

Breast Cancer Support Centre

Members' Circular (Jul- Sep 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

Annual Member's Gathering 2021

Due to the pandemic, this year's annual members' gathering took place online. For those who have missed the meeting, the video recording has been uploaded to the members' information web page since the end of March 2021. In which, you will find the sharing from our founder, Dr. Cheung and our chairlady, Mrs. Fok, as well as the premiere of the Foundation's 15th anniversary celebratory animation. Apart from that, many members have also tried their luck in the lucky draw. Congratulations to all the lucky winners!

On another note, in hopes of being able to gather face-to-face next year, the 2022 annual members' dinner is tentatively scheduled on March 19, 2022. We look forward to meeting and catching up with everyone in person again.



[Pink Together 2021 Sneak Peek]

Every October, the Foundation organises the "Pink Walk for Breast Health" charity walkathon. Yet under the pandemic, an online fundraising campaign "Pink Together" was alternatively held in its place in 2020. With the October fundraising campaign in sight, we encourage you to join the "Let's Pink" team and let's achieve even greater success together this year! For more details, look out for announcements on our members' information web page.



[Traditional Chinese Medical Service]

香港乳癌基金會
HK Breast Cancer
Foundation

中醫診所



1. 把脈診斷
2. 針灸治療
3. 中藥治療(藥粉)

主診醫師：嚴韻詩註冊中醫師

診所地址：
香港乳癌基金會賽馬會乳健中心(九龍)
九龍牛池灣龍翔道28號(港鐵彩虹站C2出口)

須經個案護士轉介，
詳情可致電本中心或向個案護士查詢。
香港中心：2525 6033
香港乳癌基金會賽馬會乳健中心(九龍)：2597 3251



[Breast Cancer Survivorship Mini Bazaar 2021]

The Breast Cancer support Centre (BCSC) of the Hong Kong Breast Cancer Foundation (HKBCF) provides holistic care to breast cancer patients and their family members. “Breast Cancer Survivorship Month” was set up in 2013 not only to support breast cancer survivors but also to celebrate their survivorship in every May of the year. With the generous support from Mrs. Kit Leung, our Mancom member and chairman of the BCSC Committee, we are able to hold the first “Breast Cancer Survivorship Mini Bazaar 2021” in assisting lymphoedema patients in the purchase of lymphoedema products with discounts.



乳癌手術後的運動指南



倪晨曦小姐 (Ms. Elva Ni)
香港乳癌基金會大使
著名瑜伽導師

由Elva示範的「乳癌手術後的運動指南」短片已經推出，立即掃描以下二維碼觀看短片，一齊學習正確的運動姿勢啦！



術後運動的好處？

有助改善手術後胸部和腋下疼痛、繃緊、麻痺及淋巴水腫等現象，提升上肢和肩膀活動能力。

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Experience Sharing

The Goodwill Ambassador Author: Yang AsHeart

How would you explain clearly the feeling of heaviness in your body to others? Hard, right? This, is exactly what patients suffering from lymphoedema after breast cancer surgery would feel.

I really don't want to say I am 'in pain'. After all, if I keep saying that, not only I but also those around me would feel depressed. "Swollen" is fine but still not the best description, while "unbearable" would sound too much. I just wish there is an expression which I could use to make people understand what my body is experiencing. So I tried.

To describe the swelling of my body, I first attempted by using an imagery of an inflated balloon, filled with not air, but water. Yet when I think about it, I changed my mind and thought of something more concrete and specific. So I said, "It feels like there is half a catty of grapes hidden in my left arm." And some days I'd say, "Feels like there are four plums hidden inside today." Sometimes I'd say, "It feels like there is a cantaloupe." Sounds like I am doing a fruit business, right? Those kind-hearted people who care how I feel would even ask, "Is the fruit stall open today? What fruits are we having?" Of course, I never wanted the "food stall" to be open and there better be no "fruits".

In early March, a group of young people from the Journalism Department of the Chinese University of Hong Kong started with the "Lace Beauty" gloves and contributed to letting more patients benefit from having the gloves and the lymphatic service at the centre by spreading the word. They even came to the Jockey Club Breast Health Centre (Kowloon) and scheduled a meeting with the service users at the site. When hearing my fellow patients say that lymphoedema treatment is our lifelong career, I can't help but smile with a heartfelt understanding -- my long-living "fruit business".

Thanks to the sharing from my fellow patients, these youngsters can not only understand more about the needs of a breast cancer patient but also feel the warmth from the breast cancer community, helping them channel such helping spirit in their articles. After all, this is a noble quality which we've always been looking for, right?



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

[Life Brightening Day Camp 2021]

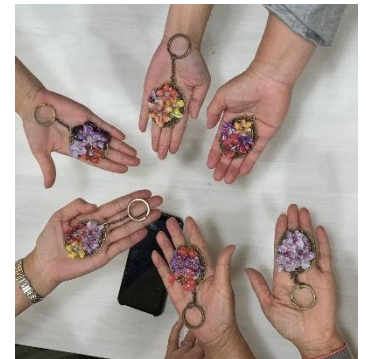
Due to the pandemic, this year's Life Brightening Camp could not be held at the camp site as in the previous years. Instead, workshops were held in two Breast Cancer Support Centres. During the workshops, social worker at the Jockey Club Breast Health Centre (Kowloon) showed participants the HKBCF's 15th anniversary animation



"Pink Pink Adventures" so as to let them know more about the Foundation. From there, our intern social worker led the group in doing some stretching to remind us of the importance of self-care. Finally, the camp ended on a high note with our participants actively engaging in different themed activities where they broadened their horizons and met new friends.



Highlights of the various themed activities include dried flower crystals, dried flower-scented wax tablet, Japanese ceramic collage cup making, 3D flower key chain, etc.



Breast Cancer Support Centre Members' Circular (Jul- Sep 2021)

Expressive Arts and Self-Exploration Group

From April to May 2021, the Foundation launched the "Expressive Arts and Self-Exploration Group" where through various arts-related activities, the participants could explore and rediscover oneself, share their emotions, and learn to seize the moment. We were delighted to see how the participants threw themselves into the activities and actively engaged with one another.



Haw Par Music Guided Tour and Music Workshop

Haw Par Mansion and Tiger Balm Garden are no doubt part of the collective memories of generations of Hong Kong people. Although the Tiger Balm Garden has been demolished, the Haw Par Mansion has been preserved and revitalised into the well-known Haw Par Music we know now. Apart from learning more about the invaluable heritage site while hearing its interesting stories, we were also able to appreciate the mansion's breathtaking Chinese eclectic style architecture. In the music workshop, everyone experienced the fun of improvising and composing songs while exploring how creative we can be. What an afternoon well-spent!



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

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: Jul-Sept 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.

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

[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.

July-Sept enrolment Date & Time start from



22 Jun 2021 (Tue)
9:30 am

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

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

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)	First time Enrollment	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				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 (Jul- Sep 2021)

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 enrollment of all activities will start at 9:30 am on 22 Jun 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.

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Hong Kong Breast Cancer Foundation
Breast Cancer Support Centre

Attention : **Subscription of paper newsletters** (Member Circular)

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.

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)

Please provide the following information:

I newly subscribe / renew subscription of HKBCF Breast Cancer Support Centre Newsletter by post.

Name: _____ (Chinese) _____ (English)

Member no.: _____ Contact no.: _____

Address : _____

\$40 for receiving newsletter for 1 year, from _____ (month) _____ (year) to _____ (month) _____ (year)

PAYMENT *By cash*

METHOD: Please make payment and submit the form directly at our office:
✓ Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong)
✓ Jockey Club Breast Health Centre (Kowloon) (28 Lung Cheung Road, Ngau Chi Wan, Kowloon)

Do not send cash by mail.

By cheque

Please prepare a crossed cheque made payable to "**Hong Kong Breast Cancer Foundation Limited**" with your name, contact number and newsletter subscription written on the back of the cheque, send it and the form to the Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong). Please specify "newsletter subscription" on the envelope.

By bank deposit

Please transfer the fee to HKBCF's account: HSBC 094-793650-838. Please send the original bank-in slip and form to the Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong). Please specify "newsletter subscription" on the envelope.

Signature of Applicant: _____ Date: _____

<For Staff Use >

Handling Staff : _____ Date : _____

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

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: Please contact us 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: 3,10,17,24,31/7 (Saturday, 5 sessions) Class B: 7,14,21,28/8 (Saturday, 4 sessions)
Time:	11:00am to 12:00am
Venue:	Hong Kong Centre
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	Class A: \$100 Class B: \$80
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 /Ms. Tam 2525 6033
Remark:	<ol style="list-style-type: none">1. Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel if needed.2. Please bring your own yoga mat.3. Participants will need to be barefoot or wear non-slip socks during the course.4. Participants must have completed the surgery for at least three months.

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

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:	July Class: 9/7, 16/7, 23/7, 30/7 (Friday, 4 sessions) August Class: 6/8, 13/8, 20/8, 27/8 (Friday, 4 sessions) September Class: 3/9, 10/9, 17/9, 24/9 (Friday, 4 sessions)
Time:	2:30pm to 3:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	8 persons (First come first served, only for HKBCF members)
Fee:	\$80 for July Class \$80 for August Class \$80 for September Class
Language:	Cantonese
Registration:	Please contact Ms. Chan 2597 3251/ 2597 3253 Ms. Wong
Remark:	<ol style="list-style-type: none"> 1. Participants should wear loose fitting/ comfortable clothing. 2. Please bring your own yoga mat and one tennis ball. 3. Participants will need to be barefoot or wear non-slip socks during the course. 4. Participants must have completed the surgery for at least three months. 5. If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class.



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	July: 13/7, 20/7, 27/7 (Tuesday, 3 sessions) August: 10/8, 17/8, 24/8, 31/8 (Tuesday, 4 sessions) September: 7/9, 14/9, 21/9, 28/9 (Tuesday, 4 sessions)
Time &	2:30pm – 3:30pm / Jockey Club Breast Health Centre (Kowloon)
Venue:	
Capacity:	7 persons / Group
Fee:	\$120 for July's class; \$160 for August's class; \$160 for September's class (please apply at least 10 days before the class)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 2597 3251/ 2597 3253 / Ms. Li 3143 7351



The Mutual Aid Group - Handicraft making

Content: After completing the main treatment, patient can move forward to another milestone to establish a healthy hobby and maintain physical and mental health. This group includes group sharing and craftsmanship for participants to share their experiences and enjoy the craftsmanship.

Project of class A or class B: Italy Sospeso Traspatente 3D flower creations (4R Wooden Photo Frame)

Project on reunion day: Coffee mug (participant can take away) and Square/ Butterfly basket (The handicrafts will be used as a donation to the center)

Tutor Registered Social Worker and Kandy Ho (Hong Kong based Decoupage and Mosaic Artist)

Target: Breast cancer survivors (only for members of the HKBCF)

Date: Class A : 17/7, 24/7 (Sat, 2 sessions) (first-time participants will have first priority to join)

Class B : 13/8, 20/8 (Fri, 2 sessions) (first-time participants will have first priority to join)

Reunion day: 11/9 (Sat, 1 session) (participants of class A and class B will have first priority to join)

Time: Class A : 10:15am-12:30pm

Class B : 10:15am-12:30pm

Reunion day: 2:30pm-5:30pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: Class A: 8 persons; Class B: 8 persons; Reunion day: 16 persons

Fee: Class A: \$60; Class B: \$60; Reunion day: \$30 (for members only)

Language: Cantonese ONLY

Registration: Please contact Ms. Wong 2597 3251/ 2597 3253 / Ms. Sy 2597 3271

Remarks

1. Participants cannot join both class A and class B.
2. 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.
3. Participants who are absent or late for more than half hours are not allowed to take away the materials.
4. The semi-finished products on the reunion day will be collected to finish the final grouting procedures. Participants can pick up their artworks in about 4 weeks.



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 (August) : 7/8, 21/8 (Sat, 2 sessions)
Class B (September) : 11/9, 25/9 (Sat, 2 sessions)
Class C (July) : 10/7, 17/7 (Sat, 2 sessions)
Class D (August): 14/8, 28/8 (Sat, 2 sessions)
- Time:** Class A/B : 9:45am-10:45am
Class C/D : 9:30am-10:30pm
- Venue:** Class A/B : Jockey Club Breast Health Centre (Kowloon)
Class C/D : 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



Musical Handbell Workshop

- Content:** This course includes the basic techniques for handbell performance. It focuses on the posture, rhythmic training and ensembleship so to develop participants' rhythmic sense and cooperation skill.
- Therapists:** Miss Anita So (Professional Teacher)
- Target:** Breast cancer survivors
- Date:** 7/8, 14/8, 21/8, 28/8, 4/9, 11/9 (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/ 31437351 Miss Li

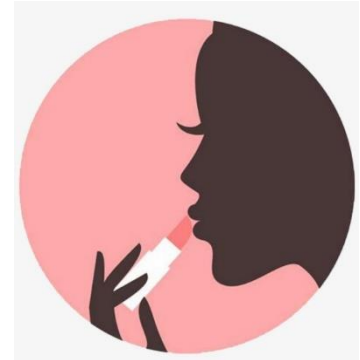


Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Estée Lauder Companies Beauty Workshop

Content: Demonstration and teaching of the Tom Ford spring season eye makeup
Worker: Professional Make-up Artist Mr. Yeung & Social Worker
Target: Breast Cancer Survivor
Date: 14/8 (Saturday)
Time: 3:00pm - 5:00pm
Venue: Jockey Club Breast Health Centre (Kowloon)
Capacity: 15 persons/class (only for members of the HKBCF)
Fee: \$30
Language: Cantonese ONLY
Registration: Please contact your case nurses or Social worker
 Ms. Wong 25973253/ 31437351 Miss Li



Remarks

1. Please bring your own table mirror and hair clip
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 for your skin under face mask.

Self-care Workshop: Pelvic Floor Muscle Exercise

Content:

- The importance, functions and structure of pelvic floor muscles.
- Different stages of changes of pelvic floor
- The benefits and exercises of diaphragmatic breathing
- Yoga exercises for strengthening pelvic floor muscles
- Asana with breathing

Therapists: MS. Char Cheng (Yoga Tutor)
Target: Breast cancer survivor
Date: 21/8 (Saturday)
Time: 11:15am to 12:45pm
Venue: Jockey Club Breast Health Centre (Kowloon)
Capacity: 12 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. Participants should wear loose fitting/ comfortable clothing.
2. Participants will need to be barefoot or wear non-slip socks during the course.
3. Participants must have completed the surgery for at least three months.

Living in the Moment – “Pour Painting Clock” Making Expressive Arts Workshop

- Content:** The workshop provides a safe space for participants to enjoy the therapeutic effect brought from the colorful fluid in art making and to live freely and comfortably in the moment. Our relation with time and the trace it left on us will be explored in the workshop, in order to affirm and embrace our great effort in growing into a better person.
- Tutor:** Ms. Canna Tang, Registered Arts (Expressive Arts) Therapist
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date, Time:** 24/7 (Sat), 2:30pm-4:30pm,
- Venue:** Venue: Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 12-15 (for members only)
- Fee:** \$70 (please apply at least 10 days before)
- Registration:** Please contact 25973251/ 2597 3253 Miss Wong/ Ms. Sy 2597 3271



Remark

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.
3. No arts skill is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active.



Expressive Arts Workshop – Find Your Inner Peace in “Time Out Bottle”

- Content:** The workshop will lead the participants to find their inner peace by making “Time Out Bottle” and bring the peaceful mind back in daily life. Participants will be guided to observe the movement of bottle and be aware of the here-and-now body-mind sensation in a safe and peaceful environment using a much slower pacing.
- Tutor:** Ms. Canna Tang, Registered Arts (Expressive Arts) Therapist
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date, Time:** 2/9 (Thu), 2:30pm-4:30pm,
- Venue:** Venue: Hong Kong Center
- Capacity:** 12-15 (for members only)
- Fee:** \$50 (please apply at least 14 days before)
- Registration:** Please contact 25256033/ 3143 7351 Miss Li



Remark

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.
3. No arts skill is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active.

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

The Singing Bowls and Stress Relief Workshop

- Content:** The Singing Bowls Workshop is a group sound therapy session with exercises on breathing, energy balancing, and emotions release. To play with the singing bowls, participants can learn self-help techniques to reclaim inner peace and help relief of muscle pain.
- Therapists:** Jessica So (Senior Counsellor)
- Target:** Breast cancer patients and survivors
- Date, time & venue:** **Class A: 24/7/2021 (Sat), 10:00am-12:00nn** (Jockey Club Breast Health Centre (Kowloon))
Class B: 4/9/2021 (Sat), 10:00am-12:00nn (Hong Kong Centre)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$30/class
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Wong 2597 3253/ Ms. Li 3143 7351/ Ms. Sy 2597 3271
- Remarks:**
 1. Please prepare and bring your own yoga mat.
 2. Participants should wear loose fitting/ comfortable clothing.
 3. Participants must have completed the surgery for at least three months.



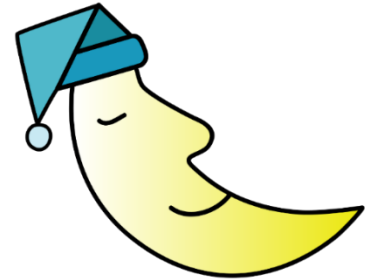
Music therapy: Joyful Band workshop

- Content:** Restore positive energy and improve mood by immersing into music through playing golden oldies with simple percussion instruments.
- Date:** 24/7/2021 (Saturday)
- Facilitator:** Ms Mei Ho (Registered Music Therapist (Australia), Neurologic Music Therapist, Fellow of AMI)
- Target:** Breast cancer patients & survivors
- Time:** 3:00pm – 4:30pm
- Venue:** Hong Kong Centre
- Quota:** 12 persons
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Tam 2525 6033 / Ms. Li 3143 7351
- 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.



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:	20/7, 27/7 (Tuesday, 2 sessions)
Time:	10:00 am to 11:30 am
Venue:	Kowloon Centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$60
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Wong 2597 3253
Remarks	In response to COVID-19 epidemic, the classes may be changed to remote mode.



Mindful Communication Workshop

Content:	Mindfulness is not only helpful to regulate our emotions and improves our mind and body, it can enhance our interpersonal relationships. Mindful Communication is different from the usual way of communication. Through practices, we can improve attentive listening, expressing feelings, become more accepting and allowing, as well as resolve conflicts and enhance mutual understanding.
Therapist:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	14/9 (Tuesday)
Time :	10:00am – 11:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (for members only)
Fee:	\$20
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.

Self-Compassion Workshop

- Content:** When we are facing difficulties and pain in life, self-compassion helps us most to overcome. It enables us to show empathy, kindness and tenderness towards self when under hardship. Most people are not used to have self-compassion. We tend to care for other people or other things more important than self-care. This Self-compassion workshop will enable us to learn how to treat us more kindly and compassionately like treating others, and gain more power to live our life with enthusiasm.
- Therapist:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** 28/9 (Tuesday)
- Time :** 10:00am – 11:30pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (for members only)
- Fee:** \$20
- 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.



Celebration for Survivorship of July- Making of earrings

- 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 of a pair of earrings
- Worker:** Hazel
- Target:** Breast cancer survivors who just finished treatments
We also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
- Date:** 17/7 (Saturday)
- Time:** 2:30pm to 5:30pm
- Venue:** Hong Kong Centre
- Capacity:** 7 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Wong 2597 3253/ 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 September - 'Writing Our Hearts Out'

- 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
 - Calligraphy
- Worker:** Social Worker & professional calligraphy 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:** 17/9 (Friday)
- Time:** 2:30pm to 5:00pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 8-10 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 (Jul- Sep 2021)

(2) Talks

Talk in July: How to lessen our fears towards cancer relapse?

- Content:** Are you scared of recurrence of cancer and worried about your health? This talk aims to share how to lessen our fears towards cancer relapse, prevent negative emotions and maintain our physical and mental health.
- Speaker:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** 6/7 (Tuesday)
- Time:** 10:00am to 11:30am
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** Live: 20 persons; ZOOM: 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 September: Emotion and Mindfulness

- Content:** Recent studies by neuroscientists have suggested that our brain continues to make changes throughout our life and the ability to reorganize or rewiring is called 'neuroplasticity'. Research studies also found that people practicing Mindfulness like sitting meditation regularly will lower the intensity of emotional reactions and increase emotional self-regulation, allowing us to handle our stress and difficulties in a better way.
- Speaker:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** Class A: 7/9 (Tuesday)
Class B: 11/9 (Saturday)
- Time:** 10:00am to 11:30am
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** Live: 20 persons; ZOOM: 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'.

(3) Members' Outing Activity – Suspended this season

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

(4) Other Supporting Services

Meeting with Expert – Doctor with you

Content:	To learn and understand different breast cancer treatments 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:	Jul: 7/7 (Wednesday) Sep: 8/9 (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 – 16/9 (Thursday) Group B – 20/8 (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

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

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:	July: 13/7 (Tuesday) August: 24/8 (Tuesday) September: 21/9 (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:	\$1000/session (for members only) Breast cancer patients with financial difficulty or CSSA recipients can apply for fee reduction. Please contact our nurses or social workers for more details
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

(5) Materials Supporting Services

Bright life series—Wigs giving

- ✧ With the generous support of Wonderful Knots Foundation, Aderans Hong Kong Limited, Altermode Hair Wig Boutique and Fifth Avenue, 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, at 3143 7315 or 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 at 3143 7315 or 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 (Jul- Sep 2021)

(6) Interest Class

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
Ho's Yijingjing Class A (July)	Mr. Ho Fat Pong	Hong Kong Centre	4 sessions: 5,12,19,26/7 (every Monday)	3:00pm to 4:30pm	7	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class A (August)			5 sessions: 2,9,16,23,30/8 (every Monday)	3:00pm to 4:30pm	7	\$100	
Ho's Yijingjing Class A (September)			4 sessions: 6,13,20,27/9 (every Monday)	3:00pm to 4:30pm	7	\$80	
Ho's Yijingjing Class C (July)			4 sessions: 5,12,19,26/7 (every Monday)	4:30pm to 6:00pm	7	\$80	
Ho's Yijingjing Class C (August)			5 sessions: 2,9,16,23,30/8 (every Monday)	4:30pm to 6:00pm	7	\$100	
Ho's Yijingjing Class C (September)			4 sessions: 6,13,20,27/9 (every Monday)	4:30pm to 6:00pm	7	\$80	
Knitting Class (July)	Ms. Ng Wei Han	Hong Kong Centre	4 sessions: 6,13,20,27/7 (every Tuesday)	2:30pm to 4:30pm	7	\$80	1. Bring own knitting needles & wool 2. For breast cancer survivors only
Knitting Class (August)			5 sessions: 3,10,17,24,31/8 (every Tuesday)	2:30pm to 4:30pm	7	\$100	
Knitting Class (September)			4 sessions: 7,14,21,28/9 (every Tuesday)	2:30pm to 4:30pm	7	\$80	
Dynamic Pilates Dance Class (July)	Ms. Mandy Tang	Hong Kong Centre	1 session: 5/7 (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
Dynamic Pilates Dance Class (August)			1 session: 23/8 (Monday)	2:00pm to 3:00pm	7	\$20	

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
Dynamic Pilates Dance Class (September)			1 session: 6/9 (Monday)	2:00pm to 3:00pm	7	\$20	
Pilates Stretch Exercises (July)	Ms. Connie Wong	Jockey Club Breast Health Centre (Kowloon)	1 session: 26/7 (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 (August)			1 session: 30/8 (Monday)	10:00am to 11:15am	7	\$20	
Pilates Stretch Exercises (September) (advance)			1 session: 20/9 (Monday)	10:00am to 11:15am	7	\$20	
Dynamic Pilates Dance Class (July)	Ms. Mandy Tang		1 session: 5/7 (Monday)	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 (August)			1 session: 23/8 (Monday)	11:30am to 12:30pm	7	\$20	

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Theme	Tutor	Centre	Date	Time	Quo to	Fee	Remark
Dynamic Pilates Dance Class (September)			1 session: 6/9 (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 (August)			1 session: 23/8 (Monday)	10:30am- 11:15am	7	\$20	
Stretching Release Pressure Class (September)			1 session: 6/9 (Monday)	10:30am- 11:15am	7	\$20	
Ho's Yijingjing Class B (July)	Mr. Ho Fat Pong		3 sessions: 15, 22, 29/7 (Thursday)	09:45am to 11:15am	7	\$60	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class B (August)			4 sessions: 5,12,19,26/8 (Thursday)	09:45am to 11:15am	7	\$80	
Ho's Yijingjing Class B (September)			4 sessions: 2,9,16,23/9 (Thursday)	09:45am to 11:15am	7	\$80	

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

Breast Cancer Support Centre

Members' Circular (Jul- Sep 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 (Prior arrangement is required.)
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 (Prior arrangement is required.)
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 (Prior arrangement is required.)
Local Recurrent Group (Rainbow after Raining Group)	Local recurrent breast cancer patients	Hong Kong	Registered Nurses, Registered Social Workers	Once per month (Prior arrangement is required.)
Tele-Support Group	Breast cancer patients receiving treatment(s)	Hong Kong	Registered Nurses	By appointment (Prior arrangement is required.)
		Jockey Club Breast Health Centre (Kowloon)		

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
Family Support Group	Patients' family members who need psychological support	Hong Kong	Registered Nurses, Registered Social Workers	(English session) Every Monday 2:30am to 4:00pm (Prior arrangement is required.)
		Jockey Club Breast Health Centre (Kowloon)		(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	Registered Nurses	(English Group) Every Monday 12:00pm to 1:00pm (Prior arrangement is required.)
		Jockey Club Breast Health Centre (Kowloon)		(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	Registered Nurses, Registered Social Workers	By individual appointment
		Jockey Club Breast Health Centre (Kowloon)		

~ 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 ~

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

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 2525 6033 (Hong Kong Centre) or
 2597 3251 (Jockey Club Breast Health Centre (Kowloon)) for details ~



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

(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 11:45am to 12:30pm 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

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2021)

Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
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 (Kowloon)	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).



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

