

Autumn | Winter 2020

INTOUCH 觸覺

Cancer Fund's Pink Revolution 20th Anniversary Issue 2020



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

Spring | Summer 2020

INTOUCH 觸覺



癌症基金會
CANCERFUND
So no one faces cancer alone



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Circle of Friends: The Gift of Giving Back

Support our free cancer services to help those in need. Consider that the cost of a lunch donated each month can make a big difference in the lives of people touched by cancer. It only takes a few minutes to offer hope and practical care that will make a life-saving difference for our cancer clients, their carers and loved ones.

Give a gift today by calling our Donation Hotline 3667 6332. Consider becoming a Circle of Friends monthly donor. To join, scan this QR code:



Contact Details

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Service Helpline: 3656 0800



Become Our Fan
Hong Kong Cancer Fund

Dear Friends,

Our Pink Revolution 2020 is a very special occasion – we celebrate our 20th anniversary of the campaign! For decades, we have been at the forefront of raising awareness of breast cancer to successfully encourage women of all ages to **'Be Smart. Self-Check.'** We're very delighted to have Sammi Cheng as our Pink Ambassador this year! Sammi is an influential role model and we believe that through her tremendous popularity, she can help us reach more people.

In this issue, you'll read that our Wong Tai Sin Centre, opened 23 years ago in 1997, has had a much needed renovation to meet the growing demands for our free services. This Support Centre sees the largest number of clients in our network. We are excited by the improvements that will allow us to offer more programmes and to ensure the health and safety of our clients.

Cancer does not stop because of coronavirus

Cancer is a challenging journey in itself; during the COVID-19 pandemic, we have received more calls from patients who were fearful to leave their homes to go for treatments. We have also experienced an increase in the number of people seeking assistance from our Hardship Fund which aims to resolve the short-term financial strain for those on low income. We do not receive any government funding, our only regular income is from our monthly donors, which we need to expand to sustain our work.

We are facing an unparalleled challenge with our fundraising due to COVID-19 and the social unrest; we have had to cancel all of our events in the last year. You could consider becoming a valued member of our COF monthly donor programme, or sign up for our Legacy Giving.

Today, we are witnessing tremendous stress and hardships in our society and profound changes in the livelihood of people. Yet at the same time, we are learning to adapt and carry on in spite of the pandemic through our collective strength and wisdom.

Check out our exciting plans for our Pink Revolution events in October. Dress Pink Day is on 23 October and we're encouraging everyone to have a fun Pink Party with friends or office mates – do it on Zoom if social restrictions are still in place and raise funds for our free services. Take part in our Pink Yoga Challenge as a wonderful way to show our care for women with breast cancer. We're also looking forward to our annual Stride for a Cure on 10 January 2021 to raise funds for important local cancer research.

A huge thanks to all our supporters, volunteers and corporate champions who help us make a lasting difference to ensure that no one faces cancer alone. Together, let's make a difference and share the care.

Lots of love,



Sally Lo, BBS, MBE
Founder and Chief Executive



Pink Revolution 2020



Around the world, October is recognized as Breast Cancer Awareness month and Cancer Fund's Pink Revolution is back again in 2020. This year also marks the 20th anniversary of our Pink Campaign. One in 15 women are being diagnosed with breast cancer every year in Hong Kong*, we are encouraging women to **"Be smart. Self-check."** for early warning signs.

We have a range of events and promotions you can get involved with to help us raise life-saving breast cancer awareness. Additionally, all donations raised through Pink Revolution go directly towards our FREE breast cancer care services that help patients and families live with and beyond. Our support centres in the community and our Women's Support Centre provide loving care and practical knowledge for women with breast and other types of female cancers.



To learn more about how we are bringing together thousands of people for our Pink Revolution, visit: www.cancer-fund.org/pink

Pink Revolution Launch Event 2019



Our Amazing Pink Ambassador: Sammi Cheng

We're so delighted that Sammi Cheng will be our Ambassador for the Pink Revolution campaign again this year. Sammi filmed a touching TV commercial for us to spread the message to support women with breast cancer and encourage regular self-check.

*Source: Hong Kong Cancer Registry, Hospital Authority

How You Can Support

DRESS PINK DAY

Get involved in Dress Pink Day at your workplace, school or with a group of friends to raise awareness and funds for women with breast cancer. Throw a pink themed party, dress in pink or simply sponsor a Pink Recovery Pack with a donation of HK\$150 or more to take part in this fun and meaningful event. Host the party on Zoom if social restrictions are still in place. The recovery packs are given to the bedsides of breast cancer clients who have just undergone surgery. The funds you raise will help our clients with breast cancer and sustains our free services.

Oct

23



For more information and to join this meaningful event, please visit www.dresspinkday.com.

Go Shop for Pink

Every year, our corporate friends participate as our Pink Sponsors by offering special Pink products and promotions to raise money for our free breast cancer services. All you have to do is start shopping!

To find out more about these Pink Specials, go to: www.cancer-fund.org/pink or check out our Pink Revolution Shopping Guide inserted with this issue of InTouch.



To find out more about these Pink Specials, go to: www.cancer-fund.org/pink

Donate

Receiving no money from the government or the Community Chest of Hong Kong, your generous donation will help to sustain our free breast cancer services. Please give a gift today!



Act Now!

Putting the Spotlight on Women's Health



Our New Video Series on Lymphatic Care

During cancer treatment, lymph nodes may be removed or the lymphatic system may be damaged, resulting in excess of lymph fluids, lymphoedema and the swelling of limbs, severely affecting the patient's appearance and social life. It can be debilitating, since it restricts movement and can impact one's ability to work and everyday activities such as getting dressed or bathing. These symptoms may surface within months or years after treatment.

To address these very issues, we produced a new video series for Lymphoedema Care and Prevention, available in Cantonese and Mandarin versions with English subtitles.

Lymphoedema cannot be cured completely, but many things can be done to help to reduce the swelling and discomfort.

We're so grateful to the Zonta Club of Kowloon for sponsoring our video that was made with the support of breast surgery consultants, physiotherapists, accredited therapists for lymphoedema and our nursing team.



Call our Helpline at 3656-0800 for a free DVD copy (only available in Cantonese). To watch these videos, go to:



Our Women Support Centre

The Women Support Centre is the first and only care facility in Hong Kong specialising in offering free services exclusively on female cancers. Our professional team provides services that cater to the needs of women who are experiencing breast and gynaecological cancers – including ovarian, cervical and corpus uteri, which are among the 10 most common cancers for women in our city. Using an inclusive approach, our tailored care also supports the patient's whole family, including their children and partner. **Address: Unit 5, Ground Floor, The Center, 99 Queen's Road Central, Hong Kong**

香港癌症基金會婦女服務中心
Hong Kong Cancer Fund Women Support Centre

UNIT 5





Cancer doesn't stop for Coronavirus

COVID-19 didn't put an end to our care and connection with clients.



We continued our case management service, and assessed clients with financial needs and gave out food coupon subsidies.



Our clients were given timely information related to medical treatment follow-up.



Our teams offered professional counselling services by phone.



We conducted an Online Adjustment Group programme for breast, colon and lung cancer patients to help relieve their stress for specific treatment side-effects.



We made caring calls to our clients who are newly diagnosed to explain treatment options and procedures to help reduce their fear and prepare them for treatment.



We offered information and tips for relieving stress due to the COVID-19 pandemic.



We also called our clients who are at the cancer treatment stage to address their psychological needs, symptom management or dietetic concerns.



From July to September, we have provided over 100 live streaming classes to people touched by cancer that range from yoga therapy, Qigong, Pilates and more. As of June, we've had more than 4,000 attendances. Our classes are free and open to our users and their caregivers.



We distributed more than 60,000 face masks.



Prostate Cancer Awareness

Understanding the symptoms, diagnosis and treatment of prostate cancer

Prostate cancer's prevalence continues to increase in Hong Kong, and is the third most common cancer among men*.

Get checked

If you are a man over the age of 50 with a family history of prostate cancer, you should talk with your doctor about getting checked. If you are 60 or older, you should be aware of the warning signs and consult your doctor immediately if you experience symptoms when urinating or any unusual changes in your body.

Evidence shows that early detection can lead to earlier treatment, and saves lives. It is more important than ever for men to learn the symptoms of prostate cancer.

Symptoms

Early prostate cancer rarely has symptoms. This is because the cancer is not large enough to put pressure on the urethra. If the cancer grows and spreads beyond the prostate (advanced prostate cancer), it may cause the following problems:



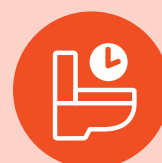
Weak flow when urinating



Urinating more often than usual during the day



Urinating especially often at night



Frequently needing to rush to the toilet to pass urine



Difficulty urinating



Blood in the urine



Frequent pain in the lower back, hips and upper thighs

Note: These symptoms are common to many conditions and may not be to advanced prostate cancer. For peace of mind and to ensure early detection, please consult your doctor about screening and assessment.

Hong Kong Cancer Fund provides the largest network of support to cancer patients, survivors and their families. Call us if you or someone you know has been diagnosed with prostate cancer. Our professional teams at the Support Centres in the community offer FREE information, care and guidance. Launched in 2013, our Prostate Cancer Survivorship Project 'Going Through' helps our clients overcome the cultural, physical, psychosocial obstacles associated with cancer and to manage any symptoms experienced after treatment.

To learn more about our Going Through programmes, call our Helpline 3656 0800. Get more information about prostate cancer by scanning the QR code and visit our website:



* Source: Hong Kong Cancer Registry 2019

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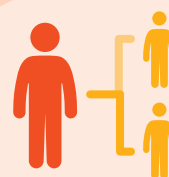
1 in 26 men in Hong Kong have prostate cancer.

3rd

The 3rd most common cancer among men in Hong Kong.*



The 4th most common cause of cancer-related deaths in men.*



The risk of developing the disease increases if a close relative has prostate cancer.

Going Through programmes for September to November 2020:

- Dialogue with a Doctor about prostate cancer
- Traditional Chinese Medicine talk on prostate cancer
- Prostate Nutritional Workshop
- Understanding hormonal therapy for prostate cancer

Symptom management programmes:

- Prostate cancer talk on curing urinary incontinence
- Preparation for Radiotherapy
- Managing incontinence and sexual dysfunctions after treatment


MOVEMBER.COM

It's time for Movember again!

We are pleased to announce that Hong Kong Cancer Fund continues to be the beneficiary of Movember in 2020. Grow a mustache this November and all funds raised will help support our prostate cancer care services and local research. Join Movember now!



For more information, please visit: hk.movember.com/

*Challenge Yourself for
Someone in Need!*

Pink Yoga Challenge

🦋 What is the Pink Yoga challenge?

Find a partner and do the best Double Boat pose you can muster. Then post a photo or video to Instagram or Facebook and tag 3 friends to continue the challenge.

🦋 Why this pose?

The outline of the Double Boat reminds us of our breasts. This yoga pose requires support and cooperation with another person, which means we

share the love and care with each other. Thanks to Claire Bostock and Cheyenne, the mother and daughter duo in the photo above, for making the Double Boat pose look so easy!

🦋 To join the challenge

- Find a partner and as a pair, donate \$200 to Hong Kong Cancer Fund.
- Use the hashtag: #yogaforpink
- Join us to spread awareness!

Pink Yoga for Breast Cancer Patients and Survivors

Hong Kong Cancer Fund has been offering Pink Yoga for many years. This yoga is particularly a gentle and mindful style appropriate for patients recovering from breast cancer, to help prevent and relieve the symptoms of lymphoedema. Many survivors live with the daily tension and inconvenience of limited mobility and of painful swelling of the arm after treatment.

The mindfulness-based Pink Yoga promotes a relaxing and calm mood to reduce anxiety and improve sleep quality.

Watch our online videos:



Why Young Women Should be Breast Aware

When you're young, health issues like cancer can be the furthest thing from your mind. Although breast cancer diagnosis among women aged 20-39 is less common, it would be unwise to believe that it cannot happen to you.

Being familiar with your family history and making good lifestyle choices are two very important factors when considering your health. By being breast aware at a young age you are equipping yourself with the tools necessary for healthy living and early detection, which in turn could save your life.

Remember, anytime you see or feel any kind of change in your breasts, you should see your doctor.

For more information on breast cancer, go to our website:



Why you're never too young to be breast aware

Breast cancer is the most commonly diagnosed cancer in women of all ages.

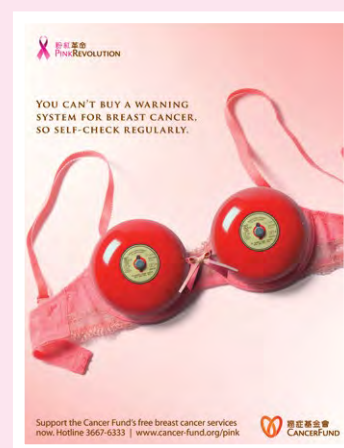
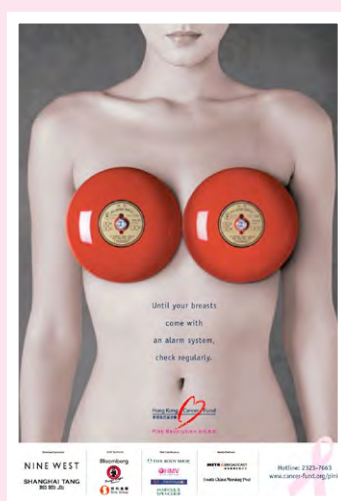
This type of cancer has the potential to be far more aggressive in younger patients, making early detection even more important. Before the age of 40, women's breast tissue tends to be denser, making it more appropriate to use an ultrasound rather than a mammogram to check for lumps in the breast.

Knowing your body and being aware of changes can make it easier for you to identify any problems.



Pink Revolution 20th Anniversary

Raising Breast Cancer Awareness in Hong Kong

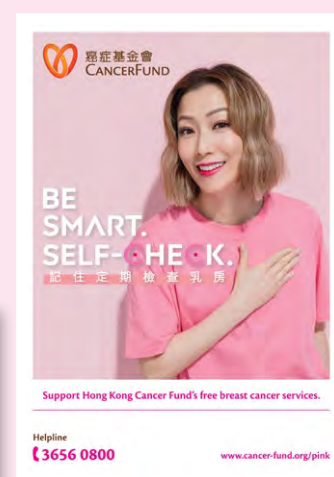


Our annual breast cancer awareness campaign has played a crucial role in educating Hong Kong on the importance of early detection over the years.

We have helped thousands of women touched by breast cancer, sending our Pink recovery packs to the

bedsides of those who have just undergone surgery, and tailoring our wellness programmes to meet their needs.

Thank you to our friends who have supported us over the years, allowing us to be there every step of the way.



2011

2012

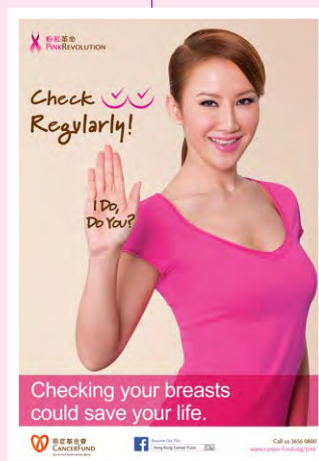
2013

2015

2016

2018

2020





Healing through Art

Artwork by Women's Cancer Patients

Many women who have been diagnosed with female cancers feel a whole rollercoaster of emotions and changes in their body. These can be affected by the cancer diagnosis and treatment, aging, hormonal changes and life experiences. Long after treatment ends, they still cope with lingering physical symptoms such as psychological and emotional distress such as anxiety, depression, fatigue, and sexuality issues.

Since 2008, we have been using the creative art therapies for cancer patients and their families in the community. Our art therapist provides direct psychological support either in a group practice or one-on-one sessions. Art therapy can help women to nurture self-acceptance despite changes in their appearance and to process their emotions.

Hong Kong Cancer Fund Art Therapy Online Exhibition – Stay tuned for an announcement on the exhibit on our website

Our exhibit aims to showcase the transformation of women's cancer patients in their attitudes and feelings towards "Inner Beauty" and their body image.

Our therapist utilized the creative process to help clients explore self-expression and, in doing so, find new ways to gain personal insight about their cancer journey.

Wong Tai Sin Centre Gets a Facelift



Opened 23 years ago in 1997, our Support Centre in Wong Tai Sin provides a seamless service from the hospital to the home and in the community, offering free emotional, practical and professional advice and support to anyone touched by cancer.

This Support Centre sees the largest number of clients in our network. The facility is also the base for our 20 Self-Help Groups consisting of over 15,000 cancer survivors who provide peer support to those affected by the same type of cancer. We provide these groups with guidance on

programmes offered, funding and a harmonious place to meet.

To meet the increasing demand on our services and to ensure the safety of our clients, major renovations were carried out between April and July 2020.

Our centre has a new modern look and layout that can help meet our future programme plans. A few rooms were combined to create a multi-function space that will allow for more workshops and family counselling sessions. We have also rebuilt the ramp at the front entrance of the centre to improve its durability and safety.

Our heartfelt thanks to the generosity of the Fu Tak lam Foundation for their long time support of our centre.

To learn more about our Self-Help Groups, call our Helpline 3656 0800 or go to our website:





Support People With Cancer! Our Fundraising Activities

Thank you to all of our wonderful DIY fundraising supporters.

DIY Fundraising: Future Stars Dance Academy's Dance-a-Thon

Just before Christmas, Melissa Thornton and her team from Future Stars Dance Academy created the first Dance-a-Thon in Hong Kong. Each of the participants, aged 5 to 19, put on their dancing shoes to show their moves to raise much needed funds for our breast cancer awareness and services. The event lasted for 8 hours.

Thornton said, "I have been a huge supporter of the Cancer Fund for over 15 years and wanted to encourage my young students to give back to the community. We had such an amazing time!"

The Dance-a-Thon will be an annual event. If you would like to join the next one, please contact us at: mariejenkins@hkcf.org



Check out our DIY Fundraising page if you want to help those touched by cancer.

To become a monthly donor and help us provide free cancer care, call 3667 6332.

PIMCO®

Thank you PIMCO for your generosity!

We're so grateful to our corporate champions for helping to sustain our cancer care work in the community. A huge thanks to PIMCO for donating US\$15,000 (around HK\$116,000) from their Employee Choice Award to support us. PIMCO is a global investment management firm.

Give a Gift of Love

Let's share care and comfort to those touched by cancer – buy a Hong Kong Cancer Fund Calendar today!

Offset printing is selling a special uplifting calendar to support our free services. Each month has a specially chosen inspirational quote. All proceeds from our calendar sales will go directly to help those in need at our Support Centres in the community. Order for your friends and family today at HK\$50 each. The minimum order is for 10 calendars, and delivery or pick up must be arranged personally.

This is selling fast! Get your special edition Cancer Fund Calendar now!



Love is the worker of miracles.

- Nikki Thomas

Order your calendars here:



Thank you for your DIY fundraising support! Chocolate Moon Cakes

A huge thanks to Carolyn and Charles of Cacao Hong Kong for creating handmade luxury artisan chocolate moon cakes and donating 40% of their sales to our free cancer services. Their selection of exquisite chocolate mooncakes, chocolate bark and bars, cookies and chocolate spread come in various sizes including a beautiful lacquered box and hampers.

We rely on the generosity of our DIY fundraisers. If you're interested to learn more, contact Cacao at: <https://www.facebook.com/cacao hk>

Thank you to all our supporters

CIRCLE OF FRIENDS

Regular Donors

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Mr. Calvin Wah-Sun Chan
Mr. Leung Hoi Ming
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西市鮮魚行商會

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Mr. Francis Cheng
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Mr. Ho Chi Cheong
Mr. Wai-Man Li
The late Mr Peter Chen
林映翠女士
梁潤勝先生 (已故)
蔡健菲女士 (已故)

MISCELLANEOUS FUNDRAISING EVENTS

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Bloomberg L.P.
Cacao: guilt-free luxury chocolates
Fraser Global Limited
HSBC Life (International) Limited
Life Solutions
Offset Printing Limited
PizzaExpress (HK) Ltd.
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New Wine Ministries Hong Kong
Pharmaceutical Care Foundation & Jockey Club
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Physical Fitness Association of Hong Kong, China
Pok Oi Hospital, The Chinese University of Hong Kong
Clinical Centre for Teaching and research in Chinese
Medicine
School of Biomedical Sciences, CUHK
School of Chinese Medicine, Hong Kong Baptist University
The Cancer Crusade Angels Services Society of Hong Kong
The Family Planning Association of Hong Kong
The Hong Kong Anti-Cancer Society Jockey Club Cancer
Rehabilitation Centre
The Hong Kong Association of Hair Design
Tung Wah Groups of Hospital, Chinese Medicine Services
United Christian Nethersole Community Health Service
Varian Medical System Pacific
Walnut Club trained Ving Tsun peer facilitators
Yan Oi Tong cum Hong Kong Baptist University Chinese
Medicine Clinic cum Training and research Centre (Ha
Kwai Chung)
王振洪伉儷
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莫錦泉先生
葉健謀伉儷
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陳添偉醫生
雲崇先生
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黃昇平伉儷

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Hong Kong Bone Marrow Transplant Patients' Association
Hong Kong Gist Union
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Hong Kong STOMA Association
Kin Lok Club
Mutual Aid Association
Orchid Support Group
Prostate Peer Association
Rising Sun Association
Sunflower Network
The Brightening Association (Hong Kong) Ltd.
The New Voice Club Of Hong Kong
Stoma Group
TWH Breast Cancer Patient Support Group
Yin Chun Club
Yin Hong Club

OTHERS

Ming Pao Weekly



癌症基金會
CANCERFUND

stride for a Cure

抗癌大步走

every step counts 一步一希望



DATE: 10th January, 2021 (Sunday)

TIME: 9am-2pm

VENUE: Tai Tam Country Park

Join our 25th Stride for a Cure walkathon and fundraise for local cancer research and cancer care services.

- 5km of family fun and 10km of energetic challenges.
- A family fun day with healthy exercises and a worthwhile cause.
- Free packed healthy lunch, T-shirt and shuttle bus to and from Central Star Ferry Pier.
- More wonderful performances and booth games to come.

Register now!

(3667 6333

www.cancer-fund.org/sfc

Help to save the environment

Sign up for the e-version of our newsletter to save paper and the environment.

To receive the e-version of our newsletter, please email public@hkcf.org with your name, mailing address and telephone number, so we can add you to our digital mailing list.

Are you moving? Please keep us in the loop!

If you are moving and would like to be informed of our latest news and activities, please email your name, donor number and new contact details to hkcf@hkcf.org so we can update our records. Your personal information will be kept strictly confidential.

