



Hong Kong Cancer Fund
ANNUAL REVIEW
2019-2020

So No One Faces Cancer Alone

Dear Donors, Supporters and Friends,



We are deeply grateful for your loyal support as we look forward with hope, optimism and the promise of new beginnings.

Hong Kong Cancer Fund continues to focus on meeting the practical and emotional needs of anyone touched by cancer. In 2019-2020, we had over 3,000 new clients reach out to us for our much needed free professional services. Our professional teams offered more than 926 specialised programmes, over 2,000 sessions with more than 23,300 attendances throughout our network

During this financial year, we experienced months of city-wide social unrest and the beginnings of the global pandemic. To put the safety of our users and staff first, we partially closed our centres and suspended some of our care services which had a significant impact on the overall number of our users and programme attendances.

We were so grateful to welcome Sammi Cheng as our new Ambassador for Pink Revolution who is taking up this vital role. Over 41% of our users have been diagnosed with breast cancer and our Pink Revolution raises much needed awareness as early detection saves lives.

At the end of this financial year our lease ended at Tin Shui Wai Support Centre and due to renovations we decided to close the venue. However, we were able to integrate all the staff into our Centres at Kwai Chung, Wong Tai Sin, North Point and Central. Our clients and services for the New Territories West continue to be offered.

We could not have offered our programmes without the care and commitment of all of our supporters, professional staff and volunteers. Thank you for helping us to make a lasting impact in the community.

With lots of love,

Sally Lo, BBS, MBE
Founder and Chief Executive

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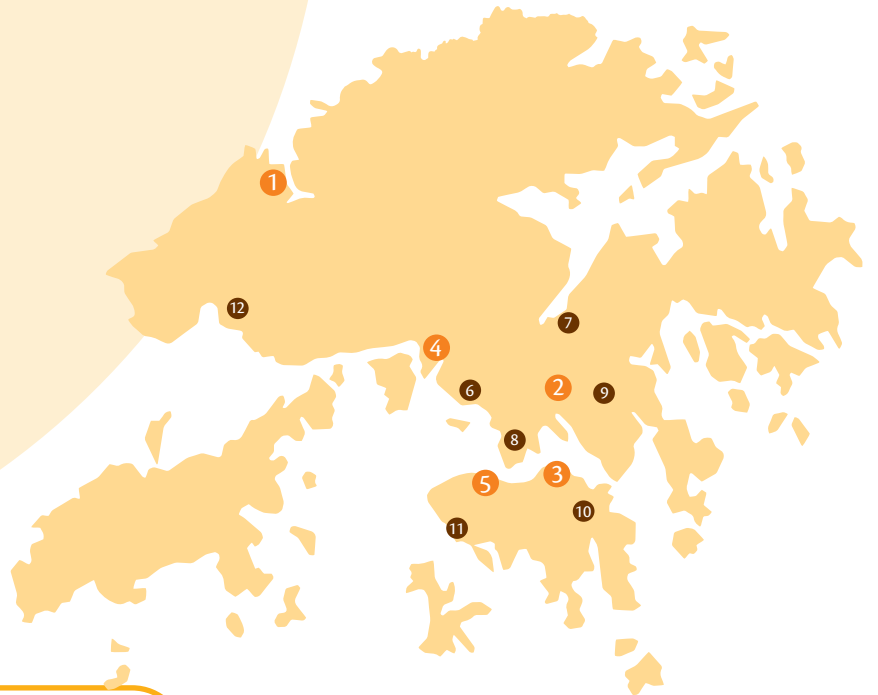
OUR SUPPORT NETWORK

CANCER FUND SUPPORT CENTRES

- 1 Tin Shui Wai (Closed on March 20)
- 2 Wong Tai Sin
- 3 North Point
- 4 Kwai Chung
- 5 Central

CANCER PATIENT RESOURCE CENTRES

- 6 Princess Margaret Hospital
- 7 Prince of Wales Hospital
- 8 Queen Elizabeth Hospital
- 9 United Christian Hospital
- 10 Pamela Youde Nethersole Eastern Hospital
- 11 Queen Mary Hospital
- 12 Tuen Mun Hospital



We Need Your Support

We are so grateful for the loyal support of our Circle of Friends donors who provide us with the much needed monthly donations to sustain our FREE services. Since we receive no funding from the government or Community Chest, we rely on the kindness of individuals and companies. Having their regular support gives us the confidence to continue to help more people touched by cancer. To find out more about our Circle of Friends, please call **3667 6332**.



Helping People in Need

Hong Kong Cancer Fund extends free cancer support to patients and their families throughout our network of five Support Centres in the community and our seven Cancer Patient Resource Centres in major public hospitals.

During this fiscal year, we experienced several months of city-wide social unrest and the beginnings of the global pandemic. This led to individuals and families stopping attending our programmes due to worries about the chaos caused by frequent protests and later, the fear of contracting coronavirus from gatherings.

The safety of our users and staff is paramount, therefore we decided to partially close our centres and suspend some of our care services which had a major impact on the overall number of new users and programme attendances during the financial year.

In order to continue to provide supportive services, we shifted to an online service and use of multimedia in cancer care provision. Our Service team also implemented an emergency protocol to respond to the unstable conditions during the civil disturbances.

38,958 attendances at Hospital-based CPRCs

Cancer Patient Resource Centres (CPRCs) are valuable centres established within the oncology wings of major public hospitals, offering free guidance and practical information to people newly diagnosed with cancer.

Established as an in-hospital resource, CPRCs provide an immediate place of comfort and support to both

patients and their families. There were 260 programmes offered across 2,207 sessions with 38,958 attendances.

These CPRCs are at Princess Margaret Hospital, Prince of Wales Hospital, Pamela Youde Nethersole Eastern Hospital, Queen Elizabeth Hospital, Tuen Mun Hospital and United Christian Hospital.

3,009 Overall New Service Clients



2,260 patients



749 family members / caregivers



35,710
Accumulative Users

10,725 Helpline Calls

The Cancer Fund Helpline is a free service, offering immediate support and professional information about cancer to the public. The Helpline team is comprised of trained social workers and oncology nurses and they provide the latest information, referral to cancer support services, and alleviate anxieties through emotional support.



23,312 Total Attendances of 926 Nursing and Psychosocial Therapeutic Programmes

The oncology nurses at our Support Centres play a key part in ensuring each cancer patient is educated about their disease, its treatments and expected side effects. They also contribute to monitoring physical and psychosocial symptoms and problems, and provide emotional support and guidance to the whole family. We have provided 926 programmes for 12,138 users across 2,078 sessions.

Over 34,000 attendances were recorded at the five Cancer Fund Support Centres

Providing free information, professional counselling and a wide range of rehabilitation workshops and complementary therapies, our centres welcome cancer patients, survivors, their family or friends to seek help. These Centres are located in Kwai Chung, Wong Tai Sin, Tin Shui Wai, North Point and Central.



Bringing Care and Hope to Those in Need



Rainbow Club: Support for Children

We help children when a parent has cancer. A cancer diagnosis affects the entire family, both adults and children, in many ways.

Those with young families are faced with major challenges when their children have emotional and behavioural issues that arise from not knowing how to respond to their parent's illness.

Our Rainbow Club programme offers psychosocial care such as counselling, group support. We offer skills training to parents to help improve their

communication and better respond to their children's emotional needs at home. After joining the programmes, the parents reported an improvement in their relationship and their children became more stable and felt more secure.

We also provided bereavement care to each family when a parent passed away from cancer.

Susan's Story

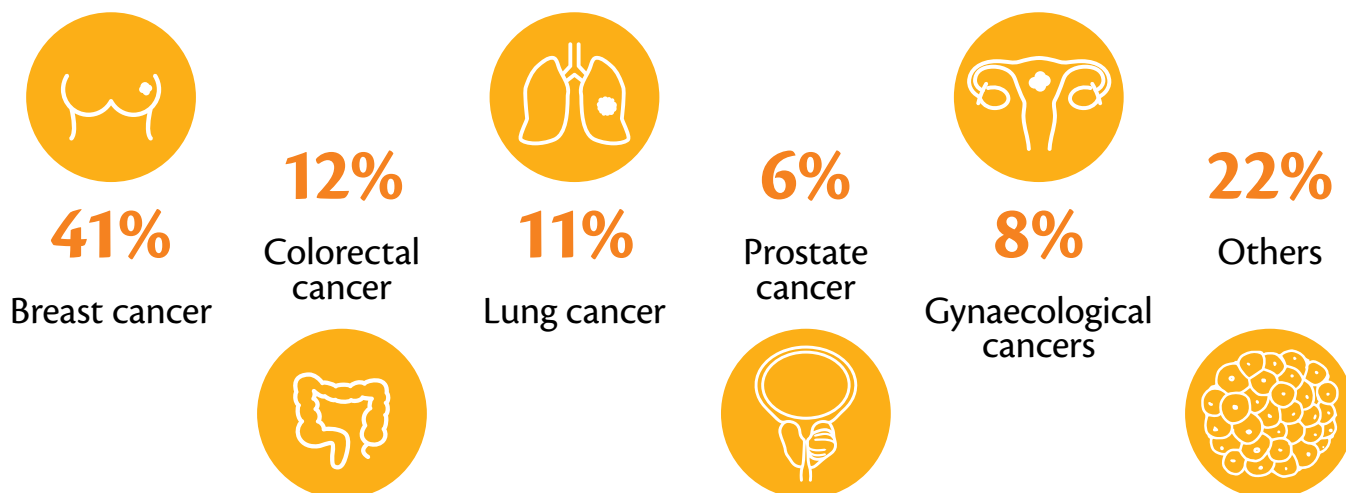
Susan had a fall that led to an MRI—which revealed a large brain tumour. Single, alone, and terrified, Susan could have crumbled. Instead, she reached out to the Hong Kong Cancer Fund for help; through this caring support network of nurses and specialists she learned about treatments that saved her life.

“I really hope that anyone facing a terrifying diagnosis will find the strength to seek out the assistance they need. Being a survivor means feeling gratitude just for opening my eyes in the morning.”

Susan cannot emphasise enough the importance of support. “I won't let cancer define me, but I'll use my journey to help others.”



Cancer Type of Our New Clients



YOU CAN: Empowering Young Adults



YOU CAN empowers young adults affected by cancer through innovative programmes and activities. Our aim is to ensure that everyone has age-appropriate support so they can regain their self-confidence and improve their quality of life.

Cancer patients who are diagnosed during early adulthood, under the age of 40, may have special concerns on their self-image and social relationships because of the side-effects from treatment (i.e. hair loss, scarring, extended leave from work and more).

YOU CAN was designed to address the specific needs of young people when it comes to cancer care and support.

Our unique set of services include workshops relating to issues such as relationships, sexuality, body image

and employment, a Facebook peer support group and counselling services.

One of our programmes offered was a dance movement therapy workshop for women to help them rebuild a positive self-image and learn to appreciate their body after treatment. We learned from the participants' feedback that their self-confidence and self-understanding were strengthened.

In the review period, we had 354 Attendances for YOU CAN during our 22 programmes to 155 young adult users.



“I was 27 when I was diagnosed with stage 2 breast cancer. It was an isolating experience and I felt there wasn’t much guidance regarding procedures that were available to me. I think it’s harder for young adults to deal with issues that come up during the cancer journey like our career, future marriage and whether we can have children.

I feel so happy that I found Cancer Fund’s YOU CAN group. I received comfort and I can talk with the other members deeply and share topics that we cannot discuss with our close friends because they don’t understand the cancer experience. We had fun together. I took part in the rock climbing, outdoor activities and received career counselling and image support. Thanks to the care and guidance I received, I feel like myself again. The group helped me overcome cancer.”

Carrie,
former YOU CAN member

Your Concern is Our Concern

We're always here for you.

You don't need a referral to ask for help.

Come to our Support Centre to learn more about our professional services for anyone touched by cancer.

Or you can call our Service Helpline to ask questions about the cancer journey or if you need emotional support. Our Helpline caregivers are here to help or can refer you to our experts.

**Call our FREE Service Helpline for more information:
3656 0800**

Our holistic approach to cancer care ensures people with cancer and their families have free access to life-changing information and professional support as they navigate through their diagnosis, treatment and into survivorship.





Cancer Fund's Peer Support Groups help fill the Gaps in Cancer Care

“Peer support” is a term we use to refer to advice and help received from fellow patients. Learning about someone else’s difficult experience may make others feel like they are not alone in their journey and could inspire more confidence to overcome a difficult symptom or treatment side-effect.

We provide a vital platform for our network of 20 ‘Friends of CancerLink’ (FOC) groups with more than 15,000 members who provide peer support, important exchange of information, rehabilitation services and encouragement to individuals touched by the same type of cancer.

We offer training to the volunteers, guidance on programmes offered, funding to sustain their patient care services, and a place to meet for these groups.

To learn more about our Self-Help Groups, call our Helpline 3656 0800 or go to our website by scanning this QR code:



“Soon after I was diagnosed with stage 2 colorectal cancer at age 55, I began attending peer support group meetings for colorectal cancer patients. These new friends gave me tips on how to better cope with the treatment and post-treatment time and they encouraged me in a way that others couldn’t. I felt hope and less fearful.”

Alex,
member of a colorectal
cancer peer group

Empowering cancer patients and survivors to take an active role in their health and well-being



Cancer care has broadened from not only treating the condition, but healing the individual as a whole. Our Wellness programmes are designed to help cancer patients and survivors live a healthier lifestyle.

We offer mindfulness-based classes to help our clients manage the physical and emotional side effects of cancer treatment. Our goals are to help ease the transition between treatment and daily life; enhance the lives of our clients through specialised exercises that will provide strength, energy and improved mobility. In 2019/2020, we offered 378 programmes with 1,826 sessions for more than 2,300 people.

The impact of the social unrest and the beginning of the COVID-19 pandemic led to a decrease in the sessions offered. We continue to make timely adjustments in order to respond to ongoing changes, we began offering Wellness programmes through Zoom live streaming programmes from April 2020.

"I got stronger, have better endurance, and have a higher quality of life with more energy and less depression. After I began exercise, with my doctor's permission, I began to feel less fatigue when going through chemotherapy."

Alice, 50, ovarian cancer survivor

Wellness Highlights



378

Programmes offered



2,395

Active Users



43,387

Attendances



1,826

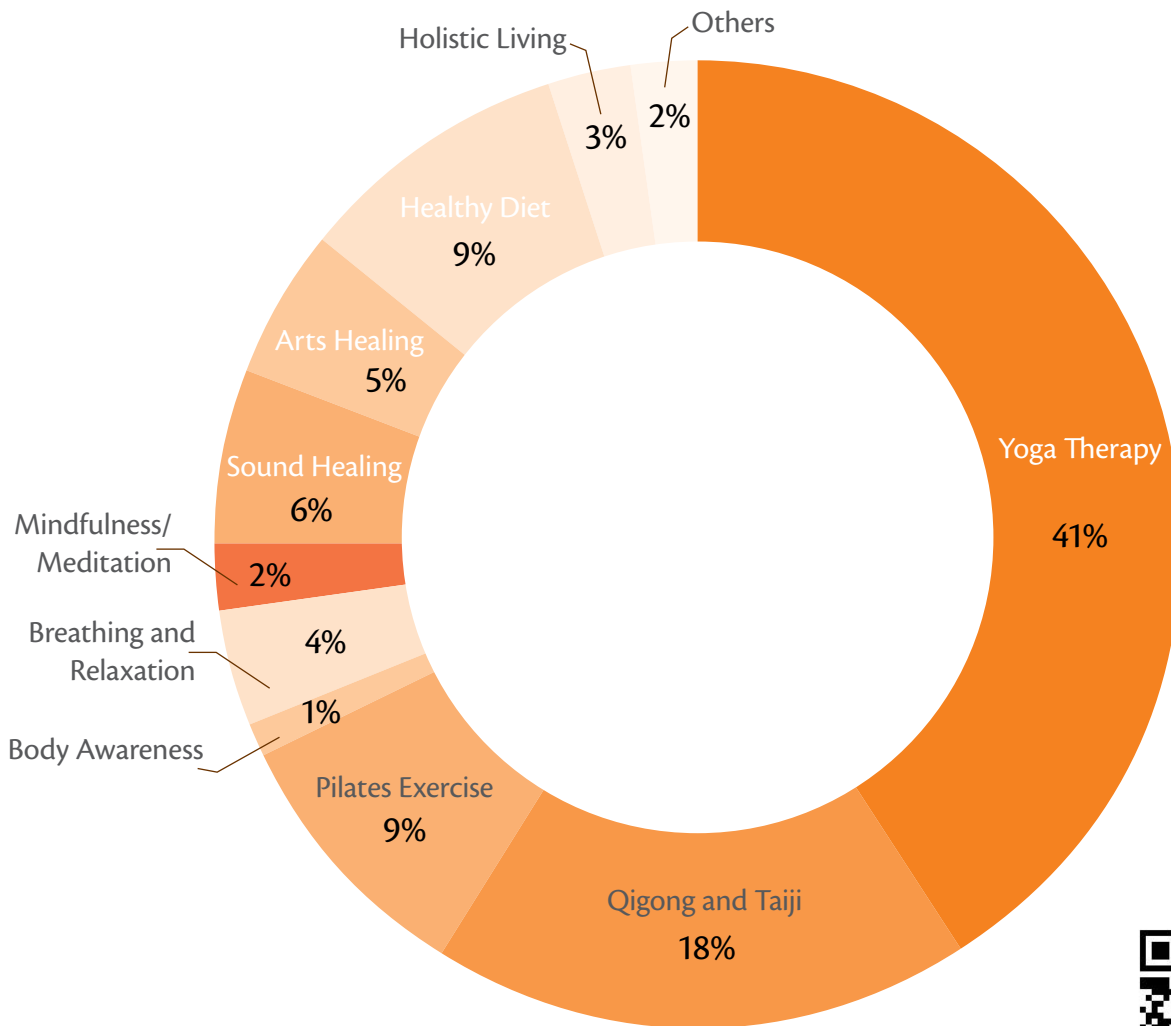
Total sessions of programmes offered



868,458

Views of 72 Wellness videos on our YouTube Channel

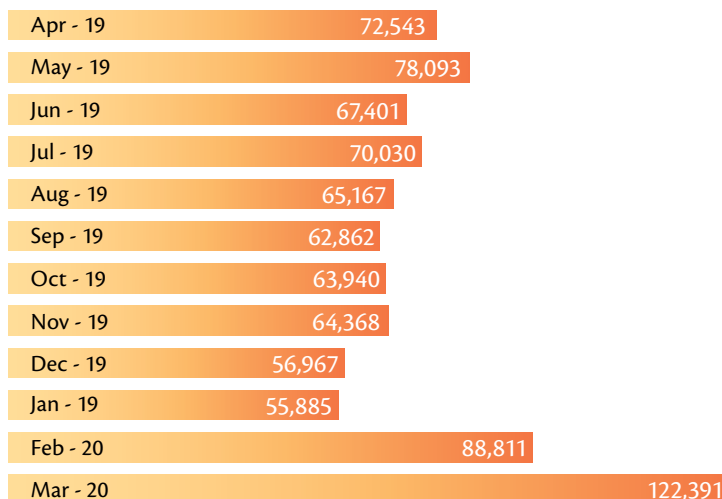
We offer 11 Types of Mindfulness-based Programmes



Scan the QR code above for Hong Kong Cancer Fund's website and YouTube channel.

Our Online Wellness Classes

We offer a wide range of Wellness videos on our Cancer Fund website and our YouTube channel to allow anyone to participate in our Wellness programmes in the comfort of their living room. A total of 72 videos and audios across 14 programme categories have been viewed 868,458 times in Hong Kong, Taiwan, the United States, Canada and Malaysia and other nations in the last year. Online classes include: Pink Yoga, Pilates, Breathing and Relaxation and more.



Fundraising



PCCW staff members celebrate Dress Pink Day to raise funds for our free breast cancer services.

You are Our Support: Thank You To our Loyal Supporters

We want to express our heartfelt gratitude to our generous donors for making it possible for us to provide free professional care. It's their kindness that sustains our service.



Poon Choi Charity Dinner

Special thanks to Poon Choi Charity Dinner of Synergy Association International, Glory Chapter for their fundraising event on 11 January 2020 at Whampoa Club One.



Mr. Gareth Wilde and Mrs. Sally Lo, CEO of HKCF.

Rugby legends raise funding to “Tackle Cancer” at International Rugby Ten’s Tournament

We are grateful to be the official charity of the 34th GFI HKFC 10s International Rugby Ten’s Tournament on 3-4 April, 2019. After the star-studded Rugby Legends Tackle Cancer exhibition game at Hong Kong Football Club, HKFC 10s presented a HK\$250,000 cheque to Cancer Fund. It was an inspiring event that helped raise important awareness about cancer and much needed funding for our free cancer services. A very special thanks to Mr. Gareth Wilde, the Chairman of the tournament’s Organising Committee.

Movember Campaign

Movember is an annual month-long global fundraising and awareness campaign that challenges men to grow a mustache in support of men’s health issues. In Hong Kong, Movember donated more than 2 million dollars to our free services provided to men with prostate cancer. Thank you to all who participated in this important event!



The Power of Art

Fine Art Asia is recognised as one of the most distinguished fine art fairs in the region, displaying museum-quality Asian and Western antiques, modern and contemporary art. Twenty-three talented artists donated their artworks to raise funds at our charity booth. Thank you to Fine Art Asia for sponsoring our charity booth that provided a unique platform to raise funds for our work and celebrate the city’s arts community.

BE SMART.
SELF-CHECK.



Our Pink Ambassador: Sammi Cheng

We're so delighted that Sammi Cheng is our Ambassador for the Pink Revolution campaign. She helped us launch the campaign on 3 September 2019 at Festival Walk in Kowloon Tong alongside 21 breast cancer survivors. Our Pink Revolution motto is "Be Smart, Self-Check."

Sammi filmed a TV commercial for us to spread the message of supporting women with breast cancer and to encourage regular check-ups. The touching commercial that features Sammi with a group of women, including Ms. Queenie Ko, a breast cancer patient undergoing treatment, was broadcast on TVB Jade and Pearl. We want to thank Ms. Queenie Ko for her wonderful support.



Ms. Queenie Ko and Sammi Cheng.

Our Public Education Campaigns

There were more than 34,000 new cancer cases in Hong Kong in 2018, a record high.* Around 93 people were diagnosed with cancer each day. Our education campaigns raise important awareness of the top ranked cancers in the city: colorectal, skin, breast and prostate. We have launched two new campaign visuals for breast and colorectal cancer during this reporting period. The response from the general public was very positive. After each campaign, the impact is measured by those taking action through a media survey by Nielsen.

*Hong Kong Cancer Registry, 2018

Reach

	People reached
SunSmart	2,188,754
Colorectal cancer	4,652,334
Breast cancer	4,961,678
Prostate cancer	3,418,345

Note: The results were projected by Nielsen through a survey among the general public aged 15 to 65.



Our Social Media and Website Reach

Our Facebook page has achieved an impressive positive growth with a 45% increase in the number of followers in this year, with a total of over 35,500 followers.

	2019	Compared with 2018
Increase in number of followers	891	▲ +45%
Followers	35,549	▲ +3%

Number of Website Visits

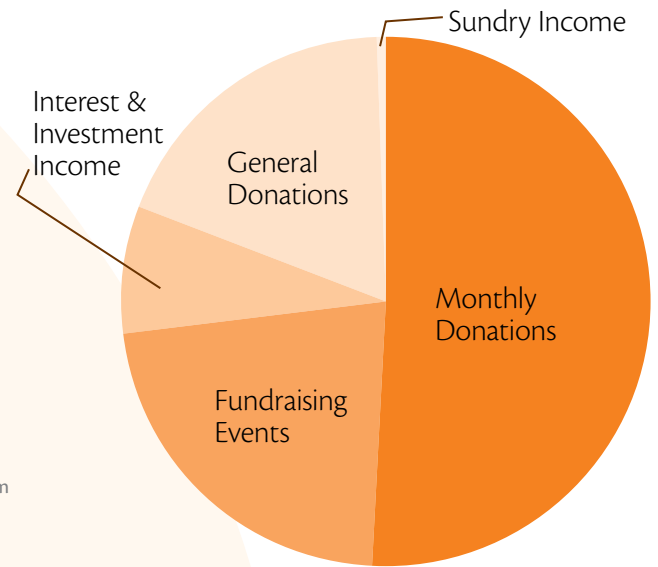
717,281



Financial Highlights

Source of Overall Income

Monthly Donations	60.27%
Fundraising Events	26.46%
Interest & Investment Income *	-9.18%
General Donations	21.89%
Sundry Income	0.56%

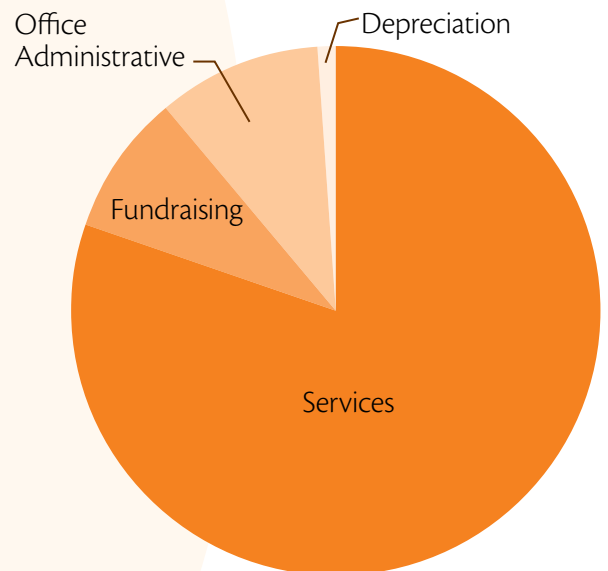


Total Income **HK\$96,398,802**

* Interest & Investment Income for the year was reduced by unrealised loss arising from marked to market investment as at 31 March 2020 (HK\$11,158,012).

Expenditure Distributions

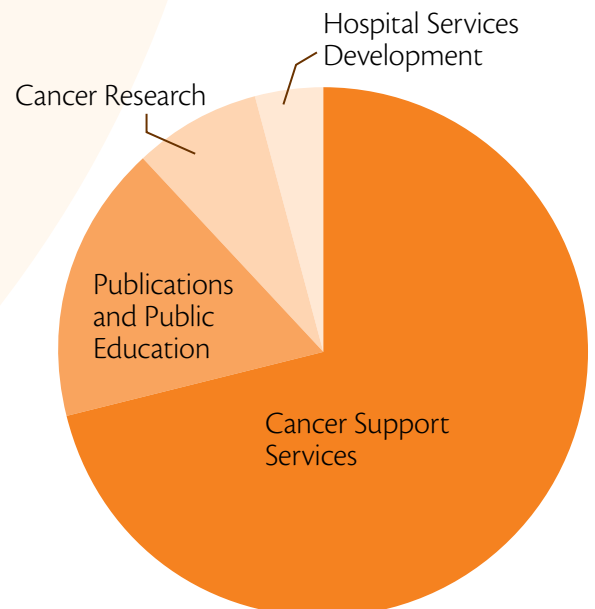
Services	80.33%
Fundraising	8.66%
Office Administrative	9.96%
Depreciation	1.04%



Total Expenditure **HK\$91,112,174**

Service Distributions

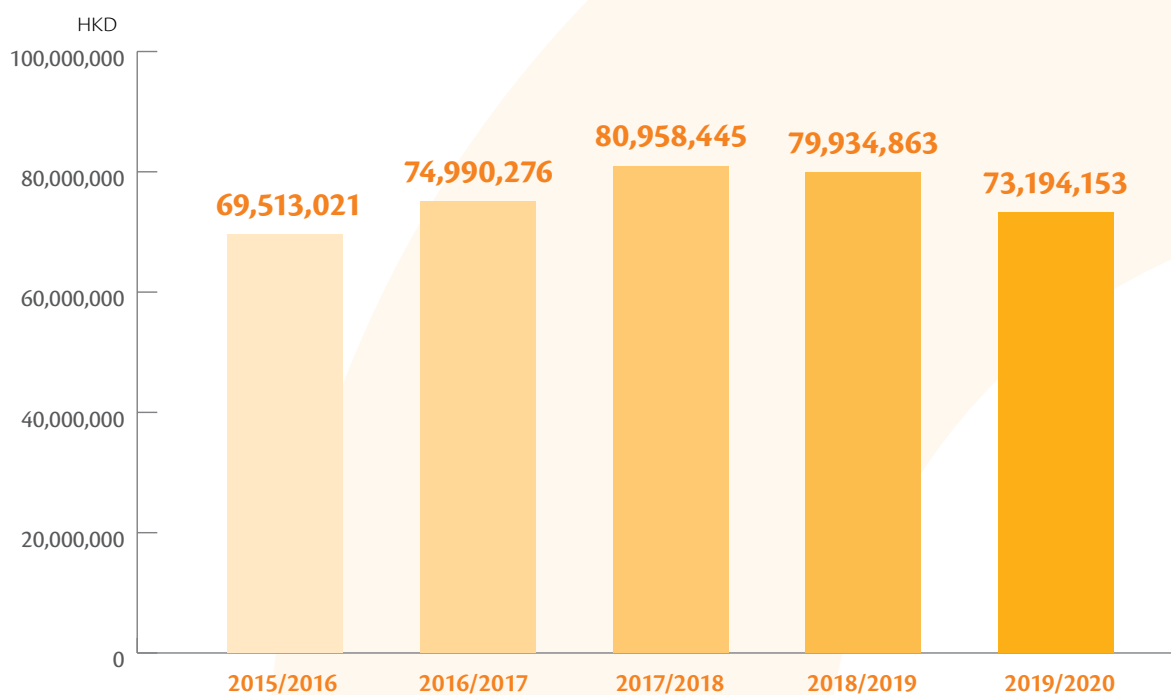
Cancer Support Services	71.34%
Publications and Public Education	16.96%
Cancer Research	7.78%
Hospital Services Development	3.92%



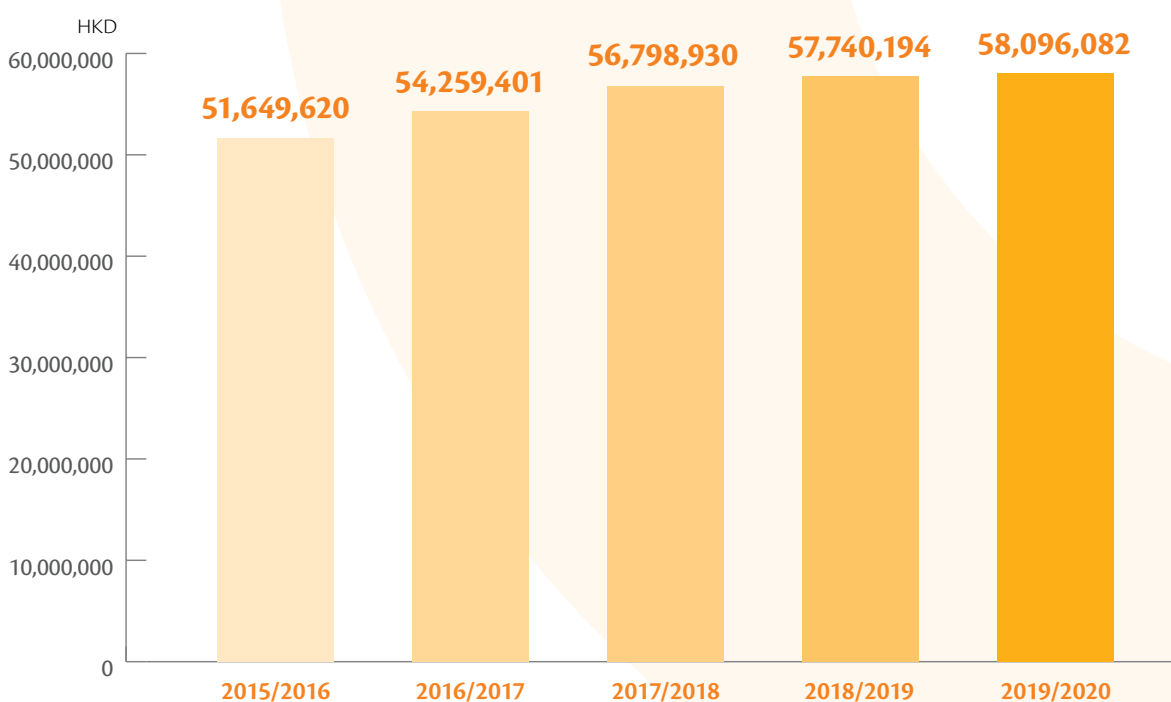
Total Expenditure **HK\$73,194,153**

Note: The percentage is rounded up to 2 decimal places.

Services: 5-Year Development



Monthly Donations Income: 5-Year Development



Extracted from audited financial statements for the year ended 31 March 2020.
Auditors: Chang Leung Hui & Li C.P.A. Limited, Certified Public Accountants.

THANK YOU TO ALL OUR SUPPORTERS

CIRCLE OF FRIENDS

Regular Donors

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Mr. Calvin Wah-Sun Chan
The late Ms. Camy Cheung Kam Mee
Mr. Chong Chung Wah
Mr. Mark Chung
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Dr. Tsang Wing Hang, Janice
Mr. Francis Cheng
Ms. Sammi Cheng
Ms. Queenie Ko
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AWA Technical Agencies Ltd.
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 The Helena May
 The Hong Kong Institute of Chartered Secretaries
 The Mineral Boutique
 The Royal Garden
 The SR Group (Hong Kong) Ltd.
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 Dr. Gary Ng
 Mr. Geoff Wong
 Dr. Yuen Siu-Tsan
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 AOE Centre for NPC Research
 AQ Bio Technology Group Limited
 Association of Relive
 Bauhinia Club TMH
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 Crowne Plaza Hong Kong Kowloon East
 CUHK SBS Cancer Genomics
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 Nethersole Eastern Hospital
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 Enesco International (H.K.) Ltd
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 Diagnosis Laboratory, Department of Pathology,
 The University of Hong Kong,
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 HeterMedia Services Limited
 Himalaya
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 Holiday Inn Express Hong Kong Kowloon CBD2
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 Jumbo Orient Contracting Ltd.
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 The late Miss Lau Ka Yee
 Mr. Leung Ngai Wa
 Mr. Luk Cho Yiu Andy
 Mr. Daniel Woon-Ming Lin
 The late Miss Sung Jen Chu
 The late Mr. Tsang Chi Man

Miss Tsang Yee Man Tammy
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SUNSMART CAMPAIGN (JULY 2019)

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