

2020
特刊
Special Edition

Link 連繫

In response to the public health concern, the programmes at our Support Centres have been suspended until further notice. This special edition of LINK offers suggestions to help protect yourself from Covid-19, some tips to calm anxiety and help relax your mind, and a few interesting games. We hope the advice in this LINK will help you relax at home. We're always here for you and you're welcome to speak with us by calling our Helpline at 3656-0800.

因應新冠肺炎疫情發展，本會服務中心暫時停辦課程至另行通知。為關心您的需要，本特刊提供了抗疫資訊、緩解焦慮貼士、放鬆心情的建議及小遊戲等，希望大家在家抗疫也能保持輕鬆心情。如有需要，歡迎致電本會的諮詢熱線3656-0800，與我們傾談。



癌症基金會
CANCERFUND



諮詢熱線
HELPLINE 3656 0800

www.cancer-fund.org

Message from Founder and CEO

創辦人及總幹事的話

We're Always Here For YOU

We appreciate your patience as there has been a disruption to our frontline services in our network of Support Centre. We empathize with you that you haven't been able to pop in and see us. You are so important to us. We are making every effort to meet clients' needs through our helpline and one-on-one counselling.

We would like to reassure our users from New Territories West that we will continue to provide programmes after the closure of our Tin Shui Wai Support Centre on 14th March 2020. You will still be able to come and visit all of our teams in either Kwai Chung, Wong Tai Sin, Central and North Point.

Please support our free services by giving a gift of hope – call our donation hotline 3667 6333, or go to our website to donate: www.cancer-fund.org

Lots of love,

我們竭誠為您服務

很抱歉近日本會的服務中心只能提供有限度的前線服務，我們非常感謝大家的體諒。每一位受癌症影響的人士對我們來說也非常重要，亦明白大家未能隨時到訪中心的心情。我們期望透過諮詢熱線及一對一的輔導服務，盡力滿足每一位服務使用者的需要。

儘管香港癌症基金會天水圍服務中心將於2020年3月14日最後一天服務大家，本會承諾其後會繼續為新界西受癌症影響的人士提供服務。而我們天水圍服務中心的同事，未來將會分佈於葵涌、黃大仙、中環及北角的服務中心繼續關顧有需要人士的需要。

您的慷慨能為受癌症影響的人士帶來希望。請即致電我們的捐款熱線3667 6333，或到本會網址支持我們的免費支援服務：www.cancer-fund.org

順祝

身體健康！生活充滿愛與希望！

Sally Lo, BBS, MBE
Founder and Chief Executive
Hong Kong Cancer Fund

香港癌症基金會
創辦人及總幹事 羅莎莉



Special Feature

特別推介

New Page of Womens' Cancer Support - Managing Lymphoedema 婦女癌症支援新發展 - 淋巴水腫護理

Lymphoedema is most commonly caused by the removal of or damage to your lymph nodes as a part of cancer treatment. This condition can bring changes to your body such as severe swelling in one or more limbs. While there is no cure for lymphoedema, it can be managed with diligent care of your affected limb.

We therefore actively take actions to further develop our lymphedema care service so as to help patient cope with the side effects of cancer treatment. The service are launched as follows:

1. Assessment for Lymphoedema

Assessment for lymphoedema has been launching at Women Service Centre at Central since 2019, we are glad to inform you that the service has been extended to the Support Centres at Wong Tai Sin and Kwai Chung. Regarding the arrangement of assessment service and health programme stated below, we will announce after stabilization of the pandemic.

2. Upper and Lower Limb Lymphoedema Management Programmes

Other than personalized lymphedema service, we have also organized practical programme to prevent and relieve the condition:

Introduction of Upper Limb Lymphoedema Management

Rainbow Dance – Upper Limb Lymphoedema Management

Post-surgery and Upper Limb Lymphoedema Care for Breast cancer patients

Post-surgery and Lower Limb Lymphoedema Care for Gynaecological Cancer Patients

3. Cancer Fund's Education Video of Managing Lymphoedema for Women's Cancer Patients

To encourage you to know more about your lymphoedema care and self-practice at home, we have specially produced a video series on lymphoedema management that explains what it is and the techniques you can use to treat it. The video topics include: "Causes and Symptoms of Lymphoedema", "Prevention of Skin Infection and Daily Care", and "Lymphatic Massage and Exercises". Contact our Support Centre to get a copy of the DVD, or visit our website to watch the video series online.



Link:
<https://www.cancer-fund.org/en/cancer-videos/>

治療婦女癌症或需進行電療及切除淋巴結，有機會令淋巴系統受損或阻塞，導致淋巴液積聚而出現淋巴水腫，引致部分肢體出現嚴重腫脹。淋巴水腫暫時未有治癒的方法，但可以透過日常護理來紓緩及控制情況。

為此，我們積極地進一步發展淋巴水腫護理服務，以幫助婦女癌症患者紓緩癌症治療帶來的副作用，服務包括：

1. 淋巴水腫評估服務

淋巴水腫評估服務在2019年於中環的婦女癌症服務中心開始，我們欣切地通知大家，服務已伸延至黃大仙及葵涌癌症服務中心。有關評估服務及下述之護理課程安排，將於疫情穩定後公佈。

2. 上、下肢淋巴水腫護理課程

除了個人評估服務，我們也舉辦相關課程，協助患者預防或紓緩症狀：

預防上肢淋巴水腫之護理講座

跳出彩虹 - 預防上肢淋巴水腫舞蹈班

乳癌治療後上肢淋巴水腫護理研習班

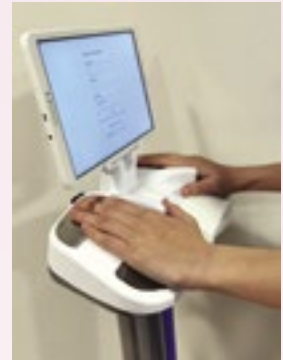
婦科癌治療後下肢淋巴水腫護理研習班

3. 癌症基金會為婦女癌症患者製作淋巴水腫護理教育影片

為了鼓勵患者多些了解淋巴水腫的知識和可在家實習，我們特別製作了一系列有關淋巴水腫護理的教育影片，讓大家了解甚麼是淋巴系統、預防及處理淋巴水腫的方法。影片內容包括：淋巴水腫的成因及症狀、預防皮膚感染及日常護理技巧、淋巴按摩及運動治療。請登入本會網站瀏覽影片或致電本會各中心查詢索取DVD光碟。



連結：
<https://www.cancer-fund.org/cancer-videos/>



How to Protect Yourself from the Covid-19 Virus

如何保護自己免受新冠病毒感染？

The Covid-19 virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), when absorbed by the cells of the ocular, nasal or buccal mucosa, it changes its genetic code. Mutation happens and it converts to be aggressive with multiplying effects that can attack the human body. It cannot be killed, but decays on its own. Here are some tips for how we can get rid of it:

- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. Any soap or detergent foam can cut the fat. So wash and rub your hands for 20 seconds or more is the best method.
- Use hot water above 25 degrees Celsius for washing hands, clothes and everything.
- Use alcohol or any mixture with alcohol over 65% to disinfect the contaminated objects.
- Any mix with 1:49 bleach and water directly dissolves the virus.
- Never shake used or unused clothing, sheets or cloth. Viruses can last from 3 hours or 4 hours on sheets to 42 hours on metal and 72 hours on plastic. If you shake the sheets or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.
- The virus molecules remain very stable in external cold, or artificial air such as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- UV Light on any object that may contain it breaks down the virus protein.
- Vinegar is not useful because it does not break down the protective layer of fat around the virus.
- The more confined the space, the more concentration of the virus there can be. Therefore keep your space more naturally ventilated and open.
- Wash your hands before and after touching your saliva, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. and when using the bathroom.
- The virus cannot go through healthy skin. Moisturise your hands regularly to prevent viruses from hiding in the cracks and keep your nails short so that the virus does not hide there.

Most importantly, during the Covid-19 pandemic, stay at home and maintain social distancing to protect yourself and others

新冠病毒不是活的生物體，它是由核酸蛋白分子(DNA)構成，並由脂肪組成的保護層所包裹覆蓋。病毒會透過我們的口腔、鼻腔及眼睛的黏膜入侵，再改變其遺傳密碼，變異成帶有攻擊性和複製性，侵害人體。新冠病毒雖不能被殺死，但卻會自行衰退。以下提供一些貼士有助消除新冠病毒：

- 此病毒非常脆弱，只由一層薄薄脂肪外層所保護。消除病毒的最佳方法是以肥皂或梘液的泡沫持續以清水洗手超過20秒，便可溶解病毒的脂肪保護層。
- 使用攝氏25度以上的熱水洗手、洗衣服及所有物品。
- 使用酒精成分超過65%的消毒用品以消毒污染的物品。
- 以1:49的漂白水清潔，直接溶解病毒。
- 切勿揚起衣物（包括未用過或已穿過的衣物）、床單或被套。病毒可以存活在床單上3至4個小時、金屬42個小時及塑料72個小時。若揚起床單或除塵掃等物品，病毒可以在空中漂浮長達3個小時，有機會經由鼻腔令你感染。
- 病毒在寒冷天氣或低溫下（包括室內或汽車空調）相對較穩定，水份及黑暗環境亦有利其穩定性。所以除濕、乾燥、溫暖和明亮的環境有助消除病毒。
- 紫外線照射有助分解病毒蛋白。
- 醋不能破壞包裹病毒的脂肪保護層，故並不能消除病毒。
- 空間越狹窄，病毒的濃度便越高。請保持空間開放及自然通風。
- 在接觸唾液、食物、門鎖、把手、開關製、遙控器、手機、手錶、計算機、書桌、電視等物品或如廁前後，必須洗手。
- 健康皮膚能降低病毒感染的機會。請定期保濕雙手和剪短指甲，以防止病毒藏在乾裂的皮膚或指甲的縫隙中。

最重要的是，在新冠肺炎肆虐期間，為己為人，如非必要外出應留在家中，與他人保持適當的社交距離。

Prepare To Join Our Online Programme

網上課程，您準備好未？

Learn at home with our online classes and workshops!

Hong Kong Cancer Fund is offering a series of online programmes in late April to provide information on post-surgery/treatment care at home and to advise on how to cope better with the emotional side-effects of treatment. Please refer to our website for more information.

To participate in these online programmes, you must download the ZOOM App on your mobile phone or computer as follows:

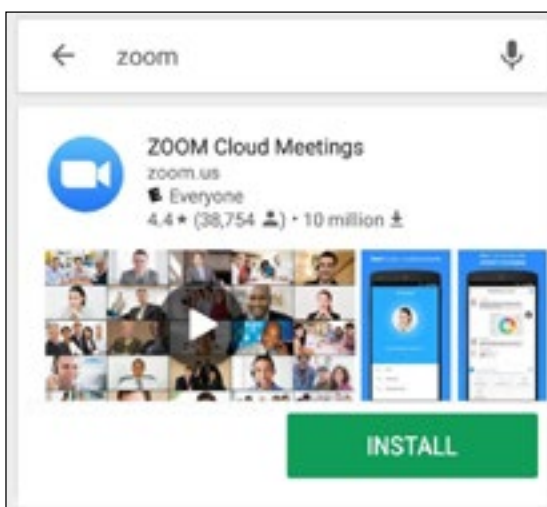
停課不停學！患者即使在家抗疫也可以獲得癌症治療相關資訊、瞭解治療或手術後的護理，與及如何處理受病情或疫情所影響而帶來的負面情緒。本會將於4月下旬開展一系列的網上互動課程，詳情請留意本會網站。

為了提高網上直播畫面的穩定性及導師及學員的互動，參加者須在手機或電腦安裝線上視訊會議軟體 - ZOOM，詳情如下：

The Usage of Zoom (Mobile Version)

Zoom 使用方式 (手機版本)

1 Download App
"Zoom Cloud Meetings"
(Google Play / iOS)



下載程式
"Zoom Cloud Meetings"
(Google Play / iOS)



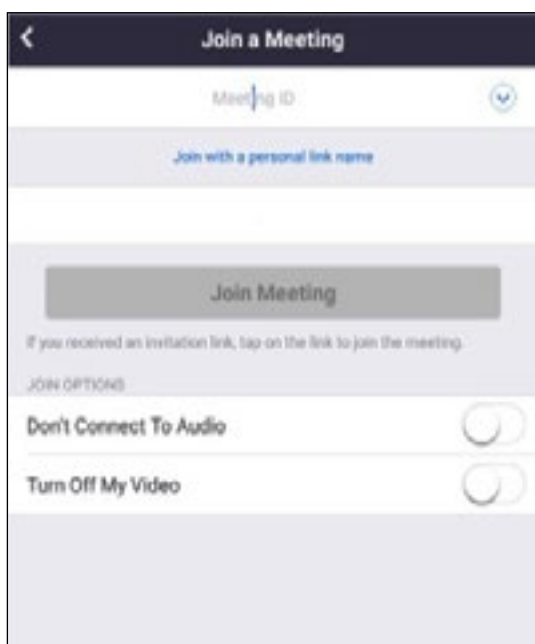
2 Installed then open the App,
"Join a Meeting".
(Registration is not necessary)



下載後開啟，
按“加入”/“加入會議”
(不需註冊可直接輸入)



3 Enter "Meeting ID"
Enter your name, press "Join Meeting"



輸入「會議號碼」
設定姓名, 然後按”加入會議”



4 Enter meeting password (if any)

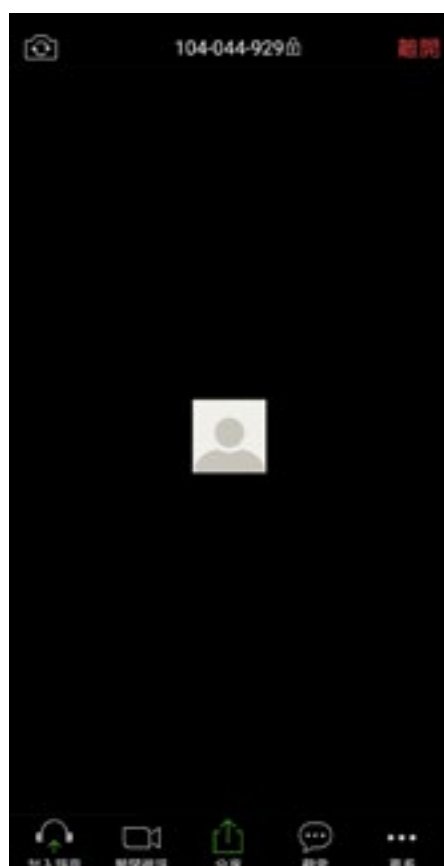
輸入密碼
(如有)



* If this is the first time to use Zoom, it may request for access right of "picture and record video" and "record audio" in your device.

* 如果是第一次使用Zoom，您需要給予程式「拍攝相片和錄製影片」及「錄製音訊」的權限

In the meeting page
已進入會議頁面



Press "End" to leave the
meeting
離開會議

Swipe to right on
the screen, to see
other participants

用手指在屏幕上
向右滑可改為見到
其他參加者



Function buttons 會議頁面下方按鈕

Press "Raise Hand", the host will be notified

Activate/
Deactivate
Audio

Activate/
Deactivate
Video



Unmute



Start Video



Share



Participants



More



Press once to switch



Unmute



Start Video

Enter to chat
with host
or other
participants



Viewing Transcript

Raise Hand

Hide Non-Video Participants

Show Name when Participants

啟用/停止
語音發言

啟用/停止
視訊



加入語音



關閉視訊



分享



觀眾



更多



按一下變更



解除靜音



啟用視訊

進入文字
聊天與講
者或其他
參加者提
問或對話



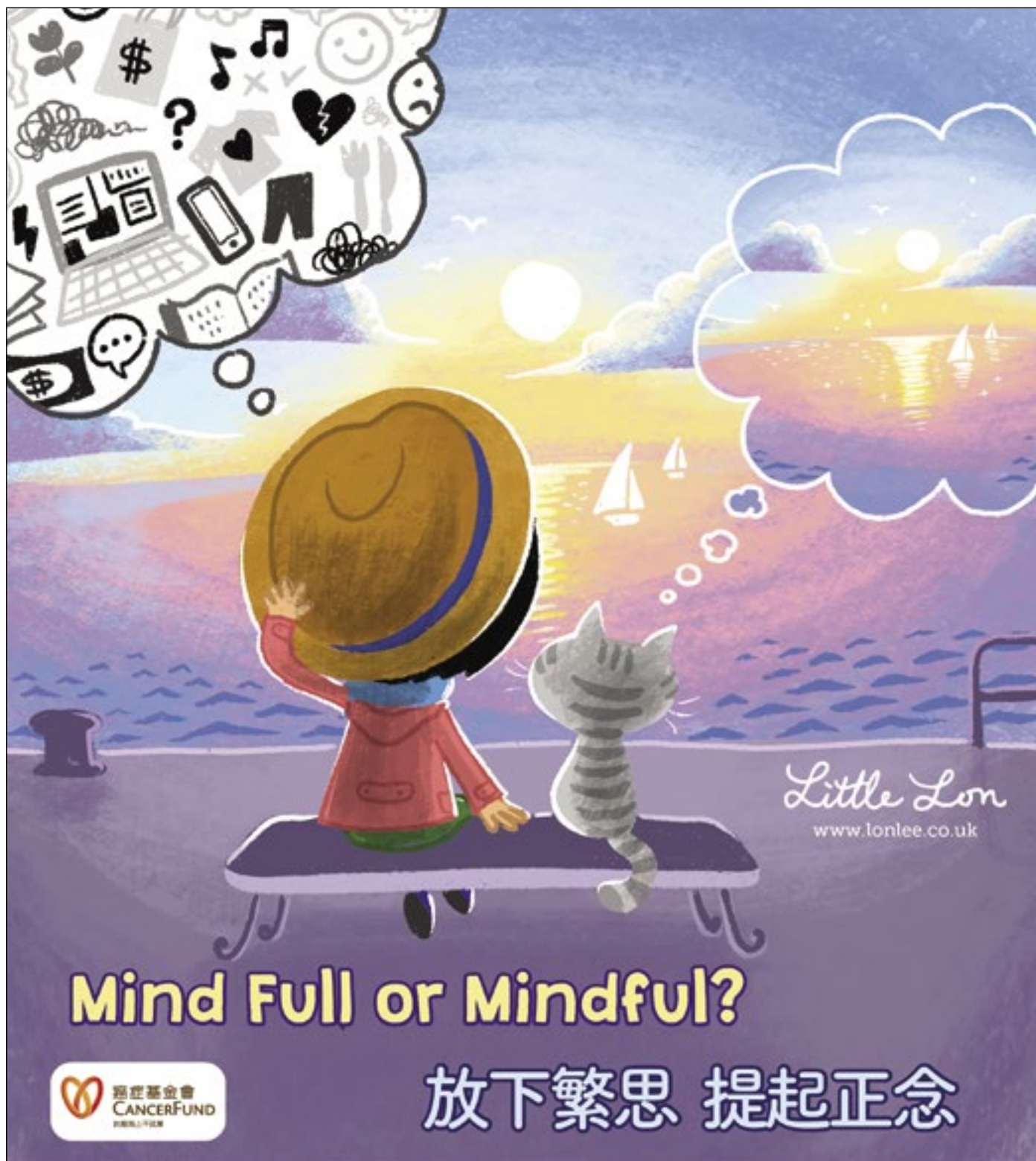
檢視完整轉錄文字

舉手

隱藏非視訊與會者

當與會者加入時顯示名稱

按"舉手"可向主持人示意



Learn to be present and enjoy the moment.
學習活在當下、享受當下的真實情境。

Let go of something 放下一點

Create your own coffee break 歡杯咖啡

Meander around town 逛逛街

Buy some flowers 買漂亮的花

Find a relaxing scent 找一種令人放鬆的香薰

Read a book 讀一本好書

Take a walk 外出散步

32 ways to relax your mind

32種舒緩心靈的方法

Sit in nature 靜觀大自然

Do some gentle stretches 輕輕拉筋

Turn off all electronics 關掉電子產品

Write a quick poem 速寫一首短詩

Call a friend 找朋友聊天

Give thanks 凡事感恩

Colour with crayons 畫一幅彩色的畫

Meditate 靜坐冥想



Learn something new 學習新事物



Watch a funny movie 看一套笑片



Go for a ride 開車去兜風



Jogging 緩步跑



Put on some music and dance 播音樂、跳舞



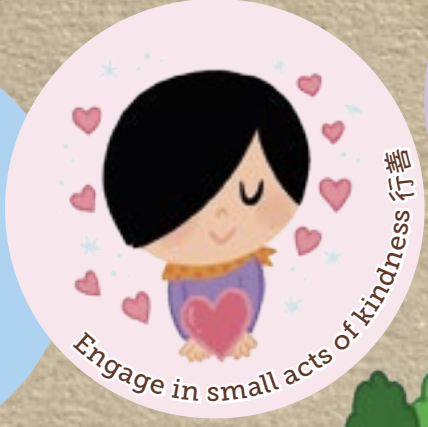
Forgive someone 寬恕別人



Notice your body 注意身體



Eat a meal in silence 靜心享受食物



Engage in small acts of kindness 行善



Listen to a guided relaxation 聲音導航放鬆



Write a journal 寫日記



Take a deep belly breath 來個深度腹部呼吸



Stroll in a park 到公園走走



Make music 彈奏音樂



Go to a flea market 到市集逛



Take a bike ride 踏單車



Examine an everyday object with fresh eye 以新視野/思維審視每日

8 Tips to Calm Anxiety shared by the Cancer Fund professional team

癌症基金會專業團隊 分享八種緩解焦慮小貼士

It is very natural to feel stressed and anxious about the coronavirus (Covid-19) outbreak. Many cancer patients are sharing their concerns with our frontline teams about their fears during this current Public Health Emergency. Our clients are important to us. To help bring some reassurance, we want to share a few tips by the Cancer Fund's team.

面對新型冠狀病毒(Covid-19)爆發，人們很自然會感到焦慮或壓力，而不少癌症患者也與我們的前線團隊反映他們對這次突發公共衛生事件的恐懼及憂慮。每一位癌症患者對我們來說也非常重要，本會的專業團隊在這裡與大家分享一些小貼士，期望可以協助大家紓緩近日崩緊的情緒。

1

Limit reading news stories related to the outbreak. Information can offer us some sense of control. However, excessively checking the news and social media can feed and fuel our anxiety. Try to limit yourself to check one to two reliable sources with restricted time.

勿過量吸收與疫情相關的資訊：掌握資訊能增加我們的掌控感，但長時間及過度吸收新聞及使用社交媒體卻或會令人更加焦慮。可嘗試在限時內，只選擇瀏覽一至兩個可靠的消息媒體。

2

Talk to someone. Reach out to friends by phone or through video-calling to help you feel more supported. Reach out and call our Helpline 3656 0800.

與人傾訴：透過電話或視像與親友保持聯繫，互相關心和慰問。如有需要，可致電本會的諮詢熱線 3656 0800。

3

Boost your immune system through a healthy lifestyle. A healthy immune system starts with a balanced diet and a sound sleep at night. Keeping active can also stimulate our immune system and reduce stress. Consider doing exercises such as yoga, vinyasa, and/or tai-chi at home, or take a walk in somewhere less crowded.

保持健康生活，提升免疫力：健康的免疫系統建基於均衡飲食和良好睡眠，而保持運動亦能提升我們的免疫系統及幫助減壓。大家可以考慮留在家中做瑜伽、詠春、太極等運動，亦可出外在人少的地方散步。

4

Take up a hobby like knitting. According to research, the health benefits of knitting go beyond the physical and help reduce depression and anxiety.

進行自己喜歡的嗜好：有研究指某些嗜好如編織有益身心，並有助減壓和降低焦慮。

5

Laugh often. Welcome humor. A good laugh goes a long way.

笑口常開：保持幽默感，笑容會讓日常生活更美好。

6

Do something to get organized. Clean your cupboard or de-clutter your home. Clutter makes it more difficult to relax, both physically and mentally.

實行斷捨離：整理家中櫥櫃或清理舊物，以免凌亂的環境令身心難以放鬆。

8

Maintain a positive attitude. Do all

you can to replace negative thoughts with positive ones.

保持正面態度：盡己所能，以積極思想取代消極想法。

7

Breathe in and out. Deep breathing helps you calm down. Inhaling and exhaling slowly will help you feel more grounded.

深呼吸：深呼吸運動有助放鬆和讓人冷靜，而緩慢呼吸亦可令人頭腦清醒。

Join us! Draw your own Mandala!

來畫一張自己的Mandala吧!

Mandala has a long history in different cultures. The use of Mandala art as a tool for contemplation, meditation, self-exploration, and spiritual advancement has been commonly used throughout the world, including by Romans, ancient Indians, Buddhist cultivators, and Catholic clerics. The most important spirit of Mandala is to focus on the present moment. Whether painting alone or with a group, it is a way to heal the heart.

Let's get started to draw a Mandala:

1. Please choose a Mandala pattern.
2. Quiet your mind and look closely at the Mandala pattern.
3. If there is any blank space in the circular pattern, you can create your own Mandala pattern with a pencil.
4. Choose the colour pencils you like to draw from the center of the circle.
5. Focus on the present moment – colouring. Enjoy the process with a quiet, relaxing and joyful heart.



曼陀羅（Mandala）存在於許多古老文明中，曼陀羅藝術的使用遍及世界各地，包括羅馬、古印度、佛教的修行人和天主教的神職人員均將其視為沈思冥想、探索自己、提升心靈的工具。曼陀羅最重要的精神是專注於當下，不論是獨自或與團體繪畫，也是一種心靈療愈的方法。

邀請您一起體驗：

1. 請選一張曼陀羅圖案。
2. 靜下心來，仔細欣賞這個曼陀羅的圖案。
3. 如果圓形圖案中有未完成的空白部分，可先用鉛筆，自行創作自己的曼陀羅圖案。
4. 隨心選擇顏色筆，由圓心開始畫。
5. 專注於塗色的當下，以安靜、放鬆、愉快的心情，享受過程。



Personalised 'Let's Do it' Paper Dice

自家製「起動吧」骰子

Dice Game

Many of us are homebound during the coronavirus outbreak. We want to share a fun game that involves only 2 dice.

Use our picture and cut out the shape along the dotted lines to make two dice. One is called a "Move" dice that tells you what to do. For example, you can do something simple at home that recalls good memories or do something to relax.

The other is a "Together with" dice that tells you who to do the activity with – either a friend, family member or just yourself.

Throw the two dice together each time to learn what you need to do.

To help connect with loved ones during this challenging time, write down your experiences from the game and share with your friends and family. We suggest you to play this dice game once a day with yourself or with family and friends for 6 straight days!

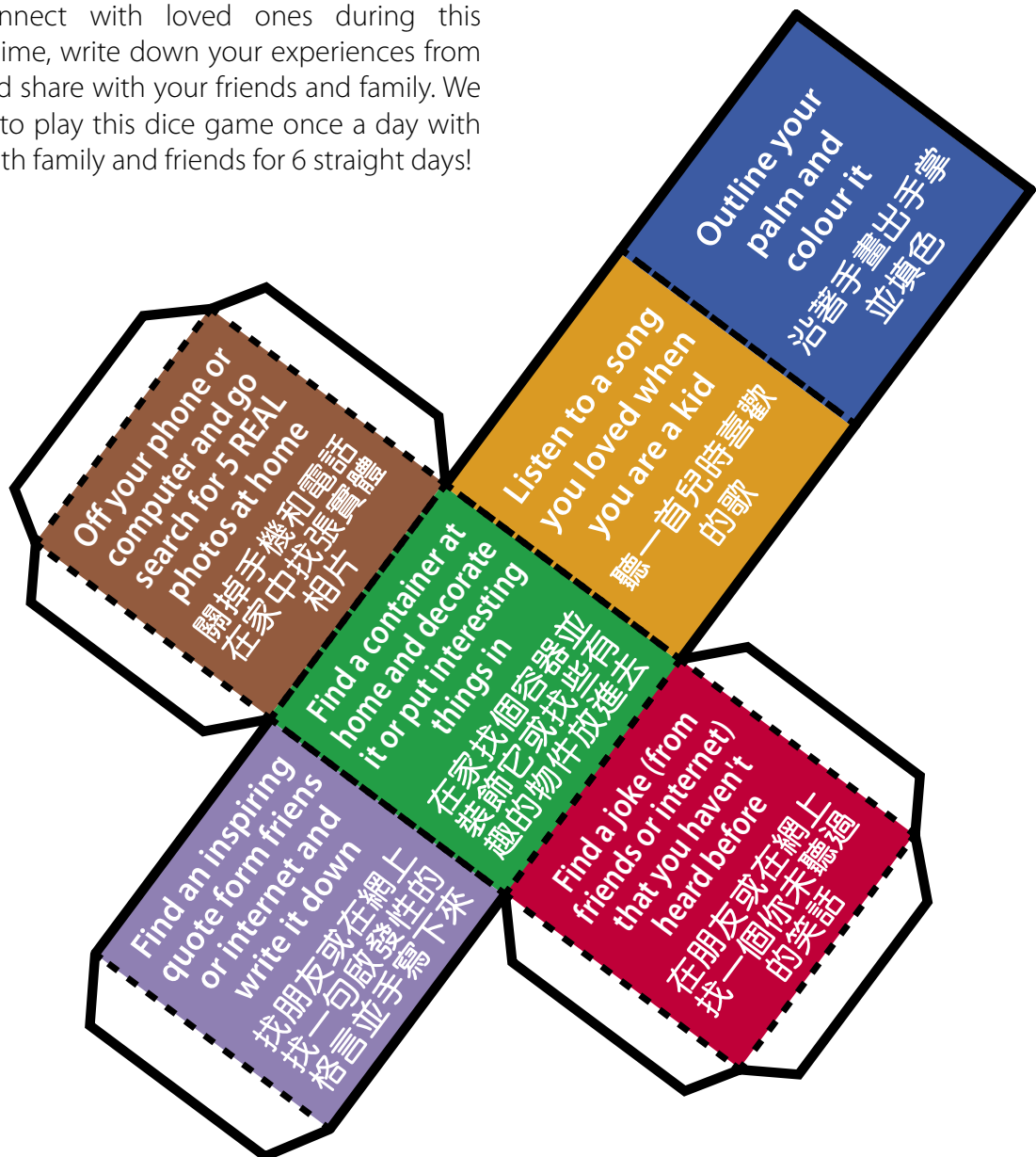
「起動骰」遊戲規則：

在疫情期間，留在家中除了看手機或電視，何不玩一些小遊戲重拾童真？

請沿虛線剪出並摺成骰子，開始遊戲時同時擲兩粒骰子。

「動骰」代表需要做什麼事情：內容為家中能做到，簡單又讓我們找回生活回憶或放鬆心情的事情。「起骰」是與誰或用什麼方式進行：如自己或朋友，寫下來或與人分享，讓我們與親朋好友在這時期仍能保持聯繫。

建議每天玩一次，給自己和身邊人6天的挑戰。



製作骰子：

STEP 1:

Make creases (folds) along all the dotted lines. Flip the shape over so the decorated side is facing away from you.

步驟一

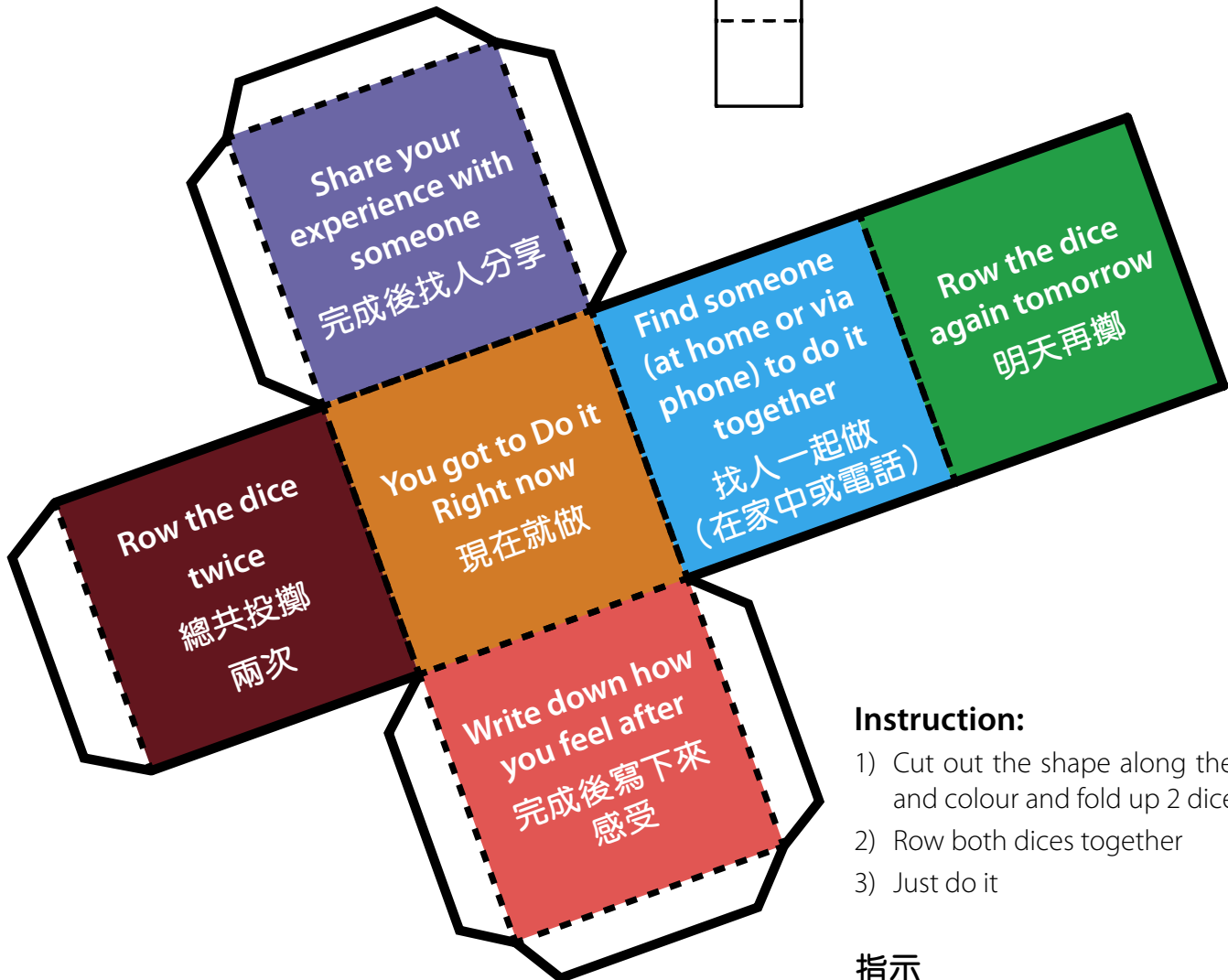
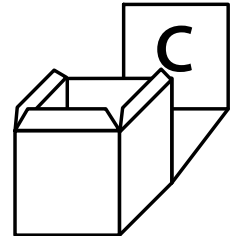
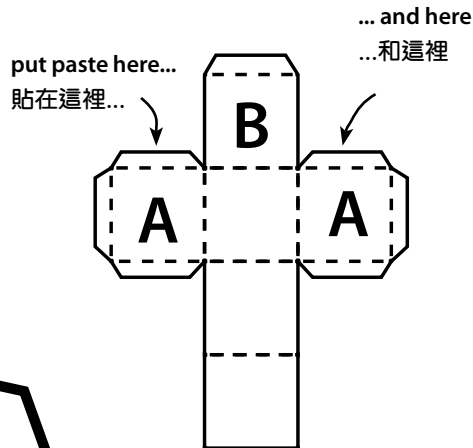
沿所有虛線摺疊，把有字一面翻轉。

STEP 2:

Now bend up the sides labeled "A", and apply glue on the two tabs where and press "B" against the glue-covered tabs.

步驟二

把圖中「A」的所有邊緣摺疊，並在圖示的兩個標籤塗上膠水。把「B」向上摺，並在其邊緣塗上膠水。



Instruction:

- 1) Cut out the shape along the lines and colour and fold up 2 dices
- 2) Row both dices together
- 3) Just do it

指示

- 1) 沿著線將圖形剪下，填上顏色並摺合成兩粒骰子
- 2) 兩粒骰子一同投擲
- 3) 就跟著做好了

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ECONOMY

Please join our “Circle of Friends” Monthly Donation Programme 請即加入「癌症基金會之友」每月捐款計劃

More cancer cases are now diagnosed at an earlier stage. Coupled with medical advancement, people are now living with cancer for longer. This is leading to even more demand for our free professional services and wellness classes. We now urgently need your support and we need the commitment of friends from the community to join our “Circle of Friends”, a monthly giving programme. These donations will allow us to continue to offer our much needed free cancer care services.

For HK\$100 a month, you can bring hope and care to people touched by cancer. Please act now!

隨著更多癌症個案在早期確診，加上醫學進步，患者的存活率越來越高，我們的免費心理社交支援服務的需求亦日見殷切。本會迫切需要更多慷慨無私的善長加入「癌症基金會之友」月捐計劃，才能持續為更多有需要的患者及其家人提供免費專業癌症服務。

**每月捐款港幣100元，為癌症患者送上希望。
請即行動！**

Donation hotline
捐款熱線 **3667 6332**
Email
電郵 **cof@hkcf.org**

Hong Kong Cancer Fund is here for you
香港癌症基金會竭誠為您服務

Feel free to call
歡迎致電 3656 0800

