



INTOUCH





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The Gift of Empowering Others

Support our free cancer services to help those in need especially those receiving from our Hardship Fund. 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 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:



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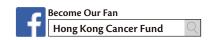
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Dear Friends,

At last our Centres are open and we can do in-person consultations and programmes.

I'm proud of the team for meeting the challenges posed by the COVID-19 pandemic, our team of professionals has transformed the way we deliver our free services via telephones and online medium such as Zoom, Facetime and WhatsApp. Our consultations and programmes continue to meet the ever increasing needs of our clients in this very difficult time.

Apart from virtual consultations, our clients access our online programmes, therapeutic, psychosocial and wellness to relieve their anxiety, and enhance their wellbeing and quality of life.

We have not been able to fundraise in the current environment, our fundraising events have been repeatedly postponed. We rely on donations from our loyal supporters to whom we express our heartfelt thanks and appreciation, their support has allowed us to continue to provide our free cancer support services.

This year is our 35th Anniversary Year, in this InTouch edition, we highlight our achievements and pay tribute to our loyal supporters and frontline professionals and volunteers who have made it possible for us to give the gift of hope and ensure no one faces cancer alone.

Lots of love



Sally Lo, BBS. MBE
Founder and Chief Executive





This year we're celebrating our 35th anniversary!

In 1987 when we first started the Hong Kong Cancer Fund little did we know what a huge impact we would have on the tens of thousands of people that would come to us in search of our free professional services. Our core values are as strong today as there were when it all began. Here we spend a moment to look back and reflect on our first 35 years.



35 years of giving

Of being there for those who need us, when they need us.

From our humble beginnings in a Doctors dining room in Happy Valley we now span Hong Kong with a network of 4 Cancer Support Centres in the community and 7 Cancer Patient Resource Centres within the hospital setting. We currently have over 25,000 people who turn to us for free professional support, guidance and help.

35 years of caring

Of love and understanding. Of listening, and inspiring.

From the moment of diagnosis and throughout the cancer journey, from the hospital to the community to the home, we are here to offer a variety of tailor-made services and programmes to help guide, nurture and encourage anyone touched by cancer.





35 years of receiving

Of being grateful and thankful to those who give support.

Our work would not be possible without the generosity of so many members of the community who share our same commitment, from the dedicated support of our monthly Circle of Friends donors, who are the backbone in providing us with financial security, to companies and foundations. We are truly grateful to them all!

35 years of friendship

Of support from caring individuals who care as we care.

We have been touched by so many people that have supported us over the years, from our amazing Pink Ambassadors Coco Lee and Sammi Cheng to our prostate champions The Winners and Richard Ng. Yet it is our 21 Peer Support Groups with over 18,000 members that provide the much needed source of encouragement and vital information to fellow cancer patients, their rapport and affinity create long lasting deep relationships.

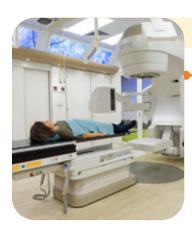


35 years of great teamwork

Of commitment and rolling up our sleeves. And having fun doing it.

Our team has expanded so much over the past 35 years. Starting with just 3 people around a coffee table to now a cast of over 100! Yet we have never changed, we care, we love our work supporting those in need. Even when unexpected obstacles have been up against us with Centres having to close or move location, the team pulled together and ensured that we provided the same seamless service as always.





35 years of breakthroughs

Of innovation and progress and new beginnings. Of keeping our doors open.

From opening our first Cancer Patients Resource Centre in the Queen Mary Hospital in 1992, to funding an ultrasound screening machine at the Queen Elizabeth Hospital in 2005, a new acupuncture centre at the Prince of Wales Hospital in 2009 and the first free specialized Women's Support Centre in Central in 2020. We have continued to expand and grow in line with new cancer treatments and knowledge over the years.

35 years of promoting

Of finding new and creative ways to educate and deliver important information.

Early detection saves lives. Creating eye catching, cutting edge and informative advertising have been at the heart of our public education campaigns. We cover a host of cancer awareness topics including breast, skin, prostate, colorectal to name but a few.





35 years of inspiring positivity and wellness

And giving strength. Of being strong and never giving up.

We believe that overcoming cancer takes more than just medicine. Our holistic approach to cancer care through mindfulness based exercise and mediation helps reduce stress and fatigue, cultivate a state of inner peace and joy which can enhance the quality of life. Our Wellness programmes, first started only 10 years ago and in that time we have had over 330,000 people join our classes and our YouTube channel has been viewed more than 5.5 million times!



The Power of a Positive Mind - when the glass is half full

When Erica was first diagnosed with stage 4 colon cancer at the beginning of 2008 her son, Jason, was only 11 years old. "I made a promise to him that I will fight to overcome the illness for him, Daddy and his Grandad" Erica told us recently. "And I have kept my promise!"

In 2007 Erica had a very hectic and busy life, not only was she a mother, daughter and wife but she also had a full time job as a Vice Principal at a primary school. After recently losing her mother to cancer, Erica's husband reminded her to go and do her body check, Erica had lost a little weight but apart from that felt healthy and active. "We were so shocked when the Doctor told me that I had stage 4 colon cancer that had also spread to my liver" Erica said.

Erica has been a longtime supporter of the Hong Kong Cancer Fund, and has been a Circle of Friends donor since 1997 when her Mother had been diagnosed. "I was so delighted that I was aware of the Cancer Fund and the free professional services it provides, over the years it has been there to support me whilst I have been supporting my family at home, they are always there when I need someone to talk to" Erica told us.

"When I was first diagnosed it was heartbreaking having to sit Jason down to explain to him that I had cancer, but I have always been positive and now I needed to be strong not only for myself but for all of the important men in my life, my son, my husband and my father" said Erica "It gave me a reason to go through all of my treatment, the side effects and the down days that I knew would be coming my way."

Erica's first round of treatment consistent of target therapy and chemotherapy, she then had a PET scan and her Doctor felt it was a good time to do two surgeries to remove the cancerous cells.

"I felt that I had responded so well to the treatment but in 2009 I relapsed and cancer cells were found in my liver so yet again I went through treatment" Erica remembers "I was so delighted when finally in 2010 I was cancer free. I had 5 years

I am still strong and positive.

without having to put my body through cancer treatment, then in middle of 2015 I had a relapse again". Further treatment followed then in 2017 cancer was found in Erica's diaphragm and she received electrotherapy.

Through all of her treatments Erica has continued to have an amazing active and social life with plenty of travel abroad. Her most memorable trip was in 2008 with her husband when they visited Kyoto, Japan. "This was my first trip since being diagnosed" Erica told us "Now I travel whenever I can, though as with everyone the last 2 years have





been difficult to leave Hong Kong, so my last trip was at the end of January 2020 when my husband and I went to Okinawa for a sakura blossom appreciation".

"I am still strong and positive" she tells us "And I will continue to be so. I am an Ambassador at the Cancer Fund's Centre and a regular volunteer helping the hardworking team out whether that is with warm caring calls or greeting people as they come in to the Centres, sometimes I see people coming in for their first time I remember that feeling so well, I find that I want to be able to help everyone wherever I can".

Erica is also an active member in many of our Wellness programmes and has visited schools to share with them her story and how a positive mind and the right support have made such an impact on her.

And Jason, the young son she made the promise to back in 2007, he is now a young man and studying for his postgraduate in America.

As Erica has always told us "The Glass is Half Full".



Our Services and Funding at a Glance

Support & **Public Fellowship** Resource Research Education Centres Queen Mary **HKCF Jockey Club** EORTC Data for Training of Hospital Cancer Cancer Awareness Support Centre Local Medical Medical Care & Support Campaigns (Kwai Chung) Professionals Professionals Unit Pamela Youda **HKCF Support** Local & Int'l Website & Online Clinical Research Nethersole Centre (North Oncology Eastern Hospital Information **Projects** Point) Conferences CPRC* **HKCF Support** Queen Elizabeth Staffing for Centre (Wong Tai **Publications** Hospital CPRC* Research Posts Sin) HKCF Women Tuen Mun **Psychological** Support Centre Hospital CPRC* Research (Central) HKCF Support Prince of Wales Centre (Tin Shui Clinical Trials Hospital CPRC* Wai) New Voice Club Hereditary Princess Margaret (Shek Kip Mei) Gastrointestinal Hospital CPRC* Centre Cancer Registry Stoma United Christian Association Hospital CPRC* (Wong Tai Sin) Cervical Cancer Pok Oi Hospital Clinic Prince of Breast Centre Wales Hospital

35 Years

Improving Hospital Environment	Medical Equipment	China Projects	Peer St	upport
Art in the Hospital	Up-to-date Equipment for Public Hospital	Voice Training for Laryngectomees	Cheong Hong Club	Stoma Association
			The HK Pioneers	Tung Wah Hospital
Refurbishing Oncology Wards	Hospital Equipment Loans	Stoma Care China	Mutual Support Assoc. Ltd	Breast Cancer Patient Support
			Stoma Group	Bauhinia Club TMH
Refurbishing Chemotherapy Centres	Reach to Recovery Breast Cancer Kits	Resource Centre Renji Hospital Shanghai	Sunflower Network	Yin Chun Club
Refurbishing Radiotheraphy Centres	Reach to Recovery Nasopharyngeal Kits	East Hospital Resource Centre Shanghai	The Brightening Assoc.(HK) Limited	Yin Hong Club
			HK GIST Union	Association of Relive
Visual Therapy Project			HK Bone Marrow Transplant Patients Assoc. Ltd	Chinese Painting & Calligraphy at Leisure Circle
Acupuncture Centre Prince of		The New Voice Club	Orchid Support Group	
Wales Hospital	1-1		Mutual Aid Assoc. (HK) Ltd	Rising Sun Assoc. Co. Ltd
Haven of Hope Hospice Centre			Kin Lok Club	Prostate Peer Assoc.
			HK Adult Blood Cancer Group	You Can Young Adult

Can Survive

^{*} Cancer Patient Resource Centre



For centuries harmonious sound has been used for soothing the mind and emotions. The vibrations of sound healing help reduce stress, eliminate tension, create fewer mood swings and lower blood pressure. A gong bath or singing bowl healing workshop allows your entire body to relax and rejuvenate leaving you feeling clear headed and an overall calming sense of well-being.

We provided our first sound healing workshop at the beginning of 2015 and have continued to develop and grow these highly sought after programmes and now provide a wide selection of workshops including Gong Bath Healing, Tibetan Singing Bowl Healing and Singing Bowl Self-Healing workshops. To date we have provided 245 sound healing workshops that have been attended by 2,243 cancer patients.

Even with the restrictions that COVID has brought we have been able to continue to provide these services through Zoom so that people can experience the healing qualities in the comfort of their own home. Mr Man Tung Tsang is one of the leading singing bowl artist in Hong Kong who has kindly delivered Zoom classes for us over the

last two years. He invested in high-quality sound equipment and conducted in-depth research on the best way to present the benefits of sound healing through Zoom. Our participants can experience this peaceful musical journey, relax their bodies and become more aware of their state of mind.

"Healing is mediation, to heal one's heart the body and mind are interconnected. When we focus on meditation, healing will emerge and occur itself. I hope through the sound healing sessions to be able to bring participants to a deeper understanding of themselves" Man Tung said.

We have a beautiful Symphonic Gong at our Kwai Chung Centre where Bertha So conducts gong

bath healing workshops. The sound waves gently clear blockages to stop noisy internal dialogue restoring inner harmony, to rebalance the physical, emotional and spiritual bodies; and to awaken higher states of consciousness that are conducive to transformation. A gong bath lets your entire body relax, renew and rejuvenate. In turn, this leaves you feeling content, energetic and optimistic.





Ms Lo, a cancer survivor has been to a number of our workshops with Bertha. "Before attending the classes I had experienced oedema and have not been able to sleep properly, I was constantly waking up every night and suffering terribly from insomnia. I was amazed that after attending the classes I was able to sleep through the night! The swelling in my legs has been greatly reduced and I feel so much better within myself" Ms Lo told us.

If you are touched by cancer and would like to learn more about these amazing restorative workshops please ask at your nearest Cancer Fund Support Centre and book for one of our next classes!

Scan for our latest wellness programmes



A huge thank you for helping us to help those in need



Adding a splash of pink and showing your support

Hong Kong once again powered up in pink with us last October with over 3,200 participants and over 120 companies joining our Dress Pink Day on 29th October 2021. Our amazing Pink Ambassador, Sammi Cheng helped to remind us to be breast aware with our new campaign, from 'Mi' to 'We".

Keeping in with the Pink movement we had a host of companies supporting us by giving a percentage from their promotional products to our Pink Revolution. A special thanks goes to Zojirushi who rolled out its "Pink Special Edition Series" supporting us as a Major Sponsor for the 12th year in a row. Whereas MaskOn joined us for the first time as a Major Sponsor and created a new 'Jaunty' special edition face mask specifically for our Pink Revolution.

Over HK\$2.5 million has been raised so far by donors and supporters and this will go towards providing much needed free professional support to anyone touched by breast cancer.

Drawing support with Fine Arts Asia

In October 2021 Fine Arts Asia resumed its usual time slot in the peak of the October's art season in Hong Kong. The fair attracts a high-profile audience of dealers, collectors, curators, connoisseurs and art lovers. We were thrilled that 23 artists kindly donated remarkable pieces or artwork to us. We raised over HK\$900,000 through a silent auction and sales throughout the long weekend. A huge thank you to everyone that made this such a memorable event especially our curator Eric Leung.





CPA virtually running for love

In these difficult times, we need to be creative. Just look at CPA Australia who have supported us by raising funds with their charity run since 2016. And then came Covid-19, potentially stopping them in their tracks. Not so the persistent CPAs who get out there and run, for the second year they simply converted the event into a 'virtual run', creating a website for participants to log on and get inspiration. The result? HK\$100,000 raised in support to us. Fantastic we say, not virtually but literally!

Teeing off for their centenary

Last year the Shek O Country Club turned 100 years old. To celebrate its centenary they hosted a golfing competition running over two afternoons with both days having some fun prizes which were presented at the sumptuous dinner in the evening. Guests were also invited to participate in a lucky draw and silent auction. The members of Shek O Club astounded everyone by raising much needed funds for the Cancer Fund and presenting us with a cheque for HK\$1.65 million!





What better way to let your legacy live on

By leaving a gift of love to the Cancer Fund in your Will you can be assured that your kind-hearted actions can result in the possible health and wellbeing of others long in to the future. We have partnered with ForeverGift (www.forevergift.hk) who are offering a consultancy service for making legacy donations to our free cancer support services. A free Will making service is offered by a qualified lawyer to any donors.

SMOKING

It's time to STOP! It's time to QUIT!

According to the latest statistics from the Hong Kong Health Authority, lung cancer has now taken the top spot from colorectal cancer as the leading cancer diagnosis. In 2019* 5,575 patients were diagnosed with lung cancer.

However quitting, regardless of your age has major immediate health benefits and lowers the risk of lung cancer, even if you're in your 60s or 70s!

It has been recognized for many decades that smokers are at the greatest risk, however, there is still a percentage of non-smokers who will be diagnosed, especially if they are exposed to second-hand smoke. Other risk factors for lung cancer include exposure to air pollution, asbestos and other carcinogens and a family history of lung cancer.

Lung cancer is often diagnosed late and can be misdiagnosed in the early stages as pneumonia and treated with rounds of antibiotics which are not beneficial. A persistent cough, coughing up blood, repeated chest infections, hoarseness, weight loss, bone pain and headaches also can be symptoms of lung cancer.

Stopping smoking is not easy, so it is best to do it with help. If you smoke, talk to your primary care provider about screening for lung cancer and resources to help you quit smoking. For more information please contact the Smoking Cessation Hotline of the Department of Health on 1833 183.

*figures from 2019 Hong Kong Cancer Registry







Conquering HKs 50 Highest Peaks

At the beginning of the year, having spent so long with COVID restrictions seven interpreted hikers decided it was time to get out and explore Hong Kong and raise much needed funds for our free professional services.

Will Hornby the group's leader invited his friends Andrew Corner, Nick Jones, Matthew Middleditch, Mark Bonnar, Bruce Ingram and Niels Jensen to join him on the challenge. "There were a couple of hikes where you take in 10 peaks each, so that's 20 peaks done, so it can't be that hard – or so we thought" Hornby told us.

But it was actually harder than they anticipated, with the group twice being driven from the mountains by brutal weather. On one hike, they were going up Sunset Peak from Tung Chung, taking in other peaks as they went. The weather was cold and driving rain and wind was adding to the chill factor. As they neared the summit, it was white out conditions in the cloud and rain.

"I was hoping Will would make the decision to turn around and he did. It became pretty self evident – with that rain we couldn't even get grip with our shoes. It was a well-judged command decision." Jensen said. They returned the following weekend and finished Sunset Peak, Lantau Peak and another peak near the Big Buddha. They then completed their final day, ending at Victoria Peak.

In total the group raised a staggering HK\$101,126 for our much needed free services. They are considering carrying on and completing the Peak Master challenge, by hiking the 125 highest peaks.



"We don't have plans yet, but there is that question – what's next?" Hornby said.

Please support us so we can support those in need.





Join Us Now!

Our Circle of Friends group is our only regular source of income to support our **free services** to all those facing the challenge of cancer in Hong Kong. Please join us by becoming a monthly donor.

Find out more at **** 3656 0800

Thank You to all our Supporters

We would like to acknowledge and thank the following friends, volunteers, individual donors and Circle of Friends members. Your generosity and continued support allows us to offer our FREE services, so no one faces cancer alone. (In arbitrary order)

CIRCLE OF FRIENDS

Regular Donors

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Mr. & Mrs. Raymond and Nicette Bera

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Mr. Peter Wilhelm Hubert Brien

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