

Breast Cancer Support Centre

Members' Circular (Jul- Sep 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.



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

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Let's Pink 2020

Pink Walk 2020 – Walkathon at the Peak



The annual walkathon 'Pink Walk', organised by the Hong Kong Breast Cancer Foundation is tentatively scheduled on 18 October 2020 (Sunday). The BCSC is yet again taking part in the walkathon as a team the 'Let's Pink 2020' team to reduce the threat brought by breast cancer. Application details will be announced soon, please stay tuned to HKBCF's website.



Let's Pink T-Shirt

If you've ever been to 'Pink Walk', you would recognise this 'Let's Pink' T-shirt. If you'd like one, please dial 2525 6033 (Hong Kong Island Centre)/ 2597 3251 (Kowloon Centre) for more information; Price: \$45 per T-shirt.

Breast Cancer Support Centre

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[Lymphoedema Care Service Update]

A brand new lymphoedema treatment will be rolled out in light of the growing need for lymphoedema prevention and management services. Tailor-made lymphoedema care services will be provided so as to maintain good control of lymphoedema, the common sequela of breast cancer.

There will be discount offer during its promotional period, as well as assistance programme to provide financial support as necessary.

For details and information, please contact case nurse.

Breast Cancer Support Centre

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PR & Communications News

BIODERMA

LABORATOIRE DERMATOLOGIQUE

"Your choices deserve respect" – BIODERMA

We respect the choice of every woman. To celebrate the 25th anniversary, BIODERMA cooperated with HKHMR to capture the remarkable and precious moments of 3 cancer recovered patients and shared their brave journey which deserved our wholeheartedly respect.

To show our support to HKBCF, from 17 July to 30 July, BIODERMA will donate HKD 5 for every purchase of "Sensibio H2O anniversary set".



MARY KAY®

粉紅六月
慈善義賣

PINK CHANGING LIVES™
MARY KAY

受惠機構
香港乳癌基金會
HK Breast Cancer
Foundation

15
乳健同行
Breast Health Saves Lives

Mary Kay will donate US\$1 to the HKBCF for every "Limited Edition Pink Clay Mask" sold from now on till 31 July. Their generosity would help support HKBCF's patient support services and show just how much the company is committed to Ms Mary Kay Ash's vision of Pink.

Limited Edition Pink Clay
Mask
HK\$228 | 85g

While Stock Last

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2020)

Experience Sharing

“Your Pain is Your Opportunity”

Author: Yang AsHeart

As I pen this article, it's in between spring and summer. My body is sensitive to the change of season, which may have something to do with having had breast cancer. I'm sick again, this time with gastroenteritis. "Did you eat like everyone else?" my doctor asked. "Yes I did!" I answered, with a realisation that I really am "weak" – something everybody else eat can easily get the better of me.

If you ever had gastroenteritis, you'd know that your guts would simply go on strike. You throw up whatever you consume, all the while having an empty and hungry stomach. Worse still, the pain in the nerves intensifies because of the change of season. When they come at me all at once, it feels much worse than chemotherapy.

An upset stomach and pain in the nerves, I believe, have something to do with, your emotion. My advice to myself is that: first, always identify where the pain is initiated and tackle them one by one; secondly, follow your doctor's instructions, take your medication, say no to oily food, and rest as appropriate; thirdly, pick yourself up by allowing time by yourself, and see if there are things you can let go or solve in a different manner.

A growing number of scientists pointed out that one's illness is merely a wake-call to us that we should be reviewing our habits. Yes, we do suffer from pain, but we can make something out of it and change ourselves for the better. Remember, your pain is your opportunity.



Stay Healthy and Be Happy

In recent months, the pandemic poses immense challenges to our way of life. That is why other than our physical health, we should keep an eye on our mental health.

When there is a sudden change in our lives, it is understandable to feel anxious and sadness. But if we are preoccupied by negative emotions for a long time, our stress level would increase and in turn affect our way of life. That's why we have to learn the right way to manage our emotion and cope with stress, e.g. to maintain our daily rest routine; focus on your everyday work; and do your favourite activities. In addition, it is important to keep in touch with family and friends. Stay healthy and be happy!

Text: Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor)

Building Resilience by Practicing Mindfulness

When we encounter difficulties in life, particularly unexpected ones like the Covid-19 pandemic, we may experience anxiety, worry, irritation, tension and fear. The lack of supply of hygienic products like face masks, disinfectant and even household goods have escalated our emotional reactions and we may become too anxious and worried.

What made us so anxious?

A lot of research studies in recent years have examined the relationship between the human brain and emotions and the results indicate a close relationship between them. When we are under threat or facing difficulties, the Amygdala of the brain will be activated and we will immediately react with emotions like feeling anxious or frightened, which then trigger us to take some actions to protect ourselves like running away or fighting back. Initially, this mechanism is meant to help us to survive. However, the Amygdala can over-react and send false alarm to our brain in some situations.

Negative life experiences in the past will usually store in our memory and when similar situations occur, we may react with strong emotions. For example, a lot of people have memories about SARS epidemic, the sudden outpouring of covid-19 triggers their negative memories of the previous epidemic and reacted with excessive fear and anxiety that affect our daily living adversely.

How Mindfulness help regulate our emotions?

Recent studies by neuroscientists have suggested that our brain continues to make changes throughout our life and the ability to reorganize or rewiring is called neuroplasticity. Research studies also found that people practicing Mindfulness like sitting meditation regularly will lower the activities of the Amygdala (i.e. lower the intensity of emotional reactions) and increase the activities of the prefrontal lobe which helps us in rational thinking, problem-solving and decision making. This finding has tremendous consequences. It means that, by learning new skills and acquiring new experiences like Mindfulness, we can change old habits and improve our lives.

The application of Mindfulness into mental health was first introduced by Dr. Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical School. He is the founder of the Stress Reduction Clinic at the Medical Centre and developed the 8 weeks Mindfulness-based Stress Reduction Program (MBSR) that was later offered in many other hospitals, clinics and health care centres. Research studies indicated the effectiveness of Mindfulness Training in helping people cope with stress, anxiety, depression, chronic pain, and other illnesses.

Mindfulness and coping with Cancer

Trish Bartley, British, was 50 when first diagnosed with breast cancer. Ten years later a new cancer was found. During the lengthy period of medical treatment, she actively practiced Mindfulness to help herself coping with the illness. By increasing self-awareness and changing the way in relating to difficulties, she found Mindfulness helpful in reducing distress including feelings of discomfort, anger, fear, and despair. Instead of resisting the cancer illness, she chose to face the illness with kindness and self-compassion; instead of avoiding, she chose to allow things just they already are. After recovery, Trish is now helping other cancer patients by sharing her experiences and teaching Mindfulness.

How can Mindfulness help?

Very often, we are not living at the present moment, our thoughts can pull us to some things easily and we can't concentrate on what we are doing, even daily activities like eating, walking, bathing etc. If our mind is habitually occupied by negative thoughts like rejecting someone or criticizing self, negative emotions and bodily reactions will arise such as feeling angry and tensing up the shoulders etc. Through practicing Mindfulness, we enhance our self-awareness and concentration. We learn to stay out of our habitual way of living and become more aware of our present moment of experiencing. We also see things in a clearer perspective and accept what things are. We approach unwanted experiences with a gentle curiosity and develop a different relationship to them. Most importantly, we learn to take good care of ourselves and approach painful experience with compassion and kindness.

Text: Winnie Lee

Registered Counselling Psychologist, HKPS

Registered Educational Psychologist, HCPC

Trainer, Mindfulness-based Cognitive Therapy

Reduce your stress through water colouring



Most of us stay at home to protect our own health during this pandemic that makes us feel anxious and stressed. How can we relief such emotions?

In order to let our fellow sisters to relief stress by drawing at home, the centre and tutors are going to hold stress-relieving water coloring classes via ZOOM. Participants even added cheering messages for the medical workers and the public in their paintings!



Breast Cancer Support Centre

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I am beautiful

Starting from mid-May, the pandemic situation is slightly relieved, the BCSC is starting to resume normal service. The first activity to be held is “I am beautiful – An unusual self-image makeup workshop”. Sisters reunite during the activity and share their current situation with one another. The volunteer makeup teacher teaches the participants to do an easy eye makeup that gives them glamorous eyes while constantly wearing masks and shine through this pandemic.



Celebration for survivorship

Besides makeup classes, the theme for May's celebration for new comers at the Hong Kong Centre is 'Precious Treasure Earring Making'. Besides sharing their changes in life before and after medical treatment, with the help of the volunteer teacher, participants made beautiful earrings, which symbolise their unique experience and cheer them up for the upcoming steps in life.



At the Kowloon Centre, the theme for celebration for survivorship of May is 'DIY handmade Lotion'. After learning how to make DIY non-additive lotion and applying the lotion to their hands – a process that symbolises caring themselves – participants shared their life changes after the treatment.



對今次活動的其他意見 / 建議:

好值得開這類活動。對病友互相分享是很鼓勵的，有一分互相支持的能力。

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2020)

Jul - Sep enrolment Date & Time start from



Notice: July-Sept 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

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Hong Kong Breast Cancer Foundation

Breast Cancer Support Centre

Activities Application Form

Attention :

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

(1) Personal Information #Please circle the suitable choice

Chinese Name : _____ English Name : _____

Member no. : _____ Case no. : _____

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

Contact no. : _____

If I have any emergency accident during activities , please :

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

(2) Enrollment Activities #Please circle the suitable choice

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

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

I) Declaration by Applicant aged 18-69

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

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

Signature of Applicant : _____ Date : _____

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

I hereby declare that:

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

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

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

Signature of Applicant : _____ Date : _____

<For Staff Use >

Handling Staff : _____

Date : _____

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 enrolment of all activities will start at 9:30 am on 18 June 2020 (Thur).**
- 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 (Jul- Sep 2020)

Newsletter

Highlighted Events

(1) Groups / Workshops

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) Talks for Breast Cancer Patients/ Survivors / Family members
2) Workshops for Breast Cancer Patients/ Survivors (Members ONLY)

Target: Breast Cancer Patients/ Survivors (Members only)

Registration: Please contact Ms. Tam 31437318 / Ms. Li 31437351 / Ms. Chan 25973252 / Ms. Wong 25973252

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: 8, 15, 22, 29/7 and 3, 10, 17, 24/9
(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: 15/8 (Saturday), 14:30pm to 16:30pm
Kowloon Centre: 19/9 (Saturday), 10:30am to 12:30pm

Capacity: 5 persons (Every Session)

Fee: Free

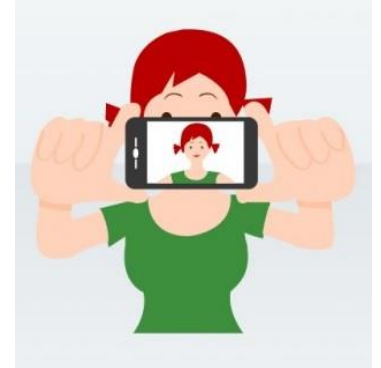
Language: Cantonese ONLY

Registration: Please contact your case nurses or social workers Ms. Leung 3143 7315 /Ms. Sy 25973271



Self Image Group

Content:	Am I pretty? After breast cancer treatment, the changes in body may affect women's feeling and confidence. The group aims at letting participants re-experience their beauty and enhance their self-confidence and satisfaction.
Tutor:	Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor) & Ms. Leung (Registered Social Worker)
Target:	Breast Cancer patients and survivors aged between 18-50
Date:	7, 14, 21, 28/9 & 5, 12/10 (Every Monday, 6 Sessions)
Time:	10:30am to 12:30pm
Venue:	Kowloon Centre
Capacity:	10 persons (for members only)
Fee:	\$80
Language:	Cantonese ONLY
Registration:	Please contact Social Worker Ms. Leung 3143 7315



MFR Yoga

Content:	Myofascial release: In the myofascial relaxation class, tutor teaches students to use some assistive tools, such as small massage balls, to relax the soft tissues of the fascia with specific movements. Fascial relaxation can increase myofascial mobility and reduce pain. It is also an effective way to help recover normal function of the tissue. As it stitches in a slow and precise manner, it is also great and relaxing for later rehabilitation.
Tutor:	Registered Yoga Tutors
Target:	Breast cancer patients and survivors
Date:	July Class: 10, 17, 24, 31/7 (Friday, 4 sessions) August Class: 7, 14, 21, 28/8 (Friday, 4 sessions) September Class: 4, 11, 25/9 (Friday, 3 sessions)
Time:	2:30pm to 3:30pm
Venue:	Kowloon Centre
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$80 for July Class \$80 for August Class \$60 for September Class
Language:	Cantonese
Registration:	Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251
Remark:	<ol style="list-style-type: none"> 1. Participants cannot simultaneously register for MFR yoga class and Yoga stretch class. 2. Participants should wear loose fitting/ comfortable clothing. 3. Please prepare and bring your own yoga mat and one tennis ball. 4. Participants will need to be barefoot or wear non-slip socks during the course. 5. Participants should complete the operation after 3 months and be breast cancer survivors. 6. Participants could not enrol the next yoga class, if the attendance is lower than 80%



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:	July Class: 10, 24/7 (Friday, 2 sessions) August Class: 7, 21/8 (Friday, 2 sessions) September Class: 4/9 (Friday, 1 sessions)
Time:	3:45pm to 4:45pm
Venue:	Kowloon Centre
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$40 for July Class \$40 for August Class \$20 for September Class
Language:	Cantonese
Registration:	Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251



Yoga Class

Content:	Yoga stretching is a restorative and gentle course. The movements can help us reduce fatigue, improve blood circulation and physical function as well as sleep quality. Please come with an open heart.
Tutor:	Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor)
Target:	Breast cancer patients and survivors
Date:	1, 8, 15, 22, 29/8 (Saturday, 5 sessions)
Time:	10am to 11am
Venue:	Hong Kong Centre
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$100
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 /Ms. Leung 3143 7315
Remark:	<ol style="list-style-type: none">1. Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel if needed.2. Please prepare and bring your own yoga mat.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.



Dancing Therapy – Jazz Dance

Content:	Through brisk music beat and dance movement, participants can enhance sense of music and times, train way of thinking, cultivate mind, release pressure, and improve posture. Let's enjoy dancing without pressure.
Tutor	Ms. Cheng Ching Yee (Professional Dance Tutor)
Target:	Breast cancer survivors (only for HKBCF members)
Date	July: 8, 15,22,29/7 (Wednesday, 4 sessions) August: 5,12,19,26/8 (Wednesday, 4 sessions) September: 9, 23, 30/9 (Wednesday, 3 sessions)
Time & Venue:	11:45am – 12:45pm / Kowloon Centre
Capacity:	7 persons / Group
Fee:	\$290 for July's class; \$290 for August's class; \$216 for September's class
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 2597 3253 / Ms. Sy 2597 3271



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:	10 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$40 (for members only)
Language:	Cantonese ONLY
Registration:	Please contact 2597 3253 Miss Wong / Social Worker 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:	Class A : 5,12/8 (Wed, 2 sessions) Class B : 5, 19/9 (Sat, 2 sessions)
Time:	Class A : 10:15am-11:15am Class B : 10:00am-11:00am
Venue:	Class A : Kowloon Centre Class B : Hong Kong Centre
Capacity:	10 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$40 (for members only)
Language:	Cantonese ONLY
Registration:	Please contact 3143 7351 Miss Li /Social Worker Ms. Leung 3143 7315

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:	4, 11, 18, 25/7 & 1/8(Saturday, 5 sessions) Performance has been cancelled because the Annual Members' Gathering has been cancelled. The performance session would be replaced by 1 session class.
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

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Music Therapy Workshop - Joyful Band – the oldies

Content:	Devoting into the music, gaining positive energy, and improving mood through playing famous Cantonese songs with simple percussions.
Date:	15 August 2020 (Saturday)
Facilitator:	Ms Jenny Lam (Registered Music Therapist (Australia), Neurologic Music Therapist, Certified Counsellor)
Target:	Breast cancer patients & survivors
No. of Session	1 session
Time:	11:00am – 12:30pm (1.5 hours)
Venue:	Kowloon Centre
Quota:	15 persons
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy at 2597 3271 / 2597 3251
Remarks:	Please dress comfortably to facilitate movement. No music knowledge or skills is required.



Music Therapy Workshop - INSIGHT

Content:	To get insights and gain positive energy through music and imagery, symbols, colors and drawing.
Date:	19 September 2020 (Saturday)
Facilitator:	Ms Jenny Lam (Registered Music Therapist (Australia), Neurologic Music Therapist, Certified Counsellor)
Target:	Breast cancer patients & survivors
No. of Session	1 session
Time:	11:30am – 1:00pm (1.5 hours)
Venue:	Hong Kong Centre
Quota:	15 persons
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Leung at 3143 7315 / Ms. Li at 3143 7351
Remarks:	Please dress comfortably to facilitate movement. No music knowledge or skills is required.



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

Content:	The workshop will lead the participants to find their inner peace by listening to healing sound of nature and peaceful music, and bring the peaceful mind back in daily life. Participants will be guided to observe their here-and-now body-mind sensation in a safe and peaceful environment, and be reminded the importance of listening to their own voice and needs.
Therapists:	Ms. Canna Tang, Registered Arts Therapist
Target:	Breast cancer survivors (No arts experience is required)
Date	8/8/2020 (Saturday)
Time:	Class A: 10:45am to 11:45am Class B: 12:00nn to 1:00pm
Venue:	Kowloon Centre
Capacity:	8 persons each class (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	No arts or music skills is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active. Participant should apply either one class only.



Expressive Arts Workshop –Color Your Days with Art and Poem

Content:	The workshop provides a safe space for participants to release their stress and emotions in visual art creations and find the motive to live a better life. Imaginations and creations will be encouraged by therapist, and be turned into a unique, heartfelt drawing and poem that prolonged the positive energy found to daily life.
Therapists:	Ms. Janet Lee (Expressive Arts Therapist)
Target:	Breast cancer survivors (No arts experience is required)
Date:	24/8/2020 (Monday)
Time:	Class A: 10:30am to 11:30am Class B: 11:45am to 12:45pm
Venue:	Kowloon Centre
Capacity:	8 persons each class (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Leung 3143 7315 / Ms. Li 3143 7351
Remarks:	No arts or music skills is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active. Participant should apply either one class only.

Watercolor painting relaxation workshop

- Content:**
- Beginner Class A:**
15/7 Multi colored Jelly fish; 22/7 Cherry blossom
(Technique: preliminary understand the characteristics of water color, how to use the color brush, learning how to mix colors, introduce the skills of rendering)
- Beginner Class B:**
5/8 Butterfly and flowers; 12/8 Birds
(Technique: Learning how to mix colors, how to use the color brush, rendering and gradient practice, learning how to draw lines)
- Advanced Class C:**
2/9 Light house
(Techniques: tutorial on the usage of water color, color wheel and tools, how to draw leaves and flowers, simple water coloring methods, including: gradient and mixed coloring techniques)
- Advanced class D:**
9/9 Sunflowers
(Techniques: tutorial on the usage of water color, color wheel and tools, how to draw leaves and flowers, simple water coloring methods, including: gradient and mixed coloring techniques)
- Tutor:** Ms. Fiona Tang (Experienced Art Tutor)
- Target:** Breast cancer survivors
- Date:** Beginner A: 15,22/7 (Wed) for Class A
Beginner B: 5,12/8 (Wed) for Class B
Advanced C: 2/9 (Wed) for Class C
Advanced D: 9/9 (Wed) for Class D
- Time:** 9:45am to 11:45am
- Venue:** Kowloon Centre
- Capacity:** 7 persons
- Fee:** Class A: \$60, Class B: \$60, Class C: \$30, Class D: \$30
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Wong 2597 3253 / Ms. Sy 2597 3271
- Remarks:** In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



I am beautiful – An unusual self-image makeup workshop - Eyebrow edition

Content:	You may have joined make up classes before, but have you joined make up classes specifically made for breast cancer patients and recoverees? Breast cancer patients and recoverees face different skin care and make up problems made by medical treatments. Besides learning skin care and make up techniques, participants can even chat with their companions and share their thoughts on makeup. <ul style="list-style-type: none">• Sharing with Companions• Skin care, Eyebrow-drawing technique tutorial, demonstration and practice
Tutor:	Ms. Vanessa Lai (Professional Make-up and skincare instructor) & Ms. Leung (Social Worker)
Target:	Breast cancer patients and survivors
Date:	13/8 (Thursday)
Time:	10:00am to 1:00pm
Venue:	Hong Kong Centre
Capacity:	7 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Leung 3143 7315
Remarks	Please bring your own table mirror



Estée Lauder Companies Beauty Workshop

Content:	Everyday Eye Makeup and Lip Makeup Class - Mainly teaches simple tools and techniques to create daily eye and lips make-up, so that you can look good every day
Worker:	M.A.C Trainer + M.A.C Event Artists
Target:	Survivor who will Back to Work
Date:	23/9 (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 ONLY
Registration:	Please contact Ms. Sy at 2597 3271 / 2597 3251
Remarks:	1. No Horticultural knowledge or skills is required.

Emotion management workshop (July)

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:	13,27/7 (Monday, 2 session)
Time:	10:30am to 12:30pm
Venue:	Kowloon centre
Capacity:	7 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / 2597 3251
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



Basic Mindfulness Training Classes

- Content:** Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
- Theme:** To recognize "mindfulness"; to be aware of the state of our inertia; to learn how to prepare your mind by practising meditation and breathe and make yourself feel relaxed; learn to cultivate the awareness of your own experience and help to respond calmly when facing matters.
- Therapist:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** Breast cancer patients and survivors
- Date:** 10, 17, 24, 31/7 (Friday, participants can join session 1 to 4)
- Time :** 11:00am – 12:45pm
- Venue:** Kowloon Centre
- Capacity:** 8 persons (for members only)
- Fee:** \$30 per workshop, \$80 for whole series
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / 2597 3251
- Remarks:**
1. In response to COVID-19 epidemic, the classes may be changed to remote mode.
 2. Participants are required to do 30-45 minutes of home practice every day.
 3. Participants please bring your own yoga mat and big towel.



Advanced Mindfulness Training Classes

- Content:** Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
- Theme:** Learn how to face difficulties/stress, use different ways to treat your thoughts, how to treat yourself better? , continue use and expand your knowledge.
- Therapist:** Mrs. Winnie Lee (Counselling & Educational Psychologist)
- Target:** This workshop would attach a high priority to the ones who had participated Junior Meditation class, to continue their studies on various meditation practices.
- Date:** 7/8, 14/8, 21/8, 28/8 (Friday, participants can join session 1 to 4)
- Time :** 11:00am – 12:45pm
- Venue:** Kowloon Centre
- Capacity:** 8 persons (for members only)
- Fee:** \$30 per workshop, \$80 for whole series
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / 2597 3251
1. In response to COVID-19 epidemic, the classes may be changed to remote mode.
 2. Participants are required to do 30-45 minutes of home practice every day.
 3. Participants please bring your own yoga mat and big towel.



Stand By Me' Caregivers Support Program (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: 25/9 (Friday)

Time: 11:00am – 12:30 pm

Venue: Kowloon centre

Capacity: 10 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.

Insomnia Workshop – Good Sleep

Content: Enhance awareness towards sleeping behaviors, causes of insomnia and learn ways to improving sleeping (include sleeping restriction, cognitive reclamation, relaxation exercises, etc.)

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

Target: Breast cancer patients and survivors

Date: 4, 11, 18/9 (Friday, 3 sessions)

Time: 11:00am to 1:00pm

Venue: Kowloon Centre

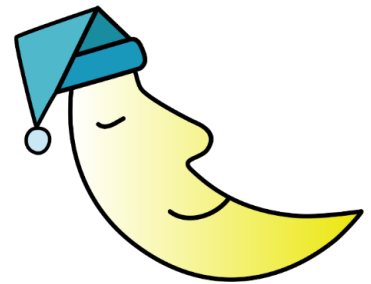
Capacity: 8 persons (only for members of the HKBCF)

Fee: \$60

Language: Cantonese ONLY

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

Content: Enhance awareness towards sleeping behaviors, causes of insomnia and learn ways to improving sleeping (include sleeping restriction, cognitive reclamation, relaxation exercises, etc.)



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2020)

Celebration for Survivorship of August – 3D flower production

- 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:** Class A: Ms. Leung (Registered Social Worker)
Class B: Ms. Sy (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:** Class A: 1/8/2020 (Saturday)
Class B: 15/8/2020 (Saturday)
- Time:** 2:30pm to 5:30pm
- Venue:** Class A: Hong Kong centre
Class B: Kowloon centre
- Capacity:** 7 persons (only for members of the HKBCF)
- Fee:** Free of charge
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / Ms. Leung 3143 7315/ Ms. Wong 2597 3253/ Ms. Li 3143 7351 / your responsible nurse



Celebration for Survivorship of September - Precious Treasure Bracelet Making

- Content:** Returning to normal life after medical treatment, there is always different challenges, needing someone to support throughout the way.
- Companions sharing their life after recovery with each other.
- Volunteer teachers guided bracelet making
Priority for participants for 'Precious Treasure Earring Making' in May.
- Worker:** Ms. Leung (Registered Social Worker)
- Target:** Breast cancer survivors who just finished treatments
(Priority for participants for 'Precious Treasure Earring Making' in May)
- Date:** 26/9/2020 (Saturday)
- Time:** 10:00am to 13:00pm
- Venue:** Hong Kong centre
- Capacity:** 7 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact your case nurses or Social worker Ms. Sy 25973271 / 2597 3251

Stand By Me' Caregivers Support Program- Organic cookery demonstration

Content:	The chef invited by our center uses organic plants and organic aquatic products to demonstrate how to cook. 'Learning about organic certification labels' Providing updated information about organic farming by the representative of Hong Kong Organic Resource Centre.
Worker:	Registered social worker, representative of Hong Kong Organic Resource Centre
Target:	Breast cancer patient's caretakers (each caretaker can attend with one breast cancer patient and register at the same time)
Date:	11/7 (Saturday)
Time:	3:30pm to 5:00pm
Venue:	Kowloon centre
Capacity:	10 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	Participants should bring their own cutlery.

Life Brightening Camp – Aromatherapy Workshop

Content:	Class A & C: Aromatherapy DIY for Beauty Care(helps whitening pigments and scars), Understand the basic principles of aromatherapy for beauty, DIY personal formula aromatherapy blend oil for whitening the pigments and scars Class B & D: Aromatherapy for Relaxation- Soothing head, neck and shoulder (self massage), Understand the principle of aromatherapy self-relaxation, Learn to use aromatherapy blend oil to apply the soothing self-massage (head, neck and shoulder)
Therapists:	Miss Jessica Chan (Aromatherapy Expert)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date & Time:	Class A: 1/8 (Saturday) 11:30am to 1:00pm Class B: 1/8 (Saturday) 2:30pm to 4:00pm Class C: 8/8 (Saturday) 2:30pm to 4:00pm Class D: 22/8 (Saturday) 2:30pm to 4:00pm
Venue:	Class A & B: Kowloon Centre Class C & D: Hong Kong Centre
Capacity:	10 persons each class (only for members of the HKBCF)
Fee:	\$40 (please apply at least a month before)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Li 3143 7351/ Ms. Wong 2597 3253/ Ms. Sy 2597 3271 / Ms. Leung 3143 7315
Remarks :	A small bottle of aromatherapy blend oil for each participant will be provided.

Life Brightening Camp – Floriculture Experience Workshop

Content:	Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we had to thank of, they join our journeys and stay with us.
Worker:	Representative of Life Flower School & Consultant Ltd .
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	Class A: 31/8 (Monday) (Hong Kong) Class B: 7/9 (Monday) (Kowloon centre) Class C: 14/9 (Monday) (Hong Kong)
Time:	10:00am to 12:00nn
Capacity:	10-15 persons (only for members of the HKBCF)
Fee:	\$50 (participants should register at least 14 days before)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Li 3143 7351/ Ms. Wong 2597 3253/ Ms. Sy 2597 3271 / Ms. Leung 3143 7315
Remarks	The capacity may be changed due to COVID-19 epidemic



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2020)

(2) Talks

Talk in July: More about Herbal hair colouring

Content:	i) How to use herbal hair colouring and relevant treatment; ii) Demonstrations
Speaker:	Queenie Henna founder, Anson
Target:	Breast cancer patients and survivors
Date:	22 /7 (Wednesday)
Time:	3pm to 5pm
Venue:	Kowloon Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251, or email your name and contact information to florencetam@hkbcf.org



Talk in July : Know more about organic food

Content:	The chef invited by our center uses organic plants and organic aquatic products to demonstrate how to cook. 'Learning about organic certification labels' Providing updated information about organic farming by the representative of Hong Kong Organic Resource Centre.
Speaker:	The representative of Hong Kong Organic Resource Centre.
Target:	Breast cancer survivors
Date:	5/8 (Wednesday)
Time:	2:30pm to 4:00pm
Venue:	Kowloon Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251, or email your name and contact information to florencetam@hkbcf.org

Talk in August: Know more about radiotherapy

Content:	What is radiotherapy? What equipment is used for radiotherapy? The radiation of radiotherapy is high? Will radiotherapy exacerbate cancer? What is palliative radiotherapy?
Speaker:	To be confirmed
Target:	Breast cancer survivors
Date:	29/8 (Saturday)(temporarily set)
Time:	2:30pm to 4:30pm
Venue:	Hong Kong Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251, or email your name and contact information to florencetam@hkbcf.org
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

Breast Cancer Support Centre

Members' Circular (Jul- Sep 2020)

(3) Members' Outing Activity

July : Mosque visiting (temporarily set)

Content:	There are 5 mosques in total in Hong Kong. The Kowloon Mosque located in Tsim Sha Tsui is the largest mosque in Hong Kong, designed by an Indian architect, the mosque used marbles and carvings for decoration, filling the mosque with foreign style. Participants can learn more about the culture of Muslims in Hong Kong.
Date and Time:	28/7 (Tuesday) 3:00pm to 4:30pm
Venue:	Kowloon Mosque and Islamic Centre
Target:	Breast cancer survivors
Leader:	Ms. Leung (Social Worker), Ms. Li
Gathering Time:	2:45pm
Gathering Venue:	MTR Tsim Sha Tsui Station Exit A1
Capacity:	20
Fee:	Free
Deadline:	21/7/2020 (Tuesdays)
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 inform our staff before 7 days of the activity if participants could not attend the activity.3. Please wear loose clothing with sleeves or long dresses. Please bring your own scarf.4. Please take off your shoes before entering the mosque and keep quiet throughout the visit.



September: Eagle's Nest Hiking

Content:	The Eagle's Nest nature trail is located in north Kowloon, near the Shek Lei Pui Reservoir, where people can overlook the Kowloon peninsula. The nature trail is filled with trees and plants, with a gorgeous view, information boards are available for more related knowledge. Gather at Jordan Station -> travel to Shek Lei Pui Reservoir station by minibus no. 81 -> walk to the Eagle's Nest nature trail -> walk around the Eagle's Nest -> dismiss at the bust stop (participants can leave by bus 72 or 81)
Date and Time:	29/9 (Tuesday) 1pm to 5:00pm
Target:	Breast cancer patients and survivors (only for members of the HKBCF, new comers will have first priority to join)
Leader:	Ms. Sy (Social Worker), Ms Wong
Gathering Time:	1pm
Gathering & Dismissal	MTR Jordan Station Exit A
Venue:	
Capacity:	15
Fee:	Free
Deadline:	On or before 22/9 (Tuesday) 5pm
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 inform our staff before 7 days of the activity if participants could not attend the activity by 2525 6033 / 2597 32513. Participants should wear clothing that are suitable for hiking and bring adequate drinking water, mosquito repellent, sunblock and rain gears.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.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.



There may be wild monkeys and boars near the hiking trail. To prevent nuisance by wild animals, please do not take out any food during the hike.

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.

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

Content:	<ol style="list-style-type: none">1. Let participants know more about the history, operation and characteristics of organic fish farms2. Raise the awareness of the importance of organic farming operations to the environment3. Give participants the opportunity to experience as an organic fisherman4. Provide opportunities for participants to communicate with certified organic fishermen
Date and Time:	18/9 (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 17/8/2020 (Friday) 5pm
Language:	Cantonese
Registration:	Please contact Ms. Wong 2597 3253/Ms. Sy 2597 3271
Remarks:	<ol style="list-style-type: none">1. Participants should arrive at the meet up point on time, late comers would not be waited.2. Please inform our staff before 7 days of the activity if participants could not attend the activity by 2525 6033 / 2597 32513. Participants should wear clothing that are suitable for hiking and bring adequate drinking water, mosquito repellent, sunblock and rain gears.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.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. <p>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.</p>



Breast Cancer Support Centre

Members' Circular (Jul- Sep 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:	2/9 (Wednesday)
Time:	3:15pm to 5:15pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



Meeting with Expert - Psychologist with you

Content:	To learn how to manage different emotions encountered during the cancer-fighting journey through discussion and consultation with a psychologist
Expert:	Dr. Rhoda Yuen (Counseling Psychologist)
Target:	Group A - Stages 0 to 3 newly diagnosed patients aged below 40 Group B - Advanced breast cancer patients
Format:	Group discussion
Date:	Group A – 17/9 (Thursday) Group B – 7/8 (Friday)
Time:	Group A – 2:00pm to 4:00pm Group B – 2:30pm to 4:30pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

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:	September: 18/9 (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: July: 14/7 (Tuesday)
August: 11/8 (Tuesday)
September: 15/9 (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 (Jul- Sep 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 (Jul- Sep 2020)

(6) Volunteer Work

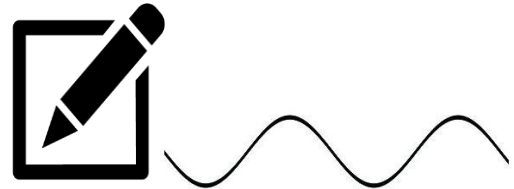
Circular Folding

Content: Help in folding circular
Capacity: 5 for each group
Date: 17/9 (Thursday)
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



Breast Cancer Support Centre

Members' Circular (Jul- Sep 2020)

(7) Interest Class

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
Ho's Yijingjing Class A (July)	Mr. Ho Fat Pong	Hong Kong Centre	4 sessions: 6,13,20,27/7 (every Monday)	3:00pm to 4:30pm	7	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class A (August)			5 sessions: 3,10,17,24,31/8 (every Monday)	3:00pm to 4:30pm	7	\$100	
Ho's Yijingjing Class A (September)			4 sessions: 7,14,21,28/9 (every Monday)	3:00pm to 4:30pm	7	\$80	
Knitting Class (July)	Ms. Ng Wei Han		4 sessions: 7,14,21,28/7 (every Tuesday)	2:30pm to 4:30pm	7	\$80	1. Bring own knitting needles & wool 2. For breast cancer survivors only
Knitting Class (August)			4 sessions: 4,11,18,25/8 (every Tuesday)	2:30pm to 4:30pm	7	\$80	
Knitting Class (September)			5 sessions: 1,8,15,22,29/9 (every Tuesday)	2:30pm to 4:30pm	7	\$100	
Pilates for shoulder care (July)	Ms. Angela Yiu		1 session: 7/7 (Tuesday)	2:30pm to 3:30pm	7	\$20	Pilates exercises work to balance the muscles around the shoulders in different positions to achieve the dynamic stability through the full range of movement. The shoulders and neck are encouraged to work together to achieve improved posture throughout the upper body. This is great for preventing and treating neck and shoulder problems. 1. Priority is given to the nurses referral 2. Comfortable wear and shoes recommended 3. For breast cancer patients/survivors only
Pilates for shoulder care (August)			1 session: 4/8 (Tuesday)	2:30pm to 3:30pm	7	\$20	
Pilates for shoulder care (September)			1 session: 8/9 (Tuesday)	2:30pm to 3:30pm	7	\$20	

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Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
Dynamic Pilates Dance Class (July)	Ms. Mandy Tang		1 session: 13/7 (Monday)	2:00pm to 3:00pm	7	\$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. It is designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only
Dynamic Pilates Dance Class (August)			1 session: 10/8 (Monday)	2:00pm to 3:00pm	7	\$20	
Dynamic Pilates Dance Class (September)			1 session: 28/9 (Monday)	2:00pm to 3:00pm	7	\$20	
Pilates Stretch Exercises (June)	Ms. Connie Wong	Kowloon Centre	1 session: 29/6 (Monday)	10:00am to 11:15am	7	\$20	Pilates is known for helping people develop both strength and flexibility. The following set of Pilates stretches includes exercises that increase flexibility of the back, front-body, side-body, hamstrings, and hips. 1. Comfortable wear and shoes recommended For breast cancer patients/survivors only
Pilates Stretch Exercises (July)			1 session: 27/7 (Monday)	10:00am to 11:15am	7	\$20	
Pilates Stretch Exercises (August)			1 session: 31/8 (Monday)	10:00am to 11:15am	7	\$20	
Pilates Stretch Exercises (September)			1 session: 21/9 (Monday)	10:00am to 11:15am	7	\$20	
Dynamic Pilates Dance Class (July)	Ms. Mandy Tang		1 session: 13/7 (Monday)	10:00am to 11:00am	7	\$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. This work of structured free form movement with foundational principles is

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Members' Circular (Jul- Sep 2020)

Theme	Tutor	Centre	Date	Time	Quo ta	Fee	Remark
Dynamic Pilates Dance Class (August)			1 session: 10/8 (Monday)	11:30am to 12:30pm	7	\$20	designed to promote nervous system regeneration. 3. Comfortable wear and shoes recommended 4. For breast cancer patients/survivors only
Dynamic Pilates Dance Class (September)			1 session: 28/9 (Monday)	11:30am to 12:30pm	7	\$20	
Stretching Release Pressure Class (August)			1 session: 10/8 (Monday)	10:30am- 11:15am	7	\$20	
Stretching Release Pressure Class (September)			1 session: 28/9 (Monday)	10:30am- 11:15am	7	\$20	
Ho's Yijingjing Class B (July)	Mr. Ho Fat Pong		4 sessions: 9, 16, 23, 30/7 (Thursday)	09:45am to 11:15am	7	\$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class B (August)			4 sessions: 6, 13, 20, 27/8 (Thursday)	09:45am to 11:15am	7	\$80	
Ho's Yijingjing Class B (September)			4 sessions: 3, 10, 24/9 (Thursday)	09:45am to 11:15am	7	\$60	

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

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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. Wong	Every Wednesday 2:15pm to 3:45pm Every Friday 10:30am to 12:00pm
		Kowloon	Ms. Cheung, Ms. Chan Ms. Lee	Every Tuesday 2:15pm to 3:45pm
Patient Support Group (English-speaking session)	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>)
Patient Support Group (Mandarin-speaking session)	Stages 0 to 3 newly diagnosed patients	Kowloon	Ms. Cheung, 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. Wong	Every Thursday 2:15pm to 3:45pm
Advanced Breast Cancer Group (Phoenix Group)	Stage 4 and recurrent breast cancer patients	Hong Kong	Ms. Tam Ms. Chow Ms. Wong Ms. Leung	Every Friday 2:15pm to 3:45pm
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee Ms. Sy	Every Monday 2:15pm to 3:45pm
Local Recurrent Group (Rainbow after Raining Group)	Local recurrent breast cancer patients	Hong Kong	Ms. Tam Ms. Leung	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. Wong	By appointment (<i>Prior arrangement is required.</i>)
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee	

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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. Wong Ms. Leung	(English session) Every Monday 2:30am to 4:00pm (Prior arrangement is required.) (Cantonese session) Every Wednesday to Friday 2:15pm to 3:45pm
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee Ms. Sy	(Mandarin session) Every Friday 10:30am to 12:00pm (Prior arrangement is required.) (Cantonese session) Every Monday, Tuesday 2:15pm to 3:45pm
Treatment Preparation Group	Breast cancer patients to receive chemotherapy, radiotherapy or hormonal treatments, and their family members	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	(English Group) Every Monday 12:00pm to 1:00pm (Prior arrangement is required.) (Cantonese Group) Every Wednesday to Friday 4:30pm to 5:30pm
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee	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. Wong Ms. Leung	By individual appointment

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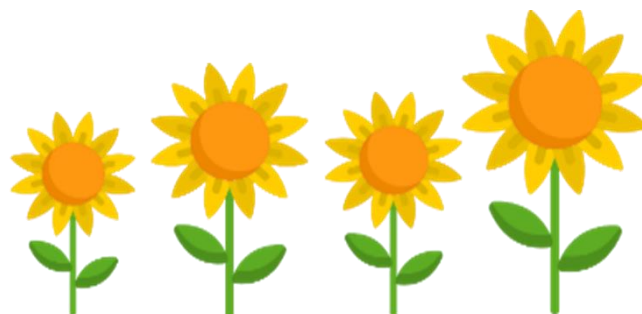
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		Kowloon	Ms. Cheung Ms. Chan Ms. Lee Ms. Sy	
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~ Please contact Ms. Cheung / Ms. Chow at 2525 6033 (Hong Kong Centre) or Ms. Wong/Ms. Ma at 2597 3251 (Kowloon Centre) for appointment or prior registration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

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

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



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(9) Paramedical Support

Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
Post-operative Upper Limb Exercise Class	Post-operative breast cancer patients	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Every Wednesday 11:00am to 11:30am Every Thursday 4:00pm to 4:30pm (Prior arrangement is required.)
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee	Every Tue 11:45am to 12:45pm
Lymphoedema Care Service: Lymphoedema Management Group	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong	Ms. Tam Ms. Chow Ms. Wong	Every Friday 10:30am to 12:30pm
		Kowloon	Ms. Cheung Ms. Chan	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) Ms. Chan	By individual appointment
		Kowloon		
Lymphoedema Care Service: Basic Lymphoedema Knowledge & Care Class 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 11:30pm
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee	Every Thursday 11:30am 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. Wong Ms. So	Monday to Friday 10:30am to 12:00pm 2:30pm to 5:30pm
		Kowloon	Ms. Cheung Ms. Chan Ms. Lee 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.

