

Breast Cancer Support Centre

Members' Circular (Nov- Dec 2019)

Important Announcement

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

Breast Cancer Support Centre

The Breast Cancer Support Centre (BCSC) provides breast cancer patients and patients' families with emotional, informational and financial support. Team of psychologists, registered nurses, social workers and breast cancer survivors is dedicated to addressing patients' individual concerns with empathy and experiences. Individual and family counselling are available to breast cancer patients and their families, and peer support groups enable breast cancer patients to obtain support from breast cancer survivors and be inspired by their experiences. Financial assistance for targeted 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
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Kowloon Centre	Address : 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (Exit C2, Choi Hung MTR Station)	Tel : 2597 3251
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Scan this QR Code with your smartphone or tablet to enter the HKBCF's official website and obtain our latest information.

Upcoming events: 15th Anniversary Annual Members' Gathering

Founded in 2005, the Hong Kong Breast Cancer Foundation (HKBCF) will be embarking on its 15th birthday soon. It has not been easy for the HKBCF to have grown to our current scale from a small support group settled in the clinic of our founder, Dr. Polly Cheung. On 7 March 2020, the BCSC is organising its annual members' gathering and celebrating on the occasion our 15th birthday. Just like before, this year we will still be enjoying a great feast, outstanding performance, lucky draw and games. You, along with your family, are now invited to our party. Please stay tuned to learn more details of the event.

For now, we could review the amazing moments on 2019's annual members' gathering



“The Power of Plants”

Author: Yang AsHeart

My friend once paid a visit during my treatment period, said “I am not a friend that can say any of those warm words, I am now giving you a potted plants.” Then all of his following words were describing the details of the plants, “All the plants here are not spoilt, you don’t have to water it every day, you can even put it under the sun for a long time.” The potted plant consists of cactus, succulent terrarium and a plant with dense small leaves.

Watering the plants during free time, realizing that these three kinds of plants grew a lot in the previous year, the original space is already very crowded. So, I moved cactus and succulent terrarium to a new ‘home’. I also got bamboo and lotus at home, I bought

it at a market during my chemotherapy treatment period. Putting the above two plants under sunlight for too long, they will turn yellow, placing under shady place, they will become dull. Therefore, it is relatively more difficult in taking care of bamboo and lotus.

Even so, every time when I realized that both bamboo and lotus have joined my treatment journey along, taking good care of them is certainly my responsibility. I will pay more effort. Though taking care of the plants is tiring, seeing them grow healthily is very exciting. I then learn to love and embrace myself more.

Through reading the member circular, I know that horticulture make use of plants to heal our souls, providing peace to the needy. For those of you who have joined the horticulture workshop before, do you have similar experience like the above?

(Translated from Chinese)



10 Pink Partner News

October is the International Breast Cancer Awareness Month. Our Pink Partner would like to take the opportunity to raise public's awareness through various promotion campaigns, as well as raise funds to support the work of the HKBCF. Please support them to help us fight against breast cancer!

Naveda Wellness

Naveda Wellness will donate 10% of their proceeds in October to the HKBCF

SpeedRack

SpeedRack will be holding a cocktail competition on 27 October. All proceeds will be donated to the HKBCF after deducting the cost.

Watsons

Watsons will place donation box in all branches in October

The Langham, Hong Kong

The Langham, Hong Kong is launching "Magic Pink" Afternoon tea set. HK\$10 will be donated to the HKBCF for each tea set sold

Sogo

Sogo will be making donation on customers' purchase, and some brands will be holding charity sales. Proceeds will be donated to the HKBCF

Estee Lauder Companies

Estee Lauder is launching a series of products for charity sales. Part of the proceedings will go to the HKBCF

Amika

Amika is launching a series limited pink edition hair styling tool. Part of the proceedings will go to the HKBCF.



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Event Snapshots

Rainbow Mooncakes Cooking Workshop

Our Centre has organized a cooking workshop with the founder of Nicole's Kitchen Hong Kong, Nicole Wong, on 11th September, at the Kowloon Centre. This workshop teaches and demonstrates on how to make rainbow mooncakes to our members. All participants enjoy the lesson. Nicole chose the 5 most outstanding rainbow mooncakes and gave them recipes as rewards. All participants told us that they will share the beautiful products with their family members and have a great Mid-autumn Festival afterwards!



Traditional Chinese Rice Pudding Workshop at Viva Blue House

Viva Blue House is a Grade 1 historic building in Hong Kong. The original building at that venue was a hospital. The hospital was demolished in the 1920s, transformed into the 4-levels tall building you can see now. Viva Blue house is also a tenement house which is still keeping the balcony design.

On 27th September, our staff and the participants joined the guided tour together, walking into the building, knowing more about the history of Viva Blue House. Also, they made traditional Hakka Chinese rice pudding. All of them enjoyed a lot.



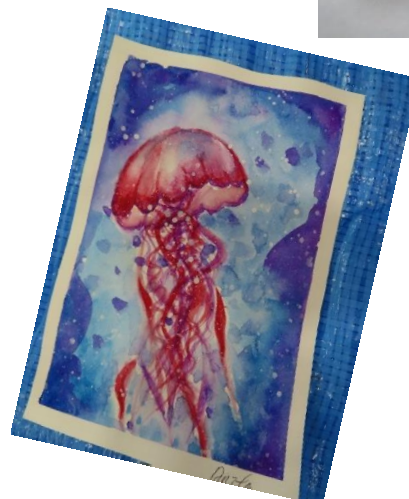
Relieving Stress by Drawing

Hong Kong citizens live hectic lives. To relieve stress effectively is the most important daily challenge.

Some people choose to engage in sports activities, some people choose to chat with their friends, while some choose to



HKBCF has classes, Workshop', 'Zen 'Pastel Art Workshop'. Through workshops, our minds can be relaxed.



cook dishes.

organized various art including 'Water colour painting Workshop' and joining the above art calmed down and

Volunteer Activities: Rolling Out Compliments

Have you all realized this beautiful and special drawings? Actually, this drawing is three-dimensional and it is rolled out by papers. This is what we called 'rolled paper art'. Before, our centre has invited tutors to teach our members on how to make rolled paper artwork. After finishing the lessons, our members just transformed into 'little rolled paper artists' and they voluntarily made different rolled paper artworks. With rolling different patterns and shapes, they made various kinds of souvenirs for our guests. We would like to express our deepest gratitude to all volunteers, thank you for creating all rolled paper art pieces, making each souvenir meaningful.



Nov - Dec enrolment Date & Time start from

22 October 2019 (Tuesday)

9:30 am

Please Pay Attention :

**To enrol for activities, members should submit
both the activity enrollmen form and fee.**

Breast Cancer Support Centre

Members' Circular (Nov- Dec 2019)

Hong Kong Breast Cancer Foundation

Breast Cancer Support Centre

Activities Application Form

Attention :

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

(1) Personal Information #Please circle the suitable choice

Chinese Name : _____ English Name : _____

Member no. : _____ Case no. : _____

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

Contact no. : _____

If I have any emergency accident during activities , please :

contact(Phone no.) _____ Contact person : _____ Relationship : _____

(2) Enrollment Activities #Please circle the suitable choice

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

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

I) Declaration by Applicant aged 18-69

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

Special health condition (For example: Allergy, Asthma, _____)

Signature of Applicant : _____ Date : _____

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

I hereby declare that:

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

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

Special health condition (For example: Allergy, Asthma, _____)

Signature of Applicant : _____ Date : _____

<For Staff Use >

Handling Staff : _____

Date : _____

Breast Cancer Support Centre

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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 enrollment of all activities will start at 9:30 am on 22 August 2019.**
- 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 (Kowloon Centre):**
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 3 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.

Breast Cancer Support Centre

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Newsletter

Highlighted Events

(1) Groups / Workshops

Post-operative Self Image Group

- Content:** The emotion may be affected after recovering from the surgery. The self-image sometimes will be low because of the treatment. We introduce you to attend the parallel group that specially designed for patients who completed surgery and their family members. The group would be led by psychologists and social workers.
- Target:** Breast Cancer Patients and their Family Members
- Tutor:** Patient Group: Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor)
Family Group: Ms. Leung / Ms. Hui (Registered Social Workers)
- Date:** 6, 13, 20, 27/11 and 4, 11, 18/12
(Every Wednesday, Can Join single sessions or multiple sessions)
- Fee:** Free
- Time:** 11:30am to 12:30pm / Hong Kong Centre
- Venue:** Hong Kong Centre
- Capacity:** 10 persons
- Language:** Cantonese ONLY
- Registration:** Please contact our nurses or social workers for more details



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:** Kowloon Centre: 16/11 (Saturday)
- Time:** 10:30am to 12:30pm
- Capacity:** 5 persons (Every Session)
- Fee:** Free
- Language:** Cantonese ONLY
- Registration:** Please contact your case nurses or social workers Ms. Leung 3143 7315 / Ms. Hui 3143 7374 /Ms. Sy 25973271



"Let's Pink 2019" Award Ceremony

Content:	After the completion of "Pink Walk 2019", we would like to hold the Award Ceremony to thank "Let's Pink 2019" teammates for their support of "Pink Walk 2019". We are welcome everyone who participated "Pink Walk 2019" with "Let's Pink 2019" team to join the party.
Person-in-charge:	Ms. Leung (Social Worker)
Target:	All "Let's Pink 2019" teammates
Date:	16/11 (Saturday)
Time:	2:30pm – 4:30pm
Venue:	Hong Kong Centre
Capacity:	40 persons
Fee:	Free of charge
Language:	Cantonese ONLY
Registration:	Please contact Ms. Li 3143 7351/ Ms. Leung 3143 7315/Ms. Sy 2597 3271 / 2597 3251

Yoga Stretch Class

Content:	Yoga exercises focus on upper limb and shoulder muscle to prevent Lymphedema
Tutor:	Registered Yoga Tutors
Target:	Breast cancer patients and survivors
Date:	November Class –8, 15, 22/11 (Friday, 3 sessions) December Class –6, 13, 20/12 (Friday, 3 sessions)
Time:	2:30pm to 3:30pm
Venue:	Kowloon Centre
Capacity:	15 persons (First come first served, only for HKBCF members)
Fee:	\$60 for November Class \$60 for December Class
Language:	Cantonese
Registration:	Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251
Remark:	<ol style="list-style-type: none"> 1. Participants should wear loose fitting/ comfortable clothing. 2. Please prepare and 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 should complete the operation after 3 months and be breast cancer survivors. 5. Participants could not enrol the next yoga class, if the attendance is lower than 80%.



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:	November: 7, 14, 21, 28/11 (Every Thursday, 4 sessions) December: 5, 12, 19/12 (Every Thursday, 3 sessions)
Time & Venue:	11:30am – 12:30pm / Kowloon Centre
Capacity:	15 persons / Group
Fee:	\$200 for November's class and \$150 for December's class
Registration:	Please contact Ms. Wong 2597 3253 / Ms. Sy 2597 3271



Dance Psuche Workshop

- Content:** Making use of the principles of Dance Psuche, with some relaxing music and dance moves, participants can express their worries and inspire them to explore themselves as well as enhancing their spiritual quality through the dance exercises. In addition, dancing practice and a joyful atmosphere can help participants learn to relax and relieve stress, adding positivity to the mindset.
- Tutor:** Mr. Eric Lau
(Registered occupational therapist and Founder of Dance Psuche and Spiritual Dance Program)
- Target:** Breast cancer survivors (only for HKBCF members)
- Date & Venue:** Group A: 25/11(Monday, Hong Kong Centre)
Group B: 9/11 (Saturday, Kowloon Centre)
- Time:** 10:00am – 12:00pm
- Capacity:** 20 persons
- Fee:** \$40
- Language:** Cantonese ONLY
- Registration:** Please contact Social Worker Ms. Wong 2597 3253 /Ms. Sy 2597 3271
- Remarks:** No dance knowledge or skills is required.



Dancing Therapy – Zumba Gold

- Content:** Through experiencing body movement with relaxed and fun rhythm to enhance positive energy and personal satisfaction.
- Tutor:** Ms. Kit Lee (Trainer of Zumba Fitness)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 16, 23, 30/11 and 7/12 (Saturday, 4 sessions)
- Time:** Group A: 9:15am – 10:15am
Group B: 11:45am – 12:45pm
- Venue:** Group A: Hong Kong Centre
Group B: Kowloon Centre
- Capacity:** 15 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
- Fee:** \$80/ Group (for members only)
- Registration:** Please contact Social Worker Ms. Leung 3143 7315 / 3143 7374 / Ms. Sy 2597 3271



Watercolor painting relaxation workshop

Content: 1. Explain the use of watercolour, colour circles and tools.

2. Teach the painting of flowers and leaves

3. Teach simple painting method

4. Finish one painting in each session

(Topic of Class A: Sakura

Topic of Class B: Christmas Tree

Topic of Class C: Snowman)

Tutor: Ms. Fiona Tang (Experienced Art Tutor)

Target: Breast cancer survivors

Date: Beginner: 13, 27/11 (Wed) for Class A

Advanced: 3/12 (Tue)for Class B

18/12 (Wed) for Class C

Time: 9:45am to 11:15am

Venue: Kowloon Centre

Capacity: 12 persons

Fee: Class A: \$40 , Class B: \$20, Class C: \$20

Language: Cantonese ONLY

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

Remarks: Class B and C are suitable for participants who have participated water color workshops held by BCSC before.

Class A is suitable for new participants.

New participants could ONLY join Class A.



De-stress Zentangle workshop

Content: Zentangle is originated in the United States, participants can learn to focus and relax, then, attain inner peace. More importantly, this kind of art does not require any experiences related to drawing or painting, there is no right or wrong throughout the process, everyone creates a different artwork from others, this kind of non-standardized beautiful drawings exactly reflect each person's uniqueness. Participants learn about the basic elements and designs of Zentangle in class, and get to know more about the attitudes and background of Zentangle, start learning Zentangle from scratch!

Tutor: Ms Kwan (Registered Zentangle tutor)

Target: Breast cancer survivors or patients who have completed main treatments

Date: Class A: 21/11 (Thursday, 1 session)

Class B: 23/11 (Saturday, 1 session)

Time: Class A: 2:30pm to 4:00pm

Class B: 10:00am to 11:30am

Venue: Kowloon Centre

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

Fee: \$20 for each class

Language: Cantonese ONLY

Registration: Please contact Ms. Sy 2597 3271 / Ms. Wong 2597 3252



Art knowledge and/or experience is not required.

Participants should have an open mind and willingness to experience relaxation through artwork.

Pastel Nagomi Art Workshop

- Content:** Pastel Nagomi Art is originated in Japan, founded by Mr Hosoya Norikatsu, Nagomi refers to 'calm' in Japanese kanji, carrying the meaning of peace, this kind of art does not require any drawing experiences, simply with your fingertip, you can then easily create an pastel artwork, without the limitations of paintbrush, you can feel calm, hope and relieved.
- Therapists:** Ms Kwan (Registered JPHAA tutor)
- Target:** Breast cancer patients and survivors
- Date:** 25/11 and 2, 9, 16/12 (Monday, 4 sessions)
- Time:** 10:30am to 11:30am
- Venue:** Hong Kong Centre
- Capacity:** 12 persons (only for members of the HKBCF)
- Fee:** \$80
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Leung 3143 7315 / 3143 7374/ Ms. Li 3143 7351
- Remarks:** Art knowledge and/or experience is not required.
Participants should have an open mind and willingness to experience relaxation through art work.



Drama Workshop – Dance with drama

- Content:** Life is full of changes, surprises and challenges, it brings us experiences with complicated emotions that easily remains unsolved.
The workshop of drama-oriented Expressive Arts Therapy will provide a non-judgemental and safe space for participants to raise the body awareness and adaptation to the changing body reaction to different emotions. It will help the participants to review various memorable experiences and its meaning in life, thus to express emotions aroused in the funny and playful theatre game and drama improvisation exercise.
- Therapists:** Ms. Canna Tang (Expressive Arts Therapist)
- Target:** Breast cancer survivors (No need for any art and drama experience)
- Date:** 14, 21, 28/11 and 12/12 (Thursday, 4 sessions)
- Time:** 10:30am to 12:30pm
- Venue:** Hong Kong Centre
- Capacity:** 12 persons (only for members of the HKBCF)
- Fee:** \$80
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Leung 3143 7315 / Ms. Li 3143 7351
- Remarks:** Participants do not need any art and drama experience. Just be yourself and enjoy!



African Drum Workshop

- Content:** Learn basic African Drum techniques, beats and games.
- Therapists:** Experienced African Drum Tutor
- Target:** Breast cancer patients and survivors
- Date:** 18/11 (Monday)
- Time:** 10:30am to 12:30pm
- Venue:** Hong Kong Centre
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Li 3143 7351/ Ms. Leung 3143 7315



Music Therapy Workshop – Retrieve your smile from music and stretching

Content:	We will start a journey of music together and find the sound hidden in the heart through singing, playing instruments, stretching and other artistic means.
Therapists:	Ms. Christine Chow (Registered music therapist (Aus)) Ms. Kam (Registered music therapist (Aus), Registered Yoga tutor)
Target:	Breast cancer patients and survivors
Date:	23/11(Saturday)
Time:	2:30pm – 4pm
Venue:	Hong Kong Centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Leung 3143 7315/ Ms. Li 3143 7351
Remarks:	No music knowledge or skills is required. Please prepare your own yoga mat for the class.



Music Therapy Workshop: A Rest

Content:	This workshop will provide a safe and comfortable space through singing, playing, stretching and other artistic means, so that your sisters can get along with their inner children and body, and spend a relaxing time with other sisters.
Therapist:	Ms. Christine Chow (Registered music therapist (Aus))
Target:	Breast cancer patients and survivors
Date:	14/12 (Wednesday)
Time :	10:30am – 12:00pm
Venue:	Kowloon Centre
Capacity:	15 persons (for members only)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / 2597 3251
Remarks:	No music knowledge or skills is required. Please prepare your own yoga mat for the class.



15th Anniversary Special – “A cappella” Singing Class

Content:	<ol style="list-style-type: none"> 1. Learn about what is A cappella 2. Learn about basic harmony 3. Learn about basic vocal percussion 4. Learn about reading sheet music 5. Performance practice
Therapists:	Mr. Lee (Professional A cappella Tutor)
Target:	Breast cancer patients and survivors
Date:	2, 9, 16/12 and 6, 13, 20/1/2020 and 3, 10, 17, 24/2/2020 and 2/3 (Monday, 11 sessions) Performance Date: 7/3/2020 (Saturday evening)
Time:	11:30am to 12:30pm
Venue:	Kowloon Centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$200
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271/ Ms. Wong 2597 3253
Remarks:	Participants just keep the passion of music. No need for music knowledge or experience.

15th Anniversary Special - Play African Drum Together

Content:	1. Music culture - traditional West African drum rhythm; 2. Sensation Training - West African songs and dances; 3. Special Training – Expressing emotions through drum 4. Post-class feedback
Therapists:	Ms. Pamela Yuen (Africa Drum Tutor)
Target:	Breast cancer patients and survivors
Date:	8, 15, 22, 29/2/2020 (Saturday, 4 sessions and 1 performance) Performance Date: 7/3/2020 (Saturday evening)
Time:	11:30am to 1:00pm
Venue:	Hong Kong Centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$80
Language:	Cantonese ONLY
Registration:	Please contact Ms. Li 3143 7351/ Ms. Leung 3143 7315



“Meeting with you” – Basic skin care workshop

Content:	Lesson of basic skin care and make-up skill.
Therapists:	The representative of Estee Lauder-Clinique
Target:	Recurrent breast cancer patients or stage 4 patients
Date:	20/11 (Wednesday)
Time:	2:30pm to 5:30pm
Venue:	Kowloon Centre
Capacity:	20 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Leung 3143 7315/ Ms. Wong 2597 3253/ Ms. Li 3143 7351

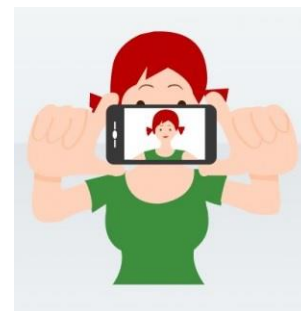
Christmas French Mustard Spring Chicken cooking workshop

Content:	Demonstrating and teaching how to cook the French Mustard Spring Chicken
Tutor:	Ms. Nicole Wong (Founder of Nicole's Kitchen)
Target:	Breast cancer patients and survivors
Date:	4/12 (Wednesday)
Time:	2:30pm to 4:30pm
Venue:	Kowloon Centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Wong 2597 3253



Self Image Group

- Content:** Am I pretty? After breast cancer treatment, the changes in body may affect women's feelings and confidence. The group aims at letting participants re-experience their beauty and enhance their self-confidence and satisfaction.
- Therapists:** Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor) & Ms. Leung (Registered Social Worker)
- Target:** Breast cancer patients and survivors
- Date:** 4, 11, 18, 25/11 and 2, 9/12 (Monday, 6 sessions)
- Time:** 10:30am to 12:30pm
- Venue:** Kowloon centre
- Capacity:** 10 persons (only for members of the HKBCF)
- Fee:** \$80
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Leung 3143 7315 / Ms. Sy 2597 3271



Emotion management 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:** Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor)
- Target:** Breast cancer patients and survivors
- Date:** 14/12 (Saturday, 1 session)
- Time:** 11:00am to 12:30pm
- Venue:** Hong Kong centre
- Capacity:** 12 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Leung 3143 7315 / Ms. Li 3143 7351



Workshops on 'Sharing my Personal Story' –

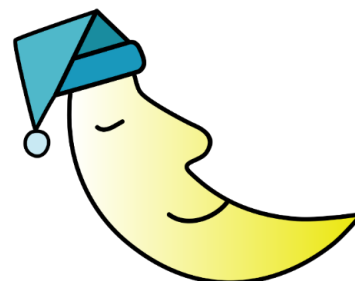
Finding myself and building self-confidence through constructing my life story

- Content:** Everyone has a valuable and individualized life story. Through story-telling, we can review our own life experience, milestones, changes, ups and downs and gain insights out of our life journey.
Narrative Therapy is a form of psychotherapy that helps people enhancing their self-confidence and finding their future directions through constructing their life stories. Through story-telling, participants will enhance mutual understanding and support.
- Therapists:** Mrs. Winnie Lee (Counseling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** 1, 8, 15, 22/11 (Friday, 4 sessions)
- Time:** 11:00am to 1:00pm
- Venue:** Kowloon Centre
- Capacity:** 12 persons (only for members of the HKBCF)
- Fee:** \$60
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271



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 (Counseling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	6, 13, 20/12 (Friday, 3 sessions)
Time:	11:00am to 1:00pm
Venue:	Kowloon Centre
Capacity:	12 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271



Mindfulness Training Workshop

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.
Therapists:	Mrs. Winnie Lee (Counseling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	27/12 (Saturday, 1 session)
Time:	11:00am to 1:00pm
Venue:	Kowloon centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271



Celebration for Survivorship

Content:	Sharing the up and down of breast cancer treatment Making a celebration card for yourself
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:	11/1/2020 (Saturday)
Time:	10:00am to 12:00pm
Venue:	Hong Kong centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	Free of charge
Language:	Cantonese ONLY
Registration:	Please contact Ms. Leung 3143 7315 / your responsible nurse



Breast Cancer Support Centre

Members' Circular (Nov- Dec 2019)

(2) Talks

November: How to eat healthy and tasty

Content:	1. Introduce simple dietary principle 2. Introduce how to keep fit during recovery 3. Pros and cons of diet choice
Speaker:	Ms. Nichole Mak (Registered Dietitian)
Target:	Breast cancer patients and survivors
Date:	30/11 (Saturday)
Time:	2:30pm to 4:30pm
Venue:	Hong Kong Centre
Capacity:	40 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, or email your name and contact information to florencetam@hkbcf.org



December: How to Sleep Well?

Content:	Sleeping is an important part in our daily lives, we spend about one-third of life in sleeping. Sleeping well at night could improve our physical and mental health. However, many people might be suffering from different level of sleeping disturbance. This talk hopes to share the knowledge of sleep and sleep hygiene through a simple way, in order to enhance the participants' sleeping quality.
Speaker:	Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor)
Target:	Breast cancer patients and survivors
Date:	14 /12(Saturday)
Time:	2:30pm to 4:30pm
Venue:	Hong Kong Centre
Capacity:	40 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, or email your name and contact information to florencetam@hkbcf.org



Breast Cancer Support Centre

Members' Circular (Nov- Dec 2019)

(3) Members' Outing Activity

November : Pineapple Park one-day visit

Content:	How much do you know about pineapple? We invite you to join our Pineapple Park one-day visit. We can plant organic vegetables, feed sheep and have fresh pineapple lunch together.
Date and Time:	26/11 (Tuesday) 11:00am to 3:00pm
Venue:	Go Green Organic Farm, Si Pai Shek, Kam Tin, Yuen Long
Target:	Breast cancer patients and survivors (not suitable for patient under chemo and radio therapy)
Leader:	Ms. Leung (Social Worker), Ms. Li
Gathering Time:	10:30am
Gathering Venue:	Kam Sheung Road MTR Station, Exit A
Capacity:	25
Fee:	\$150 (including admission fee, planting organic vegetables and lunch)
Deadline:	On or before 4/11
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 / Ms. Leung 3143 7315
Remarks:	<ol style="list-style-type: none"> 1. Participants should arrive at the meet up point on time, late comers would not be waited. 2. Please wear light colour long sleeve cloth and trousers. 3. Please prepare your own anti-mosquito product and sunscreen. 4. Please prepare your own shopping bag.

December: New idea for cooking (Part 2)

Content:	<p>Part 1: Introduce the concept of sustainable use of biological resources and related labels on food and Daily necessities</p> <p>Part 2: Shopping for sustainable use of biological food or related food</p> <p>Part 3: Learning how to cook the sustainable use of biological food by professional cooking tutor</p>
Date:	11/12 (Wednesday)
Time:	9:30am to 3:00pm
Venue:	Jockey Club Wang Tau Hom Youth S.P.O.T., The Hong Kong Federation of Youth Groups
Target:	Breast Cancer Survivors
Leader:	Ms. Sy (Social Worker) and Ms. Wong
Gathering Time:	9:30am
Gathering Venue:	Central MTR Station, Exit C
Capacity:	18 persons (First come first serve) (Members only)
Fee:	Free of Charge, lunch included
Deadline:	5:00pm on 21/11 (Wednesday)
Language:	Cantonese only
Registration:	Please contact Ms. Wong 2597 3253 / Ms. Li 3143 7351
Remarks:	<ol style="list-style-type: none"> 1. Participants should arrive at the meet up point on time, late comers would not be waited. 2. If participants are unable to attend the activity after application, please notify the center at least 1 day before the activity by calling 2525 6033/ 3143 7351 3. Please prepare enough drinking water, sun protection and anti-mosquito products



Breast Cancer Support Centre

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(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:	6/11 (Wednesday)
Time:	3:15pm to 5:15pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



Meeting with Expert - Psychologist with you

Content:	To learn how to manage different emotions encountered during the cancer-fighting journey through discussion and consultation with a psychologist
Expert:	Dr. Rhoda Yuen (Counseling Psychologist)
Target:	Group A - Advanced breast cancer patients Group B - Stages 0 to 3 newly diagnosed patients aged below 40
Format:	Group discussion
Date:	Group A – 8/11 (Friday) Group B – 12/12 (Thursday)
Time:	Group A – 2:30pm to 4:30pm Group B – 2:00pm to 4:00pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

Free Medical Consultation

Content:	Professional Oncologist consultation service
Target:	Breast cancer patients and; <ul style="list-style-type: none"> - Comprehensive Social Security Assistance Scheme recipients or; - Low-income Working Family Allowance (LIFA) Scheme recipients or, - Patients with Medical fee waiver or; - Work Incentive Transport Subsidy Scheme recipients or; - The average monthly individual income in the last 3 months is not exceed HK\$17,400
Date:	November: 15/11 (Friday) December: 6/12 (Friday)
Time & Venue:	10:30am to 12:30pm / Kowloon Centre
Capacity:	4 (20 minutes for each patient)
Fee:	Free (for breast cancer patients and members only)
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: November: 12/11 (Tuesday)
December: 10/12 (Tuesday)
Time: 10:30am-12:30pm
Venue: Kowloon Centre
Fee: Free (for members only)
Capacity: 5
Language: Cantonese
Registration: Please contact our nurses or social workers for more details



Psychologist Counselling Service

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



(5) Materials Supporting Services

Bright life series—Wigs giving

- ✧ With the generous support of Wonderful Knots Foundation and Aderans Hong Kong Limited, HKBCF has a free wig programme to facilitate the access to wigs by financially underprivileged breast cancer patients. 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 or Ms Hui at 3143 7374

Bright life series—Bra and Prosthesis giving

- ✧ In order to help those breast cancer patients with financial difficulty to keep their self-image after mastectomy, a free bra and prosthesis program is launched by Hong Kong Breast Cancer Foundation and Comfort Me Health Wear Co. Ltd.
- ✧ Breast cancer patients or survivors who are interested please contact social worker, Ms. Leung at 3143 7315 or Ms. Sy at 2597 3271 or Ms Hui at 3143 7374 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

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(6) Volunteer Work

Volunteer Recognition Award Ceremony

Content:	Volunteer recognition, Buffet afternoon tea, volunteer experience sharing
Capacity:	40 persons
Date:	7/12 (Saturday)
Time:	1:00pm to 3:30pm (Tentative)
Venue:	Hong Kong Centre
Registration:	Please contact Ms. Chan 3143 7343



Circular Folding

Content:	Help in folding circular
Capacity:	5 for each group
Date:	17/12 (Tuesday)
Time:	10:00am to 1:00pm 2:00pm to 5:00pm
Venue:	Hong Kong Centre
Registration:	Please contact Ms. Chan 3143 7343

Volunteer Initiation Day

Content:	Introduce the volunteer work in centre , workshop and Sharing
Target:	Newcomer of volunteer
Capacity:	40 persons
Date:	9/11 (Saturday)
Time:	2:30pm to 5:00pm
Venue:	Hong Kong Centre
Registration:	Please contact Ms. Chan 3143 7343 / Ms. Leung 3143 7315 / Ms. Hui 3143 7374 / Ms. Sy 2597 3271

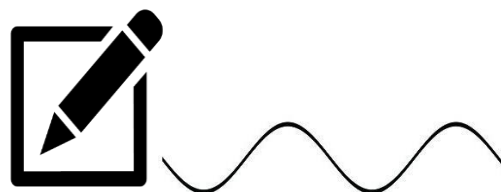
Data Entry

Content: Help in organising data and data entry
 Capacity: 1 for each time slot
 Date: November to December 2019, every Tuesday to Friday
 Time: (1) 10:00am to 1:00pm
 (2) 2:00pm to 5:00pm
 Venue: Hong Kong Centre
 Registration: Please contact Ms. Chan 3143 7343



Voluntary Edit Team of Members' Circular

Content: Recruiting volunteers who are interested in editing, proofreading, translation, art editing, post-production, etc., to complete each member circular together.
 Capacity: Many
 Venue: Hong Kong Centre / Kowloon Centre
 Registration: Please contact Ms. Chan 3143 7343



New T-Shirt for Volunteer

- ❖ Any member who want to buy, please contact our counter staff at 2525 6033(Hong Kong Centre) or 2597 3251(Kowloon Centre)
- ❖ Prize: \$45 for each
- ❖ Sizes for reference:

Measurement (cm)

	S	M	L	XL
Width of chest	48	50.5	53	57
Length	59.5	63	67	71
Length of sleeves	19.5	20	22	24



Breast Cancer Support Centre

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(7) Interest Class

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
Ho's Yijingjing Class (November)	Mr. Ho Fat Pong	Hong Kong Centre	4 sessions: 4,11,18,25/11 (every Monday)	3:00pm to 4:30pm	12	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class (December)			4 sessions: 2,9,16,23/12 (every Monday)	3:00pm to 4:30pm	12	\$80	
Knitting Class (November)	Ms. Ng Wei Han		4 sessions: 5,12,19,26/11 (every Tuesday)	2:30pm to 4:30pm	12	\$80	1. Bring own knitting needles & wool 2. For breast cancer patients/ survivors only
Knitting Class (December)			4 sessions: 3,10,17,24/12 (every Tuesday)	2:30pm to 4:30pm	12	\$80	
Pilates for shoulder care (November)	Ms. Angela Yiu		1 session : 12/11 (Tuesday)	2:30pm to 3:30pm	12	\$20	Pilates exercises work to balance the muscles around the shoulders, but also work the shoulders in different positions to achieve the dynamic stability the shoulders need to support them through the full range of movement they can achieve. The shoulders and neck are encouraged to work together to achieve improved posture throughout the upper body. This is great for preventing as well as treating neck and shoulder problems. 1. Priority is given to the nurses referral 2. Comfortable wear and shoes recommended 3. For breast cancer patients/ survivors only
Pilates for shoulder care (December)			1 session: 10/12 (Tuesday)	2:30pm to 3:30pm	12	\$20	
Pilates for back care (November)	Ms. Jessie Lau		1 session: 19/11 (Tuesday)	2:30pm to 3:45pm	12	\$20	
Pilates for back care (December)			1 session: 17/12 (Tuesday)	2:30pm to 3:45pm	12	\$20	

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Theme	Tutor	Centre	Date	Time	Qu ota	Fee	Remark
“Melody-in-Mind” Saturday Singing Class	Mr. Derek Chan	Suspended in November and December					
Pilates Stretch Exercises (November)	Ms. Connie Wong	Kowloon Centre	1 session: 11/11 (Monday)	10:00am to 11:15AM	12	\$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
Pilates Stretch Exercises (December)			1 session: 16/12 (Monday)	10:00am to 11:15am	12	\$20	
Stretching Release Pressure Class (November)	Ms. Mandy Tang		1 session: 29/11 (Friday)	11:00am to 11:45 pm	15	\$20	This class explains and guides students to use different stretching exercises to soothe and improve common pains such as shoulder, neck, waist, hip and knee, while strengthening the softness of the muscles and correcting the posture of daily mistakes.
Stretching Release Pressure Class (December)			1 session: 7/12 (Saturday)	09:30am to 10:15am	15	\$20	
Dynamic Pilates Dance Class (November)	Ms. Mandy Tang		1 session: 29/11 (Friday)	12:00am to 1:00pm	10	\$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 (December)			1 session: 7/12 (Saturday)	10:30am to 11:30am	10	\$20	
Ho’s Yijingjing Class (November)	Mr. Ho Fat Pong		4 sessions: 7, 14, 21, 28/11 (Thursday)	9:45am to 11:15am	12	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho’s Yijingjing Class (December)			3 sessions: 5, 12, 19/12 (Thursday)	09:45am to 11:15am	12	\$60	

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

Breast Cancer Support Centre

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(8) 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	Ms. Tam Ms. Chow Ms. Ng	Every Wednesday 2:00pm to 4:00pm Every Friday 10:30am to 12:00pm
		Kowloon	Ms. Ngan Ms. Cheung, Ms. Ma, Ms. Chan	Every Tuesday 2:00pm to 4:00pm
Patient Support Group (English-speaking session)	Stages 0 to 3 newly diagnosed patients	Hong Kong	Ms. Tam Ms. Chow Ms. Ng	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	Kowloon	Ms. Ngan Ms. Cheung, Ms. Ma, Ms. Chan	Every 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	Ms. Tam Ms. Chow Ms. Ng	Every Thursday 2:00pm to 4:00pm
Advanced Breast Cancer Group (Phoenix Group)	Stage 4 and recurrent breast cancer patients	Hong Kong	Ms. Tam Ms. Chow Ms. Ng Ms. Leung Ms. Hui	Every Friday 2:00pm to 4:00pm
		Kowloon	Ms. Ngan Ms. Cheung Ms. Ma Ms. Chan Ms. Sy	Every Monday 2:00pm to 4:00pm
Local Recurrent Group (Rainbow after Raining Group)	Local recurrent breast cancer patients	Hong Kong	Ms. Tam Ms. Leung Ms. Hui	Once per month (<i>Prior arrangement is required.</i>)
Tele-Support Group	Breast cancer patients receiving treatment(s)	Hong Kong	Ms. Tam Ms. Chow Ms. Ng	By appointment (<i>Prior arrangement is required.</i>)
		Kowloon	Ms. Ngan Ms. Cheung Ms. Ma Ms. Chan	

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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	Ms. Tam Ms. Chow Ms. Ng Ms. Leung Ms. Hui	(English session) Every Monday 2:30am to 4:00pm (Prior arrangement is required.) (Cantonese session) Every Wednesday to Friday 2:00pm to 4:00pm
		Kowloon	Ms. Ngan Ms. Cheung Ms. Ma Ms. Chan Ms. Sy	(Mandarin session) Every Friday 10:30am to 12:00pm (Prior arrangement is required.) (Cantonese session) Every Tuesday 2:00pm to 4:00pm
Treatment Preparation Group	Breast cancer patients to receive chemotherapy, radiotherapy or hormonal treatments, and their family members	Hong Kong	Ms. Tam Ms. Chow Ms. Ng	(English Group) Every Monday 12:00pm to 1:00pm (Prior arrangement is required.) (Cantonese Group) Every Wednesday to Friday 4:30pm to 5:30pm
		Kowloon	Ms. Ngan Ms. Cheung Ms. Ma Ms. Chan	Every Tuesday 4:30pm to 5:30pm
Individual Counseling	Breast cancer patients/survivors, and their family members	Hong Kong	Ms. Cheung (Centre head) Ms. Tam Ms. Chow Ms. Ng Ms. Leung Ms. Hui	By individual appointment
		Kowloon	Ms. Ngan Ms. Cheung Ms. Ma Ms. Chan Ms. Sy	

~ 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 ~

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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 & Kowloon	Ms. Leung Ms. Sy Ms. Hui	Christmas Party Date: 7/12 (Saturday) Time: To be confirmed Venue: Tseung Kwan O (Tentative) Target: all sunflower leaders and members Capacity: 40 <i>Please contact your group leader for enrolment</i>
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 & Kowloon	Ms. Sy Ms. Hui	Suspended

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



Breast Cancer Support Centre

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(9) Paramedical Support

Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
Post-operative Upper Limb Exercise Class	Post-operative breast cancer patients	Hong Kong	Ms. Tam Ms. Chow Ms. Ng	Every Wednesday 11:00am to 11:30am Every Thursday 4:00pm to 4:30pm (Prior arrangement is required.)
		Kowloon	Ms. Cheung Ms. Ma Ms. Chan Ms. Ngan	Every Tue 12:00pm to 1:00pm
Lymphoedema Care Service: Lymphoedema Management Group	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong	Ms. Tam Ms. Chow Ms. Ng	Every Friday 10:30am to 12:30pm
		Kowloon	Ms. Cheung Ms. Ma Ms. Chan Ms. Ngan	Every Thursday 2:00pm to 4:30pm
Lymphoedema Care Service: Lymphoedema Management Individual Session : \$450/session	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong	Ms. Cheung (Head of BCSC)	By individual appointment
		Kowloon		
Lymphoedema Care Service: Basic Lymphoedema Knowledge & Care Class (includes Manual Lymphatic Drainage and exercise) (maximum 20 participants) Member: Free of charge Non-member: \$100	Breast cancer patients and survivors	Hong Kong	Ms. Tam Ms. Chow Ms. Ng	Every Tuesday 10:30am to 12:30pm
		Kowloon	Ms. Ngan Ms. Cheung Ms. Ma Ms. Chan	Every Wednesday 10:30am to 12:30pm
Lymphoedema Care Service: Lymphoedema Index Measurement Service Measurement Fee : Member: \$180 Non-member: \$280	Breast cancer patients and survivors	Hong Kong	Ms. Tam Ms. Chow Ms. Ng Ms. So	Monday to Friday 10:30am to 12:00pm 2:30pm to 5:30pm
		Kowloon	Ms. Cheung Ms. Ma Ms. Chan Ms. Chan	Saturday 10:00am to 12:00pm 2:30pm to 5:00pm

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

