

Spring | Summer 2025

INTOUCH 觸覺



癌症基金會
CANCERFUND
So no one faces cancer alone

www.cancer-fund.org

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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 difference for cancer patients, 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



Dear Friends,

At the Cancer Fund we know that treating cancer takes more than medicine alone, we complement the medical care by providing the missing link that ensures survivors are well-supported both during and after treatment.

We have always put our clients at the heart of the free professional support we provide, many of them reach out to us as they are experiencing a number of worries and concerns, not just about treatment or the future, but about financial pressures, family difficulties, body image and a host of other concerns.

Cancer is increasingly touching many more lives due to increased awareness and our ageing population. We've seen the demand for our care services drastically increase in recent years which reflects this growth.

In this edition, we feature on our Support Centre in Kwai Chung, highlighting some of the services and programmes that we provide. From the story of Ms Yeung, to our Touch, Caring and Cancer programme. We also feature Arlene, one of our amazing volunteers who joined us as a wellness facilitator, sharing her knowledge of healthy eating and an easy to prepare recipe for Thai Style Lettuce Wraps.

To ensure that we are able to continue to provide these in-demand free services we rely solely on the support of individual donors, companies and foundations. We receive no funding from the government or the Community Chest.

Our monthly supporters, our Circle of Friends, are our only source of guaranteed income. Mrs Chan is one of our longest serving members and has supported us for 30 years! She highlights here how even a small amount of just HK\$150 a month can make such an impactful difference to those touched by cancer. Please do consider joining this amazing group of people and become a monthly donor.

I am grateful and continuously amazed by the dedication and compassion of our frontline teams in our four Centres, our support staff and volunteers who offer timely care to those in need. Let's continue to make a difference together.

Lots of love



Sally Lo, BBS. MBE

Founder and Chief Executive





A Haven of Support:

Empowering Patients Through Compassion and Care

Our Cancer Support Centre in Kwai Chung is a sanctuary of peace and tranquillity, a place where everyone feels welcome and at ease the moment they step inside. While the centre offers a calm environment, there's always something happening, whether it's a programme, a service, or individuals dropping in for consultations and counselling. We understand that each cancer journey is unique, and navigating both the emotional and physical challenges can often feel overwhelming. That's why our comprehensive support services are designed to provide the emotional and psychological care that those facing cancer need.

One such story is that of Ms. Yeung*, who was diagnosed with breast cancer in Autumn 2023. She lived alone as her family had moved overseas and was facing the challenges of her cancer treatment without immediate family support. After undergoing a mastectomy, her anxiety about chemotherapy side effects and self-care became overwhelming for her, so she reached out to us at our Centre in Kwai Chung.

Our multi-disciplinary approach included lymphoedema assessments, nursing consultations, and wig services. Ms. Yeung also participated in a Dietetic Talk and the Breast Cancer Adjustment Group, where she gained valuable coping strategies to manage her condition.



"Coming to the Cancer Fund Centre in Kwai Chung has helped me regain my confidence and completely reduce my anxiety. I am truly grateful for all the team for their amazing support"

*not her real name.

Our team immediately recognised the emotional burden she was experiencing and provided her with counselling to help her through this difficult time. We connected her to community resources for home care and referred her to one of our self-help groups where she found comfort in the support of others who were facing similar experiences. Additionally, by reinforcing her existing support network, we involved her neighbours and friends in assisting with meal preparation and grocery shopping.

By the time her case management concluded, her stress level had dropped considerably, marking a significant improvement in her emotional well-being.

Touch, Caring, and Cancer:

Supporting Loved Ones Through Simple Acts of Care



We believe in the healing power of touch. Our Touch, Caring, and Cancer programme offers gentle touch and massage therapies to help ease pain and other symptoms that cancer patients often experience. Studies show that these therapies can significantly reduce stress, pain, nausea, anxiety, mood changes, fatigue, and sleep issues. Sometimes, even one massage session can provide quick and noticeable relief.

While professional therapists usually provide these services, the power of touch doesn't have to come only from healthcare providers. Family members and those closest to the patient, can play an important role in offering comfort through simple touch and massage. Many caregivers may feel unsure about how to help their loved ones, but active caregiving can reduce these feelings of helplessness and make a big difference in the patient's comfort and well-being.

Learning basic touch and massage techniques is easy, and we offer programmes for caregivers to help them feel confident in providing support. These programmes not only benefit the patient but also strengthen the relationship between caregivers and patients, making it a more supportive and meaningful connection. Encouraging caregivers to engage in touch and massage enhances the quality of life for cancer patients and provides a way for loved ones to contribute to the healing process.



We believe that touch has the power to heal both the body and the bond between patients and their caregivers. Through compassion, care, and emotional support, we aim to help patients and their families face their challenges with confidence and strength.

Come and visit us at our Cancer Support Centre in Kwai Chung to learn more about the free services and programmes we provide. We are here for you.



Donor Experience Day at the Kwai Chung Centre

Last year, we hosted an unforgettable Experience Day at our Support Centre in Kwai Chung, welcoming over 50 donors and their friends. The day was a wonderful opportunity for everyone to learn more about the Cancer Fund's services and to connect with those whose lives have been touched by cancer.

Participants enjoyed a guided tour of the Support Centre, which offered a deeper understanding of the wide range of support we provide to cancer patients and their families. The experience was further enriched by the heartfelt stories shared by two of our cancer survivors, Ms. Chan and Ms. Wong. Both women courageously shared how the Cancer Fund supported them through their diagnosis, treatment, and recovery, leaving many in the room moved by their resilience and strength.

In addition to the insightful tour, the day featured a creative hands-on activity where participants crafted festive snowman decorations. Guided by our talented instructors, everyone created their own unique holiday ornaments. The activity fostered a sense of community and joy, allowing everyone to unwind and bond over creativity. The event was filled with laughter, festive spirit, and warmth, perfectly capturing the importance of connection, support, and hope during the cancer journey.



A Heartfelt Journey of Giving:

Mrs. Chan's 30 Years of Support

Since 1995 Mrs. Chan has been a steadfast and cherished member of our Circle of Friends, showing unwavering support to the Cancer Fund. Her reason for deciding to become a monthly donor is deeply personal. Her journey began in her early 20s when her mother was diagnosed with cancer, then 5 years later her father was also diagnosed.

At the time there was very little support for cancer patients and the internet wasn't even heard of. People had no access to cancer information and waited to see their oncologist or GP if they had any questions. They didn't know who to turn to for support or to find other cancer patients to talk to. Witnessing their struggles, Mrs. Chan wanted to make a difference to help others facing similar challenges. A few years later she heard about the Cancer Fund and decided to become a monthly donor, starting with just HK\$50 a month.

Today, her contribution is HK\$150 per month, yet Mrs. Chan often says she hardly notices the small amount being deducted from her account. "It's a manageable sum, and it adds up to something meaningful over time," she shares. Her generous spirit is a reminder that giving doesn't have to be a large, overwhelming gesture as it's the small, consistent contributions that truly make a difference.

**"Even a small amount
can go a long way
in easing
someone's burden."**

Mrs. Chan knows that monthly donations are the backbone of the Cancer Fund, providing the steady and reliable income that allows us to offer free, professional support to those in need. She encourages others to consider joining too. "Even a small amount can go a long way in easing someone's burden," she says. "We may not know them personally, but the impact we make is felt by those who truly need it."

Mrs. Chan also enjoys reading our InTouch newsletter, which allows her to stay informed. "It's wonderful to see how far the organisation has come over the years and how much has changed for cancer patients. I also enjoy reading the success stories of the survivors, volunteers or other people that are donating," she reflects, proud to be a part of something so meaningful.

A huge thank you to Mrs. Wong and for all our Circle of Friends supporters. Your support continues to inspire and make a real difference in the lives of many.

To become a monthly donor and make a difference please scan the QR code or call us on **3667 6332**.





Living with Cancer

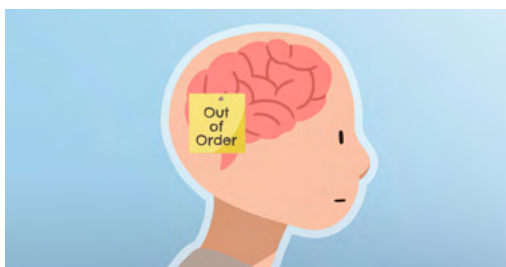
In this edition of InTouch we feature our final ten videos in our 'Living with Cancer' series. These easy to understand videos will help guide you through the cancer journey. Here we cover the time from treatment and into survivorship.

Tips for Caregivers

When a loved one is diagnosed with cancer, the lives of their family and friends can also be turned upside down. We know the importance of the role of the caregivers and how they also need support and guidance.

Fertility Preservation

When someone is diagnosed with cancer there is an overwhelming amount of information to take in, and decisions to be made. For some people, this should also include any future plans to have a family, depending on your age and the location of the cancer. The treatment you are undertaking for fertility preservation is also something you may wish to consider.



Chemo Brain

Chemotherapy is designed to destroy fast-growing cancer cells, but it can also have some very unpleasant side-effects. You are probably aware of the most common ones, such as hair loss, fatigue and weight loss, but you might not have heard about 'Chemo Brain'.

Gastric Bloating

Cancer treatments may have a significant impact or alter the bacteria in the gut which can lead to poor digestion of some foods or drinks and may trigger "gastric bloating". In this video we have shared information and highlighted a variety of ways that can help relieve this symptom.

Good Day and Bad Days with Chemotherapy

One of the most typical and effective treatments for cancer is chemotherapy. It is not unusual to have 'ups' and 'downs' during the treatment cycle. Knowing in advance how you will feel will be able to help you navigate through your round of chemotherapy.



Adjusting to Life After Treatment

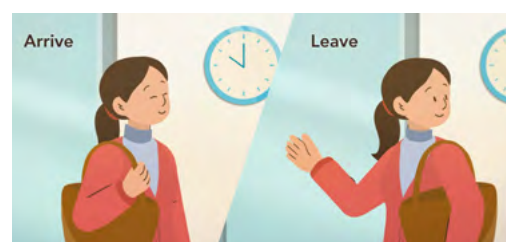
Cancer care doesn't end when treatment finishes. Life doesn't immediately return to normal. Take the time you need to get use to any changes in your body. Here we explain the possible conditions that may arise after cancer treatment and provide different coping methods to help patients prepare adequately.

Coping with Fear of Recurrence

At the Cancer Fund we understand that most cancer survivors feel anxious or fearful that their cancer may come back, this is normal and is known as recurrence. Excessive worrying about recurrence may affect you mentally and physically. This video explains how to alleviate and cope with anxiety caused by fear of recurrence, helping patients to be fully prepared.

Returning to Work

You may have taken time off work when you were undergoing cancer treatment. Returning to work can help you feel like you are getting back to a normal life as the transition from cancer patient to cancer survivor brings an overwhelming sense of relief.



End Stage Cancer Support for Caregivers

If your loved one is diagnosed with end stage cancer it means that a cure is no longer possible. However, it is important to note that it doesn't necessarily mean that they will die soon. But neither of you will be fully prepared for this outcome. Here is some advice for caregivers of late-stage cancer patients to address practical needs and prepare mentally.

Supporting Bereaved Children and Teenagers

Losing a loved one to cancer is incredibly traumatic for the entire family, and how children react will depend on their age and understanding. Breaking this sad news to children should be done as soon as possible and here we show how to inform children of different ages about the fact of a loved one's passing, the possible reactions children may have upon learning this, and how to comfort them.



We Are Here to Help

Overcoming cancer takes more than medicine. To view these and all of our cancer educational videos please scan the QR code or go to <https://www.cancer-fund.org/en/cancer-videos/>





Nourishing Hope:

Arlene-Frances Wu's Journey with the Cancer Fund

Good nutrition plays a crucial role in the well-being of cancer patients, helping to strengthen the immune system, manage treatment side effects, and maintain energy levels. A balanced diet can provide much-needed support during treatment and recovery, giving patients the strength to face their journey with resilience. For many caregivers and family members, understanding the importance of nutrition is not just a matter of health, it's a way of expressing love and care. Arlene-Frances Wu knows this firsthand.

A Personal Connection to Cancer Support

Arlene's commitment to the Cancer Fund is deeply personal. With a family history of cancer, she has always understood the importance of supporting those impacted by cancer. Her parents have been monthly donors to the Cancer Fund since the late 1980s, and their dedication has inspired her throughout her life.

Volunteering with Heart

In 2020, Arlene became one of our many volunteers and joined us as a wellness facilitator, sharing her knowledge of healthy eating with those eager to learn. Her role goes beyond just providing information, she creates a warm and supportive environment where participants feel encouraged to make positive changes.



Whether in person or online, her sessions are always interactive, with participants asking insightful questions and engaging in meaningful discussions about health and well-being.

To date, she has led 9 in-person programmes, reaching 206 participants, and 21 online programmes, with an impressive 783 attendees.



We are committed to supporting patients and caregivers with expert guidance on nutrition and wellness. In addition to the wonderful contributions of volunteers like Arlene, we have a dedicated professional dietician, Fion Chow, who provides free, one-on-one counselling sessions to help individuals tailor their diet to their specific needs.

Recognising that the vast amount of information available today can overwhelm patients and their families, Fion navigates this sea of data by providing evidence-based guidance and dispelling prevalent diet myths. In response to the increasing number of patients seeking integrated care, Fion collaborates with Chinese medicine practitioners to offer comprehensive programmes.

Her focus lies in delivering clinical, treatment-stage dietary support to help patients manage side effects and maintain overall well-being during their cancer journey. This personalised support is available to ensure that everyone has access to the best possible care on their cancer journey.

Thai Style Lettuce Wraps

Ingredients:

- 3 Lettuce
- 200g quinoa
- Half a cup of cooked and shelled edamame
- Some pine nuts
- Half red bell pepper
- Half yellow bell pepper
- One small carrot
- One small aubergine
- One apple
- 4 fresh mushrooms
- 3 shallots
- 1-2 limes
- 3-4 lime leaves
- 2 sticks of lemongrass (only use the softer part near the root with less hard fibre)
- 1 bunch of coriander
- Salt
- Mushroom seasoning powder or fish sauce (optional)
- 1 chill (optional)

Method:

- Cook the quinoa on a low heat with enough water to for 10-15 mins. Set aside.
- Dice the vegetables and apple. Soak the aubergine in water to prevent discoloration.
- Slice the shallots and chop the chili and coriander, finely chop or blend lime leaves and lemongrass, and juice limes.
- Heat oil in a pan, stir-fry shallots, lime leaves, and lemongrass. Add carrot, mushrooms, aubergine, and edamame; stir until softened. Season with salt, add apple, mushroom seasoning, or fish sauce.
- Serve in lettuce leaves and wrap to eat.



Generous Support & Giving

Floral Art for a Cause

Seven talented floral artists have been using their passion to make a difference. Each year, they create stunning floral arrangements, capturing them in photographs to design a beautiful calendar all for a meaningful cause.

Since 2018, every dollar from their calendar sales has been donated to the Hong Kong Cancer Fund, providing essential support to cancer patients and their families. Thanks to their amazing generosity they have raised over HK\$400,000 to help fund our free cancer care services.

This is more than just a calendar, this project is a symbol of hope, kindness, and community. Each purchase helps bring comfort and support to those in need as these amazing artists continue spreading beauty and compassion, one flower at a time.



Celebrating Mother's Day with a Gift of Hope



This Mother's Day, honour your mum and support those fighting cancer with a meaningful donation. When you donate HK\$100 or more to the Cancer Fund, we'll send a special e-card to your mum on your behalf, celebrating the love and gratitude you share. Your generous donation will help provide vital support and care to those touched by cancer, making a real difference in their lives. It's a wonderful way to show your mum how much you care while also bringing hope to those in need. Celebrate this Mother's Day with a gift that truly matters. Scan the QR code to donate today.



A Tribute Through Art

Ms. Lee's journey has been one of resilience and healing. As a caregiver for her mother, she sought support and counselling at our Centre, where she found comfort and guidance. This support helped her rediscover her passion for painting, and soon after, she decided to use her art to make a difference. Ms. Lee held a charity art sale, with proceeds benefiting those in need, including the Cancer Fund. Her heartfelt gesture not only honours her mother's memory but also helps others facing similar challenges. We are deeply grateful for her generosity and the impact her work is making in the cancer community.



Stride for a Cure 2024. A Day of Hope, Community, and Fun

Our annual Stride for a Cure event on 15th December 2024 was a resounding success, bringing together nearly 1,400 participants, including 21 self-help groups, hospitals, cancer survivors, schools, and families.

It was a day full of energy, unity, and support for those touched by cancer. Participants of all ages enjoyed the scenic hike around Tai Tam Reservoir, followed by a light picnic lunch with fun and entertainment at the Hong Kong International School.



The event was more than just a hike, it was a celebration of community spirit. Participants enjoyed exploring the booths and games, and had the chance to meet Santa, who brought smiles to many faces.

Stride for a Cure is not just an event, but a powerful reminder of the strength and resilience of the cancer community. We were thrilled to see so many companies, individuals, schools and cancer survivors come together to raise awareness and support.

We are already looking forward to the next Stride for a Cure, scheduled for 7th December 2025. Mark your calendars and join us for another inspiring day of walking, fun, and making a meaningful difference!

Ways You Can Support Us

There are several easy ways to support our cause through various platforms. Here's how you can help:

AlipayHK App

Find us under "Charity Applications" in the AlipayHK app. Choose the category you'd like to support—"Emergency Relief" or "Medical & Health"—select your donation amount, and click "Donate Now" to make a difference.



KMB App

Register as a member of Club1933 on the KMB app and donate your eCoins to support our work. Your contribution will help provide essential services to those in need.



HK01 Charity Platform

Search for us on the HK01 Charity Platform to find our current fundraising projects. Your support can make a real impact.



NF Touch App

Keep collecting and sharing your NF Seeds on the NF Touch app to support our efforts. Every seed you share helps us provide vital services to cancer patients in our community.



Your support through these platforms makes a meaningful difference in the lives of those we serve. Thank you for helping us continue our work!

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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國際郭林氣功文化研究會有限公司
樂善舞揚

IN MEMORY & LEGACY GIVING

The Late Dr. Rosalind Po Kuen Chan
The Late Ms. Chan Po Yuk Connie
The Late Ms. Helen Ching Hung Yee

The Late Huang Jufang
The Late Miss. Leung Mei Wah
The Late Mrs. Pamela Sani
The Late Ms. Tse Kwei Fun
The Late Ms Yang Guang Yan
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