

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

Important Announcement

Starting from 1 March 2021, this member circular will be sent out electronically in order to reduce paper consumption and protect the environment. If you'd like to receive its hard copy, please contact us at 2525 6033 or 2597 3251 for more details. Thank you very much!

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.



| | | |
|--|--|-----------------|
| Hong Kong Centre | Address : 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Exit A, Fortress Hill MTR Station) | Tel : 2525 6033 |
| Jockey Club Breast Health Centre (Kowloon Centre) | Address : 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (Exit C2, Choi Hung MTR Station) | Tel : 2597 3251 |



Scan this QR Code with your smartphone or tablet to enter the HKBCF's official website and obtain our latest information.

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[Life Brightening Day Camp – World of Flowers]

Flowers are a gift from nature to mankind. Apart from their beauty, flowers also allow us to rediscover the beauty of oneself as we participate in various DIY activities related to flowers, giving us a sense of peace in the midst of our busy lives.

Due to the pandemic, the Life Brightening Day Camp in May this year could not be held at the camp site as in the previous year. However, the Foundation has designed a series of workshops and activities under the theme of "flowers" as an alternative of the Foundation's annual day camp.

Activities include various floral art classes, dried flower jewellery making and floral aromatherapy making, etc. For more details, please refer to the Centre's newsletter. Please be reminded that there is a limited quota, so register now!

[Traditional Chinese Medical Service]

Good News!

To cater to your needs, the BCSC is introducing Traditional Chinese Medical Service at HKBCF Jockey Club Breast Health Centre (Kowloon). For pricing and reservation details, please contact your nurse in charge.



[Lymphedema Caring Services]

HKBCF has introduced Lymphoedema Care Programme which consists of comprehensive and targeted services provided by qualified Lymphoedema Therapists and nurses to our breast cancer patients and survivors. Education, assessments, treatments, follow-up advice, and psychological support will be offered in order to prevent, manage and control breast cancer-related lymphoedema. The Intermittent Pneumatic Compression Device is now launched to relieve the discomfort of lymphoedema swelling. For more details, please feel free to contact case nurse.



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PR & Communications News



同行大使
龔慈恩女士
Goodwill Ambassador
Ms. Mimi Kung

同行大使
林愷鈴小姐
Goodwill Ambassador
Miss Ashley Lam

快啲join我哋，
一齊成為月捐者！
Join us! Be our
Monthly Donor!

一齊將愛心
化為行動啦！
Bring Your Goodwill
Into Action!

乳愛同行 每月捐贈

Month On Month Bring Your Goodwill Into Action

你的每月捐款，可以幫助香港乳癌基金會支援乳癌患者及資助有經濟困難的婦女做乳健檢查！

Your monthly donation to HKBCF can facilitate their work to support breast cancer patients and subsidise breast screening for women with financial difficulties.

龔姐Ashley同你講
Mimi & Ashley Say

捐款方法
Donation Method



☎ 3143 7357

🌐 www.hkbcf.org

✉ prc@hkbcf.org

📘 breasthealthforlife

📺 hkbcf_official

📺 HK Breast Cancer Foundation

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Experience Sharing

"Lace Beauty" Gloves "Lace Beauty" Cover

Author: Yang AsHeart



Lace is a word which originates from English of the Middle Ages. It is a decorative cloth made by the complex technique of twisting thin thread in delicate patterns with holes in them. By interlacing these pieces, a designer would be able to reveal floral patterns. Since the making of lace involves complicated techniques, procedures and highly valuable raw materials, lace was only used as decorations for church alters in the 15th century and it was first worn and used by the clergy and royalty as garments on places such as the collar or the sleeves later in the 16th century.

As most of us would know, lymphoedema is a common condition after breast cancer surgery. In addition to undergoing lymphatic drainage treatment by a professional lymphatic therapist, medical compression gloves or bandages should be worn to relieve the swelling if necessary.

However, many patients find it awkward to wear medical gloves when commuting in town. For example, passengers on a bus would shoot strange gazes at you, or even worse, a passenger sitting next to you would get up and choose not to sit even if a seat is available. No doubt, this is quite embarrassing and upsetting.

Here is the solution. If lace - the highly adored fabric of the fashion industry - is made into gloves and sewed onto a medical compression sleeve or bandage, patients could feel at ease when wearing medical gloves on the streets while feeling beautiful about the 'fashionable' touch of lace on their compression sleeves or gloves.

I used to work at the lace industry. And just like that, the "Lace Beauty" gloves for lymphoedema patients were created. The first two collections are: "Aesthetic" in black-colored lace and "Sport" in beige-colored lace.

Through the circulation of the "Lace Beauty" gloves, we hope that they can feel comfortable and at ease during their treatment. After all, with the mind, soul and body connected with one another, how could we 'be' healthy when we don't 'feel' healthy!

[On Life and Death]

In November 2020 and January 2021, the Foundation invited and collaborated with the Hong Kong Society of Hospice Social Workers in organizing two seminars related to life and death education, namely the "Leaving it to you – Life Planning Seminar" and the "Living to Dying - Life and Death Education Seminar and Workshop".

The speakers of the "Leaving it to you - Life Planning Seminar" introduced us various useful information on life planning, including the idea of a living will, the writing of a will and the ways of making a testament, etc. As participants were eager to participate and ask questions, many misconceptions about life planning were thus cleared out.

Topics related to life and death are often euphemisms in Chinese societies as they are seen as inauspicious. However, just because we do not talk about it does not mean that we do not worry or think about it. The "Living to Dying - Life and Death Education Seminar and Workshop " provides a platform for participants to reflect on their views towards life and death, giving them a chance to voice out their worries. As such, they can understand themselves better and prepare ahead.

[Ukulele Class]

From mid-November to mid-December 2020, the Hong Kong Breast Cancer Foundation organized its first ukulele class. Even though most of the participants were new to playing the ukulele, under the detailed instruction of the teachers, they were able to perform a complete song in just six lessons. Some could even play the ukulele and sing at the same time!

We particularly appreciate the perseverance of the participants. Due to the epidemic, the class had to be conducted online from the fourth session onwards. Yet, the participants worked very hard and never gave up. Such diligence and persistence are definitely noble qualities to have.

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A Heart-warming Christmas

As the outbreak of the COVID-19 pandemic prevails in Hong Kong, people from all walks of life are continuously being affected. Therefore, Wellcome launched the "Heartfelt Give-Back" programme in December 2020 and distributed a total of 2 million cash vouchers and meal tickets to the needy in the community. The Hong Kong Breast Cancer Foundation was a charity partner of this programme. Our social workers from the Breast Cancer Support Centre have also reached out to our members who are in need by giving them Wellcome cash vouchers and meal tickets.



At the same time, social workers of the Breast Cancer Support Centre also took care of our members' needs by organizing a seminar on "How to relax during the epidemic" and a "DIY Christmas Decoration Workshop" at the Kowloon Centre in December 2020, hoping to spread a little bit of love during this festive season.



Highlights of the Chinese New Year

Chinese New Year is certainly one of the most important festivals to all of us. In celebration of the New Year of the Ox, the Support Centre has organized various activities.

"Mindful Cleaning and Chinese New Year Calligraphy Workshop"

In February 2021, the Breast Cancer Support Centre organized a new year celebratory activity at the Kowloon Centre, dedicated towards "mindful cleaning and Chinese New Year calligraphy". As our members complete major cancer treatments, they would set up a new lifestyle for themselves. Similar to cleaning up a house, in doing so, our members have to let go of some of their possessions, whether it be habits, objects, etc... The calligraphy workshop has also offered an opportunity for members to write down their blessings.



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Heart-warming New Year – Year of the Ox Mini Ornaments Workshop

In February 2021, the Breast Cancer Support Centre organized a "Heart-warming New Year - Year of the Ox Mini Ornaments Workshop" at the Kowloon Centre, allowing participants to create Chinese New Year ornaments and decorations in preparation of the Year of the Ox while having a good time with one another.



Thank you for your blessings!

We thank you for the new year blessings.



送上一盒本人做的日本紙黏土的年花
水仙花 希望各位心花開,事事順意
多謝各位導師,工作人員,常常開辦
一些課程給我們康復者,從課程
中得到更多啟發,增添了自信正能量
感謝!沿途有你們!謝謝!



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Membership Affairs

1. Membership and case information updates

All membership/case information is updated regularly. If members need to update their membership information, please contact our centre staff at 25256033 / 25973251.

2. Subscription of paper newsletters

As a means to protect the environment, **starting from 1 March 2021, the Centre's newsletters will be sent out electronically.** Members can receive our newsletters free of charge through email or view them on the HKBCF website. If any members wish to continue to receive the HKBCF newsletter in paper form by post, a fee will be charged.

HK\$40 will be charged for 4 issues of the paper newsletter per year. (No one-issue subscription will be provided)

For more details on the subscription and relevant fees, please contact Ms. Tam/Ms. Li via 25256033 or Ms. Chan/Ms. Wang via 25973251.

If no application and payment have been received from the member who originally receives the newsletter in paper form, the newsletter will be suspended from being mailed to that member. If the member would like to receive the newsletter by email, please contact our staff immediately, provide one's email address, or visit our website regularly (see QR Code in the text).



Notice: Apr-Jun Event Registration

Due to the COVID-19 situation, there are special arrangements for the payment and registration of the events held from April to June. 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 any of the following methods for confirmation.

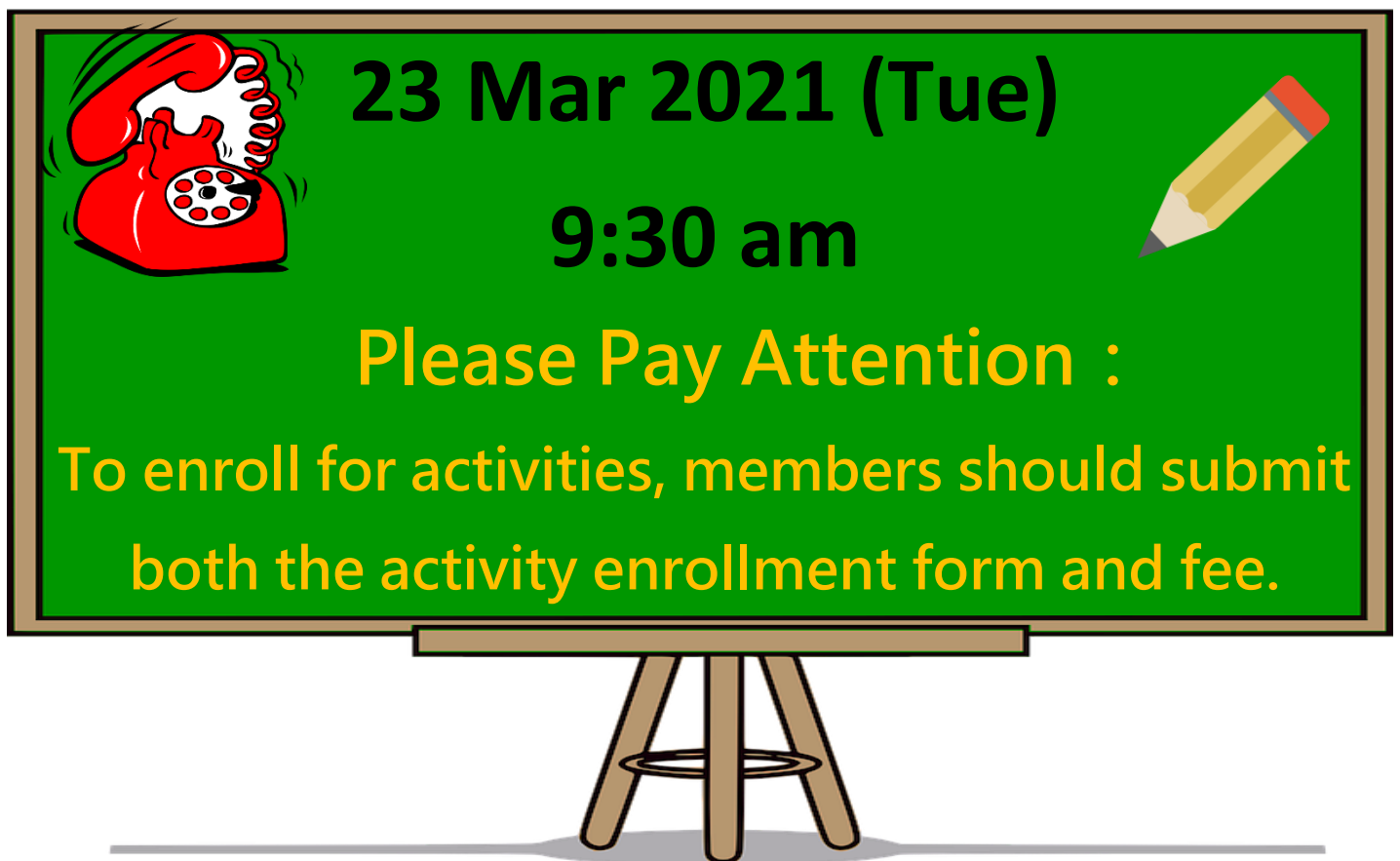
1. Pay and hand in the application form in person at Hong Kong Centre / Jockey Club Breast Health Centre (Kowloon)
 2. Mail us the cheque and registration form
 3. Bank transfer
- Only accept ATMs and bank counter transfers, no online bank transfer is accepted.
 - When registering, please inform our 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.

Apr - Jun enrolment Date & Time start from



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

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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 : _____

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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/, 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 enrolment of all activities will start at 9:30 am on 23 Mar 2021 (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.

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Newsletter

Highlighted Events

(1) Groups / Workshops

Expressive Arts and Self-Exploration Group

| | |
|---------------|--|
| Content: | Through various arts-related activities, the group allows participants to explore and rediscover oneself, as well as learn to seize the moment. The group also provides a platform for fellow fighters against breast cancer to share their experiences from being diagnosed to recovering and share thoughts on their future paths. |
| Target: | Breast cancer patients and survivors |
| Tutor: | Ms Chan (Placement student, Social Worker), Ms Sy (Registered Social Worker) |
| Date: | 16/4, 23/4, 30/4, 7/5, 14/5, 21/5 (Friday, 6 sessions) |
| Venue: | Jockey Club Breast Health Centre (Kowloon) |
| Time | 10:30am-12:00nn |
| Capacity: | 7 persons |
| Fee: | \$80 |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Sy 25973271 |

Remarks:

1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.
2. No art knowledge or skills is required.
3. Participants who are absent or late for more than half hours are allowed to take away the materials.
4. Participants will be asked about the expectation towards the group before the class.

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 & | Hong Kong Centre: Please contact us |
| Venue: | Jockey Club Breast Health Centre (Kowloon): Please contact us |
| 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 |



Yoga Class

| | |
|---------------|--|
| Content: | Yoga stretching is a mild course. It helps with reducing tiredness, improving blood circulation, improving body metabolism and sleep quality. Please join the class with a joyful heart. |
| Tutor: | Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor) |
| Target: | Breast cancer survivors |
| Date: | Class A: 10/4, 17/4, 24/4 (Saturday, 3 sessions) Class B: 8/5, 15/5, 22/5, 29/5 (Saturday, 4 sessions) |
| Time: | 9:30am to 10:30am |
| Venue: | Hong Kong Centre |
| Capacity: | 7 persons (First come first served, only for HKBCF members) |
| Fee: | Class A: \$60 Class B: \$80 |
| Language: | Cantonese |
| Registration: | Please contact Ms. Li 3143 7351 /Ms. Tam 2525 6033 |
| Remark: | <ol style="list-style-type: none"> Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel if needed. Please bring your own yoga mat. Participants will need to be barefoot or wear non-slip socks during the course. Participants must have completed the surgery for at least three months. |

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: | April Class: 16/4, 23/4, 30/4 (Friday, 3 sessions) May Class: 7/5, 14/5, 21/5, 28/5 (Friday, 4 sessions) June Class: 4/6, 11/6, 18/6, 25/6 (Friday, 4 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: | \$60 for April Class \$80 for May Class \$80 for June Class |
| Language: | Cantonese |
| Registration: | Please contact Ms. Chan 2597 3251/ 2597 3253 Ms. Wong |
| Remark: | <ol style="list-style-type: none"> Participants cannot simultaneously register for MFR yoga class and Chair Yoga class. Participants should wear loose fitting/ comfortable clothing. Please bring your own yoga mat and one tennis ball. Participants will need to be barefoot or wear non-slip socks during the course. Participants must have completed the surgery for at least three months. If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference' |



Chair Yoga 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. Chair yoga makes adjustments to the traditional yoga postures so that it can be practised with a chair, where it acts as a support for those who cannot stand for a long time. |
| Tutor: | Registered Yoga Tutors |
| Target: | Breast cancer patients and survivors |
| Date: | April's Class: 23/4 (Friday, 1 session) |
| 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: | \$20 |
| Language: | Cantonese |
| Registration: | Please contact Ms. Chan 2597 3251/ 2597 3253 Ms. Wong |



Remark:

1. Participants cannot simultaneously register for MFR yoga class and Chair Yoga class.
2. Participants should wear loose fitting/ comfortable clothing.
3. Please bring your own yoga mat.
4. Participants will need to be barefoot or wear non-slip socks during the course.
5. Participants must have completed the surgery for at least three months.
6. **If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class.**
7. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'

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: | April: 14/4, 21/4, 28/4 (Wednesday, 3 sessions) May: 5/5, 12/5, 26/5 (Wednesday, 3 sessions) June: 9/6, 16/9, 23/6, 30/6 (Wednesday, 4 sessions) |
| Time & | 11:45am – 12:45pm / Jockey Club Breast Health Centre (Kowloon) |
| Venue: | |
| Capacity: | 7 persons / Group |
| Fee: | \$120 for April's class; \$120 for May's class; \$160 for June'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 |



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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 : 17/4, 24/4 (Sat, 2 sessions) Class B : 19/6, 26/6 (Sat, 2 sessions) |
| Time: | Class A : 9:45am-10:45am Class B : 9:30am-10:30pm |
| 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 25973251 Miss Chan/ 2597 3253 Miss Wong/ 25256033 Miss Tam/ 31437351 Miss Li |



Dancing Therapy – Lunch Beat DANCE Touring (Bollywood Dance Class)

Content: Bollywood dance is a fast paced and high-energy dance styles found in movies. It mixes western hip hop/ jazz with the elements of classical Indian dances, combining acting and dancing, which is energetic and full of passion.

This course intends to provide general knowledge of Bollywood dance and culture. An introduction to BASIC BOLLYWOOD DANCE, including techniques, movements, musical rhythm, dance language and choreography. Inspired by the high-energy music from Indian films, BOLLYWOOD dance is a form that combines Indian Folk and classical dances with Hop

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Hop, Jazz, Latin and popular forms.

This program is sponsored by Leisure and Cultural Services Department, curated and implemented by BEYOND Bollywood.

| | |
|---------------|--|
| Tutor | Mr Uday Kumar SATHALA (Professional Bollywood Male Dance Teacher) |
| Target: | Breast cancer survivors (only for members of the HKBCF) |
| Date: | Class A : 17/4 (Saturday) Class B : 26/4 (Monday) |
| Time: | Class A : 3pm - 4:30pm Class B : 10:30am - 12pm |
| Venue: | Class A : Jockey Club Breast Health Centre (Kowloon) Class B : Hong Kong Centre |
| Capacity: | 10 persons / Class |
| Fee: | \$20 / Class |
| Language: | Cantonese ONLY |
| Registration: | Please contact 2525 6033 / 3143 7351(Ms. Li) or 2597 3251/ 2597 3253 (Ms. Wong) |
| Remarks: | <p><u>Proper attire for dance class</u></p> <p>Loose, comfortable clothing is appropriate. Freedom of movement is important. Barefoot is preferred. Kneepads, on occasion, are recommended. Shoes may be worn, clean with non-marking soles. For your safety, and the safety of other students, no dangling or noisy earrings, bracelets, anklets, necklaces, large hoop earrings or watches are to be worn in class. Small stud earrings are permitted.</p> |



Dancing Therapy – Chinese Dance Class

| | |
|----------|--|
| Content: | <ol style="list-style-type: none"> 1) To develop a love for Chinese dancing and an appreciation of its ethnic characteristics through the teaching of Chinese dances and folkloric dances. 2) Through understanding the basic steps and musical rhythms of Chinese dance, participants will be able to experience the beauty of Chinese dancing and relax their bodies and minds. 3) To improve one's posture and gestures by exercising body coordination. 4) Through group work and exercises, participants can develop a sense of teamwork, raise their self-confidence and develop a sense of success. |
| Tutor | Professional Chinese Dance Teacher |

Members' Circular (Apr- Jun 2021)

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| Target: | Breast cancer survivors (only for members of the HKBCF) |
| Date: | 10/4, 17/4, 24/4 (Sat, 3 sessions) |
| Time: | 11:00am-12:00nn |
| Venue: | Hong Kong Centre |
| Capacity: | 10 persons / Group (Participants have to attend all sessions, new comers will have first priority to join) |
| Fee: | \$60 / class (for members only) |
| Language: | Cantonese ONLY |
| Registration: | Please contact 25973251 Miss Chan/ 2597 3253 Miss Wong/ 25256033 Miss Tam/ 31437351 Miss Li |



Monday Singing Class

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|---------------|--|
| Content: | <p>Are you ready to make music just by your mouth? Without instruments? Let's join our acappella course! Participants are going to learn pop singing vocal techniques and basic concepts of vocal harmony in acappella.</p> <p>This course includes: Pop singing vocal techniques, How to express in singing, Basic concepts of acappella, Vocal harmony theory and techniques, Vocal percussion, Rhythm and ear training, Score reading and basic music theory, Team work in acappella</p> |
| Therapists: | Mr. Lee (Professional A cappella Tutor) |
| Target: | Breast cancer patients and survivors |
| Date: | 21/6, 28/6, 5/7, 12/7, 19/7, 26/7, 2/8, 9/8, 16/8 (Monday, 9 sessions) |
| Time: | 11:30am to 12:30pm |
| Venue: | Kowloon Centre |
| Capacity: | 12 persons (only for members of the HKBCF) |
| Fee: | \$180 |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Sy 2597 3271/ Ms. Wong 2597 3253 |
| Remarks: | <ol style="list-style-type: none"> Participants just have the passion of music. No need for music knowledge or experience. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. |



Ukulele Class

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| Content: | <p>Learning a musical instrument can be relaxing and keep you focused. 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.</p> <ul style="list-style-type: none"> - Introduction to Ukulele structure and posture - Ukulele maintenance - Coordination between left and right hand, finger dexterity and endurance training |
|----------|---|

Members' Circular (Apr- Jun 2021)

- Fingering and scales
- Tips on different fingering, strumming and performance

Facilitator: Professional Ukulele teacher
 Target: Breast cancer survivors (Members only)
 Date: 15/5, 22/5, 29/5, 5/6, 12/6, 19/6 (Saturday)
 No. of Session: 6
 Time: 11am - 12pm
 Venue: Hong Kong Centre
 Quota: 10 persons
 Fee: \$120
 Language: Cantonese ONLY
 Registration: Please contact Ms. Tam at 3143 7318 / 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. Participants 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

Handbell Workshop

Content: This course includes the basic techniques for handbell performance. It focuses on the posture, rhythmic training and ensembles so to develop participants' rhythmic sense and cooperation skill.

Therapists: Miss Anita So
 Target: Breast cancer survivors
 Date: 15/5, 22/5, 29/5, 5/6, 12/6, 19/6 (Saturday, 6 sessions)
 Time: 10:15am to 11:15am
 Venue: Jockey Club Breast Health Centre (Kowloon)
 Capacity: 12 persons each class (only for members of the HKBCF)
 Fee: \$120
 Language: Cantonese ONLY
 Registration: Please contact Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271

Estée Lauder Companies Beauty Workshop

Content: Class A:
Simple Sport Makeup Workshop
Class B:
Simple Back to Work Makeup Workshop

Worker: Professional Make-up Artist
 Target: Breast Cancer Survivor
 Date: Class A: 5/6 (Saturday)

Members' Circular (Apr- Jun 2021)

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| Time: | Class B: 19/6 (Saturday)(tentative) Class A: 2:30pm - 4:30pm Class B: 3pm - 5pm(tentative) |
| Venue: | Class A: Hong Kong Centre Class B: Jockey Club Breast Health Centre (Kowloon) |
| Capacity: | 7 persons/class (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 |
| Remarks | <ol style="list-style-type: none">1. Please bring your own table mirror2. 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 for your skin under face mask. |



Watercolor painting relaxation workshop

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| Content: | Class A: (for beginners): 20/4 Cherry Tree (Techniques: Application of the three primary colours and colour circles, the use of water, the techniques of using pens, the shape of trees, stippling techniques, and dry brushing) 27/4 Starry Night (Techniques: the usage and control of water, understanding the primary colours, rendering and pen-knocking method, they understanding and usage of the brush pen) Class B (for beginners): |
|----------|--|

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

4/5 Cherry Tree (Techniques: Application of the three primary colours and colour circles, the use of water, the techniques of using pens, the shape of trees, stippling techniques, and dry brushing)

18/5 Bird (Techniques: water control, bird shape, feather treatment, simple watercolour colouring method)

Class C (for advanced learners):

22/6 Ice Cream in Summer

(Techniques: use of colors, water control of watercolor paints, application of watercolor pens, creation of textures, etc.)

Class D (for advanced learners):

29/6 Summer Drinks

(Techniques: use of colors, application of watercolor pens, water control of watercolor paints, creation of textures, etc.)

Tutor: Ms. Fiona Tang (Experienced Art Tutor)

Target: Breast cancer survivors

Date: Beginner A: 20/4, 27/4 (Tue, 2 sessions) for Class A

Beginner B: 4/5, 18/5 (Tue, 2 sessions) for Class B

Advanced C: 22/6 (Tue, 1 sessions) for Class C

Advanced D: 29/6 (Tue, 1 sessions) for Class D

Time: 9:45am to 11:45am

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 10 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'. Please prepare your own painting brushes, pigments and drawing papers



Calligraphy Workshop

Content: Calligraphy is the expression of graceful fonts through every single stroke with the hand and heart. The workshop includes group sharing and calligraphy practices which allow participants to share experiences, achieve a meditation effect, enjoy the pleasure of calligraphy and cultivate sentiment.

Therapists: Social Worker and professional calligraphy tutor

Target: Breast cancer survivors (No arts experience is required)

Date: 11/6, 25/6 (Friday)

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

- Time:** 2:15pm to 4:00pm
Venue: Jockey Club Breast Health Centre (Kowloon)
Capacity: 8 persons each class (only for members of the HKBCF)
Fee: \$80
Language: Cantonese ONLY
Registration: Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253
Remarks:
 - Participants can bring your own wolf hair brush and 9-square grid paper. (The brushes can be borrowed in class and 40 pieces of nine-square grid paper are included)
 - No calligraphy knowledge or skills is required.

Expressive Art – Mosaic x Decoupage wooden box in square shape

- Content:** Mosaic Workshop: 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,** 19/6 (Sat), 10:30am-12:30pm,
- Venue:** Venue: Jockey Club Breast Health Centre (Kowloon)
- Capacity:** Each class 15 (for members only)
- Fee:** Each class \$30 (please apply at least 14 days before)
- Registration:** Please contact 3143 7351 Miss Li/ 3143 7315 Miss Leung/ 2597 3253 Miss Wong/ Ms. Sy 2597 3271
- Remark**
 - In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.
 - Participants who are absent or late for more than half hours are not allowed to take away the materials.
 - The semi-finished products will be collected to finish the final grouting procedures. Participants can pick up their artworks in about 3 weeks.



Workshop for Anxiety - Practising Deep Relaxation Exercise

- Content:**
 - To learn the causes of Anxiety
 - To practise deep relaxation exercise
 - To learn management skills for anxiety
- Worker:** Ms. Lok (Placement Counsellor)
- Target:** Breast Cancer Patients and Survivors (only for members of the HKBCF)

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

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|---------------|---|
| Date: | 13/4 , 20/4 (Tuesday) |
| Time: | 2:30pm - 4:30pm |
| Venue: | Hong Kong Centre |
| Capacity: | 8 persons |
| Fee: | \$20 |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Leung 3143 7315 / Ms. Li 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 Healthy Snack

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|---------------|---|
| Content: | To learn the importance of having good dietary habits for our emotions To learn about the kinds of food for improving emotions To learn making snacks which are good for our emotions |
| Worker: | Ms. Lok (Placement Counsellor) |
| Target: | Breast Cancer Survivors (only for members of the HKBCF) |
| Date: | 4/5 , 11/5 (Tuesday) |
| Time: | 2:30pm - 4pm |
| Venue: | Hong Kong Centre |
| Capacity: | 8 persons |
| Fee: | \$20 |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Leung 3143 7315 / Ms. Li 3143 7351 |
| Remarks | In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. |

Dried Flower Decorations DIY Workshop

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|----------|--|
| Content: | Through creating dried flower decorations, we put aside our busy schedules for a while and immersed ourselves in the joy of each other's company, sparing time for some quality communication as we develop our relationships, relax a bit and relieve stress. |
| Target: | Breast cancer patients and survivors |
| Tutor: | Ms Chan (Placement student, Social Worker), Ms Sy (Registered Social Worker) |
| Date: | 29/5 (Saturday) |
| Venue: | Jockey Club Breast Health Centre (Kowloon) |

Members' Circular (Apr- Jun 2021)

Time: 10:30am-12:30pm
 Capacity: 4 pairs (1 patient and 1 caretaker in a pair)
 Fee: \$40/pair
 Language: Cantonese ONLY
 Registration: Please contact Ms. Sy 25973271

Remarks: 1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.

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: 27/4, 4/5, 18/5, 25/5 (Tuesday, participants can join session 1 to 4)

Time : 10:00am – 11:30pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 15 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.



Emotion Workshop

Content: Cancer often accompanies various emotions, this workshop mainly provides skills to manage emotion and stress. Participants could apply the skills in their daily life, in order to maintain emotional well-being.

Therapists: Mrs. Winnie Lee (Counseling & Educational Psychologist)

Target: Breast cancer patients and survivors

Date: 15/6, 22/6, 29/6 (Tuesday)

Time: 10:00am to 11:30am



Members' Circular (Apr- Jun 2021)

Venue: Kowloon Centre
Capacity: 8 persons (only for members of the HKBCF)
Fee: \$50
Language: Cantonese ONLY
Registration: Please contact Ms. Chan 2597 3251/ Ms. Wong 2597 3253
Remarks: In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

Celebration for Survivorship of April - Making of A Celebration Card

Content: Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we have to be thankful for. They join our journeys and stay with us.
- Sharing and Reminiscing the treatment journey
- Making a beautiful celebration card

Worker: Ms. Leung (Registered 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: 17/4 (Saturday)
Time: 2:30pm to 4:30pm
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 / Ms. Li 3143 7351/ your responsible nurse
Remarks:
1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.
2. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Celebration for Survivorship of June - Decoupage in square shadow box

Content: Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we have to be thankful for. They join our journeys and stay with us.
- Sharing and Reminiscing the treatment journey
- 4.5in x 4.5in Decoupage in square shadow box

Worker: Ms. Sy (Registered Social Worker) & Decoupage Tutor

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

- 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:** 5/6 (Saturday)
- Time:** 2:30pm to 5:00pm
- 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'. Participants may pick up the materials from the center.
 2. Participants who are absent or late for more than half hours are not allowed to take away the materials.



Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

Life Brightening Day Camp

World of Flowers Series

Survivor Camp – Dried Flower Crystal Ball Workshop

Content: In this workshop, tutor will teach you how to make a beautiful dried flower crystal ball.

Therapists: Ms. Joyce Wong (Professional Handicraft instructor)

Target: Breast cancer survivors

Date: 24/4/2021 (Saturday)

Time: 2:30pm to 4pm

Venue: Hong Kong Centre

Capacity: 10-15 persons(only for members of the HKBCF)

Fee: \$30

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315



Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – Dried flower wax plaque workshop

Content: In this workshop, tutor will teach you and make a scent wax tablet decorated with dried flower together.

Therapists: Ms. Joyce Wong (Professional Handicraft instructor)

Target: Breast cancer survivors

Date: 29/4/2021 (Thursday)

Time: 2:30pm to 4pm

Venue: Hong Kong Centre

Capacity: 10-15 persons(only for members of the HKBCF)

Fee: \$30

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315

Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – 3D Flower Workshop

Content: In this course, we used a thermoformable pre-print flowers plastic material, made in Italy. We can simply use some basic tools, to start modeling a flat printed plastic flower in order to make a 3D flowers keychain.

Therapists: Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)

Target: Breast cancer survivors

Date: 8/5/2021 (Saturday)

Time: Class A 2:15pm - 4:15pm

Class B 3:45pm - 5:45pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 8 persons each class (only for members of the HKBCF)

Fee: \$30/class

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315

Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.



Survivor Camp – Japan Porcelarts Workshop

Content: Porcelarts is a craft that can be painted on white porcelain with transfer paper or overpaint. The transfer paper can be soaked in water and pasted on white porcelain, transfer paper has various kinds such as floral pattern, you can easily create your favorite design. Porcelarts need 800 degrees heating, these colorful decorative decals are then 'fired' onto the porcelain giving a safe and long lasting ware for your dinner service. The end product can be collected approximately 1 week after the workshop.

Therapists: Ms. Mable Chan (Bean Florist tutor)

Target: Breast cancer survivors

Date: 8/5/2021 (Saturday)

Time: 10:00am to 12:30pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 15 persons each class (only for members of the HKBCF)

Fee: \$50

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315

Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. The semi-finished products will be collected and finish the heating procedures. Participants can pick up their artworks around 3 weeks.
4. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – Floriculture Workshop

Content: Finally recovered. During the treatment, there are many ups and downs. Experiencing the beautiful life through learning simple floral decoration at home.

Therapists: Ms Law (Florist from Floral Master Academy)

Target: Breast cancer survivors

Date: 26/5/2021 (Saturday)

Time: 2:30am to 5:15pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 10-15 persons each class (only for members of the HKBCF)

Fee: \$50

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315



Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – Aroma Stone Workshop

Content: DIY aroma stone for room fragrances. Put a 6-8 drops of essential oil directly onto the aroma stone and let it soak in. Hanging on the wall as an interior decoration or hang it wherever such as in bedroom, living room, on the desk in the office, in the car or in the bathroom. A safe and recycle use for aroma stone without the use of electricity or heat.

Therapists: Ms. Mable Chan (Bean Floris Tutor)

Target: Breast cancer survivors

Date: 29/5/2021 (Saturday)

Time: 2:30pm to 5:00pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 15 persons each class (only for members of the HKBCF)

Fee: \$30

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315

Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – Pastel Nagomi Art workshop

- Content:**
1. Introducing the background of Japanese Pastel Nagomi Art.
 2. Introduce the colours and basic tools for Pastel Nagomi Art
 3. Just come and join us and experience the fun of painting
- Tutor:** Ms Kat Wong (Professional Japanese Pastel Nagomi Art Teacher)
- Target:** Breast cancer survivors
- Date:** 12/6/2021 (Saturday)
- Time:** 2:30pm to 4:30pm
- Venue:** Hong Kong Centre
- Capacity:** 10-15 persons(only for members of the HKBCF)
- Fee:** \$30
- Language:** Cantonese ONLY
- Registration:** Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315
- Remarks:**
1. Participant should apply either one of the Survivor Camp classes only.
 2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
 3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – Flower Aroma Therapy and Stress Relief Workshop

- Content:**
- Introduce the knowledge and safety of Aroma Therapy
 - Make your own flavour flower essential oil
- Therapists:** Rene Yeung (Professional Aroma Therapist)
- Target:** Breast cancer survivors
- Date:** 19/6/2021 (Saturday)
- Time:** 2:30pm - 4:30pm
- Venue:** Hong Kong Centre
- Capacity:** 10-15 persons(only for members of the HKBCF)
- Fee:** \$50
- Language:** Cantonese ONLY
- Registration:** Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315
- Remarks:**
1. Participant should apply either one of the Survivor Camp classes only.
 2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
 3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Survivor Camp – Pressed Flower Craft workshop

Content: Flowers would wither in one day. Pressed flower craft would help you keep the beauty and colour of the flower forever.

In this workshop, tutor would teach you how to make the pressed flower and seal the flowers into a card holder.

Therapists: Vicky Leung (Professional Handicraft instructor)

Target: Breast cancer survivors

Date: 26/6/2021 (Saturday)

Time: 11am to 1pm

Venue: Hong Kong Centre

Capacity: 10-15 persons(only for members of the HKBCF)

Fee: \$30

Language: Cantonese ONLY

Registration: Please contact 31437351 Ms. Li/ Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271 /31437315

Remarks:

1. Participant should apply either one of the Survivor Camp classes only.
2. In response to COVID-19 epidemic, the capacity may be changed and classes may be changed to 'ZOOM Multi-person video conference'.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.



Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

(2) Talks

Talk in April: Mindfulness and Emotional Management

- Content:** Research has shown that meditation increases one's ability to regulate emotions. Through participating in different meditation activities, we will learn to understand the various negative emotions brought about by stress and hardship, increase self-awareness, identify our habitual reactions towards various emotions and learn ways to manage and embrace our emotions.
- Speaker:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** 20/4 (Tuesday)
- Time:** 10:00am to 11:30am
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- 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. 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 June: Chinese Medicine Talk – How to improve insomnia

- Content:** Do you have insomnia? In this talk, Ms. Yim will explain
1. How Chinese medicine treats insomnia,
 2. How Chinese medicine can calm the mind and help fall asleep
 3. Other different traditional Chinese medicine methods to help you sleep.
- Speaker:** Ms. Wendy Yim (Registered Chinese medicine practitioner)
- Target:** Breast cancer patients and survivors
- Date:** 26/6 (Saturday)
- Time:** 3:00pm to 4:30pm
- 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 changed to 'ZOOM Multi-person video conference'.



Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

(3) Members' Outing Activity

April: The Green Resilience Tour

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|------------------------------|---|
| Content: | A guided tour at the Horticultural Therapy Garden and Organic Community Garden + Potted Vegetables or Herbs Workshop |
| Date and Time: | 17/4 (Saturday) 10:30am to 12:30pm |
| 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: | 10:00am |
| Gathering & Dismissal Venue: | Urban Oasis (2A Kwun Tong Road) |
| Capacity: | 20 (first come first serve) |
| Fee: | Free |
| Deadline: | On or before 31/3 (Wednesday) 5pm |
| Language: | Cantonese |
| Registration: | Please contact Ms. Wong 2597 3253/Ms. Sy 2597 3271 |
| Remarks: | <ol style="list-style-type: none"> 1. Participants should arrive at the meet up point on time. We will not wait for late comers. Latecomers will be required to purchase tickets for admission. 2. Those with heart disease, epilepsy, high/low blood pressure, asthma, high eye/brain pressure, other illnesses or poor health condition should consult their family doctor before visiting the garden. 3. Please inform our staff 7 days before the activity if participants cannot attend the activity by calling 2525 6033 / 2597 3251 |

April: Haw Par Music Guided Tour and Music Workshop

| | |
|------------------|--|
| Content: | Haw Par Mansion is a Grade 1 historic building in Hong Kong. It was the house of Aw Boon Haw's family. The mansion reflects the influence of various cultures. For example, it has the door of Chinese garden, Italian stained glass window and the design of decorations is similar to the tradition patterns of Myanmar. The building is revitalised and converted into a music academy. People can appreciate both traditional and modern art in the mansion. During the activity, there is a 60 minutes music workshop which is good for relaxation. |
| Date and Time: | 26/4 (Monday) 3:00pm to 5:30pm |
| Location: | Haw Par Mansion |
| Target: | Breast cancer patients and survivors |
| Leader: | Ms. Leung (Social Worker), Ms Li |
| Therapist: | Ms. Carol Cheung(UK Registered Music Therapist , Social Practitioner of Haw Par Music) |
| Gathering Time: | 2:30 pm |
| Gathering Venue: | Tin Hau Station Exit B |
| Capacity: | 10 |
| Fee: | Free |
| Deadline: | On or before 12/4 (Monday), 5pm |
| Language: | Cantonese |
| Registration: | Please contact Ms. Li 3143 7351 / Ms. Leung 3143 7315 |
| Remarks: | <ol style="list-style-type: none"> 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 cannot join this event. |

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

(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: | 5/5 (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 – 17/6 (Thursday) Group B – 14/5 (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 can 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: | April: 13/4 (Tuesday) May: 11/5 (Tuesday) June: 1/6 (Tuesday) |
| Time: | 10:15am-12:15pm |
| 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 |



Haircut Service

| | |
|---------------|--|
| Target: | Breast cancer patients |
| Date & Time: | By appointment |
| Venue: | Jockey Club Breast Health Centre (Kowloon) |
| Fee: | \$150 (for members only) |
| Capacity: | 4 |
| 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 |



Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

(5) Materials Supporting Services

Bright life series—Wigs giving

- ✧ With the generous support of Wonderful Knots Foundation, Aderans Hong Kong Limited and Altermode Hair Wig Boutique, 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 Yozme Company.
- ✧ 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 (Apr- Jun 2021)

(6) Interest Class

| Theme | Tutor | Centre | Date | Time | Quo ta | Fee | Remark |
|-------------------------------------|-----------------|------------------|--|------------------------|-----------|-------|---|
| Ho's Yijingjing Class A (April) | Mr. Ho Fat Pong | Hong Kong Centre | 3 sessions: 12,19,26/4 (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 (May) | | | 5 sessions: 3,10,17,24,31/5 (every Monday) | 3:00pm to 4:30pm | 7 | \$100 | |
| Ho's Yijingjing Class A (June) | | | 3 sessions: 7,21,28/6 (every Monday) | 3:00pm to 4:30pm | 7 | \$60 | |
| Ho's Yijingjing Class C (April) | | | 3 sessions: 12,19,26/4 (every Monday) | 4:30pm to 6:00pm | 7 | \$60 | |
| Ho's Yijingjing Class C (May) | | | 5 sessions: 3,10,17,24,31/5 (every Monday) | 4:30pm to 6:00pm | 7 | \$100 | |
| Ho's Yijingjing Class C (June) | | | 3 sessions: 7,21,28/6 (every Monday) | 4:30pm to 6:00pm | 7 | \$60 | |
| Knitting Class (April) | Ms. Ng Wei Han | Hong Kong Centre | 3 sessions: 13,20,27/4 (every Tuesday) | 2:30pm to 4:30pm | 7 | \$60 | 1. Bring own knitting needles & wool 2. For breast cancer survivors only |
| Knitting Class (May) | | | 4 sessions: 4,11,18,25/5 (every Tuesday) | 2:30pm to 4:30pm | 7 | \$80 | |
| Knitting Class (June) | | | 5 sessions: 1,8,15,22,29/6 (every Tuesday) | 2:30pm to 4:30pm | 7 | \$100 | |
| Dynamic Pilates Dance Class (April) | Ms. Mandy Tang | Hong Kong Centre | 1 session: 13/4 (Tuesday) | 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 |
| Dynamic Pilates Dance Class (May) | | | 1 session: 10/5 (Monday) | 2:00pm to 3:00pm | 7 | \$20 | |

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

| Theme | Tutor | Centre | Date | Time | Quo ta | Fee | Remark |
|---|--------------------|---|---------------------------------|--------------------------|-----------|------|---|
| Dynamic Pilates Dance Class (June) | | | 1 session: 7/6 (Monday) | 2:00pm to 3:00pm | 7 | \$20 | |
| Pilates Stretch Exercises (April) | Ms. Connie Wong | Jockey Club Breast Health Centre (Kowloon) | 1 session: 26/4 (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'. |
| Pilates Stretch Exercises (May) | | | 1 session: 24/5 (Monday) | 10:00am to 11:15am | 7 | \$20 | |
| Pilates Stretch Exercises (June) (advance) | | | 1 session: 28/6 (Monday) | 10:00am to 11:15am | 7 | \$20 | |
| Dynamic Pilates Dance Class (April) | Ms. Mandy Tang | | 1 session: 13/4 (Tuesday) | 4:00pm to 5:00am | 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 designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only |
| Dynamic Pilates Dance Class (May) | | | 1 session: 10/5 (Monday) | 11:30am to 12:30pm | 7 | \$20 | |

Breast Cancer Support Centre

Members' Circular (Apr- Jun 2021)

| Theme | Tutor | Centre | Date | Time | Quo to | Fee | Remark |
|---|--------------------|--------|--|--------------------------|-----------|------|--|
| Dynamic Pilates Dance Class (June) | | | 1 session: 7/6 (Monday) | 11:30am to 12:30pm | 7 | \$20 | 3. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. |
| Stretching Release Pressure Class (May) | | | 1 session: 10/5 (Monday) | 10:30am- 11:15am | 7 | \$20 | |
| Stretching Release Pressure Class (June) | | | 1 session: 7/6 (Monday) | 10:30am- 11:15am | 7 | \$20 | |
| Ho's Yijingjing Class B (April) | Mr. Ho Fat Pong | | 3 sessions: 15, 22, 29/4 (Thursday) | 09:45am to 11:15am | 7 | \$60 | 1. Comfortable wear is recommended 2. For breast cancer survivors only |
| Ho's Yijingjing Class B (May) | | | 4 sessions: 6, 13, 20, 27/5 (Thursday) | 09:45am to 11:15am | 7 | \$80 | |
| Ho's Yijingjing Class B (June) | | | 4 sessions: 3, 10, 17, 24/6 (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 (Apr- Jun 2021)

(7) Support Group Sessions

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

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| Service | Suitable for | Centre | Lead | Date & Time (No group is held on public holidays) |
|------------------------------------|---|---|--|--|
| | | Jockey Club Breast Health Centre (Kowloon) | | |
| Family Support Group | Patients' family members who need psychological support | Hong Kong Jockey Club Breast Health Centre (Kowloon) | Registered Nurses, Registered Social Workers | (English session) Every Monday 2:30am to 4:00pm (Prior arrangement is required.) (Cantonese session) Every Wednesday to Friday 2:15pm to 3:45pm Monday, Tuesday 2:15pm to 3:45pm (Prior arrangement is required.) |
| Treatment Preparation Group | Breast cancer patients to receive chemotherapy, radiotherapy or hormonal treatments, and their family members | Hong Kong Jockey Club Breast Health Centre (Kowloon) | Registered Nurses | (English Group) Every Monday 12:00pm to 1:00pm (Prior arrangement is required.) (Cantonese Group) Every Wednesday to Friday 4:00pm to 5:00pm Every Tuesday 4:00pm to 5:00pm (Prior arrangement is required.) |
| Individual Counselling | Breast cancer patients/survivors, and their family members | Hong Kong Jockey Club Breast Health Centre (Kowloon) | Registered Nurses, Registered Social Workers | By individual appointment |

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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) |
|------------------------------|---|--|----------------|---|
| Sunflower Group | 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 | Suspended |
| Young Sunflower Group | 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 | Suspended |

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



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(8) 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 | Registered Nurses | Every Wednesday 11:00am to 11:30am Every Thursday 4:00pm to 4:30pm (Prior arrangement is required.) |
| | | Jockey Club Breast Health Centre (Kowloon) | Registered Nurses | Tuesday 11:45am to 12:45pm (Prior arrangement is required.) |
| Lymphoedema Management Group | Breast cancer patients/ survivors suffering from lymphoedema | Hong Kong | Registered Nurses | Every Friday 10:30am to 12:30pm |
| | | Jockey Club Breast Health Centre (Kowloon) | Registered Nurses | Every Thursday 2:30pm 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) | Lymphoedema Therapist | By individual appointment |
| Intermittent Pneumatic Compression Device Treatment (Paid session) | Breast cancer patients/ survivors suffering from lymphoedema | Hong Kong Jockey Club Breast Health Centre (Kowloon) | Registered Nurses | By individual appointment |

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| | | | | |
|---|--------------------------------------|--|--------------------------------------|---|
| Lymphoedema Care Service: (Paid session) 1. Preventive Lymphoedema massage instruction (individual) 2. Preventive Lymphoedema massage class (group) | Breast cancer patients and survivors | Hong Kong | Registered Nurses | By individual appointment |
| | | Jockey Club Breast Health Centre | Registered Nurses | |
| Lymphoedema Care Service: Basic Lymphoedema Knowledge & Care Class Member: Free of charge Non-member: \$100 | Breast cancer patients and survivors | Hong Kong | Registered Nurses | Every Tuesday 10:30am to 11:30pm |
| | | Jockey Club Breast Health Centre (Kowloon) | Registered Nurses | Every Thursday 11:30am to 12:30pm |
| Lymphoedema Care Service: Lymphoedema Index Measurement Service Measurement Fee : Member (First time): \$320 Member (Subsequent): \$220 Non-member (First time): \$420 Non-member (Subsequent): \$320 | Breast cancer patients and survivors | Hong Kong | Registered Nurses/Service Assistance | Monday to Saturday 10:00am to 12:30pm 2:00pm to 5:30pm |
| | | Jockey Club Breast Health Centre (Kowloon) | Registered Nurses/Service Assistance | |

~ 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).



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