

Dear Donors, Supporters and Friends,

We are so grateful to everyone who has supported us during this difficult time as we went through our second year with COVID-19 and the impact the pandemic has had on everyone's lives and livelihoods.

Due to the social distancing restrictions and the onslaught of the highly contagious Omicron variant our Head Office and Support Centres were in a constant state of flux from opening full time to having split shift teams and moving programmes from face-to-face back to Zoom. Our frontline teams were able to navigate these changes seamlessly.

We continued to offer all of our free professional services to anyone touched by cancer and meeting the clients' needs has always been at the forefront of our minds. During this fiscal year our frontline teams provided 897 programmes for 12,766 people with 1,883 sessions.

In addition, our Wellness team organised 504 programmes providing 1,000 in-person and live-streaming sessions with more than 20,000 attendances. More Wellness class videos and audios were produced for our YouTube channel to help our clients release stress and better manage side-effects.

The pandemic adversely impacted our fundraising and Circle of Friends monthly donations with many donors terminating their membership due to the difficult economic climate. So once again we are truly grateful to all of our loyal supporters, staff and volunteers who help us provide our free services to more people and to remain the leaders in cancer supportive care in Hong Kong.

With lots of love,

Sally Lo, BBS, MBE

Founder and Chief Executive



You Are Our Support

We receive no funding from the government or Community Chest and rely solely on the support of the generosity of individuals and companies. We are continually surprised by our Circle of Friends who provide us with the much needed guaranteed monthly support. Knowing we have them behind us gives us the opportunity to grow and continue to provide our free professional services. To find out more about our Circle of Friends, please call 3667 6332.

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How We Help

To ensure that we fulfil our mission that no one faces cancer alone, the Hong Kong Cancer Fund strives to serve the community with free comprehensive and professional care. Treating cancer takes more than just medicine and we are at the forefront of offering psychosocial care and wellness classes, art therapy, peer support, dietetic advice, counselling and so much more. Our core focus has always been to provide professional tailored services to our clients and their families.

45,648 Attendances Recorded at our 4 Cancer Support Centres

Our four Cancer Support Centres respond to the practical, psychological, family and peer support needs of all people touched by cancer through consultations, programmes, workshops and supportive services. We had over 45,000 in attendance at our programmes, all receiving professional advice – that's around 157 visits per day!





157 Visits a day

"Cancer doesn't only affect patients but also the entire family. As a result, we adopt a family-centred approach to empower and serve the whole family. We believe that with the right support, families have the potential to recover and grow together." Sally Lo, Founder and Chief Executive.



Holistic Care

We welcome anyone touched by cancer to drop into our Support Centres to share their concerns and worries during their cancer journey or to ask for the latest information on cancer. Some people need advice on symptom management, nutritional requirements and professional guidance for each stage of their treatment and recovery. Our caring team of social workers, counsellors, oncology nurses, clinical psychologist, art therapist and dietitian are here to help.



45,648 Attendances

Psychosocial Therapeutic and Nursing Care Programmes

Thanks to modern medicine, more people are surviving cancer. The diagnosis and treatment can be difficult for patients and their family members. To enhance our patients' quality of life, our professional team offers tailor-made care to those who are transitioning from treatment to long-term survivorship. In the fiscal year of 2021-2022, we provided 897 programmes for 12,766 users over 1,883 sessions.



Rainbow Club Reaching Children in Need

Our Rainbow Club supports children and helps them understand their parent's cancer diagnosis and the family's challenges arising during the cancer journey. We offered five different programmes during the year including: early intervention, art therapy sessions, psychosocial workshops, family normalcy programme and bereavement group. We helped 617 children and 547 parents over 57 programmes with 114 sessions.





638 Users

Advanced Cancer and Bereavement Care Projects

Advanced cancer impacts on the quality of life of patients and their families in different aspects. We adopt a multi-disciplinary case management approach to help participants cope with the challenges they face and prepare them to address the anticipated grief and bereavement of a patient. Our programmes cover an array of topics from our Family Photo Album Making Workshop; Diet Tips for Advanced Stage Cancer; Preparing a Good Death Tour; and Property Management Legal Consultations etc. We provided 638 users with 2,925 sessions with 3,751 attendances.



Finding Hope through Peer Support

Friends of CancerLink (FOC) is a network of 21 self-help groups that provides peer support, important exchange of information, rehabilitation services and encouragement to individuals touched by the same type of cancer. We provide funding, a networking platform, guidance on programmes offered, and a place to meet for these groups. Last year we had 15,668 members.





Who We Are Supporting

By knowing more about who we support, we are able to constantly evolve and provide relevant services to meet the specific needs of everyone accessing our Cancer Support Centres.

User Identity

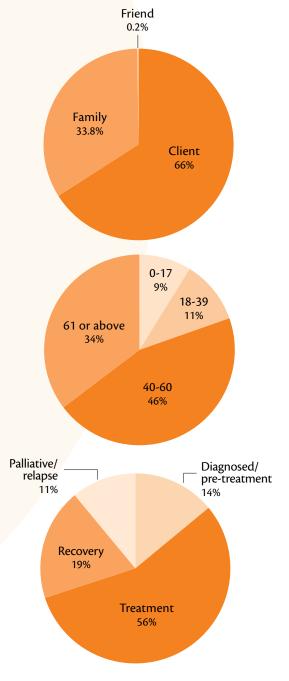
Our family-centred approach extends our support services to not just clients but their families and caregivers too, ensuring everyone benefits from a higher quality of life while coping with cancer.



Almost half the people we see are aged between 40 and 60 years old who, due to employment and family commitments, are especially vulnerable; physically, psychologically and financially.

Cancer Stage

From the moment of diagnosis, through treatment and into recovery, we have professionally tailored support and services to meet differing needs across all stages of cancer.





"My body feels lighter and I can now move more smoothly. I can stand up with better balance after the class. I felt sleepy but good!" Ms N S Chan, Feldenkrais Method participant.

Our wellness programmes offer physical, psychological, emotional and spiritual benefits to help our clients take a holistic approach to their wellbeing while coping with cancer. We know that this can positively impact medical outcomes along with quality of life for survivors and their families.

The Feldenkrais Method, Awareness Through Movement (ATM), uses gentle movement and directed attention to improve human functioning. The classes involve lying on a yoga mat, with your eyes closed, whilst the facilitator guides you to gently move your body in an unfamiliar way so that your brain can make new connections and learn new ways to operate your body. As you focus on slowly improving the quality of movement, unnecessary muscle tension throughout the body can be reorganised and released. After the 90-minute class you feel both the body and mind are calm, fully re-energised and at ease.

We have been offering this unique wellness class since 2012 and in the last 10 years have conducted over 225 sessions with 1,870 attendances. Our classes and programmes have included 'The Healthy Vision' session which will help improve your eye heath, 'The Freeing the Neck and Shoulders' workshops and 'Healthy Knees and Ankles'. We also have 14 Online YouTube Audio Sessions that we started in 2016 as the demand for the programmes increased.

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

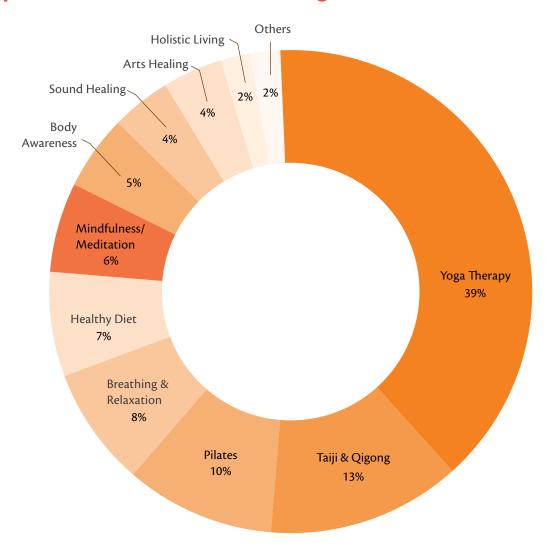




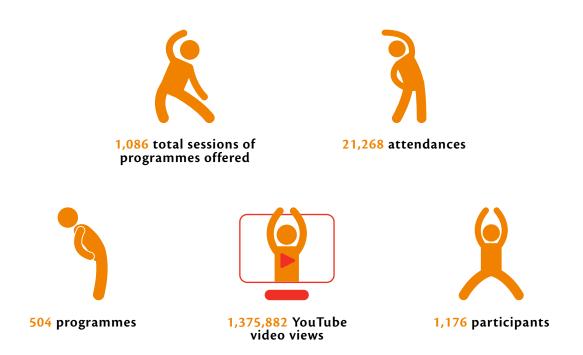
Website

YouTube channel

11 Types of Mindfulness-based Programmes



Our users: Aged between 23 and 94, 56% of users diagnosed between 2017 and 2021.



Promoting Awareness

Early detection and healthy living are at the heart of our public education campaigns. We helped build a cancer-smart community in Hong Kong through mass media channels including TVC, print, out-of-home advertisements and digital platforms with the following key projects this year:

Breast Cancer Campaign

- As one of Hong Kong's largest breast cancer campaigns, Pink Revolution included print ads, feature editorials and advertorials, radio and key visuals displayed in high-traffic MTR stations, minibuses and bus shelters
- Ms Sammi Cheng continued to be our Pink Ambassador
- A new set of creative materials were created under the theme "From Mi to We", to drive more engagement with the public
- We invited a number of celebrities and KOLs to blast out the message of "Be Smart. Self-check' through the use of our Pink pom pom on their social media platforms





Prostate Awareness Campaign

- We were the official Movember beneficiary again this year
- We highlighted the most common symptoms for prostate cancer
- We encourage all men over the age of 50 years old to do regular checks

Colorectal Cancer

- Reminding people about the symptoms of colorectal cancer
- We recommend anyone with a family history or aged 50 years old or above to do regular colonoscopies



Reach and Response to Call to Action

Campaign	People Reached	Response to Call to Action	vs People Reached
Colorectal cancer	4,122,143	3,274,891	79%
Breast cancer	5,111,300	3,611,113	71%
Prostate cancer	5,111,300	2,803,884	55%

Remarks: Results were projected figures in the HK population by Nielsen through post-campaign surveys among the general public aged 15-65.

Online and Social Media

Our website had over 300,000 visitors in the past financial year with page views up to nearly 900,000. Our Facebook activities continued to increase from last year, including followers, total page reach and impressions. This highlighted that our range of content was able to reach a larger demographic and diversity of people.

Website	Apr 21 - Mar 22	
No. of Visitors	303,460	
Page Views	898,468	

Facebook	Apr 21 - Mar 22	
No. of Followers	39,600	
Total Page Reach	7,574,022	
Total Page Engagement	8,437,253	



Publications

We expanded our distribution network for our cancer booklets by 17% with a total number of outlets now at 34. We updated 4 publications this year: Skin, Pancreas, Brain Tumour and Breast Care. We also added 6 e-pub booklets onto our website.



Everyone Can Help

Pink Revolution

Breast cancer affects 1 in 14 women in Hong Kong and this year we were delighted that over 110 organisations joined us on Dress Pink Day and more than 6,500 participants donated during our Pink Revolution Campaign. We raised a total of HK\$2,860,450 to help provide our much-needed professional support to anyone who has been touched by breast cancer.



Virtually Making Strides for a Cure

Due to the government restrictions for COVID-19 our annual walkathon was a virtual event for the second year running, this year we held the event in March 2022. Despite the surge in cases with the Omicron outbreak we were delighted to have 443 people register for the event and received a total of HK\$1,721,979.

Fine Art Asia

We were delighted that Fine Art Asia was held at the Hong Kong Convention and Exhibition Centre in October 2021. Twenty-three generous contemporary artists donated their latest pieces to us to raise funds and awareness at our charity booth at this unique platform celebrating the city's art community, raising a total of nearly HK\$1 million. Thank you to Eric Leung and everyone involved.





Our Monthly Donors

The main source of income for our free professional services comes from our monthly donors, our dedicated Circle of Friends who have provided ongoing support to us over the years. In the last year alone we have seen over HK\$56 million generously donated. Our Circle of Friends members are the stabilising force which keeps us operational and able to provide support to the growing number of people who require cancer care in Hong Kong. Ultimately, our Circle of Friends members are just people giving to people. All monthly donations go directly to fund our frontline services and make a real difference and impact to the lives of anyone touched by cancer.

The COVID pandemic over the last few years has restricted our gatherings where Circle of Friends member can experience firsthand how their contributions are affecting the lives of our clients. However, we will continue to look to the future when we can once again share the stories of people who have benefited from our services directly to our donors. We want them to feel aligned with our mission to ensure that no one faces cancer alone.

If you would like to become a monthly donor please scan our QR code or call 3667 6332.



"I had always wanted to give back to my community and help those in need, however my busy schedule made it difficult for me to find the time to volunteer. That's why I chose to join Cancer Fund's monthly giving programme, Circle of Friends, so that I can contribute in a different way"

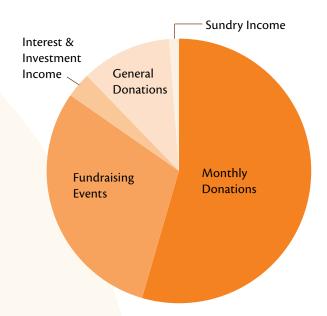
> Ms To **Circle of Friends** member

Financial Highlights

Source of Overall Income

Monthly Donations	54.53%
Fundraising Events	30.18%
Interest & Investment Income	3.07%
General Donations	11.03%
Sundry Income	1.19%

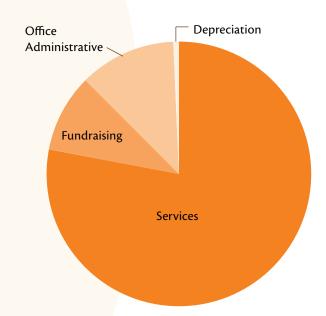
Total Income HK\$103,839,688



Expenditure Distributions

Services	77.99%
Fundraising	9.54%
Office Administrative	11.80%
Depreciation	0.67%

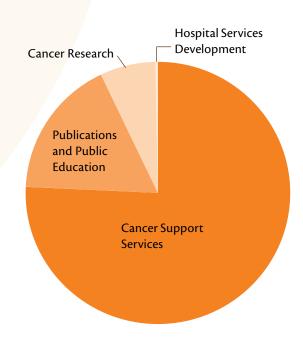
Total Expenditure HK\$80,775,420



Service Distributions

Cancer Support Services	75.75%
Publications and Public Education	17.18%
Cancer Research	6.77%
Hospital Service Development	0.30%

Total Expenditure HK\$62,999,136



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

Services: 5-Year Development



Monthly Donations Income: 5-Year Development



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)

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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.











