



Link 連繫

January – March
一月 – 三月 2019

Promote Self-Care

Self-management has been introduced as an effective approach for managing chronic disease to improve patient-reported and health care-related outcomes. Every one of us can work on our health status with motivation and by actions. The 'Mandala of Resources' is one of the tools developed by Virginia Satir, a renowned family therapist, to help individuals access their resources. It has developed into eight domains and guides people on how to practise good self-care:

Physical: Challenge and care for your body i.e. exercise, rest or sleep

Intellectual: Stimulate the brain, engage the mind

Emotional: Enhance and explore emotions

Sensual: Get in touch with your different senses

Interactional: Socialise with others who are responsive

Nutritional: Improve nutritional intake

Contextual: Improve or change your environment

Spiritual: Feed your 'soul' (not necessarily religious)

CancerLink's services and programmes aim to help individuals and their families to become equipped with knowledge and skills on self-care, so that they can better manage their health confidently and promote overall wellbeing!



自我照顧

香港醫療及社福界近年在面對慢性疾病時，提倡患者「自我管理」健康的概念，強調個人參與改善自己健康的責任和角色。誠然，個人身體力行的積極行動，絕對有助改善患者的健康狀況。國際著名的家庭治療大師沙維雅女士提出一套名為「Mandala of Resources」的方法，協助個人掌握資源，並被借用作評估自我照顧的八個領域。大家認為自己在這各方面，是否做到了嗎？

- (一) **生理：**你有否足夠的睡眠和休息？當感到不適時，你會傾向照顧身體的需要還是選擇回應工作的需要，勉強身體繼續為你效勞？
- (二) **理智：**你平時處事是否冷靜，分析正反兩面才決定如何處理事情？
- (三) **情緒：**你留意到在壓力下自己情緒的變化，能具體說出內在的感受嗎？
- (四) **感官：**你善用五官如視覺、聽覺、嗅覺、觸覺及味覺與外界接觸嗎？
- (五) **互動：**你可以與人保持和諧的關係，與家人或其他人保持表裡一致的溝通嗎？
- (六) **營養：**你有留意到身體所需要的營養而進食，使自己身體保持在良好狀態嗎？
- (七) **處境：**你有否為自己製造一個舒適的居住環境，如合適空間、光線、空間質素等，使自己心境平靜，享受生活？
- (八) **靈性：**你經常與內心對話，知道自已的需要及渴求嗎？

癌症基金會屬下癌協服務中心的服務及課程，盼望成為你們掌握自我照顧的資源及工具，讓大家在身心社靈層面，都能均衡發展，促進健康！

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

Enrollment date starts:

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

接受報名日期：

2018年12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

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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 25-43)	Maximum of 5 confirmed programmes and 5 programmes in wait-list across all CancerLink Centres	For programmes with a hash (#) or marked “enroll only one specific programme/workshop”, means an applicant can only enroll one programme from that category within all CancerLink Centres. Unless otherwise specified, 50% of each wellness programme quota will be arranged for those diagnosed in or after 2016 .
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 (25-43頁)	最多 五項正選及五項候補	活動註有 #號 或「備註」上寫明 只能選報一個該類型的活動 ，意指在所有癌協中心，只可選報一個該類型的活動。 除指定活動外，50%的身心靈健康活動名額將 分配給2016年或以後的確診患者 。
其他活動	最多 五項正選及五項候補	活動註有 #號 或「備註」上寫明 只能選報一個該類型的活動 ，意指在所有癌協中心，只可選報一個該類型的活動。

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

Talk to a peer

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 to 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 native English speakers or those who do not understand Cantonese.		

New year, new exercising habits

C397

"Form an exercising habit" is always on our New Year's resolution list, but it is difficult to stick to it without a gentle push! Join us to meet with an experienced physiotherapist for some workouts and tips, and give this year a fresh start!

Designed for	Those with cancer, their family members, and volunteers (20 participants)		
Date	31 January 2019 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Ms Sarah Chu (Registered Physiotherapist)	Language	English
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

Exploration of life at Tsz Shan Monastery

C508

Join us to explore and learn about a Buddhist approach to life at Tsz Shan Monastery, by reflecting on the meaning of life, understanding self-care, and learning how to face the ups and downs of life with inner calmness.

Designed for	Those with cancer, their family members, and volunteers (20 participants)		
Date	16 February 2019 (Saturday)	Time	8:00am – 2:00pm
Facilitator	Registered social worker at Tsz Shan Monastery	Language	English
Location	Tsz Shan Monastery, 88 Universal Gate Road, Tai Po		

"Dancing through life" – dance/movement therapy

C509

Dance and movement are great ways to express yourself and communicate. With the support of a professional dance/movement therapist, we can reflect on the meaning of life through dance, welcoming a new start in 2019.

Designed for	Those with cancer, their family members, and volunteers (18 participants)		
Date	28 February 2019 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Ms Candy Lo (Board Certified-Dance/Movement Therapist, US)	Language	English
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

Latest immunotherapy treatment options

C398

Immunotherapy is such a popular topic in the area of cancer treatment, but what is it? And is it suitable for everyone? Join us to hear all about the latest updates on immunotherapy from Dr Roland Leung.

Designed for	Those with cancer, their family members, and volunteers (20 participants)		
Date	28 March 2019 (Thursday)	Time	7:00pm – 9:00pm
Facilitator	Dr Roland Leung (Associate Consultant, Queen Mary Hospital)	Language	English
Location	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central		

Practical Support 實際支援

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

癌症對健康影響深遠，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

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

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

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

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

Speak to a dietitian 註冊營養師諮詢服務

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

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

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

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

Prevent and control outbreaks of seasonal influenza (from a cancer patient perspective) 癌症患者如何預防流感

C399

Cancer patient usually have low immunity during treatment stage and recovery stage. By knowing information regarding to the cough manner, household & hand hygiene and other practical tips are essential to prevent seasonal influenza and other infectious diseases.

癌症患者在治療階段和復康期的免疫力較低，講座讓大家了解更多有關咳嗽方式、家庭和手部衛生護理，以及其他預防季節性流感和傳染病的實用技巧，預防不必要的感染。

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

Date 14 January 2019 (Monday)
日期 2019年1月14日 (星期一)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Dr Tommy T Y Lam (Assistant Professor of the
講者 Department of Public Health, HKU)
林讚育先生 (香港大學公共衛生學院助理教授)

Language Cantonese
語言 廣東話

Cancer-related osteoporosis

C400

癌症與骨質疏鬆全面睇

Osteoporosis is treatable, but not curable. It's important to be aware of your risks of developing osteoporosis. This session can help you detect symptoms early and get effective treatment.

骨質疏鬆能治療卻不能根治，講座會探討患上骨質疏鬆的風險，協助參加者有效預防及治療，減低骨折的機會。

Designed for 對象	Those with cancer and their family members (70 participants) 癌症患者及家屬 (70位)		
Date 日期	15 March 2019 (Friday) 2019年3月15日 (星期五)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Dr Ching-Lung Cheung (Assistant Professor of the Department of Pharmacy, The University of Hong Kong) 張正龍先生 (香港大學藥理及藥劑學系助理教授)	Language 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: Combating prostate cancer from a Western and Chinese medicine perspective

C401

前路無阻：中西合璧的前列腺癌復康策略

Dr. So will introduce methods for combating treatment side effects of prostate cancer from a Western and Chinese medicine perspective, including diet tips, acupuncture and acupressure.

蘇醫生會從中醫及西醫的角度講解如何應對前列腺癌的副作用和復康策略，包括飲食宜忌、針灸、穴位按摩等。

Designed for 對象	Those with prostate cancer and their family members (25 participants) 前列腺癌患者及其照顧者 (25位)		
Date 日期	21 March 2019 (Thursday) 2019年3月21日 (星期四)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Dr Tsz-Him So (Clinical Assistant Professor, Department of Clinical Oncology, Li Ka Shing Faculty of Medicine, HKU; registered Chinese medicine practitioner) 蘇子謙醫生 (香港大學李嘉誠醫學院臨床腫瘤學系臨床助理教授、註冊中醫)	Language 語言	Cantonese 廣東話

Understanding the radiotherapy and its caring tips

C402

了解放射治療 (電療) 及其護理

During cancer journey, cancer patient would go through different cancer treatment. Radiologist will discuss the new trends of radiotherapy, function and caring tips of it, etc.

癌症過程中，患者會進行不同的治療，放射科治療師將討論放射治療的最新趨勢、功能、及其護理貼士等。

Designed for 對象	Those with cancer and their family members (30 participants) 癌症患者及家屬 (30位)		
Date 日期	2 March 2019 (Saturday) 2019年3月2日 (星期六)	Time 時間	2:30pm – 4:00pm 下午2:30 – 4:00
Facilitator 講者	Ms Tsz Kiu Leung (Registered radiologist) 梁子翹女士 (註冊放射治療師)	Language 語言	Cantonese 廣東話

Understanding upper limb lymphoedema

C403

上肢淋巴水腫護理研習坊

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

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

Designed for 對象	Those with breast cancer who have completed surgery more than six months previously (25 participants; places are offered only to participants who can attend all sessions) 乳癌患者 (25位，完成手術半年或以上。首次參加者優先，名額只提供給能夠全程參與者)		
Date 日期	4, 11 and 18 March 2019 (every Monday, total 3 sessions) 2019年3月4日，11日及18日 (逢星期一，共3節)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Ms Pauline C W Fong (Registered physiotherapist and certified lymphoedema therapist) 方真唯小姐 (註冊物理治療師及認可淋巴水腫治療師)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

Understanding lower limb lymphoedema from cancer treatment

C404

了解癌症治療導致的下肢淋巴水腫

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

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

Designed for 對象	Those with gynaecological cancer who have completed surgery more than six months previously (20 participants; priority will be given to those enrolling for the first time. Places are offered only to participants who can attend all sessions) 婦科癌患者 (20位，完成手術半年或以上。首次參加者優先，名額只提供給能夠全程參與者)		
Date 日期	14, 21 and 28 January 2019 (every Monday, total 3 sessions) 2019年1月14日、21日及28日 (逢星期一，共3節)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Ms Pauline C W Fong (Registered physiotherapist and certified lymphoedema therapist) 方真唯小姐 (註冊物理治療師及認可淋巴水腫治療師)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		



Lower lymphoedema exercise class

C405

下肢淋巴水腫運動班

The class will teach techniques for effective lymphoedema control, using exercise and lymphoedema drainage technique for effective lymphoedema control.

以運動及淋巴水腫引流技術，以減輕下肢淋巴水腫的出現。

Designed for 對象	Those with gynaecological cancer who have received surgery more than six months previously (12 participants; priority will be given to those enrolling for the first time) 曾接婦科癌症手術患者 (12位，首次參加者優先)		
Date 日期	18 February 2019 (Monday) 2019年2月18日 (逢星期一)	Time 時間	3:30pm – 5:30pm 下午3:30 – 5:30
Facilitator 講者	Ms Pauline C W Fong (Registered physiotherapist and certified lymphoedema therapist) 方真唯小姐 (註冊物理治療師及認可淋巴水腫治療師)	Language 語言	Cantonese 廣東話
Remarks 備註	Participants must first complete this season's 'Understanding lower limb lymphoedema from cancer treatment' course and receive a recommendation. 參加者全部先列作後備，必須先完成今季「了解癌症治療導致的下肢淋巴水腫」並獲得推薦。		

Diet tips during treatment

C406

治療前後飲食小貼士

Research has found that malnutrition declines the response to therapy and recovery. This talk will introduce diet strategies during treatment, which help to maintain weight and immunity, as well as answer some common diet myths.

癌症治療前後的飲食對身體復原有很大影響，講座會探討治療前後的飲食策略，讓參加者明白健康飲食如何幫助維持體重及抵抗力，以及解答癌症飲食的迷思。

Designed for 對象	Those with cancer and their family members, diagnosed in or after 2018 (25 participants) 2018年或以後確診患者及其照顧者 (25位)		
Date 日期	19 March 2019 (Tuesday) 2019年3月19日 (星期二)	Time 時間	2:00pm – 4:00pm 下午2:00 – 4:00
Facilitator 講者	Ms Fion Chow (Registered dietitian) 周倩蕾姑娘 (註冊營養師)	Language 語言	Cantonese 廣東話

Weight management talk

C407

體重管理知多少

Studies show that being overweight and/or obese can increase risk of relapses. Our dietitian will introduce how to manage weight through healthy eating followed by a peer sharing session on diet tips.

研究指出肥胖會增加癌症復發的風險，講座將介紹如何透過健康飲食管理體重，並與同路人分享治療前後飲食貼士。

Designed for 對象	Cancer clients (diagnosed in or after 2016: 25 participants; diagnosed in or before 2015: 15 participants) 癌症患者 (2016年或以後確診患者名額25位；2015年或以前確診患者名額15位)		
Date 日期	28 January 2019 (Monday) 2019年1月28日 (星期一)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Ms Fion Chow (Registered dietitian) 周倩蕾姑娘 (註冊營養師)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The 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	Five places will be reserved for those who have completed 'The five health facts that you should know'. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Support for patients undergoing breast cancer treatment

乳你同行 — 乳癌治療支援小組

The treatment journey for breast cancer patients can be challenging, but it doesn't have to be a lonely one. With advice from professionals including a social worker, nurse, dietitian, and clinical psychologist, as well as the companionship of peers, you will be able to garner useful tips and support to combat breast cancer.

小組匯聚不同專業人士包括社工、護士、營養師、臨床心理學家，講解治療路上面對的挑戰，與你一起探討如何處理治療乳癌可能出現的副作用、拆解飲食疑慮，與同路人一起學習管理和調節情緒。

Designed for 對象	Those who have had breast cancer within the last year and their family members (15 participants; places are offered only to participants who attend ALL sessions) 2018年或以後確診乳癌患者 (15位，名額只提供給能夠全程參與者)		
Date/Time 日期/時間	Class A A班 11 January to 1 February 2019 (every Friday, total 4 sessions) 2019年1月11日至2月1日 (逢星期五，共4節)	2:00pm – 3:30pm 下午2:00 – 3:30	C408
	Class A B班 8 March to 29 March 2019 (every Friday, total 4 sessions) 2019年3月8日至29日 (逢星期五，共4節)	2:00pm – 3:30pm 下午2:00 – 3:30	C409
Facilitator 講者	Ms Katrina Wu (Registered nurse), Ms Fion Chow (Registered dietitian), Ms Marian Wong (Registered clinical psychologist), Ms Iris Ip (Registered social worker) 胡凱姚姑娘 (註冊護士)、 周倩蕾姑娘 (註冊營養師)、 王敏珩 (註冊臨床心理學家)、 葉靜宜姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

Keep Moving Project – a talk on the importance of keep moving for breast cancer patients

乳您動起來 — 「運動對乳癌康復者的重要性」講座

This talk provides information about the importance of exercise during the road to recovery after breast cancer treatment. Participants will be assessed and recommended for the exercise classes.

疲勞、上肢淋巴水腫、潮熱、焦慮……這些均是乳癌治療常見的副作用，很多研究指出運動能減輕或預防這些副作用及減低癌症復發風險。講座會為大家講解運動對乳癌患者的重要性，並會介紹「乳您動起來II - 運動研習坊」及甄選參加者。

Designed for 對象	Those with breast cancer aged 18–65 who have completed six or more months of treatment (50 participants; priority will be given to those enrolling for the first time) 18-65歲完成治療6個月或以上乳癌患者 (50位)，首次參加者優先		
Date 日期	19 January 2019 (Saturday) 2019年1月19日 (星期六)	Time 時間	11:15am – 1:15pm 上午11:15 – 下午1:15
Facilitator 講者	Fitness coach, Active Health Clinic, University of Hong Kong; Ms Iris Ip (Registered social worker) 香港大學運動及健康管理中心體適能專家； 葉靜宜姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		
Remarks 備註	The program is co-organised with Active Health Clinic, University of Hong Kong. 活動與香港大學運動及健康管理中心合辦。		

The Keep Moving Project – Exercise Class

C411

乳您動起來 — 運動研習坊

This exercise class is specially designed for breast cancer patients. Through qigong and equipment, the class aims to improve the quality of life of participants through enhancing their cardiopulmonary function and fitness.

疲勞、上肢淋巴水腫、潮熱、焦慮……這些均是乳癌治療常見的副作用，很多研究指出運動能減輕或預防這些副作用及減低癌症復發風險。此運動班是針對乳癌康復者，透過使用中國傳統的氣功或簡單運動器材，改善患者的心肺功能及體能，從而提升康復者的生活質素。

Designed for 對象	Those who have finished 'Keep Moving Project – a talk on the importance of maintaining movement for breast cancer patients' and have received recommendations (20 participants) 已完成乳您動起來 - 「運動對乳癌康復者的重要性」講座並獲推薦 (20位)		
Date 日期	28 February – 27 May 2019 (Every Monday and Thursday, except 22 April and 13 May, total 24 sessions) 2019年2月28日至5月27日(逢星期一及四，4月22日及5月13日除外，共24堂)	Time 時間	11:00am – 12:00noon 上午11:00 – 中午12:00
Facilitator 講者	Fitness Coach, Active Health Clinic, University of Hong Kong 香港大學運動及健康管理中心體適能專家	Language 語言	Cantonese 廣東話
Venue 地點	Active Health Clinic, University of Hong Kong, 1/F Henry Fok Health and Fitness Complex, Stanley Ho Sports Centre (10 Sha Wan Drive, Sandy Bay, Hong Kong Island) 香港大學何鴻燊體育中心霍英東康體大樓一樓運動及健康管理中心 (香港大口環沙灣徑10號)		
Remarks 備註	<ol style="list-style-type: none"> 1. All participants will be registered in the waiting list; assessment is required before participation. 2. Before and after the exercise class, participants are required to go for assessment and report at the University of Hong Kong. 3. Please wear loose, comfortable clothing and rubber-soled footwear. 4. The program is co-organised with Active Health Clinic, University of Hong Kong. <ol style="list-style-type: none"> 1. 參加者會先作後備，經評估再確認是否適合參加。 2. 參加者在研習坊開始前及完成後，需到香港大學進行體適能和身心評估，與及整個研習坊後講解報告。 3. 請穿著舒適衣物，膠底鞋、運動衣及運動褲。 4. 活動與香港大學運動及健康管理中心合辦。 		

**Support for patients undergoing gynaecological cancer treatment**

C412

婦女同行 — 婦科癌治療支援小組

The treatment journey for gynaecological cancer patients can be challenging, but it doesn't have to be a lonely one. With advice from professionals including a social worker, nurse, dietitian, and clinical psychologist, as well as the companionship of peers, you will be able to garner useful tips and support to combat gynaecological cancer.

小組由不同專業人士包括社工、護士、營養師、臨床心理學家，講解治療路上面對的挑戰，與你一起探討如何處理治療婦科癌可能出現的副作用、拆解飲食疑慮，與同路人一起學習管理和調節情緒。

Designed for 對象	Those who have had gynaecological cancer within the last year and their family members (15 participants; places are offered only to participants who attend ALL sessions) 2018年或以後確診婦科癌患者 (15位，名額只提供給能夠全程參與者)		
Date 日期	8 March to 29 March 2019 (every Friday, total 4 sessions) 2019年3月8日至29日 (逢星期五，共4節)	Time 時間	10:00am – 11:30am 上午10:00 – 11:30 (15 and 22 March 2019 meeting at 2:00pm – 3:30pm) (2019年3月15日及22日改為下午2:00 – 3:30)
Facilitator 講者	Ms Katrina Wu (Registered nurse), Ms Fion Chow (Registered dietitian), Ms Marian Wong (Registered clinical psychologist), Ms Yoyo Chan (Registered social worker) 胡凱嫻姑娘 (註冊護士)、 周倩蓓姑娘 (註冊營養師)、 王敏珩 (註冊臨床心理學家)、 陳敬賢姑娘 (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		

Chinese medicine practitioner's view on menopause

C413

婦女新知 — 從中醫角度看更年期

Females with breast cancer or gynaecological cancer may experience early menopause after receiving treatments. The symptoms of menopause affect their daily life functions. In this talk, a Chinese medicine practitioner will talk about menopause and its physical and psychological effects. Food that soothes and worsens the symptoms of menopause will also be introduced.

乳癌或婦科癌患者在接受治療後，有可能提早出現更年期，或會為她們帶來生活上的影響。講坐以中醫角度，讓參加者理解更年期的成因，及探討紓緩更年期症狀的方法及食療。

Designed for 對象	Those with breast cancer or gynaecological cancer (40 participants) 乳癌或婦科癌症患者 (名額40位)		
Date 日期	15 March 2018 (Friday) 2019年3月15日 (星期五)	Time 時間	4:00pm – 5:30pm 下午4:00 – 5:30
Facilitator 講者	Ms Tina Lee (Registered chinese medicine practitioner) 李天嵐姑娘 (註冊中醫師)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		
Remarks 備註	Five places will be reserved for those who have completed 'The five health facts that you should know'. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Beautiful inside and out 光彩自信外而內

C414

The side effects of treatment can make you feel under the weather at times. A dab of lipstick or a suitable wig can give you an instant confidence boost, lift your spirit, and help you to continue this challenging journey. Come join us to learn essential make-up skills while exploring your inner beauty.

接受治療或康復期間，藥物的副作用可能帶來儀容問題，令你感到氣餒。其實簡單的化妝，或為假髮作出小改動，已經能夠令你回復光彩，心情轉佳。工作坊除介紹美容及護理技巧，更讓你發掘內在美，重建自信。

Designed for 對象	Those who have had breast or gynaecological cancer within the last year (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症患者 (12位，首次參加者優先)		
Date 日期	15 and 22 January 2019 (every Tuesday, total 2 sessions) 2019年1月15日及22日 (逢星期二，共2節)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 講者	Ms Yoyo Chan (Registered social worker) 陳敬賢姑娘 (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		

The five health facts that you should know 不可不知的五個健康真相

C415

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

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

Designed for 對象	Those who have had cancer within the last five years (20 participants) 確診五年內癌症患者 (名額20位)		
Date 日期	10 and 17 January 2019 (every Thursday, 2 sessions) 2019年1月10日及17日 (逢星期四，共兩節)	Time 時間	10:00am – 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
Remarks 備註	Participants must attend all the sessions. 參加者必需出席所有課堂。		

Knee and back muscle strength and flexibility adjustment workshop

C416

症狀控制系列 — 膝部和背部的肌肉強度及靈活性適應評估班

This workshop will help you understand your physical state after treatment, especially in the knee and back muscles, and how to adapt to it by doing appropriate exercise.

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

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

Date/Time **Assessment 評估**
日期/時間 7 January 2019 (Monday) 9:30am – 12:30pm
2019年1月7日 (星期一) 上午9:30 – 下午12:30

Talk 講座
14 January 2019 (Monday) 10:00am – 11:30am
2019年1月14日 (星期一) 上午10:00 – 11:30

Facilitator Mr Calson Leung (Registered physiotherapist) **Language** Cantonese
講者 梁佑文先生 (註冊物理治療師) **語言** 廣東話

Remarks 1. Participants will be divided into six groups for 30-minute check-ups.
備註 2. Five 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。

Knee and back fitness exercise class

C417

症狀控制系列 — 膝背健體訓練班

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

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

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

Date 21 February – 28 March 2019 (every Thursday, 6 sessions) **Time** 4:00pm – 5:30pm
日期 2019年2月21日至3月28日 (逢星期四，共六堂) **時間** 下午4:00 – 5:30

Facilitator Mr Tong Wai Hung **Language** Cantonese
講者 湯偉雄先生 **語言** 廣東話

Location Floor 6, Wai Hing Commercial Building, 17-19 Wing Wo Street, Central
地點 中環永和街17-19號偉興商業大廈6樓

Remarks 1. For first-time participants only.
備註 2. Participants are required to attend and receive a recommendation from the current quarter's 'Knee and back muscle strength and flexibility adjustment workshop' C416.
1. 活動只限首次參加者參加。
2. 參加者必須先參加今季「症狀控制系列 - 膝部和背部的肌肉強度及靈活性適應評估班」C416並獲推薦。



Advice on insurance – cancer clients 保險須知 — 癌症患者篇**C418**

A talk on purchasing insurance and common issues that can arise.
講座探討有關購買保險時需要注意事項及常見的保險問題及跟進處理。

Designed for 對象	Cancer clients (diagnosed in or after 2016: 15 participants; diagnosed in or before 2015: 10 participants) 癌症患者 (2016年或以後確診患者名額15位；2015年或以前確診患者名額10位)		
Date 日期	23 February 2019 (Saturday) 2019年2月23日 (星期六)	Time 時間	2:30pm – 5:00pm 下午2:30 – 5:00
Facilitator 講者	Ms Phoebe Lee (Associate Director of Business Development and Product Solutions) 李耀文小姐 (保險產品及業務發展部助理總監)	Language 語言	Cantonese 廣東話
Remarks 備註	Five places will be reserved for those who have completed 'The five health facts that you should know'. 5位名額會優先給予曾經完成「不可不知的五個健康真相」參加者。		

Organic farm trip 有機農莊之旅**C419**

You can understand more about organic farming and experience simple farming in this trip. Moreover, you can learn how to recognise organic food.
讓參加者了解有機種植的知識，講解如何選擇有機蔬菜及體驗簡單農務。

Designed for 對象	Cancer clients (diagnosed in or after 2016: 16 participants; diagnosed in or before 2015: 10 participants) 癌症患者 (2016年或以後確診患者名額16位；2015年或以前確診患者名額10位)		
Date 日期	21 February 2019 (Thursday) 2019年2月21日 (星期四)	Time 時間	12:15pm – 5:45pm 下午12:15 – 5:45
Facilitator 講者	Mr Maksim Cheung 張煒楠先生	Language 語言	Cantonese 廣東話
Location 地點	HKFYG Organic Farm at Yuen Long 元朗青協有機農莊		
Remarks 備註	1. A coach will be arranged to and from the centre; please arrive at the support centre at 12:15pm sharp on the day. 2. Five places will be reserved for those who have completed 'The five health facts that you should know'. 1. 提供巴士接送來回中心及活動地點，參加者請於下午12:15於北角癌協集合。 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。		

**“You Can” resume your fitness–Piloxing taster workshop
「You Can」重拾你體能 — Piloxing 體驗班****C420**

Resume your fitness by choosing the right exercise that interests you! The 'resume your fitness' series will introduce you to different kinds of exercises, so you can have a taste and choose the one suitable for you. Piloxing uses a combination of kickboxing, Pilates and Zumba to create a series of movements and steps. It can help to get us in shape as well as strengthen our heart and muscles.

「重拾你體能」系列安排不同運動體驗班，讓你找到最適合自己的運動，重拾體能。Piloxing 主要混合Kickboxing (踢拳)、Pilates (普拉提斯) 和 Zumba (拉丁健身舞) 3種運動做出一連串的動作，當中有快有慢。Piloxing 健體舞，既可讓你擁有玲瓏曲線，又可強化肌肉和心臟。

Designed for 對象	Those with cancer and aged between 18–39 years old (12 participants) 18-39歲年輕癌症患者 (12位)		
Date 日期	26 January 2019 (Saturday) 2019年1月26日 (星期六)	Time 時間	10:00am – 11:00am 上午10:00 – 11:00
Facilitator 講者	Piloxing instructor Piloxing 教練	Language 語言	English 英文
Remarks 備註	1. Please wear sports gear and bring water. 2. Those aged between 40–43 who are interested in this course will be put on waiting list first. 1. 請穿着運動裝及帶備水。 2. 40-43歲的參加者可先列作後備。		

Psychological Support 心理支援

Cancer can be a highly distressing experience with a significant impact on both 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.

癌症往往為患者帶來負面情緒，本會提供個別諮詢服務及心理輔導小組和工作坊，希望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。

Pain management workshop – a biopsychosocial approach

C421

「舒痛我話事」工作坊

Pain affects sleep, appetite and mood, and contributes to anxiety, fatigue, and a poor quality of life. This workshop introduces pain assessment tools, explains the importance of non-physiological factors in causing pain, and teaches practical skills to ease pain.

疼痛影響睡眠、胃口及情緒，容易令人產生焦慮、疲勞和不安。本工作坊解釋身心互動作用對疼痛的影響，簡介評估方法，並透過示範和練習，幫助參加者掌握國際心理腫瘤學會推介的疼痛管理身心療法。

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

Date 9 – 30 January 2019 (every Wednesday, total 4 sessions)
日期 2019年1月9日至30日 (逢星期三，共4節)

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

Facilitator Mr Tommy Liang (Registered social worker)
講者 梁國良先生 (註冊社工)

Language Cantonese
語言 廣東話

Remarks 1. Participants must be able to attend the full sessions of this programme.
備註 2. All those who enrol will be put on a waiting list for screening.
1. 名額只提供給能夠全程參與者。
2. 報名參加本活動者將先列作後備，經篩選後獲確認。

Tips for better sleep quality

C422

「讓我安睡」改善睡眠質素工作坊

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

研究指出，癌症患者有失眠及睡眠問題比一般人多出一倍或以上。睡眠欠佳會導致疲勞、記憶及專注力下降，影響日常生活和生活質素。工作坊會講解及介紹認知行為治療法及不同的放鬆技巧，讓參加者掌握影響睡眠質素的原因，及紓緩問題的方法。

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

Date 11 – 25 January 2019 (every Friday, 3 sessions)
日期 2019年1月11日至25日 (逢星期五，共3節)

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

Facilitator Ms Polly Lim (Registered social worker)
講者 林暉雯姑娘 (註冊社工)

Language Cantonese
語言 廣東話

Remarks 1. For first-time participants only.
備註 2. Assessment by our social worker is required before participation.
1. 只限首次參加者。
2. 參加者需經評估以確定是否適合參加。



Walking as therapy – basic level (13th intake)

C423

走步治療課程 — 基礎班 (第13期)

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

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

Designed for 對象	Those with cancer (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	19 February – 9 April 2019 (every Tuesday, total 8 sessions) 2019年2月19日至4月9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 enrol in the advanced level. Priority is given to first-time participants. Previous participants will be waitlisted. <ol style="list-style-type: none"> 參加者必須出席在北角癌協舉行的首堂及尾堂 (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。 進階班只接受出席本課程不少於80%參加者報名。 首次參加者將會優先取錄，其他報名者會先被列作後備。 		

‘Fill your life with blessings’ positive psychology group

C424

「重踏幸福之路」正向心理小組

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

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

Designed for 對象	Those with breast or gynaecological cancer diagnosed on or after 2017 (12 participants) 2017或以後確診乳科或婦科癌患者 (12位)		
Date 日期	18 February to 25 March 2019 (every Monday, 6 sessions) 2019年2月18日至3月25日 (逢星期一，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
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		



Using mindful self-compassion for better emotional resilience (I)

C425

靜觀自我關懷工作坊：增強情緒復原力 (I)

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

癌症患者及其照顧者很多時或會感到不开心或情緒低落，研究顯示「靜觀自我關懷」可以令人以更有效的方式去面對負面情緒，避免惡性循環，有助降低抑鬱及焦慮症狀帶來的影響。工作坊會讓參加者認識「靜觀自我關懷」的理論及方法，擴闊思維及增強情緒復原力，提升身心健康。

Designed for 對象	Those with cancer and their family members (12 participants) 癌症患者及其照顧者 (12位)		
Date 日期	20 February to 13 March 2018 (every Wednesday, 4 sessions) 2019年2月20日至3月13日 (逢星期三，共4節)	Time 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
Facilitator 講者	Ms Marian Wong (Clinical psychologist) 王敏珩 (臨床心理學家)	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. All participants who enrol will be put on a waiting list for screening. 2. Enrolment in this group is subject to assessment outcome. 1. 報名參加本課程將會先被列作後備。 2. 參加者需先經評估，以確定是否適合參加。		

'Awakening' Recovery Action Plan

C426

「甦醒」復元行動計劃

Life may seem to carry on as normal after treatment. However, physical and emotional well-being, as well as social connections, have often changed. Your life may have lost both focus and direction, which can make you feel anxious and lost.

This group will help you to:

- understand the post-treatment effects on your body, mind and relationships.
- learn the concepts of holistic wellness, including healthy diet, uplifting exercises, emotional and stress management, as well as how to strengthen relationships.
- consolidate your cancer experience and re-identify your life values.

This group emphasises both theory and practice. You and your peers will share, learn and work together while subsequently developing your own recovery action plan.

完成治療後，生活看似可以回復以往，但身體心靈社交卻出現了變化，生活欠缺焦點和方向，感到焦慮與迷茫。小組會幫助你：

- 認識治療後常見的身體、社交、心靈轉變與及相應對策
- 認識全人健康概念，包括健康飲食、提升體格運動、料理情緒、壓力管理、建立真正關係。
- 整理患癌經歷對自己的衝擊和意義，重塑人生優先。

小組著重認知與行動兩部分，你會跟朋輩、導師一起邊學邊做，設計屬於自己的復元計劃。

Designed for 對象	Those with breast or gynaecological cancer who have completed treatment within the past 12 months (12 participants) 已完成治療一年或以內的乳癌或婦科癌症患者 (12位)		
Date 日期	7 March to 25 April 2019 (every Thursday, 8 sessions) 2019年3月7日至4月25日 (逢星期四，共8節)	Time 時間	11:15am – 12:45pm 上午11:15 – 下午12:45
Facilitator 講者	Ms O'Nes Lai (Registered social worker), Registered nurse, Rhysiotherapist 黎沛瑜女士 (註冊社工)、註冊護士、物理治療師	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

Cancer and mental talk: enduring powers of attorney 癌症與精神健康：持久授權

C427

Cancer and treatment may affect your decision-making capabilities. While you are mentally capable, you can appoint an attorney to take care of your financial matters, including medical fees, mortgage payments, rent and investments etc., in the event that you become mentally incapacitated. What is an enduring power of attorney (EPA)? How can you apply for an EPA? How do you set the terms? When and how will an EPA be evoked? This talk will explore these questions further with case sharing.

癌症及其治療有可能短暫或長期影響患者的決策和處事能力，其實患者可以在有精神行為能力的時候，預先安排「持久授權」，委任你信任的人在失去精神行為能力時替你安排如：醫療費用、供樓、租屋、投資等財務事宜。甚麼是持久授權？如何作出申請？訂立條款時有甚麼注意事項？如何撤銷授權？講座會跟你一一講解，亦會分享不同的真實故事，助你作出選擇，減低家人照顧上的負擔。

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	9 March 2019 (Saturday) 2019年3月9日 (星期六)	Time 時間	9:30am – 11:00am 上午9:30 – 11:00
Facilitator 講者	Dr Jenny Tsang (Specialist in psychiatry) 曾淑鈞醫生 (精神科專科醫生)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		

“You Can” Valentine’s special – DIY explosion photo box

C428

「You Can」情人節獻禮 — DIY 回憶盒子

Getting through cancer together is not an easy task for couples; let the group help you make a special gift for your valentine to remember all the sweet memories, show your love and gratitude, and enhance the relationship.

一對情侶能夠共同經歷癌症並非易事，小組會用相片製作回憶盒子作情人節禮物，讓你回顧和伴侶相處的點滴及提供機會向對方表示愛及謝意，提升彼此關係。

Designed for 對象	Those with cancer and aged between 18–39 years old (12 participants) 18-39歲年輕癌症患者及其伴侶 (12位)		
Date 日期	17–31 January 2019 (Every Thursday, total 3 sessions) 2019年1月17–31日 (逢星期四；共3堂)	Time 時間	7:15pm – 8:45pm 晚上7:15 – 8:45
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)香港中環皇后大道中99號中環中心地下5號室		
Remarks 備註	Those aged between 40–43 years old who are interested in this course will be put on a waiting list first. 40-43歲的參加者可先列作後備。		

“You Can” self-image workshop – hair and brows

C429

「You Can」自我形象工作坊 — 髮型與畫眉指導

Cancer treatment might change us through scarring, our skin tone, hair/brow loss etc., which can shake our confidence. We can become especially self-conscious about our looks when we have to return to work. This course will focus on working with our hair and eyebrows to help participants build confidence on their appearance to look polished and smart every morning!

癌症治療很多時令我們外觀有所轉變，如：膚色、疤痕、頭髮或眼眉脫落等，從而影響患者的自信。課堂將從教大家修飾及畫眉，並為自己頭髮造型開始，讓參加者重拾信心，在重返職場時更可容光煥發開展新一頁！

Designed for 對象	Those with cancer and aged between 18–39 years old (8 participants) 18-39歲年輕癌症患者 (8位)		
Date 日期	21 and 28 February 2019 (every Thursday, total 2 sessions) 2019年2月21日及28日 (星期四，共2節)	Time 時間	7:15pm – 8:45pm 晚上7:15 – 8:45
Facilitator 講者	Ms JJ Choi (Make-up artist); Ms Stephanie Tang (Registered social worker) JJ (化妝師)；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)香港中環皇后大道中99號中環中心地下5號室		
Remarks 備註	1. Please prepare your own mirror and hair clips. 2. If you have skin allergies, please bring your own make-up. 1. 請自備鏡子及髮夾。 2. 若皮膚容易出現過敏情況，請自備化妝用品。		

Inner beauty art therapy group

C430

美麗在望藝術治療小組

The creative process of art therapy can explore the transformation of self-image throughout the cancer journey. Art therapists can support you to understand your adjustment and explore inner strength with a group of peers. (Materials include clay, watercolour, collage materials etc.) 藉著創造過程進行藝術治療，探索我們患癌前後對自我形象的轉變，讓你更理解自己適應的過程及內在力量。小組更讓你與同路人及藝術治療師一起分享感受。(創作包括陶泥、水彩及拼貼物料等等)

Designed for Those who have had breast or gynaecological cancer within the past year (12 participants diagnosed in or after 2017)
對象 2017或以後確診乳癌或婦科癌患者 (12位)

Date 28 February to 4 April 2019 (every Thursday, 6 sessions)
日期 2019年2月28日至4月4日 (逢星期四，共6節)

Time 2:30pm – 5:00pm
時間 下午2:30 – 5:00

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

Language Cantonese
語言 廣東話

Remarks 1. Places are offered only to participants who attend ALL sessions.
備註 2. No prior artistic training required. Please wear casual and comfortable outfits.
1. 名額只提供給能夠全程參與者。
2. 參加者無須任何藝術創作經驗或技巧。請穿著舒適衣物。

Workshop on preparing a good death

C431

談生論死工作坊

This workshop explores the journey of life and its meaning. By viewing death as a graduation of life, we can find ways to live every day with more positivity and gratitude. A focus is also placed on breaking taboos and exploring the idea of a 'good death'. 當我們相信死亡不再是令人害怕的終結，而是生命完滿的句號，我們便能更懂得欣賞生命，正面和感恩地面對生活每一天。此工作坊亦盼望一起打破死亡的禁忌，探討何謂好死。

Designed for Those with cancer and family members (15 participants; priority will be given to those enrolling for the first time)
對象 癌症患者及照顧者 (15位，首次參加者優先)

Date 26 February – 12 March 2019 (every Tuesday, 3 sessions)
日期 2019年2月26日至3月12日 (逢星期二，共3節)

Time 2:30pm – 4:30pm
時間 下午2:30 – 4:30

Facilitator Ms Shelley Chau (Registered social worker)
講者 周曉敏姑娘 (註冊社工)

Language Cantonese
語言 廣東話

'Preparing a good death' tour

C432

談生論死工作坊 — 外出參觀日

Through this tour, participants can visit a memorial garden, cemetery and hospice home, and they will have a better understanding of how to prepare a good death. 透過實地參觀紀念花園、墳場和寧養院等地方，了解及明白如何為自己做好生前規劃。

Designed for Those with cancer, family members and volunteers of CancerLink Central and North Point (45 participants)
對象 癌症患者、照顧者及癌協 (中環/北角) 義工 (45位)

Date 23 March 2019 (Saturday)
日期 2019年3月23日 (星期六)

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

Facilitator Ms Shelley Chau (Registered social worker)
講者 周曉敏姑娘 (註冊社工)

Language Cantonese
語言 廣東話

Location Wong Chuk Hang
地點 黃竹坑

Remarks 1. Fifteen quotas will be reserved for those who have completed Workshop on 'Preparing a Good Death'.
備註 2. Coach will be provided for this program.
1. 15位名額會優先給予曾經完成「談生論死工作坊」的參加者。
2. 是次活動會提供旅遊車接送。

Family Support 家庭支援

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

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

Family photo-taking and sharing

C433

家庭照片拍攝服務及分享會

Through family photo-taking and sharing, those touched by cancer can leave good memories and share their love with their family members. 透過拍攝家庭照和其後的分享活動，參加者可以向家人表達關愛及留下美好回憶。

Designed for 對象 Advanced cancer patients and family (5 families, must attend with family members)
晚期或復發癌症患者及家屬 (5個家庭，必須帶同家庭成員參與)

Date 日期 2 March 2019 (Saturday)
2019年3月2日 (星期六)

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

Facilitator 講者 Volunteer photographer and
Ms Shelley Chau (Registered social worker)
義務攝影師及周曉敏姑娘 (註冊社工)

Language 語言 Cantonese
廣東話

Location 地點 Tamar Park
添馬公園

Touch, Caring & Cancer™ couples' workshop

C434

「觸摸、關懷與癌症™」夫婦工作坊

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

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

Designed for 對象 Those with cancer and their spouses (6 pairs, priority given to those with breast cancer or gynaecological cancer)
癌症患者及其配偶 (名額6對，乳癌或婦科癌症患者優先)

Date 日期 2 and 9 March 2019 (every Saturday, 2 sessions)
2019年3月2日及9日 (逢星期六，共2節)

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

Facilitator 講者 Mr Tommy Liang (Registered social worker)
梁國良先生 (註冊社工)

Language 語言 Cantonese
廣東話

Location 地點

1. Participants must be able to attend the full sessions of this programme.
2. All those who enrol will be put on a waiting list for screening.

1. 名額只提供給能夠全程參與者。
2. 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

Cancer affects the whole family, including children. Thus, we provide care and support to children aged 5-17 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 minimise 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

年齡為5-17歲以下，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。

Storytelling skills for preparing a child on cancer effects – art therapy workshop 如何用故事讓孩子為癌症的影響作出準備 — 藝術治療繪本工作坊

C435

Using stories can be an effective way to communicate the effects of cancer to a child. This experiential workshop with an art therapist will show you how to improve self-awareness on the importance of anticipating cancer effects, and express ideas through art.

藝術治療師會帶領家長，透過藝術途徑表達，並以說故事的方式和孩子溝通，讓他們明白癌症可能為家庭帶來的影響，為家人患癌的孩子提前做好準備。

Designed for 對象	Parents of Rainbow Club members between 10–17 years old (20 participants) 10-17歲彩虹會會員之家長 (20位)		
Date 日期	24 January & 2 February 2019 (Thursday and Saturday, 2 sessions) 2019年1月24日 (星期四) 及2月2日 (星期六)	Time 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
Facilitator 講者	Ms Tristan Chan (Registered art psychotherapist) 陳雅姿姑娘 (註冊藝術心理治療師)	Language 語言	Cantonese 廣東話
Remarks 備註	No prior artistic training required. Please wear casual and comfortable outfits. 參加者無須任何藝術創作經驗或技巧。請穿著舒適衣物。		

Mutual support group for parents of adolescents 青少年「腦」朋友 — 家長茶聚

C436

Emotions of adolescents are closely related to your own emotions, even more so when one of the parents is experiencing cancer. Come to the group and interact with peers to help you get some tips on managing this challenge!

青少年與家長的情緒兩者息息相關，特別是當自己或另一半患病，處理子女的日常事務可能更顯力不從心。茶聚中你可以放鬆心情，與同路人交流心得，為自己加加油！

Designed for 對象	Parents of Rainbow Club members between 10–17 years old; priority will be given to those who have participated in the talk 'Learn more about the emotions of adolescents' (10 participants) 10-17歲彩虹會會員之家長，曾參加認識「青少年子女的『腦』朋友講座」優先 (10位)		
Date 日期	26 January 2019 (Saturday) 2019年1月26日 (星期六)	Time 時間	3:45pm – 5:15pm 下午3:45 – 5:15
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	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		



Peer Support 朋輩支援

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

Chinese New Year decoration workshop

C437

新年飾品製作工作坊

Chinese New Year is an important traditional festival. You can learn how to make Chinese New Year decorations in the workshop and how to decorate your home.

農曆年怎可缺少紅噹噹的新年飾品呢？工作坊中，導師會教授大家親手製作新年飾品，為家居添上喜慶氣氛。

Designed for Cancer clients (diagnosed in or after 2016: 10 participants; diagnosed in or before 2015: 5 participants)
對象 癌症患者 (2016年或以後確診患者名額10位; 2015年或以前確診患者名額5位)

Date 7 – 28 January 2019 (every Monday, 4 sessions)
日期 2019年1月7日至28日 (逢星期一，共四節)

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Ms Liz Lau and Ms Veronica Cheng
講者 劉燕玲女士及鄭倩紅姑娘

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

Floral design workshop

C438

插花藝術

Each flower is uniquely beautiful, but with felicitous arrangement, the grace of flowers can be elevated. In this programme, you will be able to learn basic flower arrangement skills, and share your beautiful creation with friends on the cancer journey.

不同的花各有美態，課堂會教授插花技巧，讓你襯托及展示出花獨特的美麗，並與同路人分享你的作品。

Designed for Cancer clients (diagnosed in or after 2016: 5 participants; diagnosed in or before 2015: 5 participants)
對象 癌症患者 (2016年或以後確診患者名額5位; 2015年或以前確診患者名額5位)

Date 24 – 31 January 2019 (every Thursday, 2 sessions)
日期 2019年1月24至31日 (逢星期四，共兩節)

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Ms Anna Law (Instructor) and Ms Veronica Cheng
講者 羅燕娜小姐 (花藝導師) 及鄭倩紅姑娘

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

Tai O trip

C439

大澳之旅

Tai O is a famous fishing port in Hong Kong. Participants can get intimate with nature and feel relaxed in Tai O. Join us!

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

Designed for Cancer clients (diagnosed in or after 2016: 8 participants; diagnosed in or before 2015: 4 participants)
對象 癌症患者 (2016年或以後確診患者名額8位; 2015年或以前確診患者名額4位)

Date 14 March 2019 (Thursday)
日期 2019年3月14日 (星期四)

Time 12:30pm – 5:30pm
時間 下午12:30 – 5:30

Facilitator Mr Maksim Cheung
講者 張煒楠先生

Language Cantonese
語言 廣東話

Synergy home gathering – Chinese New Year party

C440

嘻哈聚 — 春節大團拜

Come and celebrate Chinese New Year together with your peers at Synergy Home!
中國新年是一個傳統喜慶的節日，大家互相祝福，一起來開心團拜！

Designed for 對象	Clients (40 participants) 癌症患者 (名額40位)		
Date 日期	19 January 2018 (Saturday) 2019年1月19日 (星期六)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Ms Veronica Cheng 鄭倩紅姑娘	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 – Ving Tsun for vitality (7th intake)

C441

前路無阻 — 活力詠春 (第7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 practising Ving Tsun, provides a supportive platform for cancer patients to facilitate self-care and mutual support.
部分癌症治療的副作用及後遺症，有機會令患者出現失禁、肌肉流失、骨質疏鬆等問題，影響平衡力和自信心。參加者可透過研習詠春拳術，提升肌力和增加自信心，掌握提升身心素質的技巧，從而發揮互助精神。

Designed for 對象	Male cancer clients (priority given to prostate cancer clients; 15 participants) 男性癌症患者 (前列腺癌患者優先，15位)		
Date 日期	4 January – 29 March 2019 (every Friday, 12 sessions, except 8 February) 2019年1月4日至3月29日 (逢星期五，共12節，2月8日暫停)	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。		

"You Can" Running Man@ Disneyland

C442

「You Can」奔跑吧@ 迪士尼

Many people have been to Disneyland multiple times, but I promise you this will be a special experience at Disney you have never had before. The aim of the programme is to build up problem-solving skills and teamwork abilities of the participants through mini-games, as well as to break through their safety zones.

透過一連串於迪士尼樂園內進行的挑戰活動，讓各參加者建立團隊合作關係，突破自己的安全區，學習及發揮解難能力。

Designed for 對象	Those with cancer and aged between 18–39 years old (15 participants) 18-39歲癌症患者 (15位)		
Date 日期	16 March 2019 (Saturday) 2019年3月16日 (星期六)	Time 時間	10:30am – 3:30pm 上午10:30 – 下午3:30
Facilitator 講者	Ms Freda Lee (Registered social worker) Ms Stephanie Tang (Registered social worker) 李笑微姑娘 (註冊社工) ; 鄧曉嫻姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	Hong Kong Disneyland 香港迪士尼樂園		
Remarks 備註	This is a cooperative programme with CancerLink Kwai Chung 此活動與葵涌癌協合辦。		

Sharing group for centre ambassadors

C443

中心大使分享會

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

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

Designed for 對象	Centre ambassadors of Cancer Link HKI 港島癌協服務大使
Date 日期	19 January 2019 (Saturday) 2019年1月19日 (星期六)
Facilitator 講者	Ms. Stephanie Tang (Registered social worker) 鄧曉嫻姑娘 (註冊社工)

Time 時間	11:00am – 12:30pm 上午11:00 – 下午12:30
Language 語言	Cantonese 廣東話

Volunteers' appreciation dinner

C444

義工嘉許晚宴

It is with the support from our volunteers that we can provide a holistic service to our users, and it is time for us to thank you for all your hard work and support this year! We cordially invite you to join our appreciation dinner and party!

癌協一路以來多得一班義工的支持才能提供全面的服務。現為多謝各義工，誠意邀請大家參加我們的嘉許Party，期待當晚能見到大家！

Designed for 對象	Volunteers of Cancer Link HKI 港島癌協義工
Date 日期	26 January 2019 (Saturday) 2019年1月26日 (星期六)
Facilitator 講者	Ms Stephanie Tang (Registered social worker) 鄧曉嫻姑娘 (註冊社工)

Time 時間	7:00pm – 9:30pm 晚上7:00 – 9:30
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
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Volunteers' service briefing session

C445

港島癌協義工服務簡介會

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

有一顆熱心希望助人？有一種正面樂觀的態度想與人分享？想跳出框框嘗試新體驗？不要猶豫！請即加入我們的協航者義工大家庭。我們需要你，快來參加此簡介會了解中環癌協的義工服務範疇。

Designed for 對象	Anyone who is interested to serve in the cancer field 任何有意為癌症患者服務之人士
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Date 日期	16 February 2019 (Saturday) 2019年2月16日 (星期六)
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Time 時間	11:00am – 12:30pm 上午11:00 – 下午12:30
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Facilitator 講者	Ms Stephanie Tang (Registered social worker) 鄧曉嫻姑娘 (註冊社工)
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Language 語言	Cantonese 廣東話
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Volunteers' advanced training – let's talk about death

C446

季度義工進階訓練 — 談談生說說死

Death is a taboo topic to talk about among Chinese people, but it is an inevitable topic for a cancer service. As a volunteer of Cancer Fund, are you ready to discuss this topic? How much do you know about death and what's your view on it? Let's explore together.

對於中國人而言，死亡是一個禁忌，但這是癌症服務不可避免的話題。作為癌症基金會的義工，您準備好討論這個話題嗎？你對死亡有多了解，有何看法？讓我們一起探索吧！

Designed for 對象	Volunteers of Cancer Link HKI 港島癌協義工		
Date 日期	23 February 2019 (Saturday) 2019年2月23日 (星期六)	Time 時間	11:00am – 12:30pm 上午11:00 – 下午12:30
Facilitator 講者	Tung Wah ECS project 圓滿人生服務	Language 語言	Cantonese 廣東話

Home care volunteer sharing and evaluation meeting

C447

家居關顧義工經驗分享交流及檢討會

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

家居關顧義工互相分享經驗，交流服務心得，並討論如何解決服務上遇到的挑戰，加強服務信心。

Designed for 對象	Home care volunteers 家居關顧團隊義工		
Date 日期	26 January 2019 (Saturday) 2019年1月26日 (星期六)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
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 new year visit

C448

新春送暖家居探訪

Through home visiting cancer clients, home care volunteers can send their love and care to home-bound patients.

家居關顧團隊義工會上門探訪癌症患者，讓他們感受到節日溫暖。

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	16 February 2019 (Saturday) 2019年2月16日 (星期六)	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



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 help 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 2016.
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2016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，請提前10分鐘到達，課室將準時關門，敬請注意。**

Release the Chain of Anxiety Mindfulness-Based Cognitive Therapy

– CancerLink (North Point)

打開焦慮的枷鎖：靜觀認知治療 — 癌協 (北角)

Based on Mindfulness-Based Cognitive Therapy (MBCT) developed by the Oxford Mindfulness Centre, this class focuses on teaching participants to make a simple yet radical shifts in their relationship with the thoughts, feelings and bodily sensations that contribute to emotional disturbances. Step-by-step instructions are provided for integrating meditations, mindful movement, body scans and cognitive intervention during each of the structured group sessions. Participants will learn how to respond to situations more skilfully when facing challenge or adversity.

本課程是以牛津大學靜觀中心的「靜觀認知治療」課程 (MBCT) 為基礎，透過靜觀練習和分享了解到自己面對壓力時的身心慣性反應模式，學習以友善的方式照顧自己的念頭和情緒。通過提升覺察力，讓自己有意識地選擇最合適的方法去面對逆境和挑戰。練習將包括身體掃描、靜坐、伸展、靜觀進食、與困難共處等等。

Facilitator
導師 Ms S K Maddox & Ms Opal Lee
薛曉光女士及李天蕊女士

Language
語言 Putonghua
普通話

Briefing Session 簡介會

Designed for
對象 Those with cancer who are interested in attending the MBCT program (38 participants)
For best results, participants must be willing to spend about 45 minutes a day doing their homework, including mindfulness practice and writing their record.
有意願參加靜觀認知治療之癌症患者 (38位)
參加者必須在課程期間，願意每天用約45分鐘做家課，包括靜觀練習及記錄，才能獲得理想的效果。

Date
日期 31 January 2019 (Thursday)
2019年1月31日 (星期四)

Time
時間 10:30am – 1:00pm
上午10:30 – 下午1:00

Remarks
備註 1. If you have attended the MBSR programme before, you are required to attend the MBCT briefing.
2. **HK\$300 cash or cheque deposit is required if your enrollment is successful after the briefing session.** Cheque payable to "Hong Kong Cancer Fund".
1. 曾參加靜觀相關課程者，亦須報名出席「靜觀認知治療簡介會」及參加個別評估。
2. 評估適合者請於簡介會當日繳交港幣300元按金或支票。(抬頭：香港癌症基金會)

Class 課程

Designed for
對象 Those with cancer (16 participants. Participants must attend the briefing session on MBCT, **for first time participants only**)
癌症患者 (16位，必須先參加「靜觀認知治療簡介會」，**只限首次參加者**)

Date/Time
日期/時間 21 February to 11 April 2019 (Every Thursday, 8 sessions) 10:30 am – 1:00 pm & 30 March 2019 (Saturday) 10:00am – 5:00pm
Participants must attend ALL sessions (including 8 sessions & one whole day session)
2019年2月21日至4月11日 (逢星期四，共8節) 上午10:30 – 下午1:00及2019年3月30日 (星期六) 上午10:00 – 下午5:00
每節互相緊扣，須出席全部 (8節及1天) 課程

Remarks
備註 1. An individual interview will be arranged in the briefing session.
2. The deposit will be refunded upon attendance rate over 80%. If attendance rate is below 80%, the deposit will be donated to the Cancer Fund, and is not refundable.
1. 簡介會之後將安排個別評估，以了解是否適合。
2. 課程出席率達80%之學員將獲全數退回按金。如學員課程出席率低於80%，按金將撥捐香港癌症基金會，恕不退回。



Yoga, Meditation & Self-Discovery Workshop – CancerLink (Kwai Chung)**K509****瑜伽、冥想與自我探索工作坊 — 癌協 (葵涌)****Enrolment date starts 11 December, please call CancerLink (Kwai Chung): 3667 3232****此活動報名日期為12月11日，請致電癌協 (葵涌) 3667 3232**

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

探尋內心深處，照顧及認識自己的需要，給予一個心靈空間去好好理解自己。當我們能夠聆聽自己，才有可能得到真正的快樂。兩天的工作坊會從淺入深，早上的瑜伽及冥想練習，幫助我們認識自己的身體；下午以講授、分享、筆記練習等，去學習自我探索。

Designed for 對象	Those with cancer (40 participants, places are offered only to participants who attend All sessions) 癌症患者 (40位， 名額只提供給能夠全程參與者)		
Date 日期	28 and 29 March 2019 (Thursday and Friday) 2019年3月28日及29日 (星期四及星期五)	Time 時間	9:30am – 5:00pm 上午9:30 – 下午5:00
Facilitator 導師	Ms Janet Lau 劉汝君女士	Language 語言	Cantonese 廣東話
Remarks 備註	1. Bring a scarf to keep warm. 2. Please bring your own water bottle, notepad and big towel (if needed for putting under the knees when doing yoga asanas). 3. There are mindful eating lunch sessions, please bring your own lunch which does not need to be heated up. 1. 可自備保暖圍巾。 2. 請帶備水樽、筆記本及大毛巾 (供做瑜伽式子時墊在膝下使用)。 3. 午餐會安排食禪環節，學員請自備不需加熱午餐一起練習。		

The Joy of Living and Healing with Yoga Workshop – CancerLink (Kwai Chung)**K510****療愈瑜伽+喜悅生活工作坊 — 癌協 (葵涌)****Enrolment date starts 11 December, please call CancerLink (Kwai Chung): 3667 3232****此活動報名日期為12月11日，請致電癌協 (葵涌) 3667 3232**

In this whole day workshop, the students would be taken a journey of inspiration and healing, learning yogic sciences and how yoga and yogic life can play a role in healing and bring joy and awareness in our lives. The workshop would consist of lectures and yoga poses alternatively. The lectures provide a comprehensive view of yoga and yogic life together with techniques how to practice the Principles of Yoga in daily lives. The yoga poses will focus on Chakra Healing (Chakra means energy centres), practising how to harmonize and awake these energy centres to experience a deeper sense of peace and deeper healing from within.

在一日的工作坊中，從學習瑜伽科學開始，認識瑜伽在療愈及生活中扮演的積極角色。導師將會講解瑜伽背後的各種理論，亦會帶領瑜伽體位法。瑜伽理論的講解，讓參加者能夠對瑜伽有更全面的認識，以及了解如何能夠將瑜伽原則應用於生活中。瑜伽體位法的練習，著重於脈輪療愈 (脈輪是指身體的各個能量中心)，喚醒和平衡身體各個能量中心，有助平靜心靈及啟動內在療愈。

Designed for 對象	Those with cancer (40 participants) 癌症患者 (40位)		
Date 日期	7 January 2019 (Monday) 2019年1月7日 (星期一)	Time 時間	10:45am – 5:00pm 上午10:45 – 下午5:00
Facilitator 導師	Mr Kapil Rajiv	Language 語言	English 英語
Remarks 備註	Please arrange your own lunch. 學員請自理午膳。		

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	C458	
Date 日期	15 January to 19 March 2019 (Every Tuesday, 9 sessions, except 5 February) 2019年1月15日至3月19日 (逢星期二，共9節，2月5日暫停)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Mr Carmen Liu 廖正傑先生	Language 語言	Cantonese 廣東話
Location 地點	Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (near MTR Causeway Bay Station Exit A) Pure Fitness 銅鑼灣 - 銅鑼灣波斯富街99號利舞臺廣場15樓 (近港鐵銅鑼灣站A出口)		

Class B B班	Quarry Bay 鯉魚涌	C459	
Date 日期	16 January to 20 March 2019 (Every Wednesday, 9 sessions, except 6 February) 2019年1月16日至3月20日 (逢星期三，共9節，2月6日暫停)	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	Pure Yoga The Centrium 中央廣場	C460	
Date 日期	18 January to 22 March 2019 (Every Friday, 9 sessions, except 8 February) 2019年1月18日至3月22日 (逢星期五，共9節，2月8日暫停)	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, near Lan Kwai Fong & Tai Kwun) 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，近蘭桂坊及大館)		

Class D D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		C461
Date 日期	19 January to 30 March 2019 (Every Saturday, 10 sessions, except 9 February) 2019年1月19日至3月30日 (逢星期六，共10節，2月9日暫停)		Time 時間	9:00am – 9:55am 上午9:00 – 9:55
Facilitator 導師	Ms Candy So 蘇靖棋女士			
Language 語言	Cantonese 廣東話			
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 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 # 進階瑜伽 #

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 per class)
適合曾修習癌協之瑜珈班六個月或以上，並完成手術後半年或以上的癌症患者 (每班45位)

Class A A班	Pure Fitness Soho 蘇豪	C462	
Date 日期	17 January to 21 March 2019 (Every Thursday, 9 sessions, except 7 February) 2019年1月17日至3月21日 (逢星期四，共9節，2月7日暫停)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Ms Stacey Lowe	Language 語言	English 英語
Location 地點	Pure Fitness Soho, 3/F, Kinwick Centre, 32 Hollywood Road, Central (near MTR Central Station Exit D2, around 10 minutes walking distance/use Central – Mid Levels Escalator) Pure Fitness蘇豪 – 中環荷李活道32號建業榮基中心3樓 (近港鐵中環站D2出口，步行約10分鐘/使用中環至半山自動扶手電梯)		

Class B B班	Quarry Bay 鯽魚涌	Weekend class, suitable for users at work 周六課程，適合在職患者參加	C463
Date 日期	19 January to 30 March 2019 (Every Saturday, 10 sessions, except 9 February) 2019年1月19日至3月30日 (逢星期六，共10節，2月9日暫停)	Time 時間	10:00am – 10:55am 上午10:00 – 10:55
Facilitator 導師	Ms Candy So 蘇靖棋女士	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Quarry Bay Sports Centre – 6/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street (near MTR Quarry Bay Station Exit A or Taikoo Shing Station Exit B, around 9 minutes walking distance) 鯽魚涌體育館舞蹈室 – 鯽魚涌街38號鯽魚涌市政大廈6樓 (近港鐵鯽魚涌站A出口或太古城站B出口，步行約9分鐘)		

Pink Yoga – Quarry Bay # 乳癌患者瑜珈 — 鯽魚涌 #**C464**

This class focuses on arm movements and gentle stretching to release tightness in the shoulders and chest to enhance joint flexibility and prevent lymphoedema.
溫和的瑜珈練習能夠紓緩手術後的疼痛，也有效預防或減輕淋巴水腫。

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 16 January to 20 March 2019
(Every Wednesday, 9 sessions, except 6 February)
2019年1月16日至3月20日
(逢星期三，共9節，2月6日暫停)

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。



Yin Yoga – Pure Yoga The Centrium # Yin瑜伽 — Pure Yoga 中央廣場 #**C465**

A form of yoga that explores the body's subtle energies with long and deep stretches, to enhance healing after cancer treatments.
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 Those with cancer who have completed surgery more than six months previously (48 participants)
對象 適合完成手術後半年或以上的癌症患者 (48位)

Date 14 January to 18 March 2019
日期 (Every Monday, 9 sessions, except 4 February)
2019年1月14日至3月18日
(逢星期一，共9節，2月4日暫停)

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, near Lan Kwai Fong & Tai Kwun)
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，近蘭桂坊及大館)

**Restorative Yoga – Pure Yoga The Centrium # 復元瑜伽 — Pure Yoga 中央廣場 #****C466**

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

Date 16 January to 20 March 2019
日期 (Every Wednesday, 9 sessions, except 6 February)
2019年1月16日至3月20日
(逢星期三，共9節，2月6日暫停)

Time 3:45pm – 5:15pm
時間 下午3:45 – 5:15

Facilitator Ms Rita Cheung
導師 張玉卿女士

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, near Lan Kwai Fong & Tai Kwun)
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，近蘭桂坊及大館)

Therapeutic Yoga – Pure Yoga Quarry Bay # 治療瑜伽 — Pure Yoga 鯉魚涌 #**C467**

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 Those with cancer (23 participants)
對象 癌症患者 (23位)

Date 15 January to 19 March 2019
日期 (Every Tuesday, 9 sessions, except 5 February)
2019年1月15日至3月19日
(逢星期二，共9節，2月5日暫停)

Time 2:15pm – 3:45pm
時間 下午2:15 – 3:45

Facilitator Ms Maja Minic
導師

Language English
語言 英語

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

Yoga for Men – CancerLink (North Point) #

C468

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 well-being.

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

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

Date 9 January to 27 March 2019
日期 (Every Wednesday, 10 sessions, except 30 January and 6 February)
2019年1月9日至3月27日
(逢星期三，共10節，1月30日及2月6日暫停)

Time 4:00pm – 5:30pm
時間 下午4:00 – 5:30

Facilitator Mr Collin Ng
導師 吳國霖先生

Language Cantonese
語言 廣東話

Laughter Yoga – Sheung Wan

C469

愛笑瑜伽 — 上環

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 18 January to 29 March 2019
日期 (Every Friday, 10 sessions, except 8 February)
2019年1月18日至3月29日
(逢星期五，共10節，2月8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 – Yoga For A Good Night Sleep – Pure Yoga The Centrium

C470

瑜伽工作坊 — 改善睡眠 — Pure Yoga 中央廣場

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

透過瑜伽練習，包括瑜伽體位法、呼吸法和靜坐練習，幫助你進入良好的睡眠狀態。

Designed for Those with cancer (50 participants)
對象 癌症患者 (50位)

Date 7 January 2019 (Monday)
日期 2019年1月7日 (星期一)

Time 2:00pm – 3:30pm
時間 下午2:00 – 3:30

Facilitator Ms Tiffany Lau
導師 劉穎瑜女士

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, near Lan Kwai Fong & Tai Kwun)
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，近蘭桂坊及大館)

Mindfulness Yoga Workshop – Pure Fitness Causeway Bay

C471

內觀瑜伽工作坊 — Pure Fitness 銅鑼灣

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

向內觀察，活在當下。內觀連繫你的身心靈和日常生活，透過安靜的式子及其他練習，讓我們更深層的接觸和了解自己，培養正面的抗癌力量。

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	8 January 2019 (Tuesday) 2019年1月8日 (星期二)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Ms Shoko Ishihara	Language 語言	English 英語
Location 地點	Pure Fitness Causeway Bay – 15/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay (near MTR Causeway Bay Station Exit A) Pure Fitness 銅鑼灣 – 銅鑼灣波斯富街99號利舞臺廣場15樓 (近港鐵銅鑼灣站A出口)		

Yoga Workshop – Body Mind Balancing – Pure Fitness Soho

C472

瑜伽工作坊 — 平衡身心 — Pure Fitness 蘇豪

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 對象	Those with cancer (45 participants) 癌症患者 (45位)		
Date 日期	10 January 2019 (Thursday) 2019年1月10日 (星期四)	Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30
Facilitator 導師	Mr Anjan Kundu	Language 語言	English 英語
Location 地點	Pure Fitness Soho, 3/F, Kinwick Centre, 32 Hollywood Road, Central (near MTR Central Station Exit D2, around 10 minutes walking distance/use Central – Mid Levels Escalator) Pure Fitness蘇豪 – 中環荷李活道32號建業榮基中心3樓 (近港鐵中環站D2出口，步行約10分鐘/使用中環至半山自動扶手電梯)		

Chair Yoga Workshop – CancerLink (North Point)

C473

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	8, 15 and 22 January 2019 (Tuesday, 3 sessions) 2019年1月8日、15日及22日 (星期二，共3節)		
Time 時間	3:00pm – 4:30pm 下午3:00 – 4:30		
Facilitator 導師	Ms May Chan 陳兆媚女士		
Language 語言	Cantonese 廣東話		



Yoga Workshop – Mindful Practice with Iyengar Yoga

C474

– 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	1 and 8 March 2019 (Fridays, 2 sessions) 2019年3月1日及8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)		

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

C475

Designed for 對象	Those with cancer (36 participants) 癌症患者 (36位)		
Date 日期	16 January to 20 March 2019 (Every Wednesday, 8 sessions, except 6 and 13 February) 2019年1月16日至3月20日 (逢星期三，共8節，2月6日及13日暫停)	Time 時間	9:00am – 10:30am 上午9:00 – 10:30

For those with experience 進階班

C476

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	16 January to 20 March 2019 (Every Wednesday, 8 sessions, except 6 and 13 February) 2019年1月16日至3月20日 (逢星期三，共8節，2月6日及13日暫停)	Time 時間	10:45am – 12:00noon 上午10:45 – 中午12:00
Facilitator 導師	Ms S K Maddox 薛曉光女士	Language 語言	Putonghua 普通話
Location 地點	Activity Room, 2/F, Kowloon Park Sports Centre – 22 Austin Road, Tsim Sha Tsui (Near 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。		

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

C477

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	16 January to 20 March 2019 (Every Wednesday, 8 sessions, except 6 and 13 February) 2019年1月16日至3月20日 (逢星期三，共8節，2月6日及13日暫停)	Time 時間	2:00pm – 3:30pm 下午2:00 – 3:30
Facilitator 導師	Ms S K 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)**C478****茶禪與水晶鉢靜觀療愈工作坊 — 癌協 (中環)**

This meditation practice primarily focuses on tea – the process of making tea, drinking tea and sensing the effect of tea as a medium to put focus 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 well-being and deepen the internal connections. Each workshop has a specific theme. 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練習。

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

Date 23 January, 20 February and 13 March 2019
日期 (Wednesday, 3 sessions)
2019年1月23日、2月20日及3月13日
(星期三，共3節)

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

Facilitator Ms Stephanie Luo
導師

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

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

Remarks Bring a blanket or scarf to keep warm.
備註 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、解除壓力和舒緩肌肉疼痛，達到深度放鬆。

Designed for **Cancer survivors** without high blood pressure and heart diseases, except leukaemia and lymphoma survivors (5 participants per workshop, **priority will be given to those diagnosed most recently and those enrolling for the first time**)
對象 **非血癌或淋巴瘤的癌症康復者**，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，**新確診及首次參加者優先**。)

Date/Time **Workshop A 工作坊 A:**
日期/時間 3 to 31 January 2019 (Every Thursday, total 5 sessions)
2019年1月3日至31日 (逢星期四，共5節)

11:00am – 5:00pm
上午11:00 – 下午5:00

C479

Workshop B 工作坊 B:
14 February to 14 March 2019 (Every Thursday, total 5 sessions)
2019年2月14日至3月14日 (逢星期四，共5節)

11:00am – 5:00pm
上午11:00 – 下午5:00

C480

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

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)皇后大道中99號中環中心地下5號室

Remarks 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.
備註 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 / 對象 Those with cancer (17 participants per workshop)
癌症患者（每個工作坊17位）

Date/Time / 日期/時間
Workshop A 工作坊 A:
21 January 2019 (Monday) 10:00pm – 12:00noon
2019年1月21日 (星期一) 上午10:00 – 中午12:00

C481

Workshop B 工作坊 B:
21 January 2019 (Monday) 1:30pm – 3:30pm
2019年1月21日 (星期一) 下午1:30 – 3:30

C482

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。



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****C483**

Designed for 對象	Those with cancer (30 participants) 癌症患者 (30位)		
Date 日期	16 January to 20 March 2019 (Every Wednesday, 9 sessions, except 6 February) 2019年1月16日至3月20日 (逢星期三，共9節，2月6日暫停)	Time 時間	3:00pm – 3:55pm 下午3:00 – 3:55
Facilitator 導師	Ms Maja Minic	Language 語言	English 英語
Location 地點	Pure Fitness Admiralty – Levels 1 & 2, Fairmont House, 8 Cotton Tree Drive, Admiralty (MTR Admiralty Station Exit B or Central Station Exit J2) Pure Fitness 金鐘 – 金鐘紅棉路八號東昌大廈1–2樓 (港鐵金鐘站B出口或中環站 J2 出口)		

Beginner Class B – Pure Fitness Soho**基礎班 B – Pure Fitness 蘇豪****C484**

Designed for 對象	Those with cancer (45 participants) 癌症患者 (45位)		
Date 日期	25 January to 22 March 2019 (Every Friday, 8 sessions, except 8 February) 2019年1月25日至3月22日 (逢星期五，共8節，2月8日暫停)	Time 時間	3:30pm – 5:00pm 下午3:30 – 5:00
Facilitator 導師	Ms Chang Hsiu Yun 張岫雲女士	Language 語言	Cantonese/Putonghua 廣東話/普通話
Location 地點	Pure Fitness Soho – 3/F, Kinwick Centre, 32 Hollywood Road, Central (near MTR Central Station Exit D2, around 10 minutes walking distance/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)		

Experienced Class – Pure Fitness Admiralty**進階班 – Pure Fitness 金鐘****C485**

Designed for 對象	Those with cancer with a minimum of six months pilates exercise experience at Cancerlink (30 participants) 適合曾修習此基礎班六個月或以上的癌症患者 (30位)		
Date 日期	16 January to 20 March 2019 (Every Wednesday, 9 sessions, except 6 February) 2019年1月16日至3月20日 (逢星期三，共9節，2月6日暫停)	Time 時間	4:00pm – 4:55pm 下午4:00 – 4:55
Facilitator 導師	Ms Maja Minic	Language 語言	English 英語
Location 地點	Pure Fitness Admiralty – Levels 1 & 2, Fairmont House, 8 Cotton Tree Drive, Admiralty (MTR Admiralty Station Exit B or Central Station Exit J2) Pure Fitness 金鐘 – 金鐘紅棉路八號東昌大廈1–2樓 (港鐵金鐘站B出口或中環站 J2 出口)		

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。

Massage Exercise Ball Workshop – Pure Fitness Soho

C486

小力球練習工作坊 — Pure Fitness 蘇豪

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

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

Designed for 對象	Those with cancer (45 participants) 癌症患者 (45位)		
Date 日期	11 and 18 January 2019 (Fridays, 2 sessions) 2019年1月11日及18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。		

Awareness Through Movement (ATM™) – the Feldenkrais Method® – Far East Consortium Building, Central 從動中覺察™ — 魁根斯方法® — 中環遠東發展大廈

C487

The Feldenkrais Method involves a range of diverse, ingenious movement experiments and body awareness exercises that can help to release limiting, habitual tensions, and reduce effort and strain. Participants will usually lie on the floor in a comfortable position and the class facilitator will guide you through a sequence of movements that encourage you to move with gentle focus and within a comfortable range. As you focus on improving quality of movement, unnecessary muscular tensions throughout the body can reorganise and release. These lessons can also help improve functional movements in daily life such as walking, sitting at your computer or playing a favourite hobby or sport, and can also lead to better problem-solving abilities and a more balanced response to the stresses of life.

"If you know what you're doing, you can do what you want." – Moshe Feldenkrais

魁根斯方法又名「從動中覺察™」課程，創造聆聽身體的空間和覺察練習，紓緩日常慣性積習的壓力，探索更省勁和從容的活動方式。參加者將會躺在地墊上，透過導師的聲音傳遞動作指引，體驗一系列溫和的肢體協調動作。當我們專注在動的質感，便能發現並釋放非必要的肌肉緊張。練習能提升日常生活動作的靈活性，紓緩壓力和幫助面對生活難題。

「當你能覺察自己的行動，你便能從心所欲的『動』。」 — 梅瑞·魁根斯

Designed for 對象	Those with cancer (18 participants) 癌症患者 (18位)		
Date 日期	8 January to 19 February 2019 (Every Tuesday, 6 sessions, except 5 February) 2019年1月8日至2月19日 (逢星期二，共6節，2月5日暫停)	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 3 January 2019 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. 		



Guo Lin Qigong – Sai Ying Pun 郭林氣功 — 西營盤**C488**

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法，導師將介紹及指導學習基本功法，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 Those with cancer (30 participants, **for first-time participants only**)
對象 癌症患者 (30位，**只限首次參加者**)

Date 14 January to 25 March 2019 (Every Monday, 10 sessions, except 4 February)
日期 2019年1月14日至3月25日
(逢星期一，共10節，2月4日暫停)

Time 2:15pm – 3:45pm
時間 下午2:15 – 3:45

Practise Session – for those who have attended this class before
重溫練習 — 歡迎郭林氣功舊生報名

C489

Date 18 and 25 March 2019 (Monday, 2 sessions)
日期 2019年3月18日及25日 (星期一，共2節)

Time 2:15pm – 3:45pm
時間 下午2:15 – 3:45

Facilitator Ms Miranda Li & Ms York Lam
導師 李艷芳女士及林若藍女士

Language Cantonese
語言 廣東話

Location Dance Room, Sun Yat Sen Memorial Park Sports Centre, 18 Eastern Street North, Sai Ying Pun (near Sai Ying Pun Station Exit A2)
地點 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 1. Wear loose, comfortable clothing and light kung fu shoes.
備註 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 – CancerLink Central**C490****養生氣功 — 癌協 (中環)****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。

Designed for Those with cancer (22 participants, **for first-time participants only, places are offered only to participants who attend ALL sessions**)
對象 癌症患者 (22位，**只限首次參加者，名額只提供給能夠全程參與者**)

Date 12 January to 16 March 2019 (Every Saturday, 8 sessions, except 2 and 9 February)
日期 2019年1月12日至3月16日
(逢星期六，共8節，2月2日及9日暫停)

Time 11:15am – 1:10pm
時間 上午11:15 – 下午1:10

Practise Session
重溫練習

C491

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 Those with cancer and who have participated in relaxing and rejuvenating energy healing practice (15 participants)
對象 只限曾參加此養生氣功班的癌症患者 (15位)

Date 16 February to 16 March 2019 (Every Saturday, 5 sessions)
日期 2019年2月16日至3月16日 (逢星期六，共5節)

Time 11:15am – 1:10pm
時間 上午11:15 – 下午1:10

Facilitator Ms Dawn Zhao
導師 趙文曉女士

Language Putonghua/ Cantonese
語言 普通話/廣東話

Location Multi-function Room C, G/F, The Center, 99 Queen's Road Central
地點 癌協(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, comfortable clothing and light kung fu shoes.
備註 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。

Yi Jin Bang 1 & 2 – North Point 易筋棒1及2集 — 北角**NEW****C492**

A series of Yi Jin (tendon stretching) Bang exercises that enhance well-being and improve health.

易筋棒屬伸展運動，易筋棒1集，主要活動上半身及腳踝等關節，更兼顧頸部及腰椎的活動。新加入的易筋棒2集，主要集中下肢鍛煉，除柔軟筋腱、強化四頭肌、增強下肢肌力和體能外，亦可提升身體抵抗力。恆常練習，可延緩雙腿老化，保持「行得走得」的健康狀態。

Designed for 對象	Those with cancer (30 participants) 癌症患者 (30位)		
Date 日期	3 to 31 January 2019 (Every Thursday, 5 sessions) 2019年1月3日至31日 (逢星期四，共5節)	Time 時間	10:00am – 11:00am 上午10:00 – 11:00
Facilitator 導師	Ms Winnie Ip and Ms Ada Cheng 葉建寧女士及鄭玉儀女士	Language 語言	Cantonese 廣東話
Location 地點	Activity Room No. 2, Java Road Sports Centre – 3/F, Java Road Municipal Services Building, 99 Java Road (MTR North Point Station Exit A1) 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 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製作易筋棒 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**C493**

Designed for 對象	Those with cancer (30 participants) 癌症患者 (30位)		
Date 日期	18 January to 22 March 2019 (Every Friday, 9 sessions, except 8 February) 2019年1月18日至3月22日 (逢星期五，共9節，2月8日暫停)	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/Time 日期/時間	19 January to 23 March 2019 (Every Saturday, 9 sessions, except 9 February) 2019年1月19日至3月23日 (逢星期六，共9節，2月9日暫停)	8:00am – 8:55am 上午8:00 – 8:55	C494
	Practise Session – for those who have attended this class before 重溫練習 — 歡迎舊生報名 16 and 23 March 2019 (Saturday, 2 sessions) 2019年3月16日及23日 (星期六，共2節)		
		8:00am – 8:55am 上午8:00 – 8:55	C495
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製作易筋棒。 3. 只能選報一個氣功班。		

Qigong 12 Forms & Yi Jin (tendon stretching) Bang Exercise 導引養生氣功班及易筋棒2集

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. A series of Yi Jin (tendon stretching) Bang exercises that enhance well-being and improve health.

「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。新加入的易筋棒2集，主要集中下肢鍛煉，除柔軟筋腱、強化四頭肌、增強下肢肌力和體能外，亦可提升身體抵抗力。恆常練習，可延緩雙腿老化，保持「行得走得」的健康狀態。

Shek Tong Tsui 石塘咀**C496**

Designed for 對象	Those with cancer and with Ba Duan Jin experience (30 participants) 曾參加八段錦之癌症患者 (30位)		
Date 日期	18 January to 22 March 2019 (Every Friday, 9 sessions, except 8 February) 2019年1月18日至3月22日 (逢星期五，共9節，2月8日暫停)	Time 時間	11:00am – 11:55am 上午11:00 – 11:55
Facilitator 導師	Ms Milky Ng 伍妙奇女士	Language 語言	Cantonese 廣東話
Location 地點	Dance Room, Shek Tong Tsui Sports Centre – 5/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West (near MTR HKU Station Exit B1, around 8 minutes walking distance) 石塘咀體育館舞蹈室 - 皇后大道西470號，石塘咀市政大廈5樓 (港鐵香港大學站B1出口步行約8分鐘)		

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

Designed for 對象	Those with cancer and Ba Duan Jin experience (45 participants) 曾參加八段錦之癌症患者 (45位)		
Date/Time 日期/時間	19 January to 23 March 2019 (Every Saturday, 9 sessions, except 9 February) 2019年1月19日至3月23日 (逢星期六，共9節，2月9日暫停)		9:00am – 9:55am 上午9:00 – 9:55

C497

Practise Session – for those who have attended this class before
重溫練習 — 歡迎舊生報名

C498

16 and 23 March 2019 (Saturday, 2 sessions)
2019年3月16日及23日 (星期六，共2節)

9:00am – 9:55am
上午9:00 – 9:55

Facilitator 導師	Mr Suen Kwai Ping 孫貴平先生	Language 語言	Cantonese 廣東話
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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)
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Remarks 備註	<ol style="list-style-type: none"> 1. Wear loose, comfortable clothing and light kung fu shoes. 2. Please bring two sets of old newspapers to make the Yi Jin Bang. <ol style="list-style-type: none"> 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製作易筋棒。 3. 只能選報一個氣功班。
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**Pingshuai Group Practice Workshop – CancerLink (Central)****C499****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 practice 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	26 January 2019 (Saturday) 2019年1月26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	Multi-function Room A, G/F, The Center, 99 Queen's Road Central 癌協(中環)皇后大道中99號中環中心地下多用途活動室A		

Zentangle Workshop – CancerLink (Central)

C500

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 Those with cancer (25 participants, **for first-time participants only, places are offered only to participants who attend ALL sessions**)
對象 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 22 February, 1 and 8 March 2019
日期 (Fridays, 3 sessions)
2019年2月22日、3月1日及8日
(星期五，共3節)

Time 3:45pm – 5:45pm
時間 下午3:45 – 5:45

Facilitator Mr Dick Yu
導師 余狄夫先生

Language Cantonese
語言 廣東話

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

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

Healthy diet helps to increase the immunity and lower the risk of cancer. Eat Wise Workshops will teach you how to eat healthier.
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

C501

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？是否適合所有人實踐？課堂包括理論、示範及試食，由淺入深，輕鬆把健康飲食帶入生活。

Designed for **Cancer survivors** (25 participants)
對象 **癌症康復者** (25位)

Date 14 March 2019 (Thursday)
日期 2019年3月14日 (星期四)

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。



Healthy Sprouting Workshop – CancerLink (North Point)**NEW****C502****健康發芽菜工作坊 — 癌協 (北角)**

A healthy diet can help prevent or aid the treatment of cancer. Sprouting vegetables (just a few days old) contain nutrients in a more concentrated form, making them easier to digest and absorb. The class facilitator will introduce the benefits of sprouting vegetables, explain their nutritional value and teach participants how to grow their own sprouting vegetables at home.

富含營養的蔬菜對患者面對治療時大有裨益，而剛發芽的蔬菜含有更濃縮營養，更容易被人體消化和吸收。工作坊介紹種芽菜的好處及營養價值，及講解種子選擇及發芽過程等。在家也能享受收成的樂趣，吃得健康。

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

Date 15 February 2019 (Friday)
日期 2019年2月15日 (星期五)

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

Facilitator Ms Larana Cheng
導師 鄭美珍女士

Language Cantonese
語言 廣東話

Food for the Heart (Book Club) – CancerLink (North Point)**C503****心靈的宴會 — 以書聚友 — 癌協 (北角)**

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 16, 30 January, 20 February, 6 and 20 March 2019
日期 (Wednesdays, 5 sessions)
2019年1月16日、30日、2月20日、3月6日及20日
(星期三，共5節)

Time 3:45pm – 5:15pm
時間 下午3:45 – 5:15

Facilitator Ms S K Maddox
導師 薛曉光女士

Language Putonghua
語言 普通話

Mindful Tea Appreciation Workshop – CancerLink(Central)**C504****靜心茶道工作坊 — 癌協 (中環)**

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

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 26 January 2019 (Saturday)
日期 2019年1月26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)皇后大道中99號中環中心地下5號室

Workshop for Reorganizing Your Home and Life Detach • Discard • Dissolve – CancerLink (Central)

C505

人生整理術 — 斷 · 捨 · 離工作坊 — 癌協 (中環)

Streamlining your possessions at home can help you clear your mind. This concept has been popular in Japan for years. Put simply, the workshop aims to help you discard excess belongings to simplify your life.

什麼是「斷捨離」？這神奇的詞彙在日本風行多時，簡單地說就是如何斷絕不需要的東西，捨棄多餘的廢物！脫離對物品的執著，是改變人生的第一步。你的人生將從此變得不一樣！

Designed for 對象	Those with cancer (40 participants) and their family members (10 participants) 癌症患者 (40位)及其照顧者 (10位)		
Date 日期	15 January 2019 (Tuesday) 2019年1月15日 (星期二)	Time 時間	3:45pm – 5:45pm 下午3:45 – 5:45
Facilitator 導師	Ms Anna Cheung 張小鷗女士	Language 語言	Cantonese 廣東話
Location 地點	Multi-function Room C, G/F, The Center, 99 Queen's Road Central 癌協(中環)皇后大道中99號中環中心地下多用途活動室C		

Inner Healing 能量治療

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

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

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

Group A A組

C506

Date 日期	7, 21 January, 11, 25 February, 4 and 18 March 2019 2019年1月7日、21日；2月11日、25日及 3月4日、18日	Time 時間	11:00am – 1:00pm 上午11:00 – 下午1:00
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Group B B組

C507

Date 日期	14, 28 January, 18 February, 11, 25 March and 1 April 2019 2019年1月14日、28日；2月18日、3月11日、25日 及4月1日	Time 時間	11:00am – 1:00pm 上午11:00 – 下午1:00
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**Facilitator
導師** Ms Pervin Shroff
**Language
語言** English
英語

**Location
地點** CancerLink (Central) Unit 5, G/F, The Center, 99 Queen's Road Central
癌協(中環)皇后大道中99號中環中心地下5號室

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

Other Recommended Programme 其他推薦活動

Programme 課程	Code 編號	Please refer to 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	K512	Kwai Chung 葵涌
Wan's Meridian Harmony Movement Workshop 溫氏經絡調整體操工作坊	K518	
Massage Exercise Ball Workshop 小力球工作坊	K526	
Eat Wise Healthy Cooking Workshop Eat Wise 智營烹飪工作坊	K520 – K524	
Zentangle Advanced Workshop 禪繞畫進階工作坊	W627	Wong Tai Sin 黃大仙
DIY Natural Detergent for Household DIY天然家居清潔劑工作坊	W641	

Community Support 社區支援

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

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 gynaecological cancer new case orientation 東區尤德夫人那打素醫院婦科癌新症分享會

C449

An oncologist, nurse and social worker 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 gynaecological 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	TBC 待定	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		

Gynaecological cancer new case orientation – lower limb lymphoedema care and community resources sharing 婦科癌新症分享會 — 下肢淋巴水腫護理及社區資源分享

C450

An oncologist, nurse and social worker 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 gynaecological 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	22 January 2019 (Tuesday) 2019年1月22日 (星期二)	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	Ms Sarah Chu (Registered physiotherapist) and Ms Iris Ip (Registered social worker) 朱影翠小姐 (註冊物理治療師) 及 葉靜宜姑娘 (註冊社工)	Language 語言	Cantonese 廣東話
Location 地點	CancerLink (Central) Unit 5, Ground Floor, The Center, 99 Queen's Road Central 癌協(中環)香港中環皇后大道中99號中環中心地下5號室		
Remarks 備註	This program is co-organised with the Cancer Patient Resource Centre, Pamela Youde Nethersole Eastern Hospital. 此活動與東區尤德夫人那打素醫院癌症病人資源中心合辦。		

Pamela Youde Nethersole Eastern Hospital new case orientation 東區尤德夫人那打素醫院新症簡介會

C451

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

Designed for 對象	Those who have been newly diagnosed with cancer at Pamela Youde Nethersole Eastern Hospital 於東區尤德夫人那打素醫院的新症癌症患者		
Date 日期	TBC 待定	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Facilitator 講者	TCM practitioner 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 Diet Talk 瑪麗醫院癌症飲食與營養講座**C452**

Speakers from different professions will provide tips on healthy diet and cancer support services in the community.
營養師與社工會講解有關癌症飲食及社區支援服務。

Designed for 對象	Cancer patients or carers from HK West cluster 港島西聯網癌症病人或家屬	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Date 日期	15 March 2019 (Friday) 2019年3月15日 (星期五)	Language 語言	Cantonese 廣東話
Facilitator 講者	Dietitian from Queen Mary Hospital, registered social worker from CancerLink Support Centre, Hong Kong Island 瑪麗醫院營養師、港島癌協服務中心註冊社工		
Location 地點	Activity Room, 2/F, Cancer Centre Queen Mary Hospital 瑪麗醫院癌症中心二樓活動室		

Queen Mary Hospital – know more about prostate cancer 瑪麗醫院前列腺癌講座**C453**

Learn about the most current treatment trends for prostate cancer, community resources and experiences shared by 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	Time 時間	2:30pm – 4:30pm 下午2:30 – 4:30
Date 日期	25 January 2019 (Friday) 2019年1月25日 (星期五)	Language 語言	Cantonese 廣東話
Facilitator 講者	Oncologist from Queen Mary Hospital, registered social worker from CancerLink Support Centre, 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		
Location 地點	Activity Room, 2/F, Cancer Centre Queen Mary Hospital 瑪麗醫院癌症中心二樓活動室		

Joint Talk 合辦講座

Designed for 對象	Those with cancer and their family members 癌症患者及其家屬
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Numbness from the perspective of Chinese medicine 「中醫治療麻痺」講座**C454**

This talk provides information about numbness from the perspective of Chinese medicine.
從中醫角度，分析如何處理癌症治療所引致的麻痺症狀。

Date 日期	5 January 2019 (Saturday) 2019年1月5日 (星期六)	Time 時間	10:30am – 12:30pm 上午10:30 – 下午12:30
Facilitator 講者	Mr WU, Tsz Hin (Chinese Medicine Practitioner from Pok Oi Hospital-HKBU Chinese Medicine Centre for Training and Research Centre, Ho Man Tin) 胡子軒醫師 (博愛醫院 - 香港浸會大學中醫教研中心 (何文田) 註冊中醫師)	Language 語言	Cantonese 廣東話
Location 地點	Seminar Room 1, M Floor, Hospital Authority Building (147B, Argyle Street, Kowloon) 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)		

Deal with insomnia and fatigue 「處理失眠及疲勞」講座**C455**

This talk shares information about dealing with cancer-related insomnia and fatigue from a physiotherapy perspective.
從物理治療角度，分析如何處理與癌症相關的失眠及疲倦症狀。

Date 日期	16 March 2019 (Saturday) 2019年3月16日 (星期六)	Time 時間	10:00am – 12:00noon 上午10:00 – 中午12:00
Facilitator 講者	Ms Sarah Chu (Registered physiotherapist) 朱影翠小姐 (註冊物理治療師)	Language 語言	Cantonese 廣東話
Location 地點	Auditorium, Hong Kong Council of Social Service (Duke of Windsor Social Service Building, No. 15 Hennessy Road, Wan Chai, Hong Kong) 香港社會服務聯會禮堂 (香港灣仔軒尼詩道15號溫莎公爵社會服務大廈)		
Remarks 備註	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 21 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21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 and head and neck cancer 鼻咽癌及頭頸癌	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 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
CANCER FUND
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/