

Spring | Summer 2021

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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:



Dear Friends,

As we look forward to embracing a new beginning with hope and optimism, I would like to take a moment to thank our frontline teams. I am so proud of how every one of them adapted during the last 18 months to ensure that we continued to provide our much needed free professional support, whether that was on Zoom training or reaching out through WhatsApp or phone calls, they always ensured that no one was facing cancer alone.

During the sunny and cooler days of January, we held our first virtual Stride for a Cure. Hundreds of people across Hong Kong took part and completed their 5km hike and helped raise funds for cancer research. We thank them all!



Our main story features Terry Hart who went above and beyond anything we could have hoped for. His personal cancer journey, his ups and downs and how he inspired so many to join, support and donate to SFC is inspirational to all of us.

In this issue we also have powerful stories from so many of our amazing cancer survivors, from Susan with corpus uteri cancer, Vivian with breast cancer and Mike who overcame Hodgkin's Lymphoma.

Our colleague, Pin Han Wang takes a moment out of her busy day here at the Cancer Fund to chat about our Wellness services and how the power of nature can help bring healing and quiet a busy and stressful mind.

Our art therapists Abbie and HoiLam tell us how art therapy is an effective tool in assisting patients and their family members to move forward with better communication and hope.

I would like to thank all of you, our supporters, donors, volunteers and peer support groups who have inspired, motivated and helped us throughout the years. Finally, my thanks to all of the teams at the Cancer Fund who continue to provide the love, care and professional support to anyone touched by cancer.

With lots of love,

A handwritten signature in black ink that reads "Sally Lo". The signature is fluid and cursive, with a large loop at the end of the last name.

Sally Lo, BBS, MBE
Founder and Chief Executive

There are Heroes Walking Amongst Us



Walking over 5 kms every day for the month of January

Terry Hart raised over a staggering HK\$200,000

Every year our annual hike, Stride for a Cure, attracts many cancer survivors and their families. This year with the new virtual format, Terry Hart signed up – with the ambition of completing at least 5 kms per day for every day in January and encouraging a host of friends and family to support him and create their own SFC team.

Terry had been diagnosed twice with cancer. The first was in 2012 with a malignant liposarcoma which was successfully operated on. But his unimaginable run of health scares had only just begun. Three weeks later, Terry had a massive heart attack.

Then in August 2019, Terry found a tiny pea-shaped, jellylike spot on his neck and was diagnosed with squamous cell carcinoma [a form of skin cancer] he had it in his tonsil, his pharyngeal wall, and his tongue. “It was basically a seven hour operation. Then I started recovery and had 33 bouts of radiotherapy,” Terry said.

Terry was recommended to the Cancer Fund by a friend and met with Tommy at our North Point Centre. “It changed my life. I carried a lot of anxiety going back to 2012. Tommy is a miracle worker – absolutely brilliant. I’m not ashamed to say I just cried my eyes



out in every session. You've got to be open. You've got to talk to people. One of the reasons he said I did so well was because I'm very open and happy to share my experiences. And that helped my healing. I no longer have that level of anxiety."

The life-changing experience has given Terry new-found perspective; he vowed to return the favour by participating and organising teams for Stride for a Cure. Terry organised a total of 16 teams, walked over 250 kms and raised over HK\$200,000.

"It was a rewarding 31 days," Terry said. "The amazing generosity and spirit of groups and individuals with their time, money, comments and support. It was difficult in many ways but extremely uplifting."

Terry urges other men to follow his lead. "The problem with anxiety is that it gets you down and for a long time you can't find a way back up. You feel desperately alone and don't want to talk about it because you think of

yourself as a guy, 'Am I being weak? Do I need to say all this? Is it important enough?' Yes it is, it's really important."

Terry has been told that there are no signs of cancer in his body and has huge praise for everyone who helped him through his cancer journey and encourages anyone to seek support and reach out to the Cancer Fund.

A big thank you to all of our virtual Stride for a Cure participants this year. We hope that our next SFC will be back at Tai Tam in 2022. We look forward to seeing you then.

For more information please visit our website www.cancer-fund.org/sfc/en/ or call 3667 6333.

“I’m so Grateful to be ALIVE!”: A Corpus Uteri Cancer Survivor’s Story

Find out how Susan’s corpus uteri cancer diagnosis changed her life in many ways for the better

“I’m so grateful to be ALIVE!” Susan has been a survivor of corpus uteri cancer for the last 2 years. She has received caring support from our team throughout her journey. “A positive outlook has helped me overcome cancer – it’s what matters,” says Susan, aged 65. “I love life and love being alive!”

Initially, Susan didn’t know where to turn for advice until she was referred by a friend to our Cancer Fund Support Centre. Discomfort in her lower abdomen and pain while urinating led to a body check and her

diagnosis. She was suddenly forced to confront her own mortality and it was a rollercoaster of emotions.

“I was exhausted and felt very anxious about my future,” she said. She lived with her mother and daughter who gave her encouragement. “I was grateful to them for holding my hand throughout this journey. They were amazing,” she said.

Susan began to feel more in control of her life after meeting with our case manager, Mary, at the Women Support Centre in Central. Mary referred Susan to our

Videos about Gynaecological Cancers

Watch our video talks by Dr. Mandy Chu, a specialist in Obstetrics and Gynaecology, on the latest information about the most common gynaecological cancers in Hong Kong. Scan the QR code to watch (Videos in Cantonese only).



oncology nurse and clinical psychologist. They listened to her needs and fears and created a holistic treatment plan. She said the first five months of chemotherapy treatment were very challenging.

"I began to feel more hopeful and at peace after hearing the caring advice from the Cancer Fund team at the Women Support Centre. Their approach was based on kindness and they listened to my needs. With their timely intervention, I was able to gain a positive outlook. It was wonderful to celebrate my last round of chemo with them. I feel so thankful."

Now Susan does regular yoga classes to help better cope with the side effects of treatment and participates in other Wellness programmes.

She also gets tested every 6 months to ensure the cancer hasn't returned. Overall, she feels like a new person. "I live life to the fullest each day and I don't take anything for granted."





Making a Difference for Those in Need

Facing Breast Cancer Treatments during the Pandemic

When she was just 34 years old, Vivian was surprised to feel a strange sensation in her breast. With a sinking feeling that something was wrong, she and her husband, John, immediately scheduled for a screening. She was confirmed to have cancer in her milk ducts.

“They diagnosed it initially as a very early stage cancer,” she said. “Last year I was advised to have a mastectomy. They found it had spread to one of my lymph nodes. If I hadn’t had the screening when I did, I would not have been able to survive this.”

After her diagnosis, she was referred to the Cancer Fund by her nurse. Thanks to FaceTime and Zoom, she was able to have a consultation with our oncology nurse, social worker and clinical psychologist. Her anxiety and shock were lessened by the care she received.

Vivian’s surgery was scheduled during May of last year during the pandemic. When she entered the hospital, it was very quiet. “It was like a ghost town with no people walking around,” Vivian said. There were strict safety protocols in place to keep patients and staff safe: mandatory masks, health screenings, virus tests before most procedures.

The most challenging part was the no visitor policy. John said, “That was really tough because I really wanted to be there for Vivian. But all I could do was drop her off at the hospital. I felt so helpless. But we quickly coped with the new normal.”

Cancer Fund’s professional team worked hard to keep Vivian’s spirits up and to support John. “The team was so amazing, so professional!”

Our Relief Fund Helps our Client with Lung Cancer

Poverty brought on by a cancer diagnosis is so devastating. Our client, Mr. Wong, faced distressing financial hardship after paying high drug costs. Our Relief Fund gave him peace of mind.

Mr. Wong was working as a driver when he began to have a persistent cough which led to a scan of his lungs. He then learned he had lung cancer which left him feeling very distressed and anxious.

While he was going through chemotherapy, he had to quit his job and his wife continued to work as a chef in a restaurant. But due to the fourth wave of COVID-19, her work hours were cut. The family faced a heavy financial strain and stress because Mrs. Wong's salary

was not enough to cover monthly expenses. They borrowed money from friends and relatives to cover the drug treatment costs of around \$21,000 for each dose.

Our Relief Fund was able to provide them with timely and efficient financial assistance to use towards rent, food, household expenses, and other necessities to give them the support they need during this challenging time.

Now, Mr. and Mrs. Wong feel more at peace and he is able to focus more on his cancer recovery.

If you know anyone touched by cancer who is in need of Hardship Relief, please call our Helpline 3656 0800.

Thank you to AstraZeneca for “A Breath of Hope” Challenge for Lung Cancer Patients

Lung cancer is the leading cause of cancer deaths in Hong Kong. During COVID-19, most lung cancer patients were afraid to take public transportation to hospitals out of fear of infection. Every breath is precious and represents survival to them. That is why AstraZeneca wanted to spread hope to patients and caregivers by giving out free rides.

“#ABreathOfHope Challenge” campaign – a social media filter challenge that asked people to join with four friends – raised important funds and awareness about lung cancer on the social media platforms. A total of \$80,000 was raised to support our lung cancer patients and their caregivers with free rides and restore their peace of mind during cancer treatment.



A Changed Life: A Cervical Cancer Survivor's Story

At the age of 45, Lina was diagnosed with cervical cancer. She became depressed when she was first diagnosed. "I plunged into despair about having cancer until it hit me that I'm alive," she said.

What helped Lina persevere through her intense treatment plan was our frontline support team. She said: "I was able to stay positive, grow as a person and be at peace. I let go of what I couldn't control. I couldn't control my cancer but that doesn't mean I can't control how I feel and deal with it."

She made a decision to embrace her life and enjoy each day. Six years later, she's still living life to the fullest, and she considers herself a "thrivor," not just a survivor. Being part of a peer support group really helped her manage her anxiety and fear.

"After cancer, I feel so blessed to have survived treatment and I'm a happier person," Lina said. "Facing cancer forces you to look inward and ask tough questions about life, death, how I use my time and purpose and it brings a new depth and meaning on how to live life."

Why Art is a Great Therapy

Art therapy is increasingly being used around the world by patients to cope with cancer as part of a psychosocial care programme. According to research, art therapy can help reduce anxiety and depression and even physical pain symptoms. Cancer Fund's art therapists Abbie So and HoiLam Tang explain more about this therapy that helps improve the quality of life of our clients.

Q: What is art therapy and how does it help cancer patients?

A: Art therapy is a type of psychotherapy that utilises visual and verbal communications in the therapeutic process during the making of art. There is a lot of evidence that art can be healing. It is a powerful tool that helps our clients, including cancer patients and their caregivers, to express what they cannot verbally especially when they may feel vulnerable and chaotic during their cancer journey.

Art therapy enables them to deal with emotional conflicts, reduce stress, increase self-awareness, and better cope with cancer. It also helps reduce symptoms of pain, distress, anxiety and depression.

In our sessions, our clients can express their experiences and it helps them to see their suffering, face life and mortality issues, process it and move forward. One doesn't need talent in art to do art therapy. It is suitable for people of all ages.



Q: What happens during an art therapy session?

A: Media used in art therapy can include drawing, painting, sculpting, photo taking or collage with mixed media and more. We offer art therapy in groups, with family members or on a one-to-one basis. Since we focus on the clients' needs during each session, we focus on making art and deliver non-verbal communication such as using gestures only. Most often, there is a combination of artmaking, talking and thinking together.

Since art therapy is not an art class, there is no right or wrong in creating art. It instead encourages clients to experience, acknowledge, reflect and transform through this journey of exploring self with use of the arts.



Q: How does art therapy help cancer patients and caregivers?

A: Art helps those touched by cancer to navigate stress and pain they're experiencing. It's a good coping skill. Open communication can be a challenge for family members. Art therapy helps them talk with their family about their sensitive feelings like anger, sadness and address difficult topics such as cancer, change of body image, and death. This helps them understand and support one another.

For instance, in our recent Rainbow Club family group we addressed a topic on a family's view of cancer and one mother learned that her children had different ideas to help their father persevere through treatments and she was surprised by that and one couple learned to better communicate with one another.



New Cancer Information Booklets

We're putting a spotlight on women's health with our two new booklets on 'Gynaecological Cancer' and 'Intimacy, Sexuality and Fertility'. Our Understanding Gynaecological Cancer booklet provides vital information on the diagnosis and different treatment options. It also suggests different care tips for patients and their caregivers. Our Intimacy, Sexuality and Fertility booklet offers important information on intimacy and sexuality during the cancer journey and we also advise on fertility concerns.

You can get these booklets at our Support Centres or by scanning the QR code (Booklets in Chinese Only):



Our Wellness Programmes: The Healing Powers of Nature



Amanda Yik, an ovarian cancer survivor, joined our Wellness classes. After she participated in the 'Connecting with the Healing Powers of Nature' she felt rejuvenated and happier.

"By connecting with the energy of nature, emotionally I felt less alone, as the trees, the birds, the sky and the sea welcomed me just as I was – bald, weak and sorrowful," said Amanda.

She felt aches and pains and was exhausted all the time during her treatment for ovarian cancer. She was in her mid-30s. "Through the Cancer Fund and through nature, I felt encouraged and I knew that everything was going to be OK." She now spends regular time in nature, at least a few times a week.

During the pandemic, many cancer patients may have felt trapped at home and experienced increasing levels of anxiety, fear and low energy which can lead to negative emotions, affecting mood and health. We

offer classes on the healing powers of nature, taught by Dr Claire Elouard from France and other teachers that combine nature-related exercises with mindfulness. These sessions help patients and their caregivers release their negative feelings by reconnecting with nature.

In one Zoom online session, Claire encouraged each person to go to a nearby park and connect with a large tree.

"You can feel the presence and the stability of a tree which can help to make us feel more centred and grounded. All our worries, anxiety and fears are in our head. By connecting with nature and being grounded and anchored, cancer patients can relax more and focus on the present. When they focus on the present and on calm, they have more clarity of mind and feel more recharged and supported," said Pin Han Wang, our Wellness team manager.

Claire also guided in using visualization of natural beauty as a tool to bring inner calm. One participant



felt lighter because she could let go of many worries and burdens during the exercises. Others said they felt more relaxed, focused and joyful. These classes were a part of our Holistic Living program, one of 11 types of Wellness classes that help our users to foster a holistic lifestyle.

We encourage participants to continue to practice connecting with nature mindfully to gain strength and stability.

Overcoming cancer takes more than medicine. Our Wellness programmes seek to help people touched by cancer find their inner strength to improve their quality of life throughout their cancer journey.

View our online wellness videos on Hong Kong Cancer Fund's website and YouTube channel:

<https://www.cancer-fund.org/en/wellness-online-programmes/>



Thank you to our Generous Donors. You Help Keep our Doors Open!

Stride for a Cure

Thanks to the enthusiastic support from more than 580 participants, our first Virtual Stride for a Cure was a huge success. We were blessed with wonderful weather in January and our SFC participants were able to enjoy great hikes with their families and friends while contributing to important local cancer research and our free care services. We are already looking forward to the next SFC in 2022. Stay tuned.



Charity Calendar

A huge thanks to Gift and Premium Enterprise Ltd. for their generous donation of \$94,425 from the sales of their beautifully designed Charity Calendar. Each month of this uplifting calendar had a specially chosen inspirational quote. We are grateful to be the beneficiary of their charity sale this year and their kind gift will help sustain our FREE care services. Kevin Pong, the CEO of Gift and Premium Enterprise, is a cancer survivor himself and has been giving back to the community for years. Thank you for giving us a great start to the new year!



Tung Yao Ceramics Exhibit Fundraiser

We're thankful to our friends, Amber Lei and Edmond Cheung, at Tung Yao Ceramics. They held their 5th anniversary 'Inhale/Exhale' exhibit of stunning ceramics pieces on 29 January 2021 and donated their entrance fee to support our free care services.





Pink Revolution

Pink Revolution 2020 continued to be an amazing success thanks to the loyal support from all our sponsors and participants. We give special thanks to our Principal Sponsor AXA Hong Kong and Macau, as well as our Pink Ambassador Ms. Sammi Cheng. We had more than 3,520 participants from over 100

corporations joining our Dress Pink Day, even when working from home! All donations raised go directly to support women touched by breast cancer. The next Dress Pink Day will be held on 29 Oct 2021. Mark your calendar now and contact our Fundraising hotline 3667 6333 or pink@hkcf.org for more information.

Donating to the Cancer Fund is now a click away

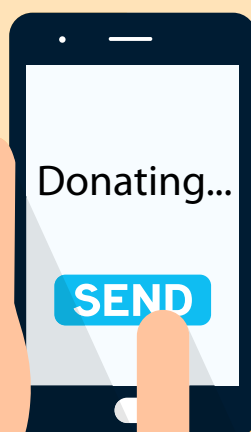
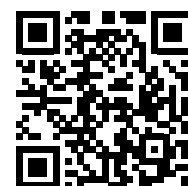
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A Peer Support Group is a Lifeline

A Hodgkin's Lymphoma survivor says that telling your story helps others know they aren't alone

"Surviving cancer was one of my greatest achievements. The support I received from others who've gone through the same cancer was powerful and helped me feel understood and gave me hope," says Mike. He was diagnosed with advanced-stage Hodgkin's lymphoma as a young adult in 2014.

He overcame the cancer, with the care of our professional team at the Wong Tai Sin Centre and the emotional support from the Young Adult YOU CAN peer group. Through meditation and yoga classes offered by our Wellness programmes, he has found peace.

He remains "forever grateful to have the opportunity to live a meaningful life." He also has been inspired to help others touched by cancer.

He writes in his own words:

"When I was first diagnosed with cancer, it was

such an uncertain time and the stress and anxiety I felt about the treatments and my future was overwhelming. I needed extra care and guidance on my diet.

The team at the support centre helped reassure me that my side effects from treatment were common and they gave timely practical tips on improving circulation and dealing with muscle pain. My social worker, John, helped me process my emotions on days where I felt particularly vulnerable."

My peer group members and I supported one another as friends, and it was a comfort to share in the same feelings and experiences. Though family and friends are wonderful, they can often say the wrong thing in an attempt to be supportive. They are well meaning but they just cannot understand the impact of a cancer diagnosis unless they have heard those words themselves.



Your monthly gift can empower so many touched by cancer to live with HOPE.

While doctors and other medical staff provide a great deal of information about what to expect and when, they can only tell you about the experiences of other patients. Having a peer, who has been through cancer, can help in many ways to guide, comfort, and can confirm those side-effects you think you're having aren't your imagination. They helped me in many practical ways – they were my lifeline."

John said, "Mike was so anxious and depressed when we first met. But he had a huge turn around after a few months of receiving counselling, nursing support and taking our Wellness classes. He has found his zest for life and is joyful again."

We have 20 'Friends of CancerLink' (FOC) groups with more than 15,000 members who provide peer support, important exchange of information, rehabilitation services to individuals touched by the same type of cancer. To learn more about our Self-Help Groups, call our Helpline 3656 0800.

Consider joining our Circle of Friends monthly donation programme to sustain our life-changing free care services. Mary Lee joined our COF programme in 2012 and says donating to Cancer Fund's free services gives her life more meaning.

"I overcame breast cancer years ago and I understand how fearful and anxious cancer patients can feel. So to be able to support those who are going through what I did makes me feel happy to know that I'm helping people who are in real need."

Giving is not just about making a donation, it's about making a difference in the lives of those in need.

To sign up as a monthly donor, call our Donation Hotline to learn more 3667 6332 or scan this QR code to go to our website



Thank you to all our supporters

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