工迎新訓練

We invite you to be one of our ambassadors that provide support to our cancer patients. This is the basic training needed for every volunteer; it will include understanding the needs of cancer patients, rapport building with service users, and effective communication skills.
 為確保抗癌路上不孤單，朋輩支援十分重要。我們希望邀請你成為義工的一份子，支援癌症患者。義工訓練包括：義務工作的基本概念、自我認識、了解服務對象的需要及溝通技巧等。

Designed for 對象	Anyone who is interested to serve in the cancer field 任何有意為癌症患者服務之人士		
Date 日期	20 October to 3 November 2018 (Every Saturday, total 3 sessions) 2018年10月20日至11月3日 (星期六，共3節)	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 講者	Ms. Stephanie Tang (Registered Social Worker) 鄧曉嫻姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	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		
Remarks 備註	Participants need to participate in the 'Volunteers Service Briefing' or be interviewed by a responsible worker beforehand; those who are suitable will be invited to participate in the training. 參加者必須曾參加義工服務簡介會或面見負責同事，適合人選將另行通知。		

Sharing Group for Program Ambassadors

C309

活動大使分享會

A platform for centre ambassadors to share their service experiences and to reflect. We aim to enhance personal growth and development of each volunteer with professional guidance.
 活動大使互相分享有趣的經驗及感受，交流服務心得，計劃未來服務的發展。

Designed for 對象	Program ambassadors of Cancer Link Central and North Point 癌協(中環)及癌協(北角)活動大使		
Date 日期	15 December 2018 (Saturday) 2018年12月15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		

Community Education Ambassador Training – Music Jamming with African Music Instruments and Story-telling 社區教育大使訓練 — 非洲樂隊訓練

C310

If you are interested in singing, passionate about sharing your cancer story with others, and keen to pass on positive life messages while raising public awareness of cancer, you should not miss this training! We will use African instruments together with English or Cantonese songs to form a band and tell cancer stories through music. 義工們會以非洲樂器做配樂，並用不同勵志歌曲傳揚正面生命信息！若對唱歌有興趣並希望分享自身抗癌故事，請即參加。

Designed for 對象	Cancer Survivors Volunteers of CancerLink Central and North Point 癌協(中環)及癌協(北角)癌症康復義工		
Date 日期	1 September to 10 November 2018 (Every Saturday, Except 8/9, 22/9, total 9 sessions) 2018年9月1日至11月10日 (逢星期六，8/9及22/9除外)	Time 時間	3:45pm – 5:15pm 下午3:45 – 5:15
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		

Advanced Training – Volunteers Retreat 季度義工進階訓練 — 協航者義工退修營

C311

A time for volunteers to gather and build team spirit. This year we will go to Man Wan for adventure-based activities. Take time to have fun with your peers and review your volunteering experience together.

今年退修營會到馬灣參與歷奇活動，一同體驗各項的挑戰，相信能讓我們義工團隊更團結，一起度過難忘的一天！

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	10 November (Saturday) 2018年11月10日 (星期六)	Time 時間	10:00am – 2:30pm 上午10:00 – 下午2:30
Facilitator 講者	Noah's Ark's facilitator 挪亞方舟導師	Language 語言	Cantonese 廣東話
Location 地點	Noah's Ark 挪亞方舟		
Remarks 備註	Gather at Cancerlink (Central) at 9:00am; depart Noah's Ark at 2:30pm 上午9:00癌協(中環)集合，下午2:30離開挪亞方舟。		

Home Care Volunteer Sharing and Evaluation Meeting 家居關顧義工經驗分享交流及檢討會

C312

Home care volunteers share their experiences and discuss the challenges faced during home care.

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	23 November 2018 (Friday) 2018年11月23日 (星期五)	Time 時間	7:00pm – 9:00pm 晚上7:00 – 9:00
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

Home Care Winter Outing 家居關顧團隊冬季大旅行

C313

Home care volunteers will organize an outing for house-bound patients, so that they can enjoy family time with their loved ones.

家居關顧團隊的義工籌劃戶外活動，讓獨居或社交支援網絡較弱的癌症患者及其照顧者可以暫時放下壓力，一同享受天倫樂。

Designed for 對象	Those with cancer who are currently using a home care service or have a 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 December 2018 (Saturday) 2018年12月8日 (星期六)	Time 時間	10:00am – 2:30pm 上午10:00 – 下午2:30
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
Location 地點	The Central Police Station (Tai Kwun) 中區警署建築群 (大館)		

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
- Yoga for wellness
- Chair yoga
- Restorative yoga
- Yoga nidra and meditation
- Chanting
- Pilates
- Awareness through movement – the Feldenkrais Method®
- Body nuance
- Ba Duan Jin & Yi Jin Bang
- Yang style taiji and 8-form qigong



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



Please visit Hong Kong Cancer Fund's website and YouTube channel: 歡迎瀏覽以下癌症基金會網頁及YouTube頻道：-
<https://www.cancer-fund.org/wellness-online-programmes/>

Points to note:

1. For wellness programmes, each applicant can enrol in a maximum of **five confirmed programmes and five programmes in a waiting list** across all CancerLink Centres.
2. For programmes with a hash (#) or marked "**enrol only one specific programme**", an applicant can only enrol in one of such programmes 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 the programme begins, as the **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。

Healing with Nature One-Day Workshop

體驗大自然療愈力一日工作坊

Enrolment date starts 11 September, please call CancerLink (Kwai Chung): 3667 3232

此活動報名日期為9月11日，請致電癌協(葵涌) 3667 3232

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

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

Designed for 對象	Those with cancer (20 participants – priority for the first time participant) 癌症患者 (20位，首次參加者優先)		
Date 日期	5 November 2018 (Monday) 2018年11月5日 (星期一)	Time 時間	9:15am – 5:00pm 上午9:15 – 下午5:00 Please assemble at Tai Po Market MTR Exit A3 at 9:15am sharp and we will go to Tai Po Kau Park by bus. 請於上午9:15分於港鐵大埔墟站A3出口集合，一起乘車至大埔滘公園，逾時不候。
Facilitator 導師	Ms Claire Elouard 克萊兒·愛樂華女士	Language 語言	English with Cantonese translation 英語，附以廣東話翻譯
Location 地點	Tai Po Kau Park 大埔滘公園		
Remarks 備註	<ol style="list-style-type: none"> For each successfully enrolled participant, a deposit of HK\$200 needs to be received on or before 15 October. Otherwise, your space will automatically be released to those on the waiting list. You can pay cash at CancerLink (Kwai Chung) or post the deposit by cheque (payable to Hong Kong Cancer Fund) and mark down "Healing with nature workshop". Address: 3/F TLP132, 132-134 Tai Lin Pai Road, Kwai Chung, New Territories. We will return the deposit to participants who complete the one-day workshop. Otherwise, the deposit will be donated to the Hong Kong Cancer Fund and is not refundable. Participants are required to be fit enough to stand and walk around outdoors for one to two hours. Wear a comfortable outdoor outfit and shoes. Please bring your own mat for seating, water, rain and sun protection and mosquito repellent. Please bring your own lunch which does not need to be heated up. Please give us three days' advance notice if you cannot attend the workshop so that we can release your place to waitlisted clients. <ol style="list-style-type: none"> 成功報名者請於10月15日前繳交港幣200元按金，如過期仍未收到按金，名額將自動讓給後備學員。你可親自到癌協(葵涌)繳交按金或郵寄支票（抬頭：香港癌症基金會），請註明「體驗大自然療愈力工作坊」。地址：葵涌大連排道132-134號TLP132三樓。 完成一日工作坊的學員，將全數退還按金。如未能出席，按金將撥捐香港癌症基金會，恕不退回。 參加者需具備一定體力，能於戶外站立或步行1至2小時，並帶著開放的心學習。 請穿著適合戶外運動的服裝與運動鞋、請自備地墊（坐地上用）、足夠的飲用水、雨具、防曬用品及防蚊液。 請自備不需加熱的午餐。 若因特別情況需要退出工作坊，請最少於活動前3天前與我們聯絡，以方便安排後備學員補替。 		



Laughter Yoga Benefits for Cancer Patients – CancerLink (Central)**NEW****C250****愛笑瑜伽對癌症患者的益處 — 癌協 (中環)****Weekend programme, suitable for users and their family members at work****周六課程，適合在職患者及其照顧者參加**

Dr Madan Kataria, the founder and originator of the worldwide laughter yoga movement, will speak about how laughter yoga relates to reducing the risk of cancer and improving cancer survival rates. He will also lead laughter yoga exercises for experience.

愛笑瑜伽始創人Dr Madan Kataria將會講解愛笑瑜伽如何有助降低癌症風險，及提升患者存活率，亦會帶領參加者體驗愛笑瑜伽。

Designed for 對象 Those with cancer who have completed surgery more than six months previously (55 participants) and their family members (15 participants)
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 (55位) 及其照顧者 (15位)

Date 日期 8 December 2018 (Saturday)
2018年12月8日 (星期六)

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

Facilitator 導師 Dr Madan Kataria

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

Location 地點 CancerLink (Central), Unit 5, G/F, 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

**Pink Yoga – Quarry Bay #****乳癌患者瑜伽 — 鯽魚涌 #****C323**

This class focuses on arm movements and gentle stretching to release tightness in the shoulders and chest to enhance joint flexibility and prevent lymphoedema.

溫和的瑜伽練習能夠紓緩手術後的疼痛，也有效預防或治療淋巴水腫。

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

Date 日期 24 October to 19 December 2018
(Every Wednesday, 9 sessions)
2018年10月24日至12月19日 (逢星期三，共9節)

Time 時間 4:40pm – 6:00pm
下午4:40 – 6:00

Facilitator 導師 Ms May Chan
陳兆媚女士

Language 語言 Cantonese
廣東話

Location 地點 Dance Room, Quarry Bay Sports Centre – 6/F,
Quarry Bay Municipal Services Building, 38 Quarry
Bay Street (near MTR Quarry Bay Station Exit A or
Taikoo Shing Station Exit B, around 9 minutes
walking distance)
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 備註 Please bring your own elastic exercise band or
purchase one at CancerLink (North Point) prior to
the first session.
須使用橡筋帶練習，請自備或於開課前到癌協
(北角) 購買。



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. 為癌症患者設計柔和及有效的瑜伽式子和呼吸法，以伸展肌肉筋骨，達到內心平靜和療愈效果。

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

Class A A班	Pure Fitness Causeway Bay 銅鑼灣	C320	
Date 日期	23 October to 11 December 2018 (Every Tuesday, 8 sessions) 2018年10月23日至12月11日 (逢星期二，共8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
Location 地點	Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (near MTR Causeway Bay Station Exit A) Pure Fitness 銅鑼灣 – 銅鑼灣波斯富街99號利舞臺廣場15樓 (近港鐵銅鑼灣站A出口)		

Class B B班	Quarry Bay 鯉魚涌	C321	
Date 日期	24 October to 19 December 2018 (Every Wednesday, 9 sessions) 2018年10月24日至12月19日 (逢星期三，共9節)	Time 時間	3:00pm – 4:20pm 下午3:00 – 4:20
Facilitator 導師	Ms May Chan 陳兆媚女士	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 鯉魚涌體育館舞蹈室 – 鯉魚涌街38號鯉魚涌市政大廈6樓 (近港鐵鯉魚涌站A出口或太古城站B出口，步行約9分鐘)		

Class C C班	Quarry Bay 鯉魚涌	(Weekend class, suitable for users at work 周六課程，適合在職患者參加) C322	
Date 日期	13 October to 15 December 2018 (Every Saturday, 10 sessions) 2018年10月13日至12月15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 Karrie Tam (sessions 1–5) Ms Sowen Wong (sessions 6–10) 譚穎恩小姐 (第1–5節) 黃素雲小姐 (第6–10節)	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 鯉魚涌體育館舞蹈室 – 鯉魚涌街38號鯉魚涌市政大廈6樓 (近港鐵鯉魚涌站A出口或太古城站B出口，步行約9分鐘)		



Yoga for The Experienced – Pure Fitness Soho # 進階瑜伽 — Pure Fitness 蘇豪 #**C324**

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 對象	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) 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 日期	18 October to 13 December 2018 (Every Thursday, 9 sessions) 2018年10月18日至12月13日 (逢星期四，共9節)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Ms Emily Ip 葉雅琴女士	Language 語言	Cantonese 廣東話
Location 地點	Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (near MTR Central Station Exit D2, around 10 minutes walking distance/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)		

Yin Yoga – Pure Yoga The Centrium # Yin瑜伽 — Pure Yoga 中央廣場 #**C325**

A form of yoga that explores the body's subtle energies with long and deep stretches, to enhance healing after cancer surgery.
透過長時間的伸展，以放鬆身心及探索身體，加強自愈能力。

Designed for 對象	Those with cancer who have completed surgery more than six months previously (48 participants) 適合完成手術後半年或以上的癌症患者 (48位)		
Date 日期	22 October to 10 December 2018 (Every Monday, 8 sessions) 2018年10月22日至12月10日 (逢星期一，共8節)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 導師	Ms Carol Wong 蔣曉薇女士		
Language 語言	Cantonese 廣東話		
Location 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (near MTR Central Station Exit D1, around 9 minutes walking distance) Pure Yoga 中央廣場 – 中環雲咸街60號中央廣場16樓 (近港鐵中環站D1出口，步行約9分鐘)		



Restorative Yoga – Pure Yoga The Centrium 復元瑜伽 — Pure Yoga 中央廣場**C326**

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 the body both physically and mentally, leaving you feeling renewed and energised for the rest of your day.

利用各種瑜伽道具承托身體不同部位，讓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 對象	Those with cancer (26 participants) 癌症患者 (26位)		
Date 日期	24 October to 12 December 2018 (Every Wednesday, 8 sessions) 2018年10月24日至12月12日 (逢星期三，共8節)	Time 時間	3:45pm – 5:15pm 下午3:45 – 5:15
Facilitator 導師	Ms Stacey Lowe	Language 語言	English 英語
Location 地點	Pure Yoga The Centrium – 16/F, The Centrium, 60 Wyndham Street, Central (near MTR Central Station Exit D1, around 9 minutes walking distance) Pure Yoga 中央廣場 – 中環雲咸街60號中央廣場16樓 (近港鐵中環站D1出口，步行約9分鐘)		

Gentle Flow – Pure Yoga The Centrium

C327

溫和瑜伽 — Pure Yoga 中央廣場

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富動感的練習，導師將帶領患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 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	19 October to 14 December 2018 (Every Friday, 9 sessions) 2018年10月19日至12月14日 (逢星期五，共9節)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Ms Monica Lai 黎淑英女士	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)		

Therapeutic Yoga – Pure Yoga Quarry Bay

C328

治療瑜伽 — Pure Yoga 鯪魚涌

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

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

Designed for 對象	Those with cancer (23 participants) 癌症患者 (23位)		
Date 日期	16 October to 11 December 2018 (Every Tuesday, 9 sessions) 2018年10月16日至12月11日 (逢星期二，共9節)	Time 時間	2:15pm – 3:45pm 下午2:15 – 3:45
Facilitator 導師	Ms Maja Minic	Language 語言	English 英語
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 鯪魚涌 – 鯪魚涌英皇道979號太古坊林肯大廈4樓 (近港鐵鯪魚涌站A出口或太古城站B出口)		

Yoga for Men – CancerLink (North Point)

C329

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, enhancing flexibility and improving the body, mind and overall wellbeing.

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 對象	Male cancer clients who have completed surgery more than six months previously (15 participants) 適合完成手術後半年或以上的男士癌症患者 (15位)		
Date 日期	22 October to 10 December 2018 (Every Monday, 8 sessions) 2018年10月22日至12月10日 (逢星期一，共8節)	Time 時間	4:15pm – 5:45pm 下午4:15 – 5:45
Facilitator 導師	Mr Collin Ng 吳國霖先生	Language 語言	Cantonese 廣東話

Laughter Yoga – Sheung Wan

愛笑瑜伽 — 上環

C330

This class explores how you can relax through laughing, and how 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 practised 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 12 October to 14 December 2018 (Every Friday, 7 sessions, except 2, 30 November and 7 December)
日期 2018年10月12日至12月14日 (逢星期五，共7節，11月2日、30日及12月7日暫停)

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)

Yoga Workshop – Body Mind Balancing – Pure Fitness Soho

瑜伽工作坊 — 平衡身心 — Pure Fitness 蘇豪

NEW

C331

This workshop will focus on learning Asana and Pranayama that can make our body and mind balanced, with some gentle stretching to relieve upper body pain. These techniques can be practised regularly at home. 學習平衡身心的瑜伽式子及呼吸法，紓緩患者上半身疼痛的問題。

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

Date 11 October 2018 (Thursday)
日期 2018年10月11日 (星期四)

Time 3:00pm – 4:30pm
時間 下午3:00 – 4:30

Facilitator Mr Anjan Kundu
導師

Language English
語言 英語

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

Yoga Workshop – Improve Osteoporotic Bone Loss

— Pure Yoga The Centrium

瑜伽工作坊 — 改善骨質疏鬆 — Pure Yoga 中央廣場

NEW

C332

After age 35, our bodies absorb bone quicker than we make it. Practising yoga regularly and doing weight-bearing activities can stretch, relax and improve the balance of our body, as well as stimulate osteocytes (bone-making cells) and increase bone density which is beneficial for patients with bone loss.

35歲以後骨質逐漸流失，而部分癌症治療會增加骨質疏鬆的風險。透過不間斷的瑜伽練習及負重運動，可幫助身體伸展、平衡、放鬆外，亦有助刺激骨細胞增長，增加骨質密度。

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 8 and 15 October 2018 (Monday, 2 sessions)
日期 2018年10月8日及15日 (星期一，共2節)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Ms Carol Wong
導師 蔣曉薇女士

Language Cantonese
語言 廣東話

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

Yoga Workshop – Healthy Pelvis and Hip Joint**NEW****C333****– Pure Fitness Causeway Bay****瑜伽工作坊 — 健康骨盤及髖關節 — Pure Fitness 銅鑼灣**

The pelvis is located at the end of the spine, connecting with lower limbs. The hip joint is the biggest joint in the human body. In this workshop, you will learn basic yoga postures to improve the mobility of joints and sustain a healthy pelvis.

骨盤位於脊椎末端，連接脊柱和股骨，與下肢相連；股骨與腰帶在臀部連接處形成髖關節，是人體最大的關節。本工作坊將探討骨盤及髖關節的常見問題，及介紹一些基本瑜伽動作以增加患者關節之活動能力及維持骨盤健康。

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 and 16 October 2018 (Tuesday, 2 sessions) 2018年10月9日及16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)**C334****椅子瑜伽工作坊 — 癌協 (北角)**

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

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

Designed for 對象	Those with cancer (15 participants, especially for those who are not able to sit on floor for long periods.) 特別適合不方便坐在地板上的癌症患者 (15位)		
Date 日期	2, 9 and 16 October 2018 (Tuesday, 3 sessions) 2018年10月2日、9日及16日 (逢星期二，共3節)	Time 時間	12:00pm – 1:30pm 中午12:00 – 下午1:30
Facilitator 導師	Ms May Chan 陳兆媚女士	Language 語言	Cantonese 廣東話

**Yoga for Daily Life Workshop – CancerLink (North Point)****C335****生活與瑜伽工作坊 — 癌協 (北角)**

The workshop will be composed of four sessions: listening, acceptance, letting go and gratitude. We will learn how to use yoga as a tool in our daily lives to actively listen to ourselves and others, deal with difficult times, let go and experience love with gratitude. The facilitator will share yoga practices which can be used in daily life, for example, combining Yin yoga postures to practise letting go. All the practices will focus on relaxing our body and mind, enjoying the peace in the present moment and experiencing the grace of life.

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

Designed for 對象	Those with cancer (15 participants) 癌症患者 (15位)		
Date 日期	19 November to 10 December 2018 (Every Monday, 4 sessions) 2018年11月19日至12月10日 (逢星期一，共4節)	Time 時間	9:30am – 11:00am 上午9:30 – 11:00
Facilitator 導師	Ms Vivian Guan 關鍵女士	Language 語言	English 英語

Yoga Workshop – Mindful Practice with Iyengar Yoga

C336

– Enlarge Your Inner Space – Central 艾揚格瑜珈工作坊 — 內觀練習 — 中環

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

Use Iyengar yoga poses to develop the muscular strength and self-confidence needed to tackle physical and mental challenges. The restorative approach focuses on knowing one's body and mind.
以艾揚格瑜珈方法練習，強化身心。復元練習以外，更能整合身心的融和。

Designed for 對象	Cancer survivors who have completed surgery or treatment more than six months previously (33 participants – priority is given to those at work) 適合完成手術或治療後半年或以上的癌症康復者 (33位，在職患者優先)		
Date 日期	26 October and 2 November 2018 (Fridays, 2 sessions) 2018年10月26日及11月2日 (星期五，共2節)	Time 時間	7:00pm – 9:00pm 晚上7:00 – 9:00
Facilitator 導師	Ms Karen Lam 林佩芳女士	Language 語言	Cantonese 廣東話
Location 地點	2C Welley Building, 97 Wellington St, Central (MTR Central Station Exit D1 or C, near Graham St Wet Market) 中環威靈頓街97號威利大廈2樓C室 (港鐵中環站D1或C出口，近嘉咸街露天街市)		

Breathing and Relaxation Workshop for the Experienced

C337

– CancerLink (North Point) 呼吸和瑜珈大休息進階工作坊 — 癌協 (北角)

This workshop focuses on deepening the yoga breathing (Pranayama) techniques for balancing energies in the body, and further exploring the practice of yoga Nidra to revitalise your body and calm your mind.
進一步學習瑜珈呼吸法以及「瑜珈大休息」的練習，平衡身體能量，深入感受心靈平和，促進身心健康。

Designed for 對象	Those with cancer who have completed beginner level breathing and relaxation class (15 participants) 曾修習「呼吸和瑜珈大休息基礎班」的癌症患者 (15位)		
Date 日期	12 and 13 December 2018 (Wednesday and Thursday, 2 sessions) 2018年12月12日及13日 (星期三及星期四，共2節)	Time 時間	2:00pm – 5:00pm 下午2:00 – 5:00
Facilitator 導師	Ms Sowan Wong 黃素雲小姐	Language 語言	Cantonese 廣東話

Meditation – Tsim Sha Tsui 靜坐班 — 尖沙咀

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

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

For beginners 基礎班

C338

Designed for 對象	Those with cancer (36 participants) 癌症患者 (36位)		
Date 日期	24 October – 5 December 2018 (Every Wednesday, 7 sessions) 2018年10月24日至12月5日 (逢星期三，共7節)	Time 時間	9:00am – 10:30am 上午9:00 – 10:30

For those with experience 進階班**NEW**

C339

Designed for 對象	Those with cancer with a minimum of six months of meditation practice experience (36 participants) 適合曾修習靜坐六個月或以上的癌症患者 (36位)		
Date 日期	24 October – 5 December 2018 (Every Wednesday, 7 sessions) 2018年10月24日至12月5日 (逢星期三，共7節)	Time 時間	10:45am – 12:00pm 上午10:45 – 中午12:00
Facilitator 導師	Ms SK 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)

**Remarks
備註** Participants who enrol in the experienced class can also join the beginner class.
進階班參加者可同時報讀基礎班。

Meditation for Self-Healing Workshop – CancerLink (Central)**NEW****C340****啟動自我療愈靜坐工作坊 — 癌協 (中環)**

This workshop is an introduction for those who would like to overcome their mental and physical sickness through meditation and mind transformation. In this workshop, Venerable Namgyel will lead healing meditation, and some teachings to strengthen the mind which will allow us to live with our problems in a more accepting way. There will also be a Q&A session.

導師將介紹和帶領學員靜觀以轉化心靈，療愈身心，使我們能夠更堅強自在地解決自身的問題。工作坊將設有問答的環節。

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	23 October 2018 (Tuesday) 2018年10月23日 (星期二)	Time 時間	1:45pm – 5:45pm 下午1:45 – 5:45
Facilitator 導師	Venerable Losang Namgyel (an Australian Tibetan Buddhist monk and International Reiki Master who has taught Buddhist and energy healing in about 20 countries around the world) 澳洲籍藏傳佛教法師Losang Namgyel (擁有國際靈氣治療大師資格，曾到世界各地約二十多個國家傳授佛法及能量治療)		
Language 語言	English with Cantonese translation 英語，附以廣東話翻譯		
Location 地點	Multi-function Room C, G/F, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下多用途活動室C		
Remarks 備註	Wear loose and comfortable clothes. 請穿著寬鬆的衣服。		

Meditation Healing Workshop From Buddhism Teachings**NEW****C341****– CancerLink(Central) 淺述佛法靜坐療愈工作坊 — 癌協 (中環)**

Buddhism contains a rich wisdom that helps with removing suffering. Sickness is one of the most overwhelming sufferings that we want to get rid of. In this session, Venerable Namgyel will teach the Buddhist perspective in healing, specifically Padmasambhava Medicine Buddha practice. Participants will not only learn different healing practices, they can also learn to turn the painfulness into positive motives in their daily lives. There will also be a Q&A session.

佛教在脫離痛苦上蘊含豐富的智慧，而疾病是我們最想擺脫、最令人難以忍受的痛苦之一。課堂將會教授及練習佛教療愈疾病的方法，例如藥師佛觀想。參與者不僅可以學習不同的療愈方法，還可以學會將痛苦轉化為正面的生活動力。工作坊將有問答環節。

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	24 October 2018 (Wednesday) 2018年10月24日 (星期三)	Time 時間	1:45pm – 5:45pm 下午1:45 – 5:45
Facilitator 導師	Venerable Losang Namgyel (an Australian Tibetan Buddhist monk and International Reiki Master who has taught Buddhist and energy healing in about 20 countries around the world) 澳洲籍藏傳佛教法師Losang Namgyel (擁有國際靈氣治療大師資格，曾到世界各地約二十多個國家傳授佛法及能量治療)		
Language 語言	English 英語		
Location 地點	Multi-function Room C, G/F, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下多用途活動室C		
Remarks 備註	Wear loose and comfortable clothes. 請穿著寬鬆的衣服。		

Chanting – CancerLink (North Point) 頌唱班 — 癌協 (北角)**C342**

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	24 October to 5 December 2018 (Every Wednesday, 7 sessions) 2018年10月24日至12月5日 (逢星期三，共7節)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 導師	Ms SK Maddox 薛曉光女士	Language 語言	Putonghua/English 普通話/英語

Tea Meditation with Singing Bowls Sound Spa Workshop – CancerLink(Central)**C343****茶禪與水晶鉢靜觀療愈工作坊 — 癌協 (中環)****NEW**

This meditation practice primarily focuses on tea – the process of making tea, drinking tea and sensing the effect of tea on our mind and body. Each experience is unique in itself. The link between the individual and the tea is personal. The sound vibrations from the crystal singing bowls will enhance the sense of wellbeing and deepen the internal connections. Each workshop has a specific theme. The participants can continue with the tea meditation practice at home in between the workshops.

茶禪靜觀，從沏茶、喝茶、至茶喝進我們身體後，深入感受茶對我們身心靈的影響。每個人與茶葉聯繫的當下，更是屬於自我療愈的時空。經由鍊金水晶鉢的音聲振動頻率，提升身心靈的健康。三堂工作坊各有特定主題，參加者可以在每堂之間於家中進行修練。

Designed for 對象 Those with cancer (10 participants, **places are offered only to participants who attend ALL sessions**)
癌症患者 (10位, **名額只提供給能夠全程參與者**)

Date 日期 24 October, 14 November and 5 December 2018
(Wednesday, 3 sessions)
2018年10月24日、11月14日及12月5日
(星期三, 共3節)

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

Facilitator 導師 Ms Stephanie Luo

Language 語言 English (supplement in Mandarin)
英語, 輔以普通話

Location 地點 CancerLink (Central), Unit 5, G/F, 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 Bring a blanket or scarf to keep warm.
請帶毯子或圍巾保暖。

**Tibetan Singing Bowls Healing One-on-One 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 overtones that resonate throughout our cells. Balancing body and mind, the vibrations and sounds of singing bowls release stress and blocked energy, ease muscle pain and invoke a deep state of relaxation. 透過敲擊或磨擦西藏頌鉢外緣，產生豐富泛音，幫助身體放鬆，同時平衡身心、解除壓力和紓緩肌肉疼痛，達到深度放鬆。

Designed for 對象 **Cancer survivors** without high blood pressure and heart diseases, except leukaemia 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，及無未痊愈的手術傷口 (每個工作坊5位)

Date/Time 日期/時間 **Workshop A 工作坊 A:**
11 October to 8 November 2018 (Every Thursday, total 5 sessions)
2018年10月11日至11月8日 (逢星期四, 共5節)

11:00am – 5:00pm
上午11:00 – 下午5:00

C344

Workshop B 工作坊 B:
15 November to 13 December 2018 (Every Thursday, total 5 sessions)
2018年11月15日至12月13日 (逢星期四, 共5節)

11:00am – 5:00pm
上午11:00 – 下午5:00

C345

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

Language 語言 Cantonese
廣東話

Location 地點 CancerLink (Central), Unit 5, G/F, 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

1. Each participant will be arranged a 45-minute 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 arrange session time slots.
3. Wear loose and comfortable clothes.
4. There will be some lying down, therefore please don't come with a full stomach.
5. **Enrol in only one Tibetan singing bowls healing one-on-one workshop.**

1. 每位參加者將會安排不同時段接受45分鐘的西藏頌鉢聲音療愈。
2. 所有報名者會先列作後備，職員會再電話聯絡確認成功報名者以及安排個別時段。
3. 請穿著寬鬆舒適的衣物。
4. 參加工作坊時不宜過飽，因需要一段時間躺著。
5. **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 induce 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)

Date/Time
日期/時間

C346**Workshop A 工作坊 A:**3 November 2018 (Saturday)
2018年11月3日 (星期六)1:30pm – 3:30pm
下午1:30 – 3:30**C347****Workshop B 工作坊 B:**3 November 2018 (Saturday)
2018年11月3日 (星期六)4:00pm – 6:00pm
下午4:00 – 6:00

Facilitator
導師

Ms Mona Choi
蔡雅玲女士

Language
語言

Cantonese
廣東話

Remarks
備註

1. Wear warm and comfortable clothes that have no buttons or metal and bring a scarf to keep warm.
2. Avoid wearing windbreakers or nylon clothing.
3. **Enrol 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。**

**Sound Communication Workshop – CancerLink (North Point)****聲心對話工作坊 — 癌協 (北角)****NEW****C348**

The workshop aims to explore the possibility of communicating by sounds without languages. The participants will learn how to establish a dialogue by sounds of instruments and body parts, through deep listening, adequate rhythm and pace to reach a harmonious understanding. 關顧癌症患者的心理健康，探索非語言的溝通方式，如何透過樂器以及拍打身體部位發出的聲音，與同路人進行心靈交流，感受當安靜心靈、仔細聆聽時，不同聲音的頻率與節奏，能夠一起互動及和諧共振。

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

Date
日期

11 October 2018 (Thursday)
2018年10月11日 (星期四)

Time
時間

10:00am – 12:30pm
上午10:00 – 下午12:30

Facilitator
導師

Ms Bertha So
蘇美芝女士

Language
語言

Cantonese
廣東話**Massage Exercise Ball Workshop – Pure Fitness Soho****小力球練習工作坊 — Pure Fitness 蘇豪****C352**

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

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

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

Date
日期

19 and 26 October 2018 (Fridays, 2 sessions)
2018年10月19日及26日 (星期五，共2節)

Time
時間

3:30pm – 5:00pm
下午3:30 – 5:00

Facilitator
導師

Ms Alice Yuen
袁瑞英女士

Language
語言

Cantonese
廣東話

Location
地點

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

Remarks
備註

Please bring your own tennis ball.
請自備一個網球。

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 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，可幫助癌症患者紓緩淋巴水腫的現象或肩頸疼痛的問題。

Beginner Class A – Pure Fitness Admiralty
基礎班 A – Pure Fitness 金鐘**C349**

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

Date 24 October to 12 December 2018
日期 (Every Wednesday, 8 sessions)
2018年10月24日至12月12日 (逢星期三，共8節)

Time 3:00pm – 3:55pm
時間 下午3:00 – 3:55

Facilitator Ms Maja Minic
導師

Language English
語言 英語

Location Pure 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 B – Pure Fitness Soho
基礎班 B – Pure Fitness 蘇豪**C350**

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

Date 2 November to 14 December 2018
日期 (Every Friday, 7 sessions)
2018年11月2日至12月14日 (逢星期五，共7節)

Time 3:30pm – 5:00pm
時間 下午3:30 – 5:00

Facilitator Ms Chang Hsiu Yun
導師 張岫雲女士

Language Cantonese/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)

Experienced Class – Pure Fitness Admiralty
進階班 – Pure Fitness 金鐘**C351**

Designed for Those with cancer with a minimum of six months pilates exercise experience at Cancerlink (30 participants)
對象 適合曾修習此基礎班六個月或以上的癌症患者 (30位)

Date 24 October to 12 December 2018
日期 (Every Wednesday, 8 sessions)
2018年10月24日至12月12日 (逢星期三，共8節)

Time 4:00pm – 4:55pm
時間 下午4:00 – 4:55

Facilitator Ms Maja Minic
導師

Language English
語言 英語

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

Remarks
備註

1. Please bring your own elastic exercise band or purchase one at CancerLink (North Point) prior to the first session.
2. Enrol in only one pilates class.
1. 請自備橡筋帶或於開課前到癌協 (北角) 購買。
2. 只能選報一個普拉提斯伸展運動班。

Awareness Through Movement – the Feldenkrais Method® – Far East Consortium**C353****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. 透過輕鬆簡單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 對象	Those with cancer (18 participants) 癌症患者 (18位)		
Date 日期	6 November to 11 December 2018 (Every Tuesday, 6 sessions) 2018年11月6日至12月11日 (逢星期二，共6節)	Time 時間	11:15am – 12:45pm 上午11:15 – 下午12:45
Facilitator 導師	Mr Sean Curran 紀文舜先生	Language 語言	English with Cantonese translation 英語，附以廣東話翻譯
Location 地點	Room 1701, Far East Consortium Building, 121 Des Voeux Road Central (near MTR Central Station Exit B or MTR Sheung Wan Exit E1) 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	<ol style="list-style-type: none"> 1. Wear warm and comfortable clothing. 2. Deposit of HK\$300 is required on or before 5 October 2018 if your enrolment is successful. You can pay in 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 an attendance rate of over 80%. 4. If the attendance rate is below 80%, the deposit will be donated to the Cancer Fund, and will not be refundable. <p>1. 須穿著舒適保暖的衣服。 2. 成功報名者，請於10月5日前繳交按金港幣300元。 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。</p>		

**Body Mind Spirit Workshop & Day Camp 身心合一工作坊及一日營****C354****Saturday workshop, suitable for users at work 周六課程，適合在職患者參加**

Rediscover your inner eye. Participants are guided gently through an experience of being mindful, and its practical use in handling life's ups and downs. Learn about Body Mind Unity practices that allow the practitioner to find their own stillness anywhere, anytime. Clarity of mind, inner strength and immense possibility are within your reach.

開啓你的內在心眼。透過簡單的活動和練習，在輕鬆的氣氛中領略何謂「內觀」，並實際應用於處理人生起伏帶來對身心的衝擊。學習身心合一，為自己重拾安定的內在空間，回到當下。

Designed for 對象	Those with cancer (30 participants, places are offered only to participants who attend ALL sessions) 癌症患者 (30位， 名額只提供給能夠全程參與工作坊及一日營者)		
Date/Time 日期/時間	Workshops 工作坊： 3, 10 and 17 November 2018 (Saturdays, 3 sessions) 2018年11月3日、10日及17日 (星期六，共3節)	2:00pm – 5:30pm 下午2:00 – 5:30	
	Day Camp 一日營： 1 December 2018 (Saturday) 2018年12月1日 (星期六)	9:45am – 4:45pm 上午9:45 – 下午4:45	Please assemble at MTR Tai Po Market Station Exit A2 at 9:45am sharp 請於上午9:45分於港鐵大埔墟站A2出口集合，逾時不候。
Facilitator 導師	Ms Pandora Woo 胡若珮女士	Language 語言	Cantonese 廣東話
Location 地點	Workshops: CancerLink (Central), Unit 5, G/F, The Center, 99 Queen's Road Central Day Camp: Green Hub – 11 Wan Tau Kok Lane, Tai Po, Hong Kong. 工作坊： 癌協(中環)中環皇后大道中99號中環中心地下5號室 一日營： 綠匯學院 – 新界大埔運頭角里 11號		
Remarks 備註	<ol style="list-style-type: none"> 1. For the workshop: Please bring your own yoga mat and wear loose and comfortable clothing. 2. For the day camp: Please bring your own yoga mat, water bottle, and a big shawl or big towel to keep warm during relaxation practice. A healthy vegetarian lunch box will be provided. Each person's lunch cost is around HK\$60. Green Hub is a no-meat zone. Please don't bring food to the Green Hub. <p>1. 工作坊：請自備瑜伽墊、穿著適合做瑜伽伸展活動的衣服。 2. 一日營：參加者請自備瑜伽墊、水樽、大圍巾或大毛巾於鬆弛練習時保暖用。提供健康素食午餐，每位學員午餐費用約為港幣60元。綠匯學院全場均為素食區，請勿自攜食物或飲品進場。</p>		

Guo Lin Qigong – Sai Ying Pun 郭林氣功 — 西營盤**NEW****C355**

The class will introduce and practise the basic forms of Guo Lin qigong, aiming to stimulate the meridians, strengthen the function of inner qi (breathing), enhance blood circulation and improve health.

郭林氣功是癌症患者康復保健的功夫，導師將介紹及指導學習基本功夫，透過調動人體的內氣，通過經絡，促進氣血循環及提高患者的免疫力。

Designed for 對象	Those with cancer (30 participants, priority will be given to those enrolling for the first time) 癌症患者 (30位， 只限首次參加者)		
Date 日期	15 October to 10 December 2018 (Every Monday, 9 sessions,) 2018年10月15日至12月10日 (逢星期一，共9節)	Time 時間	2:15pm – 3:45pm 下午2:15 – 3:45
Facilitator 導師	Ms Miranda Li & Ms York Lam 李艷芳女士及林若藍女士	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Sun Yat Sen Memorial Park Sports Centre, 18 Eastern Street North, Sai Ying Pun (near Sai Ying Pun Station Exit A2) 中山紀念公園體育館舞蹈室 – 西營盤東邊街北十八號 (近港鐵西營盤站 A2 出口)		
Remarks 備註	1. Wear loose, comfortable clothing and light kung fu shoes. 2. Enrol 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。		

Relaxing and Rejuvenating Energy Healing Practices – Wanchai 養生氣功 — 灣仔

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

Learn to relax while you cleanse your body and mind through qigong practices based on decades of study and scientific research.

養生氣功簡單易明，具有打通穴位、排毒和靜心的效果。若持續練習，可令身心平和放鬆。

**Beginner Class
基礎班****C356**

Designed for 對象	Those with cancer (18 participants, for first-time participants only, places are offered only to participants who attend ALL sessions) 癌症患者 (18位，只限首次參加者， 名額只提供給能夠全程參與者)		
Date 日期	6 October to 24 November 2018, (Every Saturday, 8 sessions, including 2 sessions of outdoor practices) 2018年10月6日至11月24日 (逢星期六，共8節，包括2節戶外課)	Time 時間	10:00am – 11:55am 上午10:00 – 11:55
Facilitator 導師	Ms Dawn Zhao 趙文曉女士	Language 語言	Putonghua/ Cantonese 普通話/廣東話
Location 地點	Room 501, 5/F, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wan Chai (MTR Wan Chai Station Exit C or Admiralty Station Exit D) 灣仔駱克道3號小童群益會總部五樓501室 (港鐵灣仔站C出口或金鐘站D出口)		

**Practise Session
重溫練習****C357**

This is a practise session for those who have attended the relaxing and rejuvenating energy healing classes previously. The aim is to encourage and support practitioners to continue their practice and enhance their well-being. During the class, the teacher will lead the practice, answer questions and ask participants to share experiences.

讓曾參加養生功的學員重溫課堂重點，向導師提問練習時所遇問題，學員們恆常鍛煉，能增進身心健康。

Designed for 對象	Those with cancer and who have participated in relaxing and rejuvenating energy healing practice (18 participants) 只限曾參加此養生氣功班的癌症患者 (名額18位)		
Date 日期	27 October to 24 November 2018 (Every Saturday, 5 sessions, including 2 sessions of outdoor practices) 2018年10月27日至11月24日 (逢星期六，共5節，包括2節戶外課)	Time 時間	10:00am – 11:55am 上午10:00 – 11:55
Facilitator 導師	Ms Dawn Zhao 趙文曉女士	Language 語言	Putonghua/ Cantonese 普通話/廣東話
Location 地點	Room 502, 5/F, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wan Chai (MTR Wan Chai Station Exit C or Admiralty Station Exit D) 灣仔駱克道3號小童群益會總部五樓502室 (港鐵灣仔站C出口或金鐘站D出口)		
Remarks 備註	1. Wear loose, comfortable clothing and light kung fu shoes. 2. Participants are required to practise for 45 minutes daily. 3. Enrol 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. 參加者需每天練習45分鐘。 3. 只能選報一個氣功班。		

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, combined with a series of Yi Jin (tendon stretching) Bang Exercises that enhance well-being and improve 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。易筋棒屬伸展運動，活動上半身及腳踝等關節，更兼顧頸部及腰椎的活動。患者如能堅持恆常鍛煉，可預防五十肩、網球手、彈弓手、關節退化病、腦退化等病症，增進身心健康。

Shek Tong Tsui 石塘咀

C358

Designed for 對象	Those with cancer (30 participants) 癌症患者 (30位)		
Date 日期	19 October to 14 December 2018 (Every Friday, 9 sessions) 2018年10月19日至12月14日 (逢星期五，共9節)	Time 時間	10:00am – 10:55am 上午10:00 – 10:55
Facilitator 導師	Ms Milky Ng 伍妙奇女士	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Shek Tong Tsui Sports Centre – 5/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West (near MTR HKU Station Exit B1, around 8 minutes walking distance) 石塘咀體育館舞蹈室 - 皇后大道西470號，石塘咀市政大廈5樓 (港鐵香港大學站B1出口步行約8分鐘)		

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

Designed for 對象	Those with cancer (45 participants) 癌症患者 (45位)
Date 日期	20 October to 15 December 2018 (Every Saturday, 9 sessions) 2018年10月20日至12月15日 (逢星期六，共9節)

C359

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

C360

8 and 15 December 2018 (Saturday, 2 sessions)
2018年12月8日及15日 (星期六，共2節)

Time 時間	8:00am – 8:55am 上午8:00 – 8:55
Facilitator 導師	Mr Suen Kwai Ping 孫貴平先生
Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Island East Sports Centre – 52 Lei King Road, Sai Wan Ho (MTR Sai Wan Ho Station Exit A, near the Hong Kong Film Archive) 港島東體育館舞蹈室 - 西灣河鯉景道52號 (港鐵西灣河站A出口，近香港電影資料館)

Remarks 備註	1. Wear loose, comfortable clothing and light kung fu shoes.
	2. Please bring two sets of old newspapers to make the Yi Jin Bang.
	3. Enrol 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，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

C361

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

Date 19 October to 14 December 2018
日期 (Every Friday, 9 sessions)
2018年10月19日至12月14日 (逢星期五，共9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 Ba Duan Jin experience (45 participants)
對象 曾參加八段錦之癌症患者 (45位)

Date 20 October to 15 December 2018 (Every Saturday, 9 sessions)
日期 2018年10月20日至12月22日 (逢星期六，共9節)

C362

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

8 and 15 December 2018 (Saturday, 2 sessions)
2018年12月8日及15日 (星期六，共2節)

C363

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，近香港電影資料館)

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

- 穿著輕巧布面膠底鞋、闊身運動褲及運動衣。
- 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 enhance well-being and improve 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，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**C364**

Date 4 to 25 October 2018 (Every Thursday, 4 sessions)
日期 2018年10月4日至25日 (逢星期四，共4節)

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

Class B
B班**C365**

Date 1 to 22 November 2018 (Every Thursday, 4 sessions)
日期 2018年11月1日至22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 and Ms Ip Kin Ning, Winnie
導師 梁美玲女士及葉建寧女士

Language Cantonese
語言 廣東話

Location Activity Room No 2, Java Road Sports Centre – 3/F, Java Road Municipal Services Building, 99 Java Road (MTR North Point Station Exit A1)
地點 渣華道體育館活動室2號 – 渣華道99號渣華道市政大廈3樓 (港鐵北角站A1出口)

Remarks 1. Please bring two sets of old newspapers to make the Yi Jin Bang.
備註 2. Enrol 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。

Qigong Workshop – CancerLink(Central)**NEW****C366****柔氣人間養生功工作坊 — 癌協 (中環)**

The workshop consists of 10 forms of qigong movements that are easy to learn to unblock meridians and strengthen the energy of body.
一套十式的功法，協助練習者打通經脈，喚醒及增強體內能量面對癌症。

Designed for Those with cancer who have completed surgery more than six months previously (40 participants)
對象 適合完成手術後半年或以上的癌症患者 (40位)

Date 25 and 26 October 2018
(Thursday and Friday, 2 sessions)
日期 2018年10月25日及26日 (星期四及星期五，共2節)

Time 3:45pm – 5:45pm
時間 下午3:45 – 5:45

Facilitator Ms Lorna Yu
導師 余昀曉女士

Language Cantonese
語言 廣東話

Location CancerLink (Central), Multi-function Room C, G/F, The Center, 99 Queen's Road Central
地點 癌協(中環)香港中環皇后大道中99號中環中心地下多用途活動室C

Remarks 1. Wear loose and comfortable clothes and thick socks.
備註 2. Stop eating one hour before the workshop.
1. 請穿著鬆身舒適衣物及厚襪。
2. 練習前1小時請勿進食。



Photos from 'U-Link' 相片由'U-Link'提供

Pingshuai Workshop – CancerLink(Central)

C367

平甩氣功工作坊 — 癌協 (中環)

Pingshuaigong, based on the traditional Chinese philosophy of "Life Enrichment", is a series of fundamental qigong movements. It is easy to learn, suitable for anyone, and can be performed at any time and in any place. It helps with the circulation and strengthens the immune system, making people stable and balanced.

平甩功是梅門李鳳山先生融合各家武術精華，以氣引導發展出簡單易學的養生法，適合任何人士練習。恆常鍛煉，能有效強化免疫力及循環力，讓患者感覺平穩與平衡。

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	15 November 2018 (Thursday) 2018年11月15日 (星期四)	Time 時間	1:30pm – 3:30pm 下午1:30 – 3:30
Facilitator 導師	Qigong Instructor, Meimen Qigong Culture Centre, Taiwan 台灣梅門氣功太極拳教練	Language 語言	Putonghua 普通話
Location 地點	CancerLink (Central), Multi-function Room A, G/F, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下多用途活動室A		

Pingshuai Group Practice Workshop – CancerLink (Central)

NEW

C368

平甩功團練工作坊 — 癌協 (中環)

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

The trained facilitator will lead a Pingshuai group practice to strengthen the qi of body.
以小組形式，帶領學員們一起練習平甩功，練出好的氣場。

Designed for 對象	Those with cancer who have attended Pingshuai workshop before (20 participants) 曾修習過平甩氣功工作坊的癌症患者 (20位)		
Date 日期	8 December 2018 (Saturday) 2018年12月8日 (星期六)	Time 時間	9:30am – 11:00am 上午9:30 – 11:00
Facilitator 導師	Mr Eric Yip, Taiwan Meimen trained facilitator 葉國華先生 - 梅門認可教練	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central), Unit 5, G/F, 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		

Zentangle Workshop – CancerLink (Central)

C369

禪繞畫體驗工作坊 — 癌協 (中環)

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，讓患癌後紛擾的心專注靜下來，達到身心平靜與和諧。

Designed for 對象	Those with cancer (25 participants, for first-time participants only, places are offered only to participants who attend ALL sessions) 癌症患者 (25位， 只限首次參加者，名額只提供給能夠全程參與者)		
Date 日期	19, 26 October and 2 November 2018 (Fridays, 3 sessions) 2018年10月19日、26日及11月2日 (星期五，共3節)	Time 時間	4:00pm – 5:45pm 下午4:00 – 5:45
Facilitator 導師	Mr Dick Yu 余狄夫先生	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central), Multi-function Room A, G/F, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下多用途活動室A		
Remarks 備註	Enrol in only one Zentangle workshop. 只能選報一個禪繞畫體驗工作坊。		

Eat Wise Workshop – CancerLink (North Point)

智營烹飪工作坊 — 癌協 (北角)

健康飲食有助增強身體免疫力，降低癌症風險，以下工作坊教你如何食得更健康。

Raw Food School
生素學堂

C370

What are the benefits of a raw vegan diet? Is it suitable for everyone to practise? In the workshop, the facilitator will introduce the theory and demonstrate a few recipes. Participants 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？是否適合癌症患者實踐？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。

Designed for Cancer survivors (25 participants)
對象 癌症康復者 (25位)**Date** 8 October 2018 (Monday)
日期 2018年10月8日 (星期一)**Time** 2:00pm – 5:00pm
時間 下午2:00 – 5:00**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**Remarks**
備註
1. Enrol in only one Eat Wise workshop.
2. Please bring your own food container and cutlery.
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。**Food for the Heart (Book Club) – CancerLink (North Point)**

心靈的宴會 — 以書聚友 — 癌協 (北角)

C371

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

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

Designed for Those with cancer (12 participants)
對象 癌症患者 (12位)**Date** 24 October, 7, 21 November and 5 December 2018
日期 (Wednesdays, 4 sessions)
2018年10月24日、11月7日及21日及12月5日
(星期三，共4節)**Time** 3:45pm – 5:15pm
時間 下午3:45 – 5:15**Facilitator** Ms SK Maddox
導師 薛曉光女士**Language** Putonghua
語言 普通話**Mindful Tea Appreciation Workshop – CancerLink(Central)**

靜心茶道工作坊 — 癌協 (中環)

NEW

C372

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

Quieten down our body and mind to appreciate the colour, smell and taste of tea. Through mindful tea appreciation, you'll be brought back to the present moment.

茶道能讓身心沉靜下來，用心感受茶色茶香茶味，放低憂慮與擔心，安然享受當下一刻。

Designed for Those with cancer (8 participants)
對象 癌症患者 (8位)**Date** 8 December 2018 (Saturday)
日期 2018年12月8日 (星期六)**Time** 11:30am – 12:30pm
時間 上午11:30 – 下午12:30**Facilitator** Mr Eric Yip
導師 葉國華先生**Language** Cantonese
語言 廣東話**Location** CancerLink (Central), Unit 5, G/F, 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

Aromatherapy for Cancer Care Workshop – CancerLink (North Point)**NEW****C373****香薰癌症護理工作坊 — 癌協 (北角)**

This workshop will explain how aromatherapy can help relieve the different side effects of cancer treatments and will demonstrate how to carry out a simple aromatherapy hand massage for cancer patients.

導師將會講解香薰如何紓緩各種因治療癌症而出現的副作用的幫助，並會示範如何幫癌症患者做簡單的手部按摩。

Designed for 對象	Those with cancer during treatment (25 participants) and their family members (5 participants) 治療中的癌症患者及其照顧者 (25位治療中的癌症患者及其照顧者5位)		
Date 日期	10 November 2018 (Saturday) 2018年11月10日 (星期六)	Time 時間	10:00am – 12:30pm 上午10:00 – 下午12:30
Facilitator 導師	Ms Kaman Cheung 張嘉雯女士 - 獲英國腫瘤科醫院頒發「癌症護理輔助療法 (香薰) 文憑」，並於該院完成實習，亦是美國腫瘤按摩學會首選治療師。	Language 語言	Cantonese 廣東話
Remarks 備註	1. Please wear loose and comfortable clothing. 2. Please bring your own towel (about face towel size). 1. 請穿著寬鬆衣物。 2. 請自備毛巾一條 (約為祝君早安洗面巾大小)		

Writing Workshop – CancerLink (Central)**C374****寫作坊 — 癌協 (中環)**

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

Writing is a good way to express and articulate our feelings and thoughts and to connect deeper with our inner selves. Everyone has personal stories, and one's own creativity which can be expressed through writing. Writer Molly Yee 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。每個癌症患者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	27 October 2018 (Saturday) 2018年10月27日 (星期六)	Time 時間	2:00pm – 5:30pm 下午2:00 – 5:30
Facilitator 導師	Ms Molly Yee 余嘉敏女士 (麻手)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central), Multi-function Room A, G/F, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下多用途活動室A		

Other Recommended Programme 其他推薦活動

Programme 課程	Code 編號	Please refer to the link below 詳情請參閱以下癌協通訊
Gong Bath Healing Workshop 銅鑼聲音療愈工作坊	K361	Kwai Chung 葵涌
Singing Bowl for Self-Healing Workshop 頌鉢自我療愈工作坊	K364	
Mandala Workshop & Practice Day Mandala 繪畫療愈工作坊及練習日	K370 – K373	
Eat Wise Healthy Cooking Workshop Eat Wise 智營烹飪工作坊	K374 – K379	
Healthy Sprouting Workshop 健康發芽菜工作坊	W456	Wong Tai Sin 黃大仙
Talk – How To Create Your Green Kitchen 綠色廚房講座	W457	

Community Support 社區支援

At CancerLink, we actively engage a number of community partners to organise 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: Hong Kong Cancer Fund's CancerLink support centres (in Wong Tai Sin, North Point, Central, Tin Shui Wai, Kwai Chung) and cancer patient resource centres (CPRCs) at Pamela Youde Nethersole Eastern Hospital, Prince of Wales Hospital, Princess Margaret Hospital, Queen Elizabeth Hospital, Queen Mary Hospital, Tuen Mun Hospital and United Christian Hospital.

本會積極與不同機構及地區團體合作，定期舉辦有關癌症的活動，合辦單位包括：香港癌症基金會五所癌協服務中心（黃大仙、中環、北角、天水圍、葵涌）、屯門醫院癌症病人資源中心、伊利沙伯醫院癌症病人資源中心、東區尤德夫人那打素醫院癌症病人資源中心、威爾斯親王醫院癌症病人資源中心、基督教聯合醫院癌症病人資源中心、瑪嘉烈醫院癌症病人資源中心、瑪麗醫院癌症病人關顧支援組。

Pamela Youde Nethersole Eastern Hospital New Case Orientation 東區尤德夫人那打素醫院新症簡介會

C314

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

Designed for 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	16 November 2018 (Friday) 2018年11月16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		

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

C315

An oncologist, nurse, and social worker will share information about gynaecological 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	2 October, 4 December and 18 December 2018 (Tuesday) 2018年10月2日、12月4日及12月18日 (星期二)	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		

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

C316

Learn about the most current treatment trends for prostate cancer, what community resources are available, and hear stories 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	2 November 2018 (Friday) 2018年11月2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, Hong Kong Island) 瑪麗醫院腫瘤科駐院專科醫生、 港島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

C317

瑪麗醫院癌症飲食與營養講座

Speakers from different professionals in cancer care and a dietician will provide tips on healthy diet and information about 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 Cancer patients or carers from HK West cluster
對象 港島西聯網癌症病人或家屬

Date 14 December 2018 (Friday)
日期 2018年12月14日 (星期五)

Time 2:30pm – 4:00pm
時間 下午2:30 – 4:00

Facilitator Dietitian of Queen Mary Hospital,
Registered social worker (CancerLink)
講者 瑪麗醫院營養師及港島癌協註冊社工

Language Cantonese
語言 廣東話

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

Joint Talk**合辦講座**

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

Managing Fatigue 「倦亦有方 — 疲倦處理」講座

C318

This talk provides information about fatigue related to cancer treatment and exercises such as 'Ba Duan Jin' for managing the side effects.

講解因癌症引起疲倦的原因，體驗「八段錦」練習，學習在日常生活中運用節省體力及活動處理原則，減少疲倦在日常生活所引致的負面影響。

Date 5 October 2018 (Friday)
日期 2018年10月5日 (星期五)

Time 7:00pm – 9:00pm
時間 晚上7:00 – 9:00

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

Language Cantonese
語言 廣東話

Location Seminar Room 1, M Floor, Hospital Authority Building (147B, Argyle Street, Kowloon)
地點 醫院管理局大樓閣樓研討室(一) (九龍亞皆老街147B醫院管理局大樓)

More about diet 「癌症食療」講座

C319

The talk provides more information about diet and explain myths

講座講解常見癌症飲食的謬誤及分享康復者須知。

Date To be Confirmed
日期 待定

Time To be Confirmed
時間 待定

Facilitator Ms. Shi-Po POON (Registered Dietitian)
講者 潘仕寶小姐 (註冊營養師)

Language Cantonese
語言 廣東話

Location To be Confirmed
地點 待定

Remarks
備註

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

Friends of CancerLink

癌協之友 ~ 並肩同行抗癌路

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

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

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

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

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

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

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：https://www.cancer-fund.org/support-for-you/