

Autumn | Winter 2025

# INTOUCH 觸覺



癌症基金會  
CANCERFUND  
So no one faces cancer alone

[www.cancer-fund.org](http://www.cancer-fund.org)

# INTOUCH 觸覺



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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:



Service Helpline: 3656 0800



Dear Friends,

October is always a meaningful and action-packed time at Cancer Fund, and I'm excited to share what's ahead in this edition of InTouch. This year, we're proud to welcome Charmaine Sheh as our new Pink Ambassador. Her support brings a powerful voice to our Pink Revolution, helping us raise awareness and encourage early detection of breast cancer across Hong Kong.

We're thrilled to be launching the campaign with our Pink Revolution Kick-off Event at Festival Walk on 17 September. Charmaine will be joined by breast cancer survivor Ms May Yeung and Dr Janice Tsang, who will share their insights and personal stories. It promises to be a heartfelt and inspiring occasion so please do come along and join us.

At the heart of our campaign is a simple but vital message: our breasts don't come with an alarm system, so check regularly and don't wait for the alarm. Early detection saves lives. Together, we can empower more women to take control of their health and find support when they need it most.

We also hope you'll mark your calendars for Dress Pink Day on 24 October. Whether you're celebrating at work, school, or home, throw a Pink Party with friends and help us raise vital funds. Every dollar helps us provide free services to those facing breast cancer, including the Pink Recovery Packs we deliver to women recovering in hospital after surgery.

Looking ahead, we're also preparing to launch CheckMate, and we are delighted to have our first and new Ambassador, Andrew Pong. Our new campaign for men's cancer awareness month in November. It's time to bring men's health into the spotlight and remind the men in our lives that early detection is just as important for them.

Thank you to everyone who supports us, whether by donating, volunteering, shopping for pink, or helping spread the message. Your involvement keeps our services free and our mission strong.

And a heartfelt thank you to our frontline professional team. Your care and compassion ensure that no one faces cancer alone.

With love and thanks



**Sally Lo, BBS. MBE**

*Founder and Chief Executive*

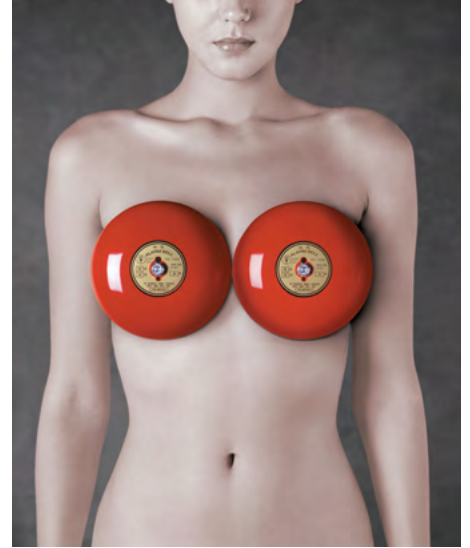


# Pink Revolution 2025 – Don't Wait for the Alarm

October marks the return of our annual Pink Revolution, a heartfelt movement dedicated to raising awareness and support for breast cancer. This year, we're proud to launch our message:

*“Check regularly for breast cancer.  
Don't wait for the alarm.”*

Since our breasts don't come with an alarm system, it's essential that every woman stays alert to changes, schedules regular checks, and seeks medical advice if anything feels or looks unusual. Early detection can save lives. With 1 in every 14 women in Hong Kong diagnosed with breast cancer in their lifetime, it's a message that cannot wait.



We are honoured to welcome beloved actress Charmaine Sheh as our new Pink Ambassador! Known for her warmth and sincerity, Charmaine brings her voice to this important cause to help spread awareness across Hong Kong.

“As women, it is in our nature to be busy caring for others that we may ignore our own well-being. I hope this campaign reminds every woman to pause, check in with their body, and make breast health a priority! Caring for ourselves is also caring for our family!” says Charmaine.

Look out for her striking new campaign image which will be featured citywide throughout October.

In 2022, more than 5,100 women were newly diagnosed with breast cancer in Hong Kong\*. That's why the Pink Revolution continues to play a vital role, not just in raising awareness, but in supporting the thousands of women and families touched by breast cancer each year.

Throughout the month, we'll be rolling out activities like Dress Pink Day and Shop for Pink, raising funds for our FREE breast cancer services, which include emotional, practical, and peer support.

\*Source: Hong Kong Cancer Registry, Hospital Authority.

Let's stand together and remind every woman:

***Don't wait for the alarm, check regularly.***

*Join the Pink Revolution. Support. Share. Act.*



## Dress Pink Day – Show Your Support in Style

This October, let's unite in pink to support women facing breast cancer. On Friday, 24 October, take part in our annual Dress Pink Day. A light hearted and meaningful way to raise awareness and show you care. Just wear something pink, donate HK\$170, and join a city-wide show of solidarity.

Whether at work, school, or at home, turn your day pink with themed outfits, decorations, or a gathering with friends. However you choose to take part, your involvement helps fund our Pink Recovery Packs which are gifted to women recovering from surgery, filled with thoughtful items to comfort and support them during a difficult time.



Your donation also helps sustain our FREE professional services for breast cancer patients, including counselling, wellness programmes, and peer support. Together, we can brighten someone's path to recovery.



## Shop for Pink. Every Purchase Supports a Life



This October, your shopping can do more than just bring joy, it can make a real difference. Shop for Pink brings together a wonderful selection of partner brands from fashion, beauty, dining, and lifestyle, all donating a portion of sales to support Hong Kong Cancer Fund's breast cancer services.

We're especially grateful to Zojirushi, our Major Sponsor for the 18<sup>th</sup> year, for launching their exclusive Pink Series. These popular limited-edition items are cherished by collectors and supporters alike. Make sure to grab yours before they sell out!

By treating yourself or picking up a gift, you're helping women in our community receive the care they need during their cancer journey.

Scan the QR code to see participating brands and offers.

*Shop Pink. Give Hope.*



乳癌風險 無分大細

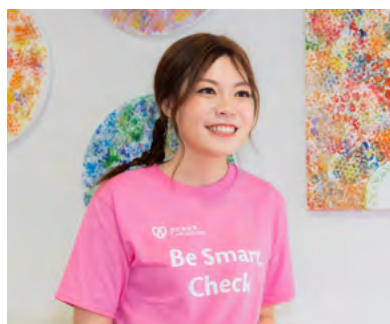
時時CHECK住 齊齊參與

NO MATTER WHAT SIZES YOU ARE,  
CHECK REGULARLY.



## A Heartfelt Start to a Meaningful Month

We're kicking off Pink Revolution 2025 with an inspiring launch event on 17 September at Festival Walk, and we couldn't be more excited to welcome our new Pink Ambassador, beloved actress Ms Charmaine Sheh, to help us in raising awareness and hope.



Charmaine will join us at this meaningful occasion to help share the message of early detection and regular breast health checks. Her presence amplifies our campaign's call to action: "Check regularly for breast cancer. Don't wait for the alarm."

We are also honoured to welcome Ms May Yeung, a breast cancer survivor who was diagnosed at a young age. May will bravely share her personal journey, one of resilience, hope, and strength. She would like to express her gratitude for the support she received from Hong Kong Cancer Fund. Her story is a moving reminder of the importance of support services and the power of community.

Adding further insight to the event is Dr Janice Tsang, who will provide valuable updates on breast cancer and the importance of awareness and early detection. Her medical expertise will help deepen our understanding of how we can all take proactive steps in caring for our health.

We are proud to host 15 breast cancer survivors, along with campaign sponsors and members of the media, to witness this special moment and celebrate the strength and solidarity of the breast cancer community.

With over 5,100 new cases of breast cancer diagnosed in Hong Kong in 2022, early detection remains key. When detected early, survival rates improve significantly, making awareness, education and action more important than ever.

Join us as we kick off Pink Revolution 2025. A campaign of care, connection, and empowerment. Together, we can raise awareness, offer support, and remind every woman: check regularly.

# Check your breast in 3 easy steps



1

LOOK for changes in your breast or changes/discharge from the nipple



2

FEEL for lumps, thickening, puckering, dimpling of the skin, unusual redness, colour change or pain



3

COMPARE the shape and size of your breast, and both nipples for unusual changes

For more information about breast self-examination, please visit [www.cancer-fund.org/pink/en/look-feel-compare](http://www.cancer-fund.org/pink/en/look-feel-compare)



## Take Control of your Health

- Talk to your family and learn about their health history. If your mother or close relative has previously had breast cancer then your own risk may be higher.
- Talk to your doctor and discuss your own personal risk. A small number of women are at especially high risk due to inherited genes. However, the high-risks genes of BRCA1 and BRCA2 only account for 1 in 20 breast cancer cases.
- More than 50% of women who are detected are over 50 years old.

## Here's what to look for when you check:

- Maintain a healthy weight
- Exercise regularly
- Limit your alcohol intake
- Breastfeed, if you can

Remember, early detection is the key to successful treatment and recovery.

## Caring for Women Touched by Breast Cancer

We provide FREE support at all of our four Cancer Care Centres and have created the first care facility in Hong Kong exclusively for female cancers. Our professional team are here to give tailored care and support to the whole family including children, partners and caregivers.

*If you want to know more about our FREE services or ways for early detection, please call **3656 0800**.*



## Healing Through Art and Heart

At the Hong Kong Cancer Fund, we're always inspired by the strength and creativity of those who have been touched by cancer. Among the many ways our clients find comfort and connection is through art therapy. This is a space where emotions are explored, confidence is rebuilt, and a renewed sense of self can emerge through creativity.

One client who has beautifully embraced this journey is Ivy, who is currently living with stage four ovarian cancer. After major surgery and several rounds of chemotherapy, Ivy joined our Inner Beauty art therapy group, which has been specifically designed for women with gynaecological or breast cancer, to help her cope emotionally and reconnect with herself and her husband.



*"It was a space where we could express ourselves, understand our emotions better, and regain confidence and control over our lives."*

In this self-portrait (left), Ivy reveals that she always believes that behind the clouds, the sun is always shining and waiting to come out again. It serves as a powerful reminder of the hope that Ivy shares throughout her art.

Over time, she explored other creative workshops, including puppetry and couples' art therapy, where she and her husband created a wool-felt scarf representing their shared strength and support.

Moved by Ivy's passion and courage, the Hong Kong Cancer Fund proudly supported her in holding a public art exhibition through our *Wish Fulfilment Programme*, a special initiative created for clients with late-stage cancer.

Her exhibition, *Life is Beautiful*, was held in April at Breathing Room in Wan Chai and featured over 15 original artworks created during the past few years. From a handcrafted puppet representing her inner resilience to paintings inspired by joyful travel memories, each piece told a deeply personal story of survival, love and hope.

The exhibition offered Ivy a chance to reflect on her journey and share it with the wider community, inspiring others to find light in even the most difficult moments.



*"I wanted to show that even through illness, beauty and purpose can still be found."*



At Hong Kong Cancer Fund, this is what we strive for, not only to support our clients through treatment, but to empower them to live fully and meaningfully. Our services have been specifically designed for cancer patients and their families, from counselling and support groups to wellness classes, therapy sessions and the *Wish Fulfilment Programme*. All are completely free of charge.

If you or someone you love is affected by cancer, we are here for you. Whether you need emotional support, creative healing, or just someone to talk to, Hong Kong Cancer Fund is by your side with care, compassion, and community.



## A Journey of Healing: Yoga and the Power of Community



For cancer patients, healing goes far beyond treatment. It's also about regaining strength, restoring balance, and reconnecting with the body. One of the most powerful tools to support this journey has been yoga, a gentle yet transformative practice that offers not just physical relief, but emotional support and peace of mind.

At the Hong Kong Cancer Fund, we believe in holistic care that supports the whole person. That's why, in 2008, we launched our very first lunchtime yoga class at the Cancer Fund Support Centre in The Center, Central. It was a modest beginning with a small group of just 10 participants, many of whom were working cancer patients in need of a calming break in their busy day. The demand quickly grew, and soon we had a waiting list of up to 100 people. It was clear that so many people really needed and valued the classes.

In response, our founder, Sally Lo, turned to a long-time friend and passionate wellness advocate, Colin Grant, CEO of PURE.

PURE's response was extraordinary.

In November 2009, PURE generously opened the doors of their Kinwick Centre studio, offering us a large, serene classroom space for yoga every week. With space for up to 40 participants, our programme expanded rapidly and PURE matched our demand by offering more space in their other studios. This generosity brought comfort, strength, and connection to hundreds of patients.

Ten years later and we were conducting more than 500 sessions a year at PURE studios!



After the devastating impact of COVID, as of April 2025, our yoga and wellness programmes with PURE have once again thrived. With the continued generosity of the PURE Group, we now offer four dedicated programmes, including PINK Yoga, Yin Yang Yoga, and Mat Pilates which total 35 sessions per quarter and supporting up to 160 cancer patients every three months. A team of 10 passionate PURE instructors lead these classes with care and expertise, creating a warm and welcoming space for healing.

Since our collaboration began, we've delivered over 3,400 sessions and welcomed nearly 100,000 attendances. Each session represents not just a number, but a moment of relief, strength, and emotional release for someone going through their cancer journey.

One participant captured the experience perfectly:

*"One of the most memorable moments was when the instructor asked us to place our hands on our hearts and bellies to feel our heartbeat and breathing. It reminded me of the connection between myself and my body and mind."*

Comments like these, and hundreds of other messages that we receive from our cancer patient, are why we do what we do. Yoga offers our participants time to slow down, breathe deeply, and honour what their bodies have been through, while finding calm and strength to face what lies ahead.

To PURE, we extend our heartfelt thanks for your generosity, from providing venues and instructors for our wellness programmes to supporting key campaigns like Pink Revolution and our annual hike Stride for a Cure. This has made a powerful impact on the cancer community. With your help, we've created something truly special, a space where healing happens, not just physically, but emotionally and spiritually as well.

Together, we've built a haven of support and hope ensuring that no one faces cancer alone.



## Running with Heart – Discovery Bay International School

We were thrilled to receive such an amazing and generous donation of over HK\$55,000 from the incredible Phoenix House at Discovery Bay International School. In April 2025, their prefect team organised a vibrant whole-school runathon, bringing together students aged 3 to 18 for a day of fun, fitness, and fundraising. Every participant was encouraged to seek sponsorship from family and friends, creating a beautiful sense of community and purpose. The energy, enthusiasm, and compassion shown by the entire school have left a lasting impression on us. Thank you, DBIS, for showing how powerful young people can be when they come together for a cause that touches so many lives.



## KMB: Driving Support for a Cancer-Free Future



KMB has gone the extra mile in supporting Hong Kong Cancer Fund, and we couldn't be more grateful! Through their Club1933 app, members can donate eCoin, with KMB contributing HK\$2 for every 3 eCoin given. In March, they also launched a matching fund campaign! But the heartwarming highlight? KMB hosted a special Depot Tour for 85 of our cancer patients, giving them a behind-the-scenes look at vintage buses, eco practices, and maintenance in action. Thank you, KMB, for blending generosity, innovation, and care. All while helping us make sure no one faces cancer alone.

## PolyU Students Shine on the Global Stage - and Give Back

The talented student team from The Hong Kong Polytechnic University achieved a remarkable milestone at iGEM 2024, securing their first-ever GOLD medal and placing in the Top 10 undergraduate teams worldwide. With nominations for 'Best Oncology Project' and 'Best New Composite Part', their work is already helping push cancer research forward. What's more, this inspiring team raised funds through jacket sales and chose to donate part of the proceeds to Hong Kong Cancer Fund. Their generosity and passion reflect a bright future where young minds are not only innovating for better cancer care but also giving back to support others.



# CheckMate – A New Campaign Supporting Men’s Health



We’re proud to launch CheckMate, a brand-new campaign by Hong Kong Cancer Fund dedicated to raising awareness and support for male-specific cancers, including prostate, testicular, and penile cancer.

We’re also excited to introduce our first-ever CheckMate Ambassador, local professional trainer, martial artist, actor and stuntman Andrew Pong, who’s lending his voice and energy to help encourage open conversations.

With over 2,900 men diagnosed in Hong Kong each year, it’s time to break the silence and talk openly about men’s health.

CheckMate encourages men to take charge of their wellbeing through regular check-ups, staying informed, and seeking support when needed. As part of the campaign, we’re also shining a light on the support services Hong Kong Cancer Fund offers specifically for men, such as individual counselling, peer support, and wellness programmes tailored to their unique needs.

*“It’s easy to ignore the warning signs or avoid the topic altogether. But the earlier you check, the better your chances. I hope CheckMate helps men realise that looking after your health is a strength, not a weakness,” says Andrew.*

To show your support, you can buy a CheckMate bandanna for HK\$88 and wear it proudly during the campaign month and on 28th November when we celebrate CheckMate Day! Wear it your way to suit your personality; on your head, around your wrist as a sweatband at the gym, as a scarf or as a pocket handkerchief, and help spark awareness wherever you go.

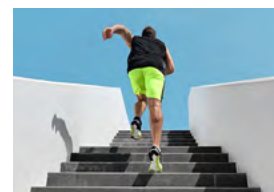


[Scan QR code to register or buy yours today!](#)



Want to take on a challenge? Try the 2,900 Stairs in a Month challenge, it’s an energetic way to honour the 2,900 men affected by male cancers annually. Climb at your own pace, track your progress, and ask friends and family to sponsor your efforts.

[Scan QR code to register for the challenge.](#)



***Let’s change the way we talk about men’s health. Check early. Talk openly. Support fully.***



癌症基金會  
CANCERFUND

# Stride for a **Cure**

## 抗癌大步走

Tai Tam Country Park  
大潭郊野公園

7/12/2025  
(Sunday 星期日)



Join Us Now!  
請即報名參加!

## Challenge Against Cancer.

## Join Us Now!

## 行善抗癌，請即報名！

Take part in Stride for a Cure or our brand-new 10km Run for a Cure, every steps counts.  
齊來參與「抗癌大步走」或全新的10公里「抗癌逍遙跑」，一同邁向癌症受控的未來。

**3667 6333**  
[www.cancer-fund.org/sfc](http://www.cancer-fund.org/sfc)



Hong Kong Cancer Fund

## 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

#### MAJOR GIFT

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Prof. Anthony T. C. Chan  
Miss Iris Wing-Hing Chan  
Mr. Louis Wing-Yue Chan  
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楊奧凌先生  
蔡錦珊女士

#### IN MEMORY & LEGACY GIVING

The Late Mr. Chan Duen Kee  
The Late GOMES Maria Da Silva, Rubi Angela  
The Late Mr. Bruce Lai  
The Late Ms. Lee Fung Kwan  
The Late Ms. Belinda Tsang and MeMe  
The Late Ms. Mary Wong Pang  
The Late Ms. Xiong Juhua  
呂玉女士(已故)  
余月卿女士(已故)  
李程淑文夫人(已故)  
李燕女士(已故)  
何麗華女士(已故)  
余寶華女士(已故)  
范耀銓先生(已故)

陳玉蘭女士(已故)  
倪秀蘭女士(已故)  
郭燕女士(已故)  
莫門陳詠嫦夫人(已故)  
張樹焜先生(已故)  
楊燕屏女士(已故)  
劉家美小姐(已故)  
羅麗萍女士(已故)

#### PINK REVOLUTION

Ms. Charmaine Sheh  
Ms. May Yeung and Mr. Archer Chagall Woo  
Dr. Janice Tsang  
Festival Walk

#### MISCELLANEOUS FUNDRAISING EVENTS

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Ms. Ven Lam  
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Discovery Bay International School  
Hong Kong Commercial Broadcasting Corporation Limited  
Nan Fung Group  
PizzaExpress (H. K.) Ltd.  
Popchill Limited  
Ralph Lauren (Hong Kong) Retail Company Limited  
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Tarmac Management Limited  
The Kowloon Motor Bus Co., (1933) Ltd.  
Twopresents

#### COLORECTAL CANCER AWARENESS CAMPAIGN

Dr. Yuen Siu Tsan

#### MEN'S CANCER AWARENESS CAMPAIGN

Dr. Ho Lap Yin  
Mr. Andrew Pong

#### CANCER BOOKLETS

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Dr. Ho Lap Yin  
Dr. Poon Ming Chun, Darren  
Dr. Yuen Siu Tsan

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Hong Kong Society of Palliative Medicine  
Integrative Medical Centre School of Chinese Medicine, CUHK  
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Tung Wah Group of Hospitals, Chinese Medicine Services  
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Cheong Hong Club  
Chinese Painting and Calligraphy at Leisure Circle  
Hong Kong Adult Blood Cancer Group Limited  
Hong Kong GIST Union  
Hong Kong Myeloma Care & Share  
Hong Kong Stoma Association Limited  
Kin Lok Club  
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Rising Sun Association Company Limited  
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Sunflower Network  
The Brightening Association (Hong Kong) Limited  
The Hong Kong Bone Marrow Transplant Patients' Association Limited  
The Hong Kong Pioneers Mutual Support Association Limited  
The New Voice Club of Hong Kong Limited  
Tung Wah Hospital Breast Cancer Patient Support Group  
Yin Chun Club  
Yin Hong Club

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Dr. Lee Ho Sze, Jacqueline  
Mrs. Ivy Kwan and her husband, Mr. Kenneth Kwan  
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Ming Pao Weekly  
PURE Group  
Slime it  
Zeva Hair Spa

## Help to save the environment

### Sign up for the e-version of our newsletter to save paper and the environment

To receive the e-version of our newsletter, please email [public@hkcf.org](mailto:public@hkcf.org) with your name, mailing address and telephone number, so we can add you to our digital mailing list.

### Are you moving? Please keep us in the loop!

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](mailto:hkcf@hkcf.org) so we can update our records. Your personal information will be kept strictly confidential.

