

## Breast Cancer Support Centre Members' Circular (Apr- Jun 2020)

### Important Announcement

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

### Breast Cancer Support Centre

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

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

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



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

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Experience Sharing

### “Association of Mask”

### Author: Yang AsHeart

There was a time when my white blood cell index hit new low, as a result of undergoing chemotherapy and radiotherapy. Knowing that I stood no chance before any bacteria and virus, my doctor told me to avoid crowded places. I also wore face masks to protect myself. At that time, few people wore masks on public transport and the street. So I was anxious about how people would make of my uncommon appearance.



As I pen this article, wearing face masks on the streets already becomes a thing because of the coronavirus in Wuhan. Times really have changed. Face masks went from a medical supplies to the most sought-after survival necessity on the planet – people queued overnight just to get their hands on one. Of course, there were people who would rather stay home to avoid exposing themselves to the virus.

Patients undergoing treatment have to be extra cautious at this very time because they have to travel to and fro hospitals/clinics. The same goes for those who have recovered. Having a mask is essential. So I turned over the boxes at home, hoping to find any remaining supplies from years ago. At the same time, since I stayed home all the time when I underwent chemotherapy and radiotherapy treatment, I'm used to staying at home. As a result, I undertook the "don't go anywhere" tactic and gave all the masks I found to those who are more in need.

I hope that by the time you read this, the situation is getting better. Just remember to kindle positivity, take the initiative to reach out to friends around us, and offer our care and blessings to one another. This is often the time when care and love shine.

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### PR & Communications News

#### Exclusive Offer

Beneficiary



#### \*To raise people's awareness on breast cancer,

- »» For every purchase of lingerie and breast prosthesis above HK\$500, you can enjoy 15% off and use HK\$100 cash coupon
- »» Yozme will donate HK\$50 to the HKBCF for every cash coupon used

 Rm 908, 9/F, Cheung Hing Industrial Building,  
23 Tai Yip Street, Kwun Tong

 Tel: 2488 9801 (Reservation for professional fitting service)

 Whatsapp : 6582 2526

 Website : [www.yozme.com.hk](http://www.yozme.com.hk)

 Facebook : Yozme

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Event Snapshots

### Cheering Videos

Due to the outbreak of the novel coronavirus, Breast Cancer Support Centre (BCSC) would only provide limited services from Lunar New Year on. Most of the support group services can only be performed on the phone. At this difficult time, the BCSC staff have put together a cheering video to show you our support to everyone in Hong Kong.

To watch the short video, take your phone out now and scan the QR code below!



Besides the cheering video, BCSC's professional clinical psychologist, Ginette, also recorded a short video to teach everyone how to maintain mental health in the face of the current situation! Scan the following QR code now to watch the video!



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Happy Year of the Rat Fight the Epidemic Together

Due to the novel coronavirus, the past Lunar New Year has been quite a different one for everyone – apart from Kung Hei Fat Choy we would ask our friends and relatives whether they have enough face masks.

But fear not! The Hong Kong Breast Cancer Foundation was lucky to have received a batch of surgical masks donated by the Christian China Missionary Society and the Hong Kong Jockey Club, so that we can provide masks to sisters in need. At present, the distribution of face mask has been finished and mailed to sisters in need successfully. Thanks the Christian China Missionary Society and the Hong Kong Jockey Club again. (Updated on 23/3/2020)

### A Trip to Pineapple Park

Do you like pineapple? On 20 January, a group of sisters and our staff went to the Pineapple Park - Go Green Organic Farm, to learn about organic farming and take a look at the sheep there. Each participant also planted a pot of organic vegetables on that day. I wonder if we can see their fruit in a few months?



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Celebrating New Life – The Making of Cards



To breast cancer survivors, the journey of breast cancer is unforgettable – having fought through diagnosis, surgery, chemotherapy, radiotherapy, other breast cancer treatments. Some of them learn more about life after the disease; and some find out that there are surrounded by many 'little angels', and would like to thank them for the help and encouragement along the way. The BCSC regularly organises celebratory activities for survivors. Recently, some of them made special cards to record this special experience of life.

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### Volunteer Award Ceremony

Volunteer Initiation Day for the first quarter of 2019 was held on 9 December to welcome everyone to join us.

During the event, everyone got to understand more about the HKBCF, our volunteer services, as well as the different services of our centre. Through these activities, we hope that volunteers will be more involved in voluntary work and help more people.



Breast Cancer Support Centre  
Members' Circular (Apr- Jun 2020)

**Apr - Jun enrolment Date & Time start from**



**Notice: April-June Event Registration**

Due to the novel coronavirus, 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 centre to reserve a seat for yourself and pay the activity fee within 7 working days upon your registration by the following methods for confirmation.

1. Pay and hand in the application form in person at Hong Kong Centre / Kowloon Centre
  2. Mailing cheque and registration form
  3. Bank transfer
- Only accept ATMs and bank counter transfers, not online bank transfers
  - During the registration, please inform our staff that you would pay by bank transfer. Our staff will then provide details of the deposit later.
  - Separate entry for each event, meaning that each event must be paid separately.
  - After the payment, please mail us your original bank-in slip and application form.

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Hong Kong Breast Cancer Foundation Breast Cancer Support Centre

#### Activities Application Form

**Attention :**

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

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

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

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

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

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

If I have any emergency accident during activities , please :

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

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

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

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

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

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

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

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

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

I hereby declare that:

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

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

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

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

**<For Staff Use >**

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

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



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Member Application

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

### Notes on Enrolment

- **The enrollment of all activities will start at 9:30 am on 24 March 2020 (Tue).**
- To facilitate your registration, all members are **required** to fill in the activities application form. The HKBCF remains the right to deny any request of participating in the activities should the form indicated that you are unfit for the activities.
- **Members are expected to make the payment of all the activities/ groups/ workshops within seven working days. For those who are unable to make the payment will be considered to have given up the enrolled offer.**
- Unless specified, all activities are open to HKBCF members only, and will take place at either of the following venues:
  1. **Hong Kong Breast Cancer Foundation Breast Cancer Support Centre (HKBCF) (Hong Kong Centre):**  
**Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Fortress Hill MTR Station Exit A)** or
  2. **HKBCF Jockey Club Breast Cancer Support Centre (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 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 (Apr- Jun 2020)

### Newsletter

### Highlighted Events

#### (1) Groups / Workshops

##### **15th Anniversary Annual Members' Gathering**

**(The date was tentatively changed to 1/8. It would be other arrangement, if the novel coronavirus epidemic has continued to spread. Please pay attention to our Members' Corner web page. Thank you.)**

- Content:** Founded in 2005, the Hong Kong Breast Cancer Foundation (HKBCF) will be embarking on its 15th birthday soon. 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.
- Target:** Breast Cancer Patients, Survivors, Family members and friends
- Date:** 1/8 (Saturday)
- Fee:** \$250/ head
- Time:** Reception opens at 10:30, the lunch starts at 11:30
- Venue:** The Palace - Silvercord Restaurant  
( Shop No 307,3/F., Silvercord, 30 Canton Road, Tsim Sha Tsui ,Kowloon)
- Registration:** Please contact Ms. Tam 31437318 / Ms. Li 31437351 / Ms. Chan 25973252 / Ms. Wong 25973252

##### **Symposium on Breast Health Education 2020**

**(Due to the recent outbreak of new coronavirus, the symposium will be postponed. The exact date will be announced later.)**

- Content:** 1) For Breast Cancer Patients/ Survivors / Family members:  
Talks of Therapy for Breast Cancer (including "How to manage sequelae after breast cancer surgery", "How to tackle side effects from chemotherapy" etc.) ;Talks of On Road to Recovery (including "Lymphoedema prevention and treatment" , "dietary advice").  
2) For Breast Cancer Patients/ Survivors (Members ONLY)  
We provide lymphoedema test, Nicole Kitchen-Pink yogurt workshops and Pilates classes. The capacity is limited, first comes first serves.
- Target:** Breast Cancer Patients/ Survivors (Members only)
- Registration:** Please contact Ms. Tam 31437318 / Ms. Li 31437351 / Ms. Chan 25973252 / Ms. Wong 25973252

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### 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 (Registered Social Workers)
Date:	1,8,15,22,29/4 and 6,13,20,27/5 and 3,10,17,24/6 (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:	6 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:	Hong Kong Centre: 23/5 (Saturday), 10:30am to 12:30pm Kowloon Centre: 6/6 (Saturday), 10:30am to 12:30pm
Capacity:	5 persons (Every Session)
Fee:	Free
Language:	Cantonese ONLY
Registration:	Please contact your case nurses or social workers Ms. Leung 3143 7315 /Ms. Sy 25973271



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### MFR Yoga

Content:	Myofascial release: In the myofascial relaxation class, tutor teaches students to use some assistive tools, such as small massage balls, to relax the soft tissues of the fascia with specific movements. Fascial relaxation can increase myofascial mobility and reduce pain. It is also an effective way to help recover normal function of the tissue. As it stitches in a slow and precise manner, it is also great and relaxing for later rehabilitation.
Tutor:	Registered Yoga Tutors
Target:	Breast cancer patients and survivors
Date:	April Class: 24/4 (Friday, 1 sessions) May Class: 8, 15, 22/5 (Friday, 3 sessions) June: Class: 5, 12, 19/6 (Friday, 3 sessions)
Time:	2:30pm to 3:30pm
Venue:	Kowloon Centre
Capacity:	6 persons (First come first served, only for HKBCF members)
Fee:	\$20 for April Class \$60 for May Class \$60 for June Class
Language:	Cantonese
Registration:	Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251
Remark:	<ol style="list-style-type: none"><li>1. Participants cannot simultaneously register for MFR yoga class and Yoga stretch class.</li><li>2. Participants should wear loose fitting/ comfortable clothing.</li><li>3. Please prepare and bring your own yoga mat and one tennis ball.</li><li>4. Participants will need to be barefoot or wear non-slip socks during the course.</li><li>5. Participants should complete the operation after 3 months and be breast cancer survivors.</li><li>6. <b>Participants could not enrol the next yoga class, if the attendance is lower than 80%.</b></li></ol>



### Yoga Stretch Class

Content:	Yoga stretching is a restorative and gentle course. The movements designed for students focus on upper limb extension and overall body relaxation. It helps us reduce fatigue, improve blood circulation and physical function as well as sleep quality.
Tutor:	Registered Yoga Tutors
Target:	Breast cancer patients and survivors
Date:	April Class: 24/4 (Friday, 1 sessions) May Class: 8, 22/5 (Friday, 2 sessions) June: Class: 12/6 (Friday, 1 sessions)
Time:	3:45pm to 4:45pm
Venue:	Kowloon Centre
Capacity:	6 persons (First come first served, only for HKBCF members)
Fee:	\$20 for April Class \$40 for May Class \$20 for June Class
Language:	Cantonese
Registration:	Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251
Remark:	<ol style="list-style-type: none"><li>1. Participants should not apply both MFR yoga and Yoga stretch.</li><li>2. Participants should wear loose fitting/ comfortable clothing.</li><li>3. Please prepare and bring your own yoga mat and one tennis ball.</li><li>4. Participants will need to be barefoot or wear non-slip socks during the course.</li><li>5. Participants should complete the operation after 3 months and be breast cancer survivors.</li><li>6. <b>Participants could not enrol the next yoga class, if the attendance is lower than 80%.</b></li></ol>



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### 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) May: 9, 16, 23, 30/5 (Saturday, 4 sessions) June: 6, 13, 20, 27/6 (Saturday, 4 sessions)
Time & Venue:	2:00pm – 3:00pm / Kowloon Centre
Capacity:	6 persons / Group
Fee:	\$200 for May's class; \$200 for June's class
Registration:	Please contact Ms. Wong 2597 3253 / Ms. Sy 2597 3271



### 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:	7, 14, 21, 28/5 (Thursday, 4 sessions)
Time:	Group A: 9:15am – 10:15am Group B: 11:30am – 12:30pm
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 3143 7351 Miss Li /2597 3253 Miss Wong / Social Worker Ms. Leung 3143 7315 or Ms. Sy 2597 3271



### 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:	13, 20/6 (Saturday, 2 sessions)
Time:	10:00am-11:00am
Venue:	Hong Kong Centre
Capacity:	15 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$40(for members only)
Registration:	Please contact 3143 7351 Miss Li /Social Worker Ms. Leung 3143 7315

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Dancing Therapy: Line Dancing

Content:	Line dancing, a popular past time for many decades in the United States, Canada, United Kingdom, Australia, New Zealand and Europe, has its origin in American Country and Western music and dancing. Over the years, different forms and styles of line dancing have emerged, giving each dance its own unique flavour. The format of dancing in lines together as a group is suitable for all age groups, genders and fitness levels. Movements are simple, and steps to the catchy rhythm of music are easy to follow and learn. The experience allows individuals to develop a sense of body awareness and rhythm through different types of music, achieve a moderate level of physical and mental activity, gain self-confidence, enjoy movement, and most importantly have fun!
Tutor	Ms. Choi Ling Nar (Professional Dance Teacher)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	11,18/7 (Saturday, 2 sessions)
Time:	11:30am-12:30pm
Venue:	Kowloon Centre
Capacity:	15 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$40 (for members only)
Registration:	Please contact 2597 3253 Miss Wong / Social Worker Ms. Sy 2597 3271

### Watercolor painting relaxation workshop

Content:	<b>Beginner Class A:</b> <b>22/4 Jellyfish Techniques:</b> The flow and application of water, the form of jellyfish, the application of watercolour pen, washes, storey <b>29/4 Cherry Tree Techniques:</b> Application of the three primary colours and colour circles, the use of water, the techniques of using pens, the shape of trees, stippling techniques, and dry brushing <b>Beginner Class B:</b> <b>13/5 Bird Techniques:</b> water control, bird shape, feather treatment, simple watercolour colouring method <b>20/5 Butterfly Pea Techniques:</b> Application of the three primary colours and colour circles, the flow and application of water, wet painting method, washes, the form and shape of butterfly, the application of watercolour pen <b>Advanced Class C:</b> <b>10/6 Lighthouse Landscape Techniques:</b> sky, lighthouse and rocky beach treatment (difficulty: high) (requires 3-4 lessons in this watercolour course before registration) <b>17/6 Light Landscape Techniques:</b> light colour, lines application, moisture control, washes, dry pen method (difficulty: medium to high)
Tutor:	Ms. Fiona Tang (Experienced Art Tutor)
Target:	Breast cancer survivors
Date:	Beginner A: 22, 29/4 (Wed) for Class A Beginner B: 13, 20/5 (Wed) for Class B Advanced C: 10, 17/6 (Wed) for Class C
Time:	9:45am to 11:45am
Venue:	Kowloon Centre
Capacity:	6 persons
Fee:	Class A: \$60, Class B: \$60 , Class C: \$60
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 2597 3253 / Ms. Sy 2597 3271

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Mosaic Try-out Classes

Content:	Making use of different mosaic materials, colors and cross-over with Decoupage, in order to create your very own custom mosaic projects. Mosaic class materials: <ul style="list-style-type: none"><li>• Wooden photo frame</li><li>• Wooden box (Small size)</li><li>• Coaster in wood based (MDF board)</li><li>• Ceramic plate</li></ul>
Therapists:	Professional Decoupage and Mosaic artist, Ms Kanly Ho
Target:	Breast cancer patients and survivors
Date, Time & Venue:	Class A: 14/5/2020 (Thursday), 2:30 pm to 4:30 pm (Hong Kong Center) Class B: 13/6/2020 (Saturday), 10:30 am to 12:30 pm (Kowloon Center) Class C: 28/5/2020 (Thursday), 2:30 pm to 4:30 pm (Hong Kong Center) Class D: 20/5/2020 (Wednesday), 2:30 pm to 4:30 pm (Kowloon Centre)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20 (please apply at least a month before)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Leung 3143 7315/ Ms. Wong 2597 3253/ Ms. Li 3143 7351
Remarks	The completed artwork needs to be sent to studio for caulking process and can be collected after 3 weeks in the center.

### Stretching and Dancing - Expressive Art Workshop 1

Content:	Through physical stretching activities, participants relieve physical and mental fatigue and tension and enjoy dancing in a relaxed musical rhythm. In this workshop, participants reduce stress and anxiety, relax by taking deep breaths and giving the body and mind a real break.
Therapists:	Ms. Canna Tang ( Expressive Arts Therapist)
Target:	Breast cancer survivors (No need for any art experience)
Date:	30/5 (Saturday)
Time:	10:30am 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
Remarks:	Participants do not need any art experience. Just be yourself and enjoy!



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Stone paintings - Expressive Art Workshop 2

- Content:** Through visual art, participants express emotions and stress in life during the workshop, providing a safe space for everyone to reduce stress and anxiety, and to find their own source of energy in artistic creation.  
During the event, the therapist will lead the participants to make "stone paintings". Through imagination and creativity, participants would relieve their stress and relax, using colours to turn the stone into a coloured stone that gives you strength.
- Therapists:** Ms. Zoe So ( Expressive Arts Therapist)
- Target:** Breast cancer survivors (No need for any art experience)
- Date:** 4/7 (Saturday)
- Time:** 2:30pm to 4:30pm
- 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:** Participants do not need any art experience. Just be yourself and enjoy!



### I am beautiful – An unusual self-image makeup workshop

- Content:** You may have participated in a make-up workshop. But have you ever participated in a make-up workshop for breast cancer patients and survivors?  
Breast cancer patients and survivors often have various skin care and makeup problems because of various treatments.  
In this workshop, you can not only learn and practice skincare and makeup skills, but also can share your makeup experience with other participants.
- Tutor:** Ms. Vanessa Lai (Professional Make-up and skincare instructor) & Ms. Leung (Social Worker)
- Target:** Breast cancer patients and survivors
- Date:** 9/5 (Saturday)
- Time:** 10:00am to 1:00pm
- 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



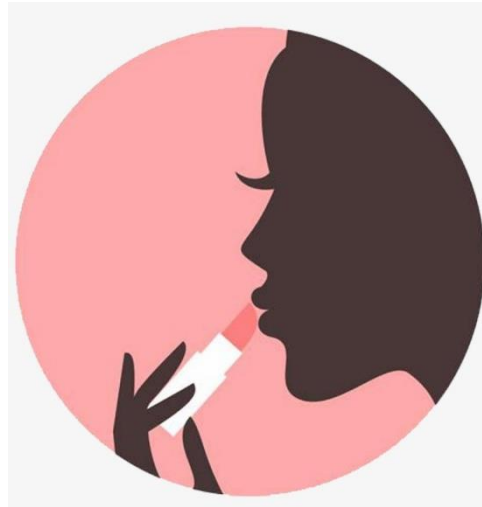


# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Estée Lauder Companies Beauty Workshop

Content:	Simple Back to Work Makeup Workshop. Quick and easy 3 steps makeup – even skin ,dimension ,natural eye
Worker:	Felix Law from Bobbi Brown
Target:	Survivor who will Back to Work
Date:	29/7 (Wednesday)
Time:	2:30pm to 5:30pm
Venue:	Kowloon centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251



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

Content:	Use the new ways to enlighten the soul, add positive in life! Through the Horticultural activities, relax and release the pressure. Enjoy the free space.
Tutor:	Placement student of Assistant Horticultural Therapist
Target:	Recovered breast cancer patients
Date:	10, 17, 24, 31/7 and 7, 14, 21, 28/8 (Every Friday, 8 sessions)
Time:	10:30am-12:00nn
Venue:	Kowloon Centre
Capacity:	8 persons (Only for members of HKBCF)
Fee:	\$120
Language:	Cantonese
Registration:	Please contact Ms. Sy at 2597 3271 / 2597 3251
Remarks:	<ol style="list-style-type: none"><li>1. Deadline for Registration: 29/5/ 2020</li><li>2. No Horticultural knowledge or skills is required.</li></ol>

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Emotional Support Group

Content:	Cancer often accompanies various emotions, if you are overwhelmed by negative emotions, the quality of life would be affected. This group is designed for breast cancer patients. This is a channel for participants to increase their self-understanding and learn from each other through the group activities and sharing, in order to improve their mood disturbance and establish a positive attitude to face the cancer.
Therapists:	Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor)
Target:	Breast cancer patients and survivors
Date:	15, 22, 29/6 (Monday, 3 sessions)
Time:	10:30 am to 12:30 pm
Venue:	Kowloon Centre
Capacity:	10 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271



### Emotion Workshop

Content:	Cancer often accompanies various emotions, this workshop mainly provides skills to manage emotion and stress. Participants could apply the skills in their daily life, in order to maintain emotional well-being.
Therapists:	Mrs. Winnie Lee (Counseling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	17/4, 24/4 (Friday)
Time:	11:00am to 12:45pm
Venue:	Kowloon Centre
Capacity:	6 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / 2597 3251



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Basic Mindfulness Training Classes

- Content:** Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
- Therapist:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** 10, 17, 24, 31/7 (Friday, participants can join session 1 to 4)
- Time :** 11:00am – 12:45pm
- Venue:** Kowloon Centre
- Capacity:** 15 persons (for members only)
- Fee:** \$20 per workshop, \$50 for whole series
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / 2597 3251
- Remarks:**
1. Participants are required to do 30-45 minutes of home practice every day.
  2. Participants please bring your own yoga mat and big towel.



### Advanced Mindfulness Training Classes

- Content:** Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
- Theme** Learn how to face difficulties/stress, use different ways to treat your thoughts, how to treat yourself better? , continue use and expand your knowledge.
- Therapist:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** This workshop would attach a high priority to the ones who had participated Junior Meditation class, to continue their studies on various meditation practices.
- Date:** 8/5, 15/5, 22/5, 29/5 (Friday, participants can join session 1 to 4)
- Time :** 11:00am – 12:45pm
- Venue:** Kowloon Centre
- Capacity:** 15 persons (for members only)
- Fee:** \$20 per workshop, \$50 for whole series
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / 2597 3251
- Remarks:**
1. Participants are required to do 30-45 minutes of home practice every day.
  2. Participants please bring your own yoga mat and big towel.



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### 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:	5/6 (Friday, 1 session)
Time:	11:00am to 12:45pm
Venue:	Kowloon centre
Capacity:	20 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271



### Making Music, Having Fun

Content:	To relax and reduce stress through making music, singing songs and movement.
Date:	10 June 2020 (Wednesday)
No. of Session	1 session
Time:	2:30 p.m. – 4:00 p.m. (1.5 hours)
Venue:	Kowloon Centre
Quota:	15 persons
Facilitator:	Ms Jenny Lam (Registered Music Therapist (Australia), Neurologic Music Therapist, Certified Counsellor)
Fee:	\$20
Registration:	Please contact Ms. Sy at 2597 3271 / 2597 3251
Remarks:	Please dress comfortably to facilitate movement. No music knowledge or skills is required.



### 15<sup>th</sup> Anniversary Special - Play African Drum Together

Content:	<ol style="list-style-type: none"><li>1. Music culture - traditional West African drum rhythm;</li><li>2. Sensation Training - West African songs and dances;</li><li>3. Special Training – Expressing emotions through drum</li><li>4. Post-class feedback</li></ol>
Therapists:	Ms. Pamela Yuen (Africa Drum Tutor)
Target:	Breast cancer patients and survivors
Date:	4, 11, 18, 25/7(Saturday, 4 sessions and 1 performance) <b>Performance Date: 1/8/2020 (Lunch banquet) (Tentative)</b>
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



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Emotion management workshop (March)

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:	26/3 (Thursday, 1 session)
Time:	10:30am to 12:30pm
Venue:	Kowloon centre
Capacity:	6 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / 2597 3251



### Emotion management workshop (May)

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:	18/5 (Monday, 1 session)
Time:	10:30am to 12:30pm
Venue:	Kowloon centre
Capacity:	6 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / 2597 3251



### Celebration for Survivorship of April – My precious memory, My precious jewellery (Date Changed)

Content:	Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we had to thank of, they join our journeys and stay with us. - Sharing and Reminiscing the treatment journey - Making of earrings
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:	<del>25/4/2020 (Saturday)</del> changed to 16/5/2020 (Saturday)
Time:	10:00am to 1:00pm
Venue:	Hong Kong centre
Capacity:	6 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 (Apr- Jun 2020)

### Celebration for Survivorship of May - Handmade Lotion

Content:	Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we had to thank of, they join our journeys and stay with us. - Sharing and Reminiscing the treatment journey - Making of Lotion
Worker:	Ms. Sy (Registered Social Worker)
Target:	Recovered breast cancer patients who have just finished their therapies, or those who have recovered for a year or more, to give a sharing on their personal experiences. They can encourage their friends who have recently recovered and celebrate their new lives together.
Date:	23/5/2020 (Saturday)
Time:	10:30am to 12:30pm
Venue:	Kowloon centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	Free of charge
Language:	Cantonese ONLY
Registration:	Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251
Remarks:	Please bring a glass or plastic bottle of about 20gm for your handmade lotion.

### Celebration for Survivorship of June - DIY handmade cleaning foam

Content:	You've finally recovered! Despite of the ups and downs in your recovery journey, there are a lot of things that we should be thankful for. Let's turn our stories into blessings, and continue living our lives.  - Recovery experience sharing - DIY handmade cleaning foam
Worker:	Ms. Sy (Registered Social Worker), Ms. TSANG (Registered Social Worker, placement student)
Target:	Recovered breast cancer patients who have just finished their therapies, or those who have recovered for a year or more, to give a sharing on their personal experiences. They can encourage their friends who have recently recovered and celebrate their new lives together.
Date:	8/6/2020 (Monday)
Time:	10am to 11:30am
Venue:	Kowloon centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	Free of charge
Language:	Cantonese ONLY
Registration:	Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### **Bridging Group – My life story book**

**Content:** Everyone has a valuable and individualized life story. Everyone has their unique experience and feelings during the cancer journey. Through creating the story book, participants can review the meaning of breast cancer and the insights brought by it. By using various form of activities, participants can identify their strengths and appreciate themselves and others as well as establish mutual support.

**Therapists:** Ms. TSANG (Registered social worker, placement student)

**Target:** Breast cancer survivors

**Date:** 7/5 、 14/5 、 21/5 、 28/5 、 4/6 & 11/6 (Thursday, 6 sessions)

**Time:** 2:30pm to 4:30pm

**Venue:** Kowloon centre

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

**Fee:** \$80

**Language:** Cantonese ONLY

**Registration:** Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251

### **Stand By Me' Caregivers Support Program 1**

**Content:** After hearing the diagnosis of breast cancer, not only patient who would feel worried. You, as caregivers, also feel the same. As the caregiver, supporting and accompanying the patient sometimes feels tired. Through cooking activities and discussing on diet therapy, caregivers can make friends and share your experiences, also cheering yourself up!

**Worker:** Ms. TSANG (Registered social worker, placement student)

**Target:** Breast cancer patient's caretakers

**Date:** 9/5 (Saturday)

**Time:** 3:30pm to 5:30pm

**Venue:** Kowloon centre

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

**Fee:** \$20

**Language:** Cantonese ONLY

**Registration:** Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251

### **Stand By Me' Caregivers Support Program 2**

**Content:** To create inner dialogues through Soulcollages to let yourself find ways to relieve stress.

**Worker:** Ms. Sy (Registered social worker)

**Target:** Breast cancer patients

**Date:** 9/5 (Saturday)

**Time:** 3:30pm to 5:30pm

**Venue:** Kowloon centre

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

**Fee:** \$20

**Language:** Cantonese ONLY

**Registration:** Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Stand By Me' Caregivers Support Program 3 (Mindfulness for Stress Reduction Talk)

**Content:** When a family member gets the cancer illness, it puts a lot of pressure on the carer who often wants to provide the best care to the sick person. Long term stress will bring immense tension to our body mind and may cause health problems. The aims of this talk is to introduce Mindfulness to carers and provide them with a way to reduce stress and to take care of their mind and body.

**Topic:** Mindfulness for Stress Reduction – A way to self-care for careers

**Content of talk:**

1. What is Mindfulness?
2. How mindfulness can help reduce stress?
3. Mindfulness activities
4. Sharing and discussion

**Worker:** Mrs Winnie Lee (Registered Counselling & Educational Psychologist)

**Target:** Breast cancer patient's caretakers

**Date:** 19/6 (Friday)

**Time:** 11:00am – 12:30 pm

**Venue:** Kowloon centre

**Capacity:** 20 persons (only for members of the HKBCF)

**Fee:** \$20

**Language:** Cantonese ONLY

**Registration:** Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251

**Remarks:** Priority for those who have participated in the Stand By Me' Caregivers Support Program 1.





# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### (2) Talks

#### April: 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:** 27/4 (Monday)
- Time:** 10:15am to 11:30pm
- Venue:** Kowloon Centre
- Capacity:** 15 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](mailto:florencetam@hkbcf.org)



#### May: Aromatherapy protects your physical and mental health in natural way

- Content:** Explain the theory and the function of Aromatherapy.  
Discuss how Aromatherapy protects physical and mental health in natural way.
- Speaker:** Miss Jessica Chan (Aromatherapy Expert for over 26 years industry experience)
- Target:** Breast cancer survivors
- Date:** 16/5 (Saturday)
- Time:** 2:30pm to 4:00pm
- 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](mailto:florencetam@hkbcf.org)

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### May: How Chinese medicine relieves the side effects after breast cancer treatment and prevent breast cancer recurrence

Content:	After the breast cancer treatments, it would more or less leave the side effect in the body. This seminar will discuss whether traditional Chinese medicine can alleviate these side effects, as well as the methods and suggestions for alleviation.
Speaker:	Dr. Lam To Yi (Registered Chinese Medicine Practitioner)
Target:	Breast cancer survivors
Date:	30/5 (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 <a href="mailto:florencetam@hkbcf.org">florencetam@hkbcf.org</a>

### June: 'Survivors' Insomnia Treatment and Prevention' in Chinese Medicine perspective

Content:	Survivors are more prone to insomnia. This lecture mainly proposes ways to relieve insomnia from the perspective of traditional Chinese medicine.
Speaker:	Dr. Chui Shiu Hon (Registered Chinese Medicine Practitioner)
Target:	Breast cancer survivors
Date:	6/6 (Saturday)
Time:	3:30pm to 5:15pm
Venue:	Kowloon 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 <a href="mailto:florencetam@hkbcf.org">florencetam@hkbcf.org</a>

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### June: Health and Weight Management

- Content:**
1. Should cancer patients/ survivors do exercise?
    - a. Benefits of exercise for Cancer Patients – before/during/after treatment
  2. How to define fat, overweight or obese scientifically?
  3. What is ideal body weight?
  4. What are the recommended guidelines for weight management and health optimization?
  5. Barriers to exercise adherence and how to overcome these barriers
  6. If you want to seek professional help, how to identify the right coach for Cancer Exercise Training
- Speaker:** Olivia Chak - Pilates Instructor / Cancer Exercise Specialist  
Steven Chew - Head of Cancer Exercise Training Institute (Asia) & Cancer Exercise Specialist
- Target:** Breast cancer patients / survivors
- Date:** 13/6 (Saturday)
- Time:** 2:30pm – 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 [florecetam@hkbcf.org](mailto:florecetam@hkbcf.org)



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### (3) Members' Outing Activity

#### May : Woodside Biodiversity Education Centre Visit

Content:	Woodside Biodiversity Education Centre situated at Mount Parker Road, Quarry Bay. This 3,386 square metre Centre comprises three themed exhibition galleries introducing Hong Kong's precious natural resources and biodiversity, multi-function conference room, resources centre, activity room and a nature garden. The Centre aims to foster public awareness, knowledge and understanding the inherent value of Hong Kong's biodiversity assets and to marshal public support and action for nature conservation.
Date and Time:	11/5 (Monday) 2:00pm to 4:00pm
Venue:	Woodside Biodiversity Education Centre, Quarry Bay
Target:	Breast cancer survivors
Leader:	Ms. Leung (Social Worker), Ms. Li
Gathering Time:	1:30pm
Gathering Venue:	MTR Quarry Bay Station Exit A
Capacity:	15
Fee:	Free
Deadline:	30/4
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 / Ms. Leung 3143 7315
Remarks:	<ol style="list-style-type: none"><li>1. Participants should arrive at the meet up point on time, late comers would not be waited.</li><li>2. Please inform our staff before 7 days of the activity if participants could not attend the activity.</li><li>3. Please wear light-colored long-sleeved shirts and pants, and bring your own anti-mosquito products and sunscreen</li></ol>



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

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

Content:	<ol style="list-style-type: none"><li>1. Let participants know more about the history, operation and characteristics of organic fish farms</li><li>2. Raise the awareness of the importance of organic farming operations to the environment</li><li>3. Give participants the opportunity to experience as an organic fisherman</li><li>4. Provide opportunities for participants to communicate with certified organic fishermen</li></ol>
Date and Time:	5/6 (Friday) 1pm to 5:45pm
Target:	Breast cancer patients and survivors (only for members of the HKBCF, new comers will have first priority to join)
Leader:	Ms. Sy (Social Worker), Ms Wong
Gathering Time:	1pm
Gathering & Dismissal	Kowloon centre
Venue:	
Capacity:	18
Fee:	Free
Deadline:	On or before 15/5 (Friday) 5pm
Language:	Cantonese
Registration:	Please contact Ms. Wong 2597 3253/Ms. Sy 2597 3271
Remarks:	<ol style="list-style-type: none"><li>1. Participants should arrive at the meet up point on time, late comers would not be waited.</li><li>2. Please inform our staff before 7 days of the activity if participants could not attend the activity by 2525 6033 / 2597 3251</li><li>3. Participants should wear clothing that are suitable for hiking and bring adequate drinking water, mosquito repellent, sunblock and rain gears.</li><li>4. For safety reasons, any persons impaired mobility, aided by others or walking sticks or wheelchair-bound, or children in prams or carried in arms are not allowed to participate in the visits.</li><li>5. Participants should arrange for their own transportation to the assemble point. Transportation between the assemble point, the dismissal point and the facilities are provided by WSD.</li></ol> <p><b>Please note: Mosquito repellent patches, mosquito-repellent water, and sunscreen products are chemicals. You must spray these before entering the farm and we recommend the use of natural mosquito to reduce environmental pollution.</b></p>



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### (4) Other Supporting Services

#### Meeting with Expert – Doctor with you

Content:	To learn and understand different breast cancer treatment through discussion and consultation with an oncologist.
Expert:	Clinical Oncologist
Target:	Stages 0 to 3 newly diagnosed patients aged above 40
Format:	Group discussion
Date:	6/5 and 17/6 (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 – 16/4, 18/6 (Thursday) Group B – 8/5 (Friday)
Time:	Group A – 2:00pm to 4:00pm Group B – 2:30pm to 4:30pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

#### Free Medical Consultation

Content:	Professional Oncologist consultation service
Target:	Breast cancer patients and; <ul style="list-style-type: none"><li>- Comprehensive Social Security Assistance Scheme recipients or;</li><li>- Low-income Working Family Allowance (LIFA) Scheme recipients or,</li><li>- Patients with Medical fee waiver or;</li><li>- Work Incentive Transport Subsidy Scheme recipients or;</li><li>- The average monthly individual income in the last 3 months is not exceed HK\$17,400</li></ul>
Date:	April: 24/4 (Friday) May: 15/5 (Friday) June: 12/6 (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

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### Free Haircut and Support group

Content: Professional haircut and styling with support and sharing group  
Target: Breast cancer patients  
(for breast cancer patients before and within one year after chemotherapy only)  
Date: April: 7/4 (Tuesday)  
May: 12/5 (Tuesday)  
June: 9/6 (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



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### (5) Materials Supporting Services

#### Bright life series—Wigs giving

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

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

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

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

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

#### Garment Fitting

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





# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### (6) Volunteer Work

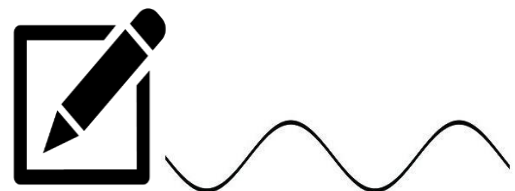
#### Circular Folding

Content: Help in folding circular  
 Capacity: 5 for each group  
 Date: 15/6 (Monday)  
 Time: 10:00am to 1:00pm  
 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
<b>Width of chest</b>	48	50.5	53	57
<b>Length</b>	59.5	63	67	71
<b>Length of sleeves</b>	19.5	20	22	24



# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

### (7) Interest Class

Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
<b>Ho's Yijingjing Class (May)</b>	Mr. Ho Fat Pong	Hong Kong Centre	4 sessions: 4,11,18,25/5 (every Monday)	3:00pm to 4:30pm	6	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
<b>Ho's Yijingjing Class (June)</b>			5 sessions: 1,8,15,22,29/6 (every Monday)	3:00pm to 4:30pm	6	\$100	
<b>Knitting Class (May)</b>	Ms. Ng Wei Han		4 sessions: 5,12,19,26/5 (every Tuesday)	2:30pm to 4:30pm	6	\$80	1. Bring own knitting needles & wool 2. For breast cancer survivors only
<b>Knitting Class (June)</b>			5 sessions: 2,9,16,23,30/6 (every Tuesday)	2:30pm to 4:30pm	6	\$100	
<b>Pilates for shoulder care (May)</b>	Ms. Angela Yiu		1 session: 5/5 (Tuesday)	2:30pm to 3:30pm	6	\$20	Pilates exercises work to balance the muscles around the shoulders in different positions to achieve the dynamic stability through the full range of movement. The shoulders and neck are encouraged to work together to achieve improved posture throughout the upper body. This is great for preventing and treating neck and shoulder problems. 1. Priority is given to the nurses referral 2. Comfortable wear and shoes recommended 3. For breast cancer patients/survivors only
<b>Pilates for shoulder care (June)</b>			1 session: 9/6 (Tuesday)	2:30pm to 3:30pm	6	\$20	
<b>Dynamic Pilates Dance Class (May)</b>	Ms. Mandy Tang		1 session: 11/5 (Monday)	2:00pm to 3:00pm	6	\$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. It is designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only
<b>Dynamic Pilates Dance Class (June)</b>			1 session: 8/6 (Monday)	2:00pm to 3:00pm	6	\$20	

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

Theme	Tutor	Centre	Date	Time	Qu ota	Fee	Remark
<b>Pilates Stretch Exercises (April)</b>	Ms. Connie Wong	Kowloon Centre	1 session: 27/4 (Monday)	10:00am to 11:15am	6	\$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 For breast cancer patients/survivors only
<b>Pilates Stretch Exercises (May)</b>			1 session: 25/5 (Monday)	10:00am to 11:15am	6	\$20	
<b>Pilates Stretch Exercises (June)</b>			1 session: 29/6 (Monday)	10:00am to 11:15am	6	\$20	
<b>Dynamic Pilates Dance Class (May)</b>	Ms. Mandy Tang		1 session: 11/5 (Monday)	11:30am to 12:30am	6	\$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. 3. Comfortable wear and shoes recommended 4. For breast cancer patients/survivors only
<b>Dynamic Pilates Dance Class (June)</b>			1 session: 8/6 (Monday)	11:30am to 12:30am	6	\$20	
<b>Stretching Release Pressure Class (June)</b>			1 session: 6/8 (Monday)	10:30am- 11:15am	6	\$20	
<b>Ho's Yijingjing Class (May)</b>	Mr. Ho Fat Pong		4 sessions: 7、14、21、28/5 (Thursday)	09:45am to 11:15am	6	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
<b>Ho's Yijingjing Class (June)</b>			3 sessions: 4、11、18/6 (Thursday)	09:45am to 11:15am	6	\$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

## Members' Circular (Apr- Jun 2020)

### (8) Support Group Sessions

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

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

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

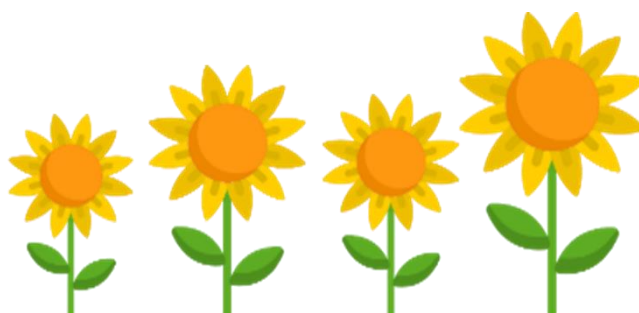
~ Please contact Ms. Cheung / Ms. Chow at 2525 6033 (Hong Kong Centre) or Ms. Wong/Ms. Ma at 2597 3251 (Kowloon Centre) for appointment or prior registration ~

# Breast Cancer Support Centre

## Members' Circular (Apr- Jun 2020)

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

*~ 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

## Members' Circular (Apr- Jun 2020)

### (9) Paramedical Support

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

