

For Immediate Release

**Hong Kong Breast Cancer Foundation Announces
“The Nathaliie Ng Days”—A New Therapeutic Sailing Programme
to Support Emotional Healing and Recovery**

【Hong Kong, 16 October 2026】 The Hong Kong Breast Cancer Foundation (HKBCF) is pleased to announce the launch of **“The Nathaliie Ng Days – Therapeutic Sailing to Heal the Spirit Together”**, a new support initiative designed to promote emotional recovery, psychological resilience, peer connection, and psychophysical well-being among breast cancer patients and survivors.

The announcement is being made on **17 October**, Nathaliie’s birthday, as a tribute to her life, courage, and enduring legacy.

Developed in collaboration with **Sailability Hong Kong Ltd.**, a non-profit organisation specialising in inclusive and therapeutic sailing, the programme will become part of the services offered by the **HKBCF Breast Cancer Support Centre** to support survivorship, rehabilitation, and patient well-being.

The programme is proposed for delivery from **November 2026 to April 2027**. It will begin with two trial/taster sailing sessions in November 2026, followed by two structured therapeutic groups from December 2026 to March 2027. Each group will comprise five sessions combining centre-based preparation and reflection with supported sailing experiences at Hebe Haven Yacht Club.

A Tribute to Nathaliie Ng

The programme is named in loving memory of **Ms. Nathaliie Ng**, also known as **Ng Man-yan 吳文忻**, a former Miss Hong Kong, actress, and television personality, who passed away on **9 June 2026**, at the age of 51 after a courageous three-year battle with breast cancer.

Throughout her illness, Nathaliie became a powerful symbol of courage, openness, and hope. By sharing her journey publicly through media appearances, music, writing, performances,

livestreams, and social media, she helped many women confront the fears, anxieties, and stigma associated with breast cancer, treatment, hair loss, and illness.

The Nathaliie Ng Days has been created to carry forward that spirit of compassion, courage, and solidarity. We hope this programme will stand as a birthday gift to Nathaliie — one that carries forward her courage, compassion, and wish to bring comfort to other women facing breast cancer.

Healing Through Sailing

The programme will offer dedicated therapeutic sailing sessions for breast cancer patients and survivors, giving participants an opportunity to step away from the clinical and emotional pressures of illness and recovery, and to experience calm, connection, confidence, and shared strength on the water.

Therapeutic sailing cannot change a medical diagnosis or reverse physical trauma. Its value lies in offering participants a restorative environment where the burden of illness may feel lighter. Surrounded by wind, water, movement, and open space, participants are invited to reconnect with themselves, with others, and with a sense of freedom beyond the identity of illness.

Sailing offers a distinctive therapeutic setting because it combines nature, movement, mindfulness, teamwork, and personal agency. On land, physical, emotional, or social limitations may shape what a person feels able to do. On the water, participants can take the helm, observe the wind, contribute to the crew, and regain a sense of control, dignity, and autonomy. The programme aims to:

- reduce stress, anxiety, and social isolation;
- encourage emotional release, relaxation, and present-moment awareness;
- foster companionship among patients and survivors;
- promote confidence, independence, agency, and resilience;
- support physical, psychological, social, and spiritual well-being; and
- create moments of peace, freedom, equality, and collective strength.

Illness can often feel isolating, but a sailing crew is inherently inclusive. On board, every participant has a place and a purpose. Every manoeuvre requires trust, coordination, and communication, creating a small supportive community where participants can share, reflect, and move forward together.

Collaboration with Sailability Hong Kong

The programme will be conducted in close collaboration between HKBCF and Sailability Hong Kong Ltd., introducing sailing into breast cancer recovery support as a safe, inclusive, and meaningful therapeutic experience for women affected by breast cancer.

Through sailing, participants will be offered a supportive environment where they can step away from the pressures of illness and treatment, reconnect with themselves, others, and nature, and rebuild confidence, agency, and shared strength on the water.

This collaboration combines HKBCF's experience in supporting breast cancer patients and survivors with Sailability Hong Kong's expertise in inclusive and therapeutic sailing, creating a support model that integrates holistic recovery, peer connection, and outdoor experience.

About Sailability Hong Kong

Sailability Hong Kong Ltd. is a registered charitable non-profit organisation founded in 2009 by Kay Rawbone and her late husband Mike Rawbone.

Founded on the belief that sailing should be accessible to all, the organisation provides safe sailing opportunities for people with physical disabilities, intellectual disabilities, chronic illnesses, mental wellness challenges, and special needs through specially designed and adapted boats, experienced instructors, and inclusive sailing programmes.

Its programmes help participants build confidence, independence, emotional strength, social connection, and psychological well-being. Sailability Hong Kong is widely recognised as one of Asia's leading adaptive sailing centres and has delivered tens of thousands of sailing experiences to participants from different backgrounds and abilities.

About HKBCF

The Hong Kong Breast Cancer Foundation was set up on 8 March 2005, as a non-profit charitable organisation dedicated to mitigating the threat of breast cancer in the local community through breast health education, patient support, advocacy, and research. Through its Breast Cancer Support Centre services, HKBCF provides support to patients and survivors throughout diagnosis, treatment, recovery, and survivorship.

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