

## Breast Cancer Support Centre

### Members' Circular (Oct- Dec 2020)

#### Important Announcement

You are cordially invited to join us in saving the environment! From now on, please subscribe to the e-version of this members' circular and have it delivered to you by email. If you are interested, please contact 2525 6033 or 2597 3251 and provide us with your e-mail address. Thank you.

#### Breast Cancer Support Centre

The Breast Cancer Support Centre (BCSC) provides breast cancer patients and patients' families with emotional, informational and financial support. Team of psychologists, registered nurses, social workers and breast cancer survivors is dedicated to addressing patients' individual concerns with empathy and experiences. Individual and family counselling are available to breast cancer patients and their families, and peer support groups enable breast cancer patients to obtain support from breast cancer survivors and be inspired by their experiences. Financial assistance for therapy treatments is available to eligible breast cancer patients, who would otherwise be financially deprived of medication. Well-being sessions are offered to help breast cancer patients and survivors take better care of their health after cancer.

*No one is alone in the fight against breast cancer.*

*The HKBCF is always here to help in your journey to recovery.*



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Hong Kong Centre	Address : 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Exit A, Fortress Hill MTR Station)	Tel : 2525 6033
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Kowloon Centre	Address : 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (Exit C2, Choi Hung MTR Station)	Tel : 2597 3251
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Scan this QR Code with your smartphone or tablet to enter the HKBCF's official website and obtain our latest information.

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### Let's Pink 2020

Have you ever joined the 'Pink Walk For Breast Health' organized by the HKBCF through the 'Let's Pink' team from the Breast Cancer Support Group? There will also be the 'Let's Pink' team this year. In view of the social distancing measures which are still in place, HKBCF are remodeling this event to a virtual base "Pink Together 2020". You may visit [www.hkbcf.org/pinkwalk](http://www.hkbcf.org/pinkwalk) for more detail later.

You may get the "Let's Pink" team form from Breast Cancer Support Centre or find it from [www.hkbcf.org/en/members\\_corner/](http://www.hkbcf.org/en/members_corner/) or scan the QR Code.



The first 100 participants who come to Breast Cancer Support Centre to submit the forms and donation in person, would be given 20 facial masks as a gift. The enrolment date for "Let's Pink" team would be started from 30 September 2020.

### Let's Pink T-Shirt

If you've ever joined the 'Pink Walk For Breast Health', you must have seen our 'Let's Pink' T-shirt. Now it's your turn to own one. For members interested in purchasing the T-shirt, please call 2525 6033 (Hong Kong Centre)/ 2597 3251 (Jockey Club Breast Health Centre(Kowloon)) for enquiries. Price: \$45 per T-shirt

T-shirt Measurements

Size (Inch)	S	M	L	XL
Length	24	25	26	27
Chest	17	18	19	21
Waist	17	18	19	21

#### [ Annual Member's Gathering ]

Hong Kong Breast Cancer Foundation (HKBCF) is organising an annual members' gathering. Just like before, this year we will be enjoying a great feast, outstanding performance, lucky and games. You, along with your family, are now invited to our party. Please stay tuned for more details.



Date: 27 March 2021 (Saturday)

Time: 6pm – 10pm

Venue: The Palace(煌府) - Silvercord Restaurant

Fee: HKD380/Head



#### [ Quick News for Lymphedema Caring Service ]

Good News!

To cater to your needs, the BCSC is introducing new treatment items to the current the lymphedema care service package.

Discounts are available during the promotion period. If eligible, some may receive subsidy from the BCSC for the services.

Now is your chance!

For pricing and reservation details, please contact your nurse in charge.

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### [ Professional Psychological Counselling Service ]

Counselling is a process that enables one to look at himself/herself from another perspective. Through this, they can re-evaluate the options and paths life presents them. If any patients/ survivors are interested, please follow the chart below for details of registration.



Step 1

Visit/ call the centre to choose the date and time for counselling.  
(First-time comers are required to visit the centre and complete the procedures in person)



Step 2

The BCSC will confirm the date and time for the counselling. Once confirmed, we will inform you the Payment details (You can either pay by cash, cheque or through bank transfer)  
(if through Bank of China, please show us the bank-in slip)



Step 3

You are required to pay for the counselling and notify the centre afterwards. We will confirm you whether the payment is received.



Step 4

You can attend the counselling session at the reserved time.

Note: The centre provides online virtual counselling for those who are not able to visit in-person. The charge remains unchanged. (Could be done via WhatsApp or ZOOM)

Enquires: Dial 2525 6033 (Hong Kong Centre)/ 2597 3251 HKBCF Jockey Club Breast Health Centre (Kowloon)

### [ Oncology Consultation Service ]

**Once diagnosed with breast cancer, the patient and their family would encounter different questions about the treatment solutions of the tumor. And they would often seek opinions from different doctors to come up with the best solution. For that, the BCSC is going to provide oncology consultation service for breast cancer patients. Patients will be able to consult an experienced oncologist to help them and their family to get an all-round view of the situation and the treatment solutions.**

Charge: HKD \$1000 per session

Registration : Patients should first register for membership of the centre, then contact the centre for further assessment and referrals.

Enquires: Dial 2525 6033 (Hong Kong Centre)/ 2597 3251 (Jockey Club Breast Health Centre (Kowloon))

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### PR & Communications News

## KraK

The Sound of Hope

KraK is a Hong Kong based social enterprise that aims to replicate the cathartic feeling of 'kraking' open a fortune cookie through everyday lifestyle essentials.



20% of the profits made from the charity sales of the following products in Oct will be donated to the HKBCF!



'Strong is Beautiful' Pouch  
\$80 HKD



HKBCF Edition Fabric Mask  
(Other colours: off-ivory, sky blue, and lavender)  
\$100 HKD



At KraK, we believe that *Strong is Beautiful*. We stand by those who are fighting, or have courageously fought, breast cancer, and hope to raise awareness for the importance of Breast Health through this HKBCF collaboration.

Products can be purchased on [getkrak.com](http://getkrak.com) -  
Thank You for supporting this collaboration!



Note: the mask are not made for medical purpose and should be used in conjunction with medical filter or PPE

希爾頓花園酒店月餅  
自家手製 · 無防腐劑 · 免費送遞

**Hilton**

圖片只供參考  
Photo for reference only



Entre promotion code HKBCF during check out to enjoy 35% off for every box of mooncake ordered online from Hilton Garden Inn Hong Kong Mongkok. 10% of the proceeds will also be donated to the HKBCF.

Scan QR Code to Order Now

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)



### HK Breast Cancer Foundation 15<sup>th</sup> Anniversary Live Symposium on Breast Health Education 2020

#### Programme Details

Date : 12 Sep & 19 Sep 2020 (Saturday)  
Time : 2:30pm – 4:30pm

The Symposium will be live streamed on  
HKBCF Facebook Page and YouTube channel



Please scan the QR code to  
view HKBCF website



facebook



YouTube

Please scan the QR code to  
watch the Symposium

#### Sponsors :



## 乳你·互贈互助 #WeGiftWeShare

Please Support and Donate  
to the HKBCF  
[www.hkbcf.org](http://www.hkbcf.org)



PayMe



Other Donation Methods



Comfort Pack  
\$100



Mammogram  
\$1,050



Measurement of  
lymphoedema index  
\$280



Core Needle Biopsy  
\$2,800

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### Experience Sharing

## “You Can Surely Take Care of Yourself”

Author: Yang AsHeart

In the past six months, we heard the word “diagnosed” every single day. Of course, the word here refers to cases that are diagnosed with COVID-19: Once you are diagnosed, the Department of Health will assign you a number and attach relevant information to you – who are now referred as a case. I can't help but wonder whether there was a number attached to me by the Hospital Authority as well, when I was first diagnosed with breast cancer.

The worst part of the third wave is perhaps its proximity – they are everywhere around you. For example, my colleague has a daughter who was tested positive for COVID-19. Their family had to be quarantined as a result. My colleague told me: “My daughter has already recovered on her own, it's a surprise that she is going home earlier than us.” This reminds me of the importance of our immune system.

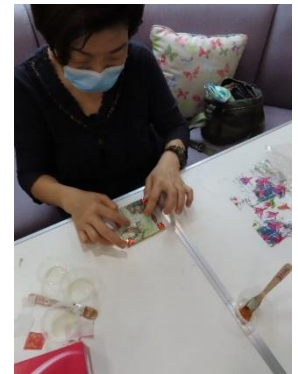
We all know the mind affects the body, and a positive attitude strengthens one's immune system. I dare not say that whether I was a positive person before having breast cancer, all that I can say is that I now am certainly one. It's because I've been through breast cancer, I know that I have to be constantly aware of my body and emotions – I am dedicated to becoming a positive person. This is the only way I can love myself. This also gives me strength to love the people around me. Putting my “pre-cancer” self aside, I've discovered that my “post-cancer” self needs caring.

My mom is now in her 80s. She told me: “Although I love spending time with you guys, the relief I get from hanging out with my peers is a whole new level of enjoyment.” From that I know, staying positive is just a starting point. Sharing your experience, love and affection with other cancer patients is something beyond. As the saying goes “there is something good in everything”. As cancer patients, we need to take care of both our physical health and mental well-being. This is surely the start of another amazing journey.



### Expressive Art - Mosaic Workshop

The mosaic workshop is held at the Jockey Club Breast Health Centre (Kowloon) from May to June, allowing members to express their feelings and increase their satisfaction in life and feeling joyful through creating mosaic artworks.



### Expressive Art - Rock Painting

The Rock Painting event was held at the Hong Kong centre on 4th July. Members expressed their feelings and stress through creating art on rocks.



## Chinese medicine treatment for ex-breast cancer patients during menopause

The online series 'All you need to know about breast cancer' on 25 July was themed 'Chinese medicine treatment for breast cancer survivors going through menopause'. Dr. Eddie Chui Shiu-hon, PhD (Bio Chem, CUHK ; Chinese medicine, HKBU) was the guest speaker of the event. For those who wanted to re-watch the event, please find the video on the Facebook page of the HKBCF.

We are also preparing for another series of online lectures, please like our Facebook page and turn on notifications to keep yourself informed with our latest information.





### Notice: Oct-Dec Event Registration

Due to the COVID-19 situation, there are special arrangements for the payment and registration of the events held from October to December. From the event registration day on, you can call the BCSC to reserve a seat for yourself and pay the activity fee within 7 working days upon your registration by the any of the following methods for confirmation.

1. Pay and hand in the application form in person at Hong Kong Centre / Jockey Club Breast Health Centre (Kowloon)
  2. Mail us the cheque and registration form
  3. Bank transfer
- Only accept ATMs and bank counter transfers, no online bank transfers is accepted
  - When registering, please inform our staff that you would pay by bank transfer. Our staff will then provide you with details of the deposit later.
  - Each event must be paid separately.
  - After the payment, please mail us your original bank-in slip and registration form.

### [ Change in the format of upcoming events ]

Due to the COVID 19 pandemic and the social distancing measures taken by the Government, the format of meetings, group activities, classes, and other events will be changed accordingly. The format of events may change to online meetings or will be replaced by video format. Please be aware that refund is not available for any changes to the format of the events.

Note: the BCSC would make changes to the number of participants of its events according to the COVID-19 service arrangements and measures.

### Newsletter Subscription Plan

To protect the environment, starting from 1st March, 2021, we will charge you if you'd like to receive the newsletter by mail. Members could still receive the newsletter for free through email or through the HKBCF website.

Fee for receiving the newsletter through mail: HKD \$40 per year, 4 issues in total (Subscription per issue is not available)

Registration and payment method: please dial 2525 6033 (Ms Tam/ Ms Lee) or 2597 3251 (Ms Chan/ Ms Wong) for registration.

If no registration or payment is made by the ones who originally receive their newsletter through mail after 1st March 2021, the BCSC will stop sending the newsletter to the member through mail. If the member would like to receive their newsletter through email, please contact our staff as soon as possible, provide your email address or visit the HKBCF website regularly.

### Oct - Dec enrolment Date & Time start from



**22 Sep 2020 (Tue)**  
**9:30 am**

**Please Pay Attention :**  
**To enroll for activities, members should submit both the activity enrollment form and fee.**

Note: the BCSC would make changes to the number of participants of its events according to the COVID-19 service arrangements and measures.

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

Hong Kong Breast Cancer Foundation

Breast Cancer Support Centre

Activities Application Form

**Attention :**

1. The provision of personal and other information is purely voluntary. We may not be able to process the registration with insufficient information.
2. The form will be kept for a year and destructed once expired.

**(1) Personal Information** #Please circle the suitable choice

Chinese Name : \_\_\_\_\_ English Name : \_\_\_\_\_

Member no. : \_\_\_\_\_ Case no. : \_\_\_\_\_

ID no. : \_\_\_\_\_ ( ) Age : \_\_\_\_\_ Sex# : Female /Male

Contact no. : \_\_\_\_\_

If I have any emergency accident during activities , please :

contact(Phone no.) \_\_\_\_\_ Contact person : \_\_\_\_\_ Relationship : \_\_\_\_\_

**(2) Enrollment Activities** #Please circle the suitable choice

	Activity Name	Activity no. (If any)	Place of the Activity#	Payment method
1			HK Centre/ KLN Centre/ Outdoor	Cash / Cheque, no: _____
2			HK Centre/ KLN Centre/ Outdoor	Cash / Cheque, no: _____

**(3) Declaration (Only need to fill in either part I / II )**

**I) Declaration by Applicant aged 18-69**

I hereby declare that I am healthy, physically fit and suitable to participate in the above activities. The HKBCF shall not be liable for my injury or death caused during the activity by my own negligence or inadequacy in health and fitness.

Special health condition (For example: Allergy, Asthma, \_\_\_\_\_)

Signature of Applicant : \_\_\_\_\_ Date : \_\_\_\_\_

**II) Applicants aged 70 or above must sign the following declaration (Please mark a  in one of the following boxes)**

I hereby declare that:

I am capable of participating in the above activities. Therefore, I do not need to produce any medical certificate to prove that I am able to participate in the above activities. The HKBCF shall not be liable for any injury or death I may suffer in this activity. I understand that if I have any doubts about my ability, I should consult a doctor before taking part in the activity.

I am not a frequent participant in physical activities. However, I have been examined by a doctor and certified as physically fit for participating in the above activities. A copy of the medical certificate is attached for reference.

Special health condition (For example: Allergy, Asthma, \_\_\_\_\_)

Signature of Applicant : \_\_\_\_\_ Date : \_\_\_\_\_

**<For Staff Use >**

Handling Staff : \_\_\_\_\_

Date : \_\_\_\_\_

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### Member Application

- Breast cancer patients, survivors, their spouses, family members and friends, and the general public are welcome.
- Please download the membership application form from [https://www.hkbcf.org/zh/members\\_corner/main/209/](https://www.hkbcf.org/zh/members_corner/main/209/), fill in the form and make the payment, then post to **HKBCF**, Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong.
- Members can enjoy different membership benefits, please refer to our website for further details.

### Notes on Enrolment

- **The enrollment of all activities will start at 9:30 am on 22 Sep 2020 (Tue).**
- To facilitate your registration, all members are **required** to fill in the activities application form. The HKBCF remains the right to deny any request of participating in the activities should the form indicated that you are unfit for the activities.
- **Members are expected to make the payment of all the activities/ groups/ workshops within seven working days. For those who are unable to make the payment will be considered to have given up the enrolled offer.**
- Unless specified, all activities are open to HKBCF members only, and will take place at either of the following venues:
  1. **Hong Kong Breast Cancer Foundation Breast Cancer Support Centre (HKBCF) (Hong Kong Centre):**  
**Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Fortress Hill MTR Station Exit A)** or
  2. **HKBCF Jockey Club Breast Cancer Support Centre (Jockey Club Breast Health Centre (Kowloon)):**  
**Address: 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (MTR Choi Hung Station, Exit C2)**
- Two types of payment methods are available.
  - By cheque*  
Please prepare a crossed cheque made payable to **"Hong Kong Breast Cancer Foundation Limited"** with your name, contact number and activity written on the back of the cheque and send it to the venue in which the activity concerned will be held (Each activity requires a separated cheque.):
    - ✓ Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong.)
    - ✓ Kowloon Centre (28 Lung Cheung Road, Ngau Chi Wan, Kowloon)
  - By cash*  
Please make payment directly at our office.
- Members are expected to treasure the teaching of tutors and take the responsibility to be present for the enrolled class. Those who cannot attend the enrolled class must inform the counter staff of the Breast Cancer Support Centre one day before the class. Please contact counter staff at 2525 6033 (Hong Kong Centre) / 2597 3251 (Kowloon Centre).
- Indoor activities and interest classes arrangements in times of Tropical Cyclone Warning Signals and Rainstorm Warnings:
  - o When Typhoon Signal No.8 or Black Rainstorm Warning is issued, all activities will be cancelled or suspended. (If the Typhoon Signal No.8 or Black Rainstorm Warning is issued during the activities, members should stay indoors until the signal is cancelled.)
  - o When Typhoon Signal No.3 or Red or Amber Rainstorm Warning is issued, indoor activities will continue. Outdoor activities are subject to availability, please call the centre for further information
  - o When Typhoon Signal No.8 or Black Rainstorm Warning is cancelled, the activities will be arranged based on the following :
    - ♣ Signal or Warning is cancelled at or before 12:00 noon : Centre will be opened after two hours and the remaining activities will continue.
    - ♣ Signal or Warning remains after 12:00 noon : Centre will be closed and all activities will be cancelled.

### Reminder for Interest Class

- The class will be cancelled if the size is less than 5 people. **Deadline for enrollment and payment is 7 working days before the class.**
- All activities are open to HKBCF members or breast cancer patients only.
- Members who **cannot attend the enrolled class** for twice continuously and did not inform counter staff of the Breast Cancer Support Centre will **be considered to have given up the enrolled offer.**
- The attendance of each interest class will be reviewed periodically. Members whose attendance rate is **less than 50%** of total sessions (except for those who are receiving targeted therapy, surgery, radio- or chemotherapy) will be **suspended from re-enrollment in the following month** so as to make allowance for other members to join.

### Notes on Refund

Full refund will be arranged only if the activity is cancelled due to insufficient enrollment. Otherwise, no refund of any kind will be made.

Please be reminded that members are required to bring the receipt to our centre for application of refund within one month after receiving refund notification. Late application will not be processed.

### Newsletter

### Highlighted Events

### (1) Groups / Workshops

#### Bereavement Group

- Content:** Family members and relatives who took care of breast cancer patients shall suffer from sadness and sorrow after their death. The purpose of the group is to provide opportunities for family members to express their thoughts and feelings towards the deceased, regain their strength and pass on their love. The group is led by registered social workers in the form of activities, group sharing, etc.
- Target:** The bereaved and their family
- Tutor:** Registered Social Worker
- Date & Venue:** Hong Kong Centre: 24/10 (Saturday), 3pm to 5pm  
Jockey Club Breast Health Centre (Kowloon): 9/12 (Wednesday), 10:30am to 12:30pm
- Capacity:** 5 persons (Every Session)
- Fee:** Free
- Language:** Cantonese ONLY
- Registration:** Please contact your case nurses or social workers Ms. Leung 3143 7315 /Ms. Sy 25973271



#### MFR Yoga

- Content:** Myofascial release: In the myofascial relaxation class, tutor teaches students to use some assistive tools, such as small massage balls, to relax the soft tissues of the fascia with specific movements. Fascial relaxation can increase myofascial mobility and reduce pain. It is also an effective way to help recover normal function of the tissue. As it stitches in a slow and precise manner, it is also great and relaxing for later rehabilitation.
- Tutor:** Registered Yoga Tutors
- Target:** Breast cancer patients and survivors
- Date:** October Class: 9, 16, 23, 30/10 (Friday, 4 sessions)  
November Class: 13, 20, 27/11 (Friday, 3 sessions)  
December Class: 4, 11, 18/12 (Friday, 3 sessions)
- Time:** 2:30pm to 3:30pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 7 persons (First come first served, only for HKBCF members)
- Fee:** \$80 for October Class  
\$60 for November Class  
\$60 for December Class
- Language:** Cantonese
- Registration:** Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251
- Remark:**
1. Participants cannot simultaneously register for MFR yoga class and Yoga stretch class.
  2. Participants should wear loose fitting/ comfortable clothing.
  3. Please prepare and bring your own yoga mat and one tennis ball.
  4. Participants will need to be barefoot or wear non-slip socks during the course.
  5. Participants should complete the operation after 3 months and be breast cancer survivors.
  6. **Participants could not enrol the next yoga class, if the attendance is lower than 80%**
  7. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'



### Yoga Stretch Class

Content:	Yoga stretching is a restorative and gentle course. The movements designed for students focus on upper limb extension and overall body relaxation. It helps us reduce fatigue, improve blood circulation and physical function as well as sleep quality.
Tutor:	Registered Yoga Tutors
Target:	Breast cancer patients and survivors
Date:	October Class: 9, 23/10 (Friday, 2 sessions) November Class: 20/11 (Friday, 1 sessions) December Class: 4/12 (Friday, 1 sessions)
Time:	3:45pm to 4:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$40 for October Class \$20 for November Class \$20 for December Class
Language:	Cantonese
Registration:	Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251



### Remark:

1. Participants cannot simultaneously register for MFR yoga class and Yoga stretch class.
2. Participants should wear loose fitting/ comfortable clothing.
3. Please prepare and bring your own yoga mat.
4. Participants will need to be barefoot or wear non-slip socks during the course.
5. Participants should complete the operation after 3 months and be breast cancer survivors.
6. **Participants could not enrol the next yoga class, if the attendance is lower than 80%**
7. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'

### Yoga Class

Content:	Yoga stretching so a mild course.it helps with reducing tiredness, improving blood circulation, improving body metabolism and sleeping quality. Please join the class with a joyful heart.
Tutor:	Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor)
Target:	Breast cancer patients and survivors
Date:	10/10, 17/10, 24/10, 31/10, 7/11(Saturday, 5 sessions)
Time:	10am to 11am
Venue:	Hong Kong Centre
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$100
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 /Ms. Tam 2525 6033
Remark:	<ol style="list-style-type: none"> <li>1. Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel If needed.</li> <li>2. Please prepare and bring your own yoga mat.</li> <li>3. Participants will need to be barefoot or wear non-slip socks during the course.</li> <li>4. Participants should complete the operation after 3 months and be breast cancer survivors.</li> </ol>

### Dancing Therapy – Jazz Dance

Content:	Through brisk music beat and dance movement, participants can enhance sense of music and times, train way of thinking, cultivate mind, release pressure, and improve posture. Let's enjoy dancing without pressure.
Tutor	Ms. Cheng Ching Yee (Professional Dance Tutor)
Target:	Breast cancer survivors (only for HKBCF members)
Date	October: 14, 21, 28/10 (Wednesday, 3 sessions) November: 11, 18, 25/11 (Wednesday, 3 sessions) December: 2, 9, 16, 23/12 (Wednesday, 4 sessions)
Time &	11:45am – 12:45pm / Jockey Club Breast Health Centre (Kowloon)
Venue:	
Capacity:	7 persons / Group
Fee:	\$220 for October's class; \$220 for November's class; \$290 for December's class (please apply at least 10 days before the class)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 2597 3251/ 2597 3253 / Ms. Sy 2597 3271
Remark	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'



### Dancing Therapy – Group Dance

Content:	This course is suitable for people who are interested in dancing. No dance partner is required. In addition to releasing stress, it also helps to strengthen the muscles, increase joint flexibility and improve cardiovascular function. The course includes a variety of dances such as row dance, free group dance, funky dance, etc.
Tutor	Ms. Kandy Wong (Professional Dance Teacher)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	Class A : 11, 25/11 (Wed, 2 sessions) Class B : 7, 14/11 (Sat, 2 sessions)
Time:	Class A : 10:15am-11:15am Class B : 11:30am-12:30pm
Venue:	Class A : Jockey Club Breast Health Centre (Kowloon) Class B : Hong Kong Centre
Capacity:	10 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$40 (for members only)
Language:	Cantonese ONLY
Registration:	Please contact 3143 7351 Miss Li/ 2597 3253 Miss Wong
Remark	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'

### Music Therapy Workshop - Joyful Band – the oldies

- Content:** Restore positive energy and improve mood by immersing into music through playing golden oldies with simple percussion instruments.
- Date:** 7 November 2020 (Saturday)
- Facilitator:** Ms Jenny Lam (Registered Music Therapist (Australia), Neurologic Music Therapist, Certified Counsellor)/ Ms Mei Ho (Registered Music Therapist (Australia), Neurologic Music Therapist, Fellow of AMI)
- Target:** Breast cancer patients & survivors
- No. of Session:** 1 session
- Time:** 11:00am – 12:30pm (1.5 hours)
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Quota:** 12 persons
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy at 2597 3271 / 2597 3251 Ms. Wong
- Remarks:**
1. Please dress comfortably to facilitate movement. No music knowledge or skills is required.
  2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
  3. To participate in the online workshop, a computer/iPad/smartphone is required, along with certain recommended computer/mobile applications some household utensils which could be creatively used to make musical sound.



### Music Therapy Workshop - INSIGHT

- Content:** To get insights and gain positive energy through music and imagery, symbols, colors and drawing.
- Date:** 12 December 2020 (Saturday)
- Facilitator:** In present: Ms Mei Ho (Registered Music Therapist (Australia), Neurologic Music Therapist, Fellow of AMI)  
Online: Ms Jenny Lam (Registered Music Therapist (Australia), Fellow of Neurologic Music Therapist, Fellow of AMI, Certified Counsellor)
- Target:** Breast cancer patients & survivors
- No. of Session:** 1 session
- Time:** 3:00pm – 4:30pm (1.5 hours)
- Venue:** Hong Kong Centre
- Quota:** 12 persons
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Leung at 3143 7315 / Ms. Li at 3143 7351
- Remarks:** No music knowledge or skills is required. Just be open and relax while making music. To participate in the online workshop, a computer/iPad/smartphone is required. In addition, pieces of A3/A4 white paper and oil pastel.



### Ukulele Class

**Content:** Learning a musical instrument can be relaxed and concentrated. It also can train the small muscles of the hands. Ukulele is a small guitar which can make simple and clear sound through simple sweeping. Let's play and sing together.

- Introduction to Ukulele structure and posture
- Ukulele maintenance
- Coordination between left and right hand, finger dexterity and endurance training
- Fingering and scales
- Tips on different fingering, strumming and performance

**Facilitator:** Professional Ukulele teacher

**Target:** Breast cancer survivors (Members only)

**Date:** 14/11, 21/11, 28/11, 5/12, 12/12, 19/12

**No. of** 6

**Session**

**Time:** 9:30am – 10:30am

**Venue:** Hong Kong Centre

**Quota:** 15 persons

**Fee:** \$120

**Language:** Cantonese ONLY

**Registration:** Please contact Ms. Tam at 2525 6033 / Ms. Li at 3143 7351

**Remarks:**

1. Please prepare your own Ukulele for the class
2. \$250 each for purchasing an Ukulele (including a tuner and free transportation to Hong Kong Centre)
3. \$150 each for renting an Ukulele (including a tuner and free transportation to Hong Kong Centre)
4. Participates please indicate if purchasing or renting an Ukulele needed during enrolment.
5. Only receive cash or cheque for the fee of purchasing and renting an Ukulele



### Expressive Arts Workshop – Find Your Inner Peace in Meditation and Music

- Content:** The workshop leads participants to find their inner peaceful state through listening to meditative music and the sounds of nature. Under the guidance of tutors, participants will find their own needs and feelings safely and peacefully. And remind themselves to listen to their inner needs regularly, with the hope of bringing the peaceful state of mind into their daily lives.
- Therapists:** Ms. Canna Tang, Registered Arts Therapist
- Target:** Breast cancer survivors (No arts experience is required)
- Date:** 17/10/2020 (Saturday)
- Time:** 10:30am to 12:30pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253
- Remarks**
1. No arts or music skills is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active. Participant should apply either one class only.
  2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants have to pick up material package at center.



### Expressive Arts Workshop –Color Your Days with Art and Poem

- Content:** The workshop brings awareness to expressing one's feelings through visual art, reducing the feelings stress, and finding hope in life through poetry writing. Therapists are going to lead participants to turn their inner feelings and creativity into unique paintings. Under the guidance of the therapist, participants are going to feel their inner feelings, and turn those feelings into poetry, which they can bring back into their real life.
- Therapists:** Ms. Janet Lee (Expressive Arts Therapist)
- Target:** Breast cancer survivors (No arts experience is required)
- Date:** 24/10/2020 (Monday)
- Time:** 10:30am to 12:30pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons each class (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253
- Remarks:**
1. No arts or music skills is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active. Participant should apply either one class only.
  2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants have to pick up material package at center.

### Watercolor painting relaxation workshop

Content:	<p><b>Class A (for new-comers) :</b> 6/10 Colourful starry night ; 20/10 Christmas tree (elementary) (Skills: the usage and control of water, understanding the primary colours, rendering and pen-knocking method, they understanding and usage of the brush pen, the making of a tree silhouette)</p> <p><b>Class B (for new-comers) :</b> 3/11 Sunflower ; 10/11 Christmas tree (advanced) (Skills: the usage of water, drawing on water, how to draw flowers and leaves)</p> <p><b>Class C (for old-comers) :</b> 1/12 Santa Claus and reindeer (illustration) (Skills: the usage of water colour, how to observe, the usage of 3D objects and light, how to use colouring pencils and watercolor at the same time)</p> <p><b>Class D (for old-comers) :</b> 15/12 Christmas garland (Skills: Rendering method, the form and structure of flowers and leaves, skills on water colour brush, how to use colouring pencils and watercolour at the same time)</p> <p>Note: participants can design their own Christmas card for their family and friends. If the pandemic remains severe, the workshop will be conducted through ZOOM. Please prepare colouring brush and pens, colour and colouring paper for the lesson.</p>
Tutor:	Ms. Fiona Tang (Experienced Art Tutor)
Target:	Breast cancer survivors
Date:	<p>Beginner A: 6, 20/10 (Tue, 2 sessions) for Class A</p> <p>Beginner B: 3, 10/11 (Tue, 2 sessions) for Class B</p> <p>Advanced C: 1/12 (Tue, 2 sessions) for Class C</p> <p>Advanced D: 15/12 (Tue, 2 sessions) for Class D</p>
Time:	10:30am to 12:30am
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	7 persons
Fee:	Class A: \$60, Class B: \$60, Class C: \$30, Class D: \$30
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 25973251/ 2597 3253 / Ms. Sy 2597 3271
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



### Expressive Art – Mosaic Workshop

Content:	In this course, you will experience the basic mosaic techniques, colour matching and crossover with Decoupage. We will use various materials on different projects, eg. glass, china and ceramic.
Tutor	Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date, Time,	Class A : November 21 ( Sat ), 4pm-5:45pm, Project: Mosaic 4R wooden photo frame , Venue:
Venue:	Jockey Club Breast Health Centre (Kowloon)
	Class B : November 24 ( Tue ), 3pm-4:45pm, Project: Mosaic square shape coaster , Venue: Hong Kong centre
Capacity:	Each class 15(for members only)
Fee:	Each class \$30 (please apply at least a month before)
Registration:	Please contact 3143 7351 Miss Li/ 2597 3253 Miss Wong
Remark	<p>The completed artwork needs to be sent to studio for caulking process and can be collected after 3 weeks in the center.</p> <p>In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'</p>

### "Paper and Light" Light Box Workshop

- Content:** "Paper and Light" Light Box is not just a lamp. It is a box could tell stories by mixing paper, light and shadow. Let's come and make your own Light Box.
- Tutor:** Ms. Joyce Wong (Professional Hand Craft Tutor)
- Target:** Breast cancer patient and survivors (Members ONLY)
- Date:** 20/11
- Time:** 10:30am – 12pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons
- Fee:** \$30
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Chan at 2597 3251 / Ms. Wong at 2597 3253
- Remarks:** In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



### Expressive Art–Decoupage workshop

- Content:** An interesting, easy making Decoupage try-out project. In this workshop, you will experience basic colour theory, Decoupage techniques with napkins and rice papers and create their own unique pieces.
- Tutor:** Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date,Time, Venue:**  
 Class A : October 31 ( Sat ), 4pm-5:45pm, Project: Decoupage 3D wooden door hanger, Venue: Jockey Club Breast Health Centre (Kowloon)  
 Class B : November 21 ( Sat ), 2pm-3:45pm, Project: Decoupage rectangle wooden box , Venue: Jockey Club Breast Health Centre (Kowloon)  
 Class C : December 1 ( Tue ), 3pm-4:45pm, Project: Decoupage Christmas ornament & DIY Christmas card , Venue: Hong Kong centre  
 Class D : December 9 ( Wed ), 2:30pm-4:15pm, Project: Decoupage Christmas ornament & DIY Christmas card , Venue: Jockey Club Breast Health Centre (Kowloon)
- Capacity:** Each class 15 (for members only)
- Fee:** Each class \$30 (please apply at least a month before)
- Registration:** Please contact 3143 7351 Miss Li/ 2597 3253 Miss Wong/ 3143 7315 Ms. Leung/ 2597 3271 Ms. Sy
- Remark:** Cantonese ONLY  
 In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'

### Fotomo Workshop – Making a mini Oi! Arts Centre

**Content:** Fotomo - Fotografie ( Photography in German) + model. A 3D object created from normal photo prints of real world scene, cut and assembled into 3D collage.

Oi! Arts Centre is located at 12 Oil Street, North Point, at the corner of Electric Road. The building was built in 1908 and served as the Royal Hong Kong Yacht Club headquarters and clubhouse until 1938. It has been listed as a Grade II historic building.

**Tutor:** Ms. Joyce Wong (Professional Hand Craft Tutor)

**Target:** Breast cancer patient and survivors (Members ONLY)

**Date:** 10/12

**Time:** 10:30am – 12pm

**Venue:** Hong Kong Centre

**Capacity:** 15 persons

**Fee:** \$30

**Language:** Cantonese ONLY

**Registration:** Please contact Ms. Tam at 2525 6033 / Ms. Li at 3143 7351

**Remarks:** In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



### Eating For Happiness and Good Health – Making simple snack

**Content:** Learn the importance of having good dietary habits to our emotions

Learn about what kinds of food for improving emotions

Learn to make some snacks which is good to our emotions

Day 1: Banana Nuts Yogurt

Day 2: Banana Sesame Paste

**Tutor:** Ms. Suki Lok (Practicing Counsellor, Registered Nurse)

**Target:** Breast cancer survivor and patient completed medical treatment

**Date:** 20/10 and 27/10 (Every Tuesday, 2 sessions)

**Time:** 2:30pm – 4:00pm

**Venue:** Hong Kong Centre

**Capacity:** 10 persons

**Fee:** \$50

**Language:** Cantonese ONLY

**Registration:** Please contact Ms. Tam at 2525 6033 / Ms. Li at 31437351

**Remarks:** In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

### Estée Lauder Companies Beauty Workshop

Content: Simple Back to Work Makeup Workshop  
 Worker: Gabrielle Tsui / Kevin Chan – Estee Lauder  
 Target: Survivor who will Back to Work  
 Date: 18/11 (Wednesday)  
 Time: 3pm to 5:30pm  
 Venue: Jockey Club Breast Health Centre (Kowloon)  
 Capacity: 15 persons (only for members of the HKBCF)  
 Fee: \$30  
 Language: Cantonese ONLY  
 Registration: Please contact your case nurses or Social worker  
 Ms. Sy 25973271 / 2597 3251/2597 3253



Remarks

1. Please bring your own table mirror
2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
3. Simple skincare and make up tips: easy basic makeup, how to care your skin under face mask.

### Basic Mindfulness Training Classes

Content: Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.

Theme: To recognize "mindfulness"; to be aware of the state of our inertia; to learn how to prepare your mind by practising meditation and breathe and make yourself feel relaxed; learn to cultivate the awareness of your own experience and help to respond calmly when facing matters.

Therapist: Mrs. Winnie Lee (Counselling & Educational Psychologist)

Target: Breast cancer patients and survivors

Date: 9, 16, 23, 30/10 (Friday, participants can join session 1 to 4)

Time : 11:00am – 12:45pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 8 persons (for members only)

Fee: \$30 per workshop, \$100 for whole series

Language: Cantonese ONLY

Registration: Please contact Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271

Remarks:

1. In response to COVID-19 epidemic, the classes may be changed to remote mode.
2. Participants are required to do 30-45 minutes of home practice every day.
3. Participants please bring your own yoga mat and big towel.



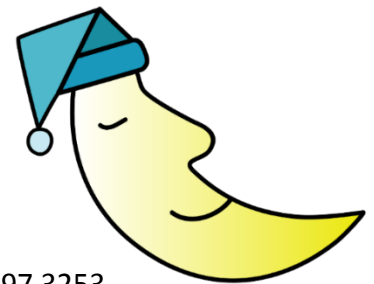
### Advanced Mindfulness Training Classes

Content:	Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
Theme	Learn how to face difficulties/stress, use different ways to treat your thoughts, how to treat yourself better? , continue use and expand your knowledge.
Therapist:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	This workshop would attach a high priority to the ones who had participated Junior Meditation class, to continue their studies on various meditation practices.
Date:	6/11, 13/11, 20/11, 27/11 (Friday, participants can join session 1 to 4)
Time :	11:00am – 12:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	8 persons (for members only)
Fee:	\$30 per workshop, \$100 for whole series
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 25973251/ 2597 3253/ Ms. Sy 2597 3271 1. In response to COVID-19 epidemic, the classes may be changed to remote mode. 2. Participants are required to do 30-45 minutes of home practice every day. 3. Participants please bring your own yoga mat and big towel.



### Insomnia Workshop – Good Sleep

Content:	Enhance awareness towards sleeping behaviors, causes of insomnia and learn ways to improving sleeping (include sleeping restriction, cognitive reclamation, relaxation exercises, etc.)
Therapists:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	4, 11, 18/12 (Friday, 3 sessions)
Time:	11:00am to 1:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	8 persons (only for members of the HKBCF)
Fee:	\$75
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253
Content:	Enhance awareness towards sleeping behaviors, causes of insomnia and learn ways to improving sleeping (include sleeping restriction, cognitive reclamation, relaxation exercises, etc.)
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



### Celebration for Survivorship of October - Decoupage long fabric wallet

- Content:** Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we had to thank of, they join our journeys and stay with us.  
- Sharing and Reminiscing the treatment journey  
- Decoupage long fabric wallet
- Worker:** Ms. Sy (Registered Social Worker) & Decoupage Tutor
- Target:** Breast cancer survivors who just finished treatments  
We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
- Date:** 31/10 (Saturday)
- Time:** 10:00am to 12:45pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253/ your responsible nurse
- Remarks:** 1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



### Celebration for Survivorship of November – An unusual self-image makeup workshop

- Content:** Returning to normal life after medical treatment, there is always different challenges, needing someone to support throughout the way.
- Companions sharing their life after recovery with each other.
  - Simple makeup skill introduction and practice
- Tutor:** Ms. Vanessa Lai (Professional Make-up and skincare instructor) & Ms. Leung (Social Worker)
- Target:** Breast cancer survivors who just finished treatments  
We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
- Date:** 19/11 (Thursday)
- Time:** 10:00am to 1:00pm
- Venue:** Hong Kong Centre
- Capacity:** 7 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Leung 3143 7315
- Remarks:** In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.





### Celebration for Survivorship of December – Precious jewellery Making your own Pendant

- Content:** Returning to normal life after medical treatment, there is always different challenges, needing someone to support throughout the way.
- Companions sharing their life after recovery with each other.
  - Making your own Pendant for celebration for survivorship
- Worker:** Ms. Leung (Registered Social Worker)  
Ms. Hazel Ng (Volunteer Teacher)
- Target:** Breast cancer survivors who just finished treatments  
We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
- Date:** 12/12/2020 (Saturday)
- Time:** 11:00am to 1:00pm
- Venue:** Hong Kong centre
- Capacity:** 7 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact your case nurses or Social worker Ms. Leung 3143 7315



### Joyful journey– Floriculture Experience Workshop

Content:	Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we had to thank of, they join our journeys and stay with us.
Worker:	Representative of Life Flower School & Consultant Ltd .
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	16/11 (Monday)
Time:	10:00am to 12:00nn
Venue	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$50 (participants should register on or before 31/10/2020)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Li 3143 7351/ Ms. Wong 25973251/ 2597 3253/ Ms. Sy 2597 3271
Remarks	The capacity may be changed due to COVID-19 epidemic. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants have to pick up material package at center.



### Green Zone - De-stress Horticultural Therapy group

Content:	Add positivity to your life using a unique way! Relieve stress and enjoy your free space through gardening activities.
Tutor:	Placement student of Assistant Horticultural Therapist
Target:	Recovered breast cancer patients
Date:	3, 10, 17, 24, 31/12 and 7, 14, 21/1 (Every Friday, 8 sessions)
Time:	10:30am-12:00nn
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	8 persons (Only for members of HKBCF)
Fee:	\$120
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy at 2597 3271 / 2597 3251
Remarks:	1. No Horticultural knowledge or skills is required.

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### (2) Talks

#### Talk in October: More about Herbal hair colouring

Content:	i) How to use herbal hair colouring and relevant treatment; ii) Demonstrations
Speaker:	Queenie Henna founder, Anson
Target:	Breast cancer patients and survivors
Date:	21/10 (Wednesday)
Time:	3pm to 5pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	30 persons (Priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact Ms. Chan at 2597 3251 or Ms. Tam at 2525 6033



Remarks: In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

#### Talk in November: Know more about organic food

Content:	The chef invited by our center uses organic plants and organic aquatic products to demonstrate how to cook. 'Learning about organic certification labels' Providing updated information about organic farming by the representative of Hong Kong Organic Resource Centre.
Speaker:	The representative of Hong Kong Organic Resource Centre.
Target:	Breast cancer survivors
Date:	25/11 (Wednesday)
Time:	3:30pm to 5:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	30 persons (Priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact Ms. Chan at 2597 3251 or Ms. Tam at 2525 6033_
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

#### Talk in November: Stretching Baduanjin workshop

Content:	The workshop consists of 3 parts: 1. A deep introduction of Baduanjin and its effects 2. Tutor demonstrating Baduanjin 3. Participants learning the first part of the Baduanjin
Speaker:	Mr. Lau Kwok Chun (Professional Baduanjin master)
Target:	Breast cancer survivors
Date:	21/11 (Saturday)
Time:	3:30pm to 5:30pm
Venue:	Hong Kong Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251_
Remarks:	In response to COVID-19 epidemic, the classes may be postponed.

### Through Life and Death - Life education lecture and workshop

Content:	Talk about life and death through experiential activities, learn about life from death.
Speaker:	To be confirmed
Target:	Breast cancer survivors
Date:	31/10 (Saturday)
Time:	11:00am – 12:30pm
Venue:	Hong Kong Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	\$40 (only for member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251_
Remarks:	In response to COVID-19 epidemic, the classes may be postponed.

### Leave it to you - Life Planning Lecture

Content:	Learn more about presupposition medical treatments, setup your will, organ donation, corpse donation, burial procedures in Hong Kong and other reminders.
Speaker:	To be confirmed
Target:	Breast cancer survivors
Date:	28/11 (Saturday)
Time:	11:00am – 12:30pm
Venue:	Hong Kong Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	\$40 (only for member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251_
Remarks:	In response to COVID-19 epidemic, the classes may be postponed.

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### (3) Members' Outing Activity

#### Oct: Organic Aquacultural Eco-tour- Fu Kum Organic Dragon Fruit Farm)

Content:	<ol style="list-style-type: none"><li>1. Let participants know more about the history, operation and characteristics of organic fish farms</li><li>2. Raise the awareness of the importance of organic farming operations to the environment</li><li>3. Give participants the opportunity to experience as an organic fisherman</li><li>4. Provide opportunities for participants to communicate with certified organic fishermen</li></ol>
Date and Time:	16/10 (Friday) 1pm to 5:45pm
Target:	Breast cancer patients and survivors (only for members of the HKBCF, new comers will have first priority to join)
Leader:	Ms. Sy (Social Worker), Ms Wong
Gathering Time:	1pm
Gathering & Dismissal	Kowloon centre
Venue:	
Capacity:	18 (first come first serve)
Fee:	Free
Deadline:	On or before 5/10 (Friday) 5pm
Language:	Cantonese
Registration:	Please contact Ms. Wong 2597 3253/Ms. Sy 2597 3271
Remarks:	<ol style="list-style-type: none"><li>1. Participants should arrive at the meet up point on time, late comers would not be waited.</li><li>2. Please inform our staff before 7 days of the activity if participants could not attend the activity by 2525 6033 / 2597 3251</li><li>3. Participants should wear clothing that are suitable for hiking and bring adequate drinking water, mosquito repellent, sunblock and rain gears.</li><li>4. For safety reasons, any persons impaired mobility, aided by others or walking sticks or wheelchair-bound, or children in prams or carried in arms are not allowed to participate in the visits.</li><li>5. Participants should arrange for their own transportation to the assemble point. Transportation between the assemble point, the dismissal point and the facilities are provided by WSD.</li></ol> <p><b>Please note: Mosquito repellent patches, mosquito-repellent water, and sunscreen products are chemicals. You must spray these before entering the farm and we recommend the use of natural mosquito to reduce environmental pollution.</b></p>



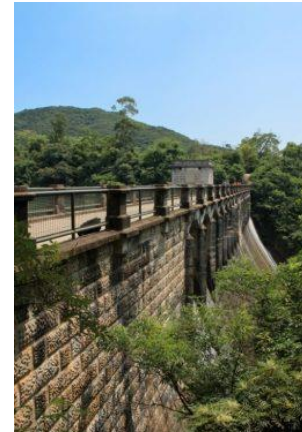
### November: Tai Tam Reservoir

- Content:** The Tai Tam Reservoir owns a beautiful view with many plants and fresh air. We will start from the south entrance of the Tai Tam Reservoir, and walk to Quarry Gap passing via the Waterworks Heritage Trail. We can admire the historical facilities, such as the stone bridges, the dam and the reservoir. The whole journey takes about 2 hours.
- Date and Time:** 24/11 (Tuesday) 1pm to 5:00pm
- Location:** Tai Tam Reservoir
- Target:** Breast cancer patients and survivors
- Route:** Gather at Sai Wan Ho station -> get on bus no.14 and exit at Tai Tam Country Park stop -> walk to Tai Tam Reservoir -> Arrive at Quarry Gap (Participants could leave via bus no.14 or arrive at Quarry Bay via Mount Parker Road)
- Leader:** Ms. Leung (Social Worker), Ms Li
- Gathering Time:** 1pm
- Gathering Venue:** MTR Sai Wan Ho Station Exit A
- Capacity:** 15
- Fee:** Free
- Deadline:** On or before 17/11 (Tuesday), 5pm
- Language:** Cantonese
- Registration:** Please contact Ms. Li 3143 7351 / Ms. Leung 3143 7315
- Remarks:**
1. Late attendants will not be entertained
  2. Please wear clothing suitable for hiking, prepare enough water, sunscreen and insect repellent
  3. Please wear sport shoes or hiking shoes
  4. Due to safety issues, members with mobility issues could not join this event.



### December: Aberdeen Reservoirs

- Content:** Aberdeen reservoir is a relaxing trail. It takes around two hours. You can appreciate the stone bridge and the dam, which are declared monuments.
- Date and Time:** 17/12 (Thursday) 1pm to 5:00pm
- Target:** Breast cancer patients and survivors (only for members of the HKBCF, new comers will have first priority to join)
- Leader:** Ms. Leung (Social Worker), Ms Li
- Gathering Time:** 1pm
- Gathering Venue:** MTR Admiralty Station Exit C1
- Location:** Aberdeen Reservoir
- Route:** Gather at Admiralty Station -> get on bus no.15 and exit at Wan Chai Gap Park stop -> Go to Aberdeen Reservoir -> Arrive Aberdeen
- Capacity:** 15
- Fee:** Free
- Deadline:** On or before 10/12/2020 (Thursday) 5pm
- Language:** Cantonese
- Registration:** Please contact Ms. Li 3143 7351/Ms. Leung 3143 7315
- Remarks:**
1. Late attendants will not be entertained
  2. Please wear clothing suitable for hiking, prepare enough water and food
  3. Please wear sport shoes or hiking shoes. Due to safety issues, members with mobility issues could not join this event
  4. Please do not disturb wild animals



# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### (4) Other Supporting Services

#### Meeting with Expert – Doctor with you

Content:	To learn and understand different breast cancer treatment through discussion and consultation with an oncologist.
Expert:	Clinical Oncologist
Target:	Stages 0 to 3 newly diagnosed patients aged above 40
Format:	Group discussion
Date:	4/11 (Wednesday)
Time:	3:15pm to 5:15pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



#### Meeting with Expert - Psychologist with you

Content:	To learn how to manage different emotions encountered during the cancer-fighting journey through discussion and consultation with a psychologist
Expert:	Dr. Rhoda Yuen (Counseling Psychologist)
Target:	Group A - Stages 0 to 3 newly diagnosed patients aged below 40 Group B - Advanced breast cancer patients
Format:	Group discussion
Date:	Group A – 17/12 (Thursday) Group B – 6/11 (Friday)
Time:	Group A – 2:00pm to 4:00pm Group B – 2:30pm to 4:30pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

#### Medical Consultation

Content:	Professional Oncologist consultation service
Target:	Breast cancer patients
Date/Time:	Please contact our nurses or social workers for more details
Venue:	Hong Kong Centre / Jockey Club Breast Health Centre (Kowloon)
Fee:	\$1000 / Persons (for breast cancer patients and members only) Fee waving for low income and CSSA recipients could be applied. Please contact nurse or social worker for details.
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



### Free Haircut and Support group

Content:	Professional haircut and styling with support and sharing group
Target:	Breast cancer patients (for breast cancer patients before and within one year after chemotherapy only)
Date:	October: 13/10 (Tuesday) November: 17/11 (Tuesday) December: 8/12 (Tuesday)
Time:	10:30am-12:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Fee:	Free (for members only)
Capacity:	5
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



### Psychologist Counselling Service

Content:	Professional psychologist individual counselling service
Expert:	Psychologist
Target:	Breast cancer patients and survivors
Format:	Individual counselling
Date & Time:	By appointment
Venue:	Jockey Club Breast Health Centre (Kowloon) / Hong Kong Centre
Fee:	Depending on the result of the mean test
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



### (5) Materials Supporting Services

#### Bright life series—Wigs giving

- ✧ With the generous support of Wonderful Knots Foundation and Aderans Hong Kong Limited, HKBCF has a free wig programme to facilitate the access to wigs by financially underprivileged breast cancer patients (within one year before chemotherapy and one year before completion of chemotherapy and those with no wig (priority)). Interested individuals need to meet certain criteria and submit an application for assessment before or within chemotherapy.
- ✧ For more details of the programme and the application process, please contact the responsible nurse or social worker, Ms. Leung at 3143 7315 or Ms. Sy at 2597 3271.

#### Bright life series—Bra and Prosthesis giving

- ✧ In order to help those breast cancer patients with financial difficulty to keep their self-image after mastectomy, a free bra and prosthesis program is launched by Hong Kong Breast Cancer Foundation and Comfort Me Health Wear Co. Ltd.
- ✧ Breast cancer patients or survivors who are interested please contact social worker, Ms. Leung at 3143 7315 or Ms. Sy at 2597 3271 for financial assessment. After completing the application form with supportive document, bras and prosthesis will be given to the successful applicants.

#### Bright Life series--- Bandage giving

- ✧ Our center received a generous donation of bandage for supporting our service. Breast cancer patients or survivors from low-income families or CSSA recipients can contact Ms. Tam at 2525-6033 or your primary nurse if you are interested in the program.
- ✧ The eligible applicants have to go through financial assessment and join the individual bandage class provided by HKBCF before getting the bandage.

#### Garment Fitting

- ✧ After breast cancer resection, patients may have upper limb lymphedema, and the pressure sleeves are used to control the swollen limb and help with lymphatic circulation.
- ✧ Members can refer to responsible nurses for more details. Non-members may contact Ms. Tam 2525 6033 / Ms. Chan 2597 3251.



## Breast Cancer Support Centre

### Members' Circular (Oct- Dec 2020)

#### (6) Volunteer Work

##### Circular Folding

Content: Help in folding circular  
Capacity: 5 for each group  
Date: 12/12 (Saturday) or 14/12 (Monday)  
Time: 10:00am to 1:00pm  
2:00pm to 5:00pm  
Venue: Hong Kong Centre  
Registration: Please contact Ms. Chan 3143 7343



##### Volunteer Initiation Day 2020

Content: Welcoming new volunteers. To understand HKBCF, different types of voluntary service, volunteer codes and information.  
Target: New register volunteer  
Capacity: 15 persons  
Date: 21/11 (Saturday)  
Time: 10:00am to 1:00pm  
Venue: Hong Kong Centre  
Registration: Please contact Ms. Chan 3143 7343

##### Volunteer Recognition Ceremony 2020

Content: Let's celebrate with the volunteers and thank for their help and support throughout the year on the international volunteer day!  
Target: All HKBCF volunteers  
Capacity: 50 persons  
Date: 5/12 (Saturday)  
Time: Announce later  
Venue: Hong Kong Centre  
Registration: Please contact Ms. Chan 3143 7343

Dear volunteers,

Have you all missed me and other volunteers through this severe pandemic? (It has already been 8 months!)

I would hope to see you all soon too! Although its hard to tell when we would meet again. But before we could meet again, remember to stay healthy and take care of the ones around you. Hope you all would be safe and sound until we meet!

You are welcome to have a quick chat with me through the phone! My phone number is 3143 7343.

Hope to see you all again very soon!

I am Ivy, the volunteer coordinator of HKBCF

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### (7) Interest Class

Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
Ho's Yijingjing Class A (October)	Mr. Ho Fat Pong	Hong Kong Centre	3 sessions: 5,12,19/10 (every Monday)	3:00pm to 4:30pm	7	\$60	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class A (November)			5 sessions: 2,9,16,23,30/11 (every Monday)	3:00pm to 4:30pm	7	\$100	
Ho's Yijingjing Class A (December)			4 sessions: 7,14,21,28/12 (every Monday)	3:00pm to 4:30pm	7	\$80	
Knitting Class (October)	Ms. Ng Wei Han		3 sessions: 6,13,27/10 (Tuesday, no class on 20/10)	2:30pm to 4:30pm	7	\$60	1. Bring own knitting needles & wool 2. For breast cancer survivors only
Knitting Class (November)			4 sessions: 3,10,17,24/11 (every Tuesday)	2:30pm to 4:30pm	7	\$80	
Knitting Class (December)			5 sessions: 1,8,15,22,29/12 (every Tuesday)	2:30pm to 4:30pm	7	\$100	
Pilates for shoulder care (October)	Ms. Angela Yiu		1 session: 13/10 (Tuesday)	2:30pm to 3:30pm	7	\$20	Pilates exercises work to balance the muscles around the shoulders in different positions to achieve the dynamic stability through the full range of movement. The shoulders and neck are encouraged to work together to achieve improved posture throughout the upper body. This is great for preventing and treating neck and shoulder problems. 1. Priority is given to the nurses referral 2. Comfortable wear and shoes recommended 3. For breast cancer patients/survivors only
Pilates for shoulder care (November)			1 session: 10/11 (Tuesday)	2:30pm to 3:30pm	7	\$20	
Pilates for shoulder care (December)			1 session: 15/12 (Tuesday)	2:30pm to 3:30pm	7	\$20	

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
<b>Dynamic Pilates Dance Class (October)</b>	Ms. Mandy Tang		1 session: 12/10 (Monday)	2:00pm to 3:00pm	7	\$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. It is designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only
<b>Dynamic Pilates Dance Class (November)</b>			1 session: 9/11 (Monday)	2:00pm to 3:00pm	7	\$20	
<b>Dynamic Pilates Dance Class (December)</b>			1 session: 14/12 (Monday)	2:00pm to 3:00pm	7	\$20	
<b>Pilates Stretch Exercises (October)</b>	Ms. Connie Wong	Jockey Club Breast Health Centre (Kowloon )	1 session: 12/10 (Monday)	10:00am to 11:15am	7	\$20	Pilates is known for helping people develop both strength and flexibility. The following set of Pilates stretches includes exercises that increase flexibility of the back, front-body, side-body, hamstrings, and hips. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only 3. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
<b>Pilates Stretch Exercises (November)</b>			1 session: 30/11 (Monday)	10:00am to 11:15am	7	\$20	
<b>Pilates Stretch Exercises (December) (advance)</b>			1 session: 28/12 (Monday)	10:00am to 11:15am	7	\$20	
<b>Dynamic Pilates Dance Class (October)</b>	Ms. Mandy Tang		1 session: 12/10 (Monday)	11:30am to 12:30am	7	\$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. This work of structured free form movement with foundational principles is

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
<b>Dynamic Pilates Dance Class (November)</b>			1 session: 9/11 (Monday)	11:30am to 12:30pm	7	\$20	designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only 3. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi- person video conference'.
<b>Dynamic Pilates Dance Class (December)</b>			1 session: 14/12 (Monday)	11:30am to 12:30pm	7	\$20	
<b>Stretching Release Pressure Class (November)</b>			1 session: 9/11 (Monday)	10:30am- 11:15am	7	\$20	
<b>Stretching Release Pressure Class (December)</b>			1 session: 14/12 (Monday)	10:30am- 11:15am	7	\$20	
<b>Ho's Yijingjing Class B (October)</b>	Mr. Ho Fat Pong		4 sessions: 8, 15, 22, 29/10 (Thursday)	09:45am to 11:15am	7	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
<b>Ho's Yijingjing Class B (November)</b>			4 sessions: 5, 12, 19, 26/11 (Thursday)	09:45am to 11:15am	7	\$80	
<b>Ho's Yijingjing Class B (December)</b>			4 sessions: 3, 10, 17, 24/12 (Thursday)	09:45am to 11:15am	7	\$80	

~ Please contact Ms. Tam at 2525 6033(Hong Kong Centre) or Ms. Chan at 2597 3251(Kowloon Centre) for enrolment ~

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### (8) Support Group Sessions

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
<b>Patient Support Group</b>	Stages 0 to 3 newly diagnosed patients aged 40 or above	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Every Wednesday 2:15pm to 3:45pm Every Friday 10:30am to 12:00pm
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung, Ms. Chan Ms. Lee	Every Tuesday 2:15pm to 3:45pm
<b>Patient Support Group (English-speaking session)</b>	Stages 0 to 3 newly diagnosed patients	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Once per month 2:30pm to 4:00pm ( <i>Prior arrangement is required.</i> )
<b>Patient Support Group (Mandarin-speaking session)</b>	Stages 0 to 3 newly diagnosed patients	Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung, Ms. Chan Ms. Lee	Once per month 10.30am to 12pm ( <i>Prior arrangement is required.</i> )
<b>Young Patient Support Group (Forever Young and Beauty Group)</b>	Stages 0 to 3 newly diagnosed patients aged below 40	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Every Thursday 2:15pm to 3:45pm
<b>Advanced Breast Cancer Group (Phoenix Group)</b>	Stage 4 and recurrent breast cancer patients	Hong Kong	Ms. Tam Ms. Chow Ms. Wong Ms. Leung	Every Friday 2:15pm to 3:45pm
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee Ms. Sy	Every Monday 2:15pm to 3:45pm
<b>Local Recurrent Group (Rainbow after Raining Group)</b>	Local recurrent breast cancer patients	Hong Kong	Ms. Tam Ms. Leung	Once per month ( <i>Prior arrangement is required.</i> )
<b>Tele-Support Group</b>	Breast cancer patients receiving treatment(s)	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	By appointment ( <i>Prior arrangement is required.</i> )

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee	
<b>Family Support Group</b>	Patients' family members who need psychological support	Hong Kong	Ms. Tam Ms. Chow Ms. Wong Ms. Leung	(English session) Every Monday 2:30am to 4:00pm (Prior arrangement is required.)  (Cantonese session) Every Wednesday to Friday 2:15pm to 3:45pm
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee Ms. Sy	(Mandarin session) Once per month 10:30am to 12:00pm (Prior arrangement is required.)  (Cantonese session) Every Monday, Tuesday 2:15pm to 3:45pm
<b>Treatment Preparation Group</b>	Breast cancer patients to receive chemotherapy, radiotherapy or hormonal treatments, and their family members	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	(English Group) Every Monday 12:00pm to 1:00pm (Prior arrangement is required.)  (Cantonese Group) Every Wednesday to Friday 4:30pm to 5:30pm
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee	Every Tuesday 4:00pm to 5:00pm
<b>Individual Counseling</b>	Breast cancer patients/survivors, and their family members	Hong Kong	Ms. Cheung (Centre head) Ms. Tam Ms. Chow Ms. Wong Ms. Leung	By individual appointment



# Breast Cancer Support Centre

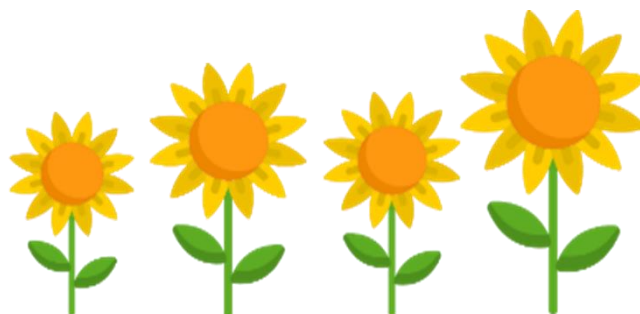
## Members' Circular (Oct- Dec 2020)

		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee Ms. Sy	
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*~ Please contact Ms. Cheung / Ms. Chow at 2525 6033 (Hong Kong Centre) or Ms. Wong/Ms. Ma at 2597 3251 (Kowloon Centre) for appointment or prior registration ~*

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
<b>Sunflower Group</b>	Breast cancer survivors aged 40 or above who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress	Hong Kong & Jockey Club Breast Health Centre (Kowloon)	Social Workers	<b>Suspended</b>
<b>Young Sunflower Group</b>	Stages 0 to 3 breast cancer survivors aged below 40 who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress	Hong Kong & Jockey Club Breast Health Centre (Kowloon)	Social Workers	<b>Suspended</b>

*~ Please contact Ms. Leung at 2525 6033 (Hong Kong Centre) or Ms. Sy at 2597 3251 (Kowloon Centre) for appointment or prior registration ~*



# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

### (9) Paramedical Support

Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
Post-operative Upper Limb Exercise Class	Post-operative breast cancer patients	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Every Wednesday 11:00am to 11:30am Every Thursday 4:00pm to 4:30pm (Prior arrangement is required.)
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee	Every Tuesday 11:45am to 12:45pm
Post-operative Self Image Group	Post-operative breast cancer patients and family members	Hong Kong	Ms. Leung (Social worker) Dr. Cheung (Clinical Psychologist)	Every Wednesday 11:30am to 12:30pm
Lymphoedema Care Service: Lymphoedema Management Group	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Every Friday 10:30am to 12:30pm
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee	Every Thursday 2:00pm to 4:30pm
Lymphoedema Care Service: Lymphoedema Management Individual Session (Paid session)	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung (Head of BCSC) Ms. Chan	By individual appointment
Preventive Lymphoedema massage instruction (individual) (Paid session)	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	By individual appointment
		Jockey Club Breast Health Centre	Ms. Cheung Ms. Chan Ms. Lee	

# Breast Cancer Support Centre

## Members' Circular (Oct- Dec 2020)

<p><b>Preventive Lymphoedema massage class (group)</b> <b>(Paid session)</b></p>	<p>Breast cancer patients/ survivors suffering from lymphoedema</p>	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	<p>By appointment <i>(Prior arrangement is required.)</i></p>
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee	
<p><b>Lymphoedema Care Service: Basic Lymphoedema Knowledge &amp; Care Class</b> Member: Free of charge Non-member: \$100</p>	<p>Breast cancer patients and survivors</p>	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	<p>Every Tuesday 10:30am to 11:30pm</p>
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee	<p>Every Thursday 11:30am to 12:30pm</p>
<p><b>Lymphoedema Care Service: Lymphoedema Index Measurement Service</b> Measurement Fee : Member: \$180 Non-member: \$280</p>	<p>Breast cancer patients and survivors</p>	Hong Kong	Ms. Tam Ms. Chow Ms. Wong Ms. So	<p>Monday to Friday 10:30am to 12:00pm 2:30pm to 5:30pm</p>
		Jockey Club Breast Health Centre (Kowloon)	Ms. Cheung Ms. Chan Ms. Lee Ms. Li	<p>Saturday 10:00am to 12:00pm 2:30pm to 5:00pm</p>

~ Please contact Ms. Tam at 2525 6033 (Hong Kong Centre) or

Ms. Chan at 2597 3251 (Jockey Club Breast Health Centre (Kowloon)) for appointment or prior registration

**Do you support our services? Would you like to help other patients to receive our services?**

**HK\$200 provides lymphoedema index measurement for one breast cancer patient or 40 copies of breast health booklets**

**HK\$500 provides 5 comfort packs for newly diagnosed breast cancer patients HK\$800 contributes towards a mammogram for a financially underprivileged woman HK\$1000 subsidizes a diagnostic needle biopsy for a financially underprivileged woman (costs \$2,800)**

**HK\$3500 supports a breast cancer patient to receive free services from Breast Cancer Support Centre during her treatment**

Monthly donation  One-off donation

**Monthly donation/ One-off donation amount:**

HK\$800  HK\$500  HK\$300  
 HK\$200  HK\$100  HK\$ \_\_\_\_\_

**PERSONAL PARTICULARS**

Surname : \_\_\_\_\_ First Name : \_\_\_\_\_

Middle Name : \_\_\_\_\_ (Mr./Ms.)

Tel : \_\_\_\_\_ Fax : \_\_\_\_\_

Address : \_\_\_\_\_

Email : \_\_\_\_\_

**DONATION METHOD**

**Crossed Cheque**

Payable to "Hong Kong Breast Cancer Foundation Limited"

**Bank Deposit**

Please make a deposit into the Hong Kong Breast Cancer Foundation's bank account (HSBC A/C: 094-793650-838), and send us the original bank payment slip/ ATM slip with this form. Please keep a photocopy of the slip for your own record.

**Credit Card**

Visa Card  Master Card

Cardholder's Name: \_\_\_\_\_

Cardholder's signature \_\_\_\_\_

Credit Card No.: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ MM \_\_\_\_\_ YY

**Thank You!**

Donation receipt will be issued for a donation of HK\$100 or above. (IRD File No.: 91/7226).



Be eco-friendly! If you prefer an electronic edition of this circular, please inform us at 2525 6033/2597 3251.

