

Members' Circular (Jan- Feb 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 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 |
| Kowloon Centre | Address : 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (Exit C2, Choi Hung MTR Station) | Tel : 2597 3251 |



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

Members' Circular (Jan- Feb 2020)

Experience Sharing

“The Ambience”

Author: Yang AsHeart

Ground floor of the HKBCF Jockey Club Breast Health Centre (Kowloon) houses a clinic with all the medical equipments needed for breast check-ups, and the floor upstairs the Breast Cancer Support Centre that organises activities for members.

Once I entered the Support Centre via the stairs, I saw to my right a glossy long table. As I took a closer look I knew it to be part of an open kitchen area. Given its location near the lobby, the table allowed people there sitting and dining together. I thought to myself that the combined space would make it easier for more members gathering for a meal. “Many members are into dietetics, so cooking class are held here on a regular basis,” the lady in charge told me, “Just by sitting at the lobby makes my mouth water.”

When I walked into the lymphedema therapy room, a member greeted me and shared with me tips of using the compression gloves.

What I saw there reminded me of a quote, “Everything happens through a process, and you can only harvest your fruit only during the process.”

Just take a look at the open design of the activity room and members’ devotion, you will be sure that the ambience will certainly give us more positive vibes.





Members' Circular (Jan- Feb 2020)

PR & Communications News



Hilton Garden Inn Hong Kong Mongkok CNY Pudding Charity Sales

For every box of CNY pudding ordered online enter promotion code "HKBCFCNY2020" when check out and 10% of the proceeds will be donated to the HKBCF.



THE REFINERY



MR. MEN™ LITTLE MISS™

The Refinery is happy to support Hong Kong Breast Cancer Foundation + their Pink Ribbon Campaign. We have designed + produced a special edition Little Miss Hug Pink Ribbon Mug + Art Print. 50% of the proceeds will be donated to HKBCF.

We have chosen Little Miss Hug to be the ambassador for our own Pink Ribbon campaign because she is thoughtful, affectionate + lovely.

"More than anything else, Little Miss Hug loves to hug her friends + make them feel better.

Everyone needs a hug, don't they? Little Miss Hug gives the best hugs around."

Pink Ribbon Art Print



Pink Ribbon Mug



Scan here for more information



Unit S410, Block A, PMQ, 35 Aberdeen Street, Central
+852 2858 4033
TheRefineryHK www.therefinery.com.hk

Members' Circular (Jan- Feb 2020)

Event Snapshots

Let's Pink 2019



Pink Walk was held on 27 October, 2019. On that day, friends and survivors from BCSC turned out in huge number as a team and donated. Over 200 members of Let's Pink took part and made donation of a record-breaking HK\$1 million, earning them the Top Fundraiser Award (Team) and the Highest Participation Award.

Moreover, our volunteers won the Best Dressed Pink Award (Team). Their Zumba dance performance also showed the group's determination to their mantra "Exercise Regularly, Relieve Stress, Check-up Regularly, Become Optimistic", promoting the message that doing exercise and staying positive are the most effective ways to prevent breast cancer. Volunteers also made elegant pink hats that earn them the Best Hat Design Award.

Most importantly, Mrs. Leung – the Chairwoman of Fundraising Committee – brought her pet dog along and won the Best Dressed Pink Award (Pet).

Thanks to the participation of you all, it was a huge success for the whole of Let's Pink this year. We look forward to the breakthroughs we make in 2020. Let's work hard together!



Members' Circular (Jan- Feb 2020)

Nicole's Kitchen Cooking Workshop

On 4 December, 2019, Nicole Wong, the founder of Nicole's Kitchen Hong Kong, came to our Breast Cancer Support Centre in Kowloon for a cooking workshop – Christmas French Mustard Turkey. She demonstrated and showed our members how to make this special Christmas chicken, with Japanese warm salad, garlic butter bread and honey fruit tea as sides. Souvenirs were given to all participants to celebrate the festival together!



Celebration of Survivorship

The BCSC organised its 'Celebration of Survivorship' event in November 2019. It included evaluations and insights sharing from our survivors who have been through their breast cancer journey. Voluntary tutors then taught everyone how to make a pot of silk flower that symbolised the a fresh start for survivors as they receive support from our centre. Survivors can also join different classes or mutual-help support group, Let's Pink fundraising activity or other services! For more details, please ask our social workers or nurses.



Members' Circular (Jan- Feb 2020)

Estée Lauder – Basic Skin Treatment Workshop

Sponsored by Estée Lauder, this workshop was held on 20 November, 2019 in our Breast Cancer Support Centre in Kowloon. Tutors taught participants basic skincare and make-up skills. When the make-up is done, tutors took instant photos for our members. Souvenirs were also given to all participants.



Dance Psuche Workshop

‘Dance Psuche’ is a kind of dance that links our mind to the dance moves. Through dancing, we experience peace and calm. The HKBCF organised a workshop on Dance Psuche in November and received positive feedbacks from our members.





HK Breast Cancer Foundation

香港乳癌基金會 乳癌支援中心

Breast Cancer Support Centre

Members' Circular (Jan- Feb 2020)

Volunteer Initiation Day

Volunteer Initiation Day 2019 was held on 9 November to welcome people to our volunteer team!

In the event, they learn more about the HKBCF, including both voluntary services and other services that we offer. Through the activities, we hope that all of our volunteers can enjoy helping others and putting what they learn in practice.



Jan - Feb enrolment Date & Time start from

20 December 2019 (Friday)

9:30 am

Please Pay Attention :



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

Members' Circular (Jan- Feb 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 : _____

Members' Circular (Jan- Feb 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/, 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 20 December 2019.**
- To facilitate your registration, all members are **required** to fill in the activities application form. The HKBCF remains the right to deny any request of participating in the activities should the form indicated that you are unfit for the activities.
- Members are expected to make the payment of all the activities/ groups/ workshops within seven working days. For those who are unable to make the payment will be considered to have given up the enrolled offer.**
- Unless specified, all activities are open to HKBCF members only, and will take place at either of the following venues:
 - 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
 - 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.

Members' Circular (Jan- Feb 2020)

Newsletter

Highlighted Events

(1) Groups / Workshops

Symposium on Breast Health Education 2020

| | |
|---------------|---|
| 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) |
| Date: | 7/3 (Saturday) |
| Fee: | \$20/ head (Participants who join the 15th Anniversary Annual Members’ Gathering are exempt from the fee) |
| Time: | 09:45 am-4:10 pm |
| Venue: | The Langham, 8 Peking Road, Tsim Sha Tsui, Kowloon, Hong Kong |
| Registration: | Please refer to the HKBCF 15th Anniversary Symposium on Breast Health Education 2020 application form |

15th Anniversary Annual Members’ Gathering

| | |
|---------------|--|
| 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 |
| Target: | Breast Cancer Patients, Survivors, Family members and friends |
| Date: | 28/3 (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 refer to the 15 th Anniversary Annual Members’ Gathering application form |

Members' Circular (Jan- Feb 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: | 8, 15, 22, 29/1 and 5, 12, 19, 26/2 (Every Wednesday, Can Join single sessions or multiple sessions) |
| Fee: | Free |
| Time: | 11:30am to 12:30pm / Hong Kong Centre |
| Venue: | Hong Kong Centre |
| Capacity: | 10 persons |
| Language: | Cantonese ONLY |
| Registration: | Please contact our nurses or social workers for more details |



Bereavement Group

| | |
|---------------|--|
| Content: | Family members and relatives who took care of breast cancer patients shall suffer from sadness and sorrow after their death. The purpose of the group is to provide opportunities for family members to express their thoughts and feelings towards the deceased, regain their strength and pass on their love. The group is led by registered social workers in the form of activities, group sharing, etc. |
| Target: | The bereaved and their family |
| Tutor: | Registered Social Worker |
| Date & Venue: | Hong Kong Centre: 18/1 (Saturday), 10:30am to 12:30pm Kowloon Centre: 22/2 (Saturday), 3:00pm to 5:00pm |
| Capacity: | 5 persons (Every Session) |
| Fee: | Free |
| Language: | Cantonese ONLY |
| Registration: | Please contact your case nurses or social workers Ms. Leung 3143 7315 / Ms. Hui 3143 7374 /Ms. Sy 25973271 |



Yoga Stretch Class

| | |
|---------------|---|
| Content: | Yoga exercises focus on upper limb and shoulder muscle to prevent Lymphedema |
| Tutor: | Registered Yoga Tutors |
| Target: | Breast cancer patients and survivors |
| Date: | January Class: 3, 10, 17/1 (Friday, 3 sessions) February Class: 7, 14, 21, 28/2 (Friday, 4 sessions) |
| Time: | 2:30pm to 3:30pm |
| Venue: | Kowloon Centre |
| Capacity: | 13 persons (First come first served, only for HKBCF members) |
| Fee: | \$60 for January Class \$80 for February Class |
| Language: | Cantonese |
| Registration: | Please contact Ms. Tam 2525 6033 /Ms. Chan 2597 3251 |
| Remark: | <ol style="list-style-type: none"> Participants should wear loose fitting/ comfortable clothing. Please prepare and bring your own yoga mat and one tennis ball. Participants will need to be barefoot or wear non-slip socks during the course. Participants should complete the operation after 3 months and be breast cancer survivors. Participants could not enrol the next yoga class, if the attendance is lower than 80%. |



Members' Circular (Jan- Feb 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) |
| Date: | January: 4, 11/1 (Saturday, 2 sessions) February: 1, 8, 22, 29/2(Saturday , 4 sessions) |
| Time & Venue: | 2:00pm – 3:00pm / Kowloon Centre |
| Capacity: | 12 persons / Group |
| Fee: | \$100 for January 's class and \$200 for February '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: | 13, 20, 27/2 and 5/3 (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 |



Members' Circular (Jan- Feb 2020)

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: | 14, 21/3 (Saturday, 2 sessions) |
| Time: | 9:15am-10:15 |
| 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 |

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: | 14, 21/3 (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 |



Members' Circular (Jan- Feb 2020)

Watercolor painting relaxation workshop

Content: Beginner Class A: Hope of Lights, Grass Ring (Techniques: Tuning colours, the drawing of different shapes of leaves, organization and use of lines) Colour Ring Exercise, flowering cherry tree and butterfly chasing flowers (Techniques: understanding the characteristics of watercolour, three primary colours, tuning of the colour wheel, use of water, lines and simple artistic sentences)

Former Student Class B: 12/2 floral hoop (Techniques: colour tuning, use of lines, drawing of flowers, background, pen tapping and simple artistic calligraphy)

Remarks: This class is only applicable for those who had joined Grass Ring class or those who had two watercolour lessons of this workshop before

Former Student Class C: 26/2- Lighthouse watercolour landscape painting (Techniques: drawings of sky, lighthouse and rocks – difficult)

*Remarks: This class is only applicable for those who had joined 3 to 4 lessons of this workshop.

Tutor: Ms. Fiona Tang (Experienced Art Tutor)

Target: Breast cancer survivors

Date: Beginner: 8, 15/1 (Wed) for Class A
 Advanced: 12/2 (Wed) for Class B
 26/2 (Wed) for Class C

Time: 9:45am to 11:45am

Venue: Kowloon Centre

Capacity: 12 persons

Fee: Class A: \$60 , Class B: \$30, Class C: \$30

Language: Cantonese ONLY

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



Emotional Support Group (Depression)

Content: This group is designed for breast cancer patients who are experiencing depressive mood. Aim to improve the mood disturbance, and establish a positive attitude to face the cancer through group activities and sharing.

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

Target: Breast cancer patients and survivors

Date: 3, 10, 17, 24/2 and 2, 9/3 (Monday, 6 sessions)

Time: 10:30 am to 12 nn

Venue: Kowloon Centre

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

Fee: \$80

Language: Cantonese ONLY

Registration: Please contact Ms. Sy 2597 3271

Remarks:

1. Participants need to be assessed by the staff before determining whether they are suitable for participation.
2. Participants must be able to attend at least 5 lessons.



Members' Circular (Jan- Feb 2020)

Drama Experience Workshop

| | |
|---------------|--|
| Content: | Drama is not just art. Drama also could help to review various memorable experiences and its meaning in life through playing in drama. So let's come and try this drama experience workshop. |
| Therapists: | Ms. Canna Tang (Expressive Arts Therapist) |
| Target: | Breast cancer survivors (No need for any art and drama experience) |
| Date: | 6/2 (Thursday) |
| 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 and drama experience. Just be yourself and enjoy! |



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: | 6, 13, 20, 27/2 and 5, 12, 19, 26/3 (Every Thursday, 8 sessions) |
| Time: | 2:30am - 4am |
| 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: | 1. Deadline for Registration: 9/1/ 2020 2. No Horticultural knowledge or skills is required. |

Drama Workshop – Dance with drama

| | |
|---------------|--|
| Content: | Life is full of changes, surprises and challenges, it brings us experiences with complicated emotions that easily remains unsolved. The workshop of drama-oriented Expressive Arts Therapy will provide a non-judgemental and safe space for participants to raise the body awareness and adaptation to the changing body reaction to different emotions. It will help the participants to review various memorable experiences and its meaning in life, thus to express emotions aroused in the funny and playful theatre game and drama improvisation exercise. |
| Therapists: | Ms. Canna Tang (Expressive Arts Therapist) |
| Target: | Breast cancer survivors (No need for any art and drama experience) |
| Date: | 12, 19, 26/3 (Thursday, 3 sessions) |
| Time: | 10:30am to 12:30pm |
| Venue: | Hong Kong Centre |
| Capacity: | 12 persons (only for members of the HKBCF) |
| Fee: | \$60 |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Leung 3143 7315 / Ms. Li 3143 7351 |
| Remarks: | Participants do not need any art and drama experience. Just be yourself and enjoy! |



Members' Circular (Jan- Feb 2020)

Chinese New Year Decoration Workshop

| | |
|---------------|--|
| Content: | Chinese New Year is coming soon. We will learn how to make Chinese New Year Decorations for enhancing the joyful atmosphere in our home. |
| Tutor: | Ms. Lam Wai Chu |
| Target: | Breast cancer patients and survivors |
| Date, Venue: | Class A: 13/1 (Monday), Hong Kong Center(Theme: Goat willow) Class B: 15/1 (Wednesday), Kowloon Center(Theme: New year orange) |
| Time: | Class A: 10am to 1pm Class B: 2pm to 5pm |
| Capacity: | 15 persons (only for members of the HKBCF) |
| Fee: | \$20 / Class |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Li 3143 7351/ Ms. Leung 3143 7315 /Ms. Wong 2597 3253 / Ms. Sy 2597 3271 |

Music Therapy Workshop – Retrieve your smile from music and stretching

| | |
|---------------|---|
| Content: | We will start a journey of music together and find the sound hidden in the heart through singing, playing instruments, stretching and other artistic means. |
| Therapists: | Ms. Christine Chow (Registered music therapist (Aus)) Ms. Kam (Registered music therapist (Aus), Registered Yoga tutor) |
| Target: | Breast cancer patients and survivors |
| Date: | 18/1(Saturday) |
| Time: | 10:30pm – 12nn |
| Venue: | Hong Kong Centre |
| Capacity: | 15 persons (only for members of the HKBCF) |
| Fee: | \$20 |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Leung 3143 7315/ Ms. Li 3143 7351 |
| Remarks: | No music knowledge or skills is required. Please prepare your own yoga mat for the class. |



Making Music, Having Fun

| | |
|----------------|---|
| Content: | To relax and reduce stress through making music, singing songs and movement. |
| Date: | 19 February 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) |
| Remarks: | Please dress comfortably to facilitate movement. No music knowledge or skills is required. |
| Registration: | Please contact Ms. Sy at 2597 3271 / 2597 3251 |
| Fee: | \$20 |



Members' Circular (Jan- Feb 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:** 3, 10, 17, 31/1 (Friday, participants can join session 1 to 4)
- Time :** 11:00am – 1:00pm
- 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:** 7, 14, 21, 28/2 (Friday, participants can join session 1 to 4)
- Time :** 11:00am – 1:00pm
- 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.



Members' Circular (Jan- Feb 2020)

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: | 22, 29/2 & 14, 21/3 (Saturday, 4 sessions and 1 performance) Performance Date: 28/3/2020 (Lunch banquet) |
| 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 |



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"> • Wooden photo frame • Wooden box (Small size) • Coaster in wood based (MDF board) • Ceramic plate |
| Therapists: | Professional Decoupage and Mosaic artist, Ms Kanly Ho |
| Target: | Breast cancer patients and survivors |
| Date, Time & Venue: | Class A: 13/2/2020 (Thursday), 2:30 pm to 4:30 pm (Hong Kong Center) Class B: 22/2/2020 (Saturday), 10:30 am to 12:30 pm (Kowloon Center) Class C: 12/3/2020 (Thursday), 2:30 pm to 4:30 pm (Hong Kong Center) Class D: 18/3/2020 (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. |

Members' Circular (Jan- Feb 2020)

Emotion management workshop

- Content:** Cancer often accompanies various emotions, this workshop mainly provides skills to manage emotion and stress. Participants could apply the skills in their daily life, in order to maintain emotional well-being.
- Therapists:** Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor)
- Target:** Breast cancer patients and survivors
- Date:** 27/2 (Thursday, 1 session)
- Time:** 10:30am to 12:30pm
- Venue:** Kowloon centre
- Capacity:** 12 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please contact Ms. Sy 2597 3271 / 2597 3251



Members' Circular (Jan- Feb 2020)

Celebration for Survivorship - Making of cards

| | |
|---------------|---|
| Content: | <p>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.</p> <ul style="list-style-type: none"> - Sharing and Reminiscing the treatment journey - Making of the card |
| Worker: | Ms. Leung (Registered Social Worker) |
| Target: | <p>Breast cancer survivors who just finished treatments</p> <p>We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.</p> |
| Date: | 11/1/2020 (Saturday) |
| Time: | 10:00am to 12:00pm |
| Venue: | Hong Kong centre |
| Capacity: | 15 persons (only for members of the HKBCF) |
| Fee: | Free of charge |
| Language: | Cantonese ONLY |
| Registration: | Please contact Ms. Leung 3143 7315 / your responsible nurse |



Celebration for Survivorship - Making of additive-free cream


| | |
|---------------|--|
| Content: | <p>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.</p> <ul style="list-style-type: none"> - Sharing and Reminiscing the treatment journey - Making of additive-free cream |
| Worker: | Ms. Sy (Registered Social Worker) |
| Target: | <p>Breast cancer survivors who just finished treatments</p> <p>We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.</p> |
| Date: | 15/2/2020 (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 Ms. Sy 2597 3271 / your responsible nurse |



Members' Circular (Jan- Feb 2020)

(2) Talks

January (A): Emotion and Cancer

| | | |
|-----------------|---|---|
| Content: | Cancer often accompanies various emotions, if you are overwhelmed by negative emotions, it will not only affect the quality of life, but also affect the motivation for treatment. To increase your understanding of various emotions that you may encounter, in order to improve your mental health. |  |
| Speaker: | Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor) | |
| Target: | Breast cancer patients and survivors | |
| Date: | 6/1 (Monday) | |
| Time: | 10:15am to 11:30am | |
| 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 | |

January (B): Depression and Anxiety

| | |
|-----------------|--|
| Content: | Depressive mood and worry are the common emotions associate with cancer. Without appropriate management of the negative emotion, it may turn into depression and anxiety. To increase your understanding of depression and anxiety, which could increase your self-awareness, as well as prevent the mental illness. |
| Speaker: | Dr. Ginette Cheung (Clinical Psychologist & Certified Counsellor) |
| Target: | Breast cancer patients and survivors |
| Date: | 20/1(Monday) |
| Time: | 10:15am to 11:30am |
| 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 |

Members' Circular (Jan- Feb 2020)

Talk in February (A): How does Aromatherapy enhance women's mental and physical health

Content: What is Aromatherapy?
 Any contraindications for usage?
 How to safely use aromatherapy?
 Proper Selection of essential oils.
 Experience of Aromatherapy application
Speaker: Miss Jessica Chan (Aromatherapy Expert for over 26 years industry experience)
Target: Breast cancer patients and survivors (For those who concern relieving stress, promotes her mental and physical health, welcomes for recovered and/or in chemotherapy treatment members joining in.)
Date: 15/2 (Saturday)
Time: 2:30pm to 4:30pm
Venue: Hong Kong Centre
Capacity: 40 persons (Priority will be given to members of the HKBCF)
Fee & Language: Free (only for member of HKBCF) ; \$20 (for non-member of HKBCF) / Cantonese
Registration: Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251, or email your name and contact information to florencetam@hkbcf.org

Talk in February (B): 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: 26 /2 (Wednesday)
Time: 3pm to 5pm
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 florencetam@hkbcf.org



Members' Circular (Jan- Feb 2020)

(3) Members' Outing Activity

January : Pineapple Park one-day visit

| | |
|------------------|--|
| Content: | How much do you know about pineapple? We invite you to join our Pineapple Park one-day visit. We can plant organic vegetables, feed sheep and have fresh pineapple lunch together. |
| Date and Time: | 20/1 (Monday) 11:00am to 3:00pm |
| Venue: | Go Green Organic Farm, Si Pai Shek, Kam Tin, Yuen Long |
| Target: | Breast cancer patients and survivors (not suitable for patient under chemo and radio therapy) |
| Leader: | Ms. Leung (Social Worker), Ms. Li |
| Gathering Time: | 10:30am |
| Gathering Venue: | Kam Sheung Road MTR Station, Exit A |
| Capacity: | 25 |
| Fee: | \$150 (including admission fee, planting organic vegetables and lunch) |
| Deadline: | On or before 3/1 |
| Language: | Cantonese |
| Registration: | Please contact Ms. Li 3143 7351 / Ms. Leung 3143 7315 |
| Remarks: | 1. Participants should arrive at the meet up point on time, late comers would not be waited. 2. Please wear light colour long sleeve cloth and trousers. 3. Please prepare your own anti-mosquito product and sunscreen. 4. Please prepare your own shopping bag. |



Members' Circular (Jan- Feb 2020)

February: “Excursion with Water Save Dave” Visiting Programme: Guided Tour to High Island Reservoir

| | |
|------------------------------|---|
| Content: | Guided Tour by the representative of Water Supplies Department (WSD) to High Island Reservoir (The application status is in progress. The activity will be cancelled if the application is not approved by WSD). |
| Date and Time: | 14/2 (Friday) 1:30pm to 5:00pm |
| Venue: | High Island Reservoir |
| 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: | 1:30pm |
| Gathering & Dismissal Venue: | Hang Hau MTR Station Exit B1/B2 (Next to Hang Hau Bus Terminus) |
| Capacity: | 18 |
| Fee: | Free |
| Deadline: | On or before 1/2 (Saturday) 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 3251 3. 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. |



Members' Circular (Jan- Feb 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: | 4/3 (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 – 16/1(Thursday) Group B – 7/2 (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: | January: 17/1 (Friday) February: 14/2 (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 |

Members' Circular (Jan- Feb 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: January: 7/1 (Tuesday)
 February: 11/2 (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



Members' Circular (Jan- Feb 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. 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.



Members' Circular (Jan- Feb 2020)

(6) Volunteer Work

Circular Folding

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



Data Entry

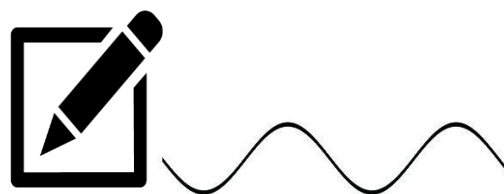
Content: Help in organising data and data entry
 Capacity: 1 for each time slot
 Date: January to February 2020, every Tuesday to Friday
 Time: (1) 10:00am to 1:00pm
 (2) 2:00pm to 5:00pm
 Venue: Hong Kong Centre
 Registration: Please contact Ms. Chan 3143 7343



Members' Circular (Jan- Feb 2020)

Voluntary Edit Team of Members' Circular

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



New T-Shirt for Volunteer

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

Measurement (cm)

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



Members' Circular (Jan- Feb 2020)

(7) Interest Class

| Theme | Tutor | Centre | Date | Time | Quo ta | Fee | Remark |
|---|-----------------|------------------|--|------------------------|-----------|------|--|
| Ho's Yijingjing Class (January) | Mr. Ho Fat Pong | Hong Kong Centre | 3 sessions: 6,13,20/1 (every Monday) | 3:00pm to 4:30pm | 12 | \$60 | 1. Comfortable wear is recommended |
| Ho's Yijingjing Class (February) | | | 4 sessions: 3,10,17,24/2 (every Monday) | 3:00pm to 4:30pm | 12 | \$80 | 2. For breast cancer survivors only |
| Knitting Class (January) | Ms. Ng Wei Han | | 3 sessions: 7,14,21/1 (every Tuesday) | 2:30pm to 4:30pm | 12 | \$60 | 1. Bring own knitting needles & wool |
| Knitting Class (February) | | | 4 sessions: 4,11,18,25/2 (every Tuesday) | 2:30pm to 4:30pm | 12 | \$80 | 2. For breast cancer patients/ survivors only |
| Pilates for shoulder care (January) | Ms. Angela Yiu | | 1 session : 7/1 (Tuesday) | 2:30pm to 3:30pm | 12 | \$20 | Pilates exercises work to balance the muscles around the shoulders, but also work the shoulders in different positions to achieve the dynamic stability the shoulders need to support them through the full range of movement they can achieve. The shoulders and neck are encouraged to work together to achieve improved posture throughout the upper body. This is great for preventing as well as treating neck and shoulder problems. |
| Pilates for shoulder care (February) | | | 1 session: 4/2 (Tuesday) | 2:30pm to 3:30pm | 12 | \$20 | 1. Priority is given to the nurses referral 2. Comfortable wear and shoes recommended 3. For breast cancer patients/ survivors only |
| Dynamic Pilates Dance Class (January) | Ms. Mandy Tang | | 1 session: 13/1 (Monday) | 2:00pm to 3:00pm | 10 | \$20 | Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. |
| Dynamic Pilates Dance Class (February) | | | 1 session: 10/2 (Monday) | 2:00pm to 3:00pm | 10 | \$20 | 1. Comfortable wear and shoes recommended 2. For breast cancer patients/ survivors only |

Members' Circular (Jan- Feb 2020)

| Theme | Tutor | Centre | Date | Time | Quota | Fee | Remark |
|--|-----------------|----------------|---|--------------------|-------|-------|--|
| Pilates Stretch Exercises (January) | Ms. Connie Wong | Kowloon Centre | 1 session: 8/1 (Wednesday) | 14:30am to 15:45AM | 12 | \$20 | Pilates is known for helping people develop both strength and flexibility. The following set of Pilates stretches includes exercises that increase flexibility of the back, front-body, side-body, hamstrings, and hips. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only |
| Pilates Stretch Exercises (February) | | | 1 session: 17/2 (Monday) | 10:00am to 11:15am | 12 | \$20 | |
| Dynamic Pilates Dance Class (January) | Ms. Mandy Tang | | 1 session: 13/1 (Monday) | 10:00am to 11:00pm | 10 | \$20 | Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. This work of structured free form movement with foundational principles is designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only |
| Dynamic Pilates Dance Class (February) | | | 1 session: 10/2 (Monday) | 10:00am to 11:00am | 10 | \$20 | |
| Ho's Yijingjing Class (January) | Mr. Ho Fat Pong | | 5 sessions: 2, 9, 16, 23, 30/1 (Thursday) | 9:45am to 11:15am | 12 | \$100 | 1. Comfortable wear is recommended 2. For breast cancer survivors only |
| Ho's Yijingjing Class (February) | | | 4 sessions: 6, 13, 20, 27/2 (Thursday) | 09:45am to 11:15am | 12 | \$80 | |

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

Members' Circular (Jan- Feb 2020)

(8) Support Group Sessions

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

Members' Circular (Jan- Feb 2020)

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

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

Members' Circular (Jan- Feb 2020)

| Service | Suitable for | Centre | Lead | Date & Time (No group is held on public holidays) |
|------------------------------|---|---------------------|--------------------------------|--|
| Sunflower Group | Breast cancer survivors aged 40 or above who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress | Hong Kong & Kowloon | Ms. Leung Ms. Sy Ms. Hui | Christmas Party Date: 7/12 (Saturday) Time: To be confirmed Venue: Tseung Kwan O (Tentative) Target: all sunflower leaders and members Capacity: 40 <i>Please contact your group leader for enrolment</i> |
| Young Sunflower Group | Stages 0 to 3 breast cancer survivors aged below 40 who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress | Hong Kong & Kowloon | Ms. Sy Ms. Hui | Suspended |

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



Members' Circular (Jan- Feb 2020)

(9) Paramedical Support

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

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



HK Breast Cancer Foundation

香港乳癌基金會 乳癌支援中心

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).



HK Breast Cancer Foundation

香港乳癌基金會 乳癌支援中心



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





只供內部填寫 For Office Use ONLY

申請編號：
Application no.:

會員週年聚餐2020 參加表格
Annual Members' Gathering 2020 Application Form



| | | | |
|------------|---|-----------|------------------------------------|
| 日期 Date : | 2020年3月28日(星期六) 28 th March 2020 (Saturday) | 時間 Time : | 上午10時30分至2時30分 10:30am – 2:30pm |
| 地點 Venue : | 煌府(新港中心店) (尖沙咀廣東道30號新港中心3樓307號舖) The Palace - Silvercord Restaurant (Shop No 307,3/F., Silvercord, 30 Canton Road, Tsim Sha Tsui ,Kowloon) | | |
| 費用 Fee : | 港幣 HK\$ 250 / 位 Person (大小同價, 所有已繳費用恕不退還) | | |

請填妥此表格，並連同費用於2020年3月13日或之前交回本會。

Please return this completed application form to our office with the admission fee by 13th March 2020.

姓名 Name: _____

會員編號

Membership No.: _____

聯絡電話 Contact No.: _____

出席人數

× 每位 \$250

Number of persons: _____

人 per person = _____ HK\$

出席人士資料 Participant Information

| | 姓名 Name of Participant | 聯絡電話 Contact No. | 如有報名參加3月7日「乳你同行」醫學講座活動，請在空格「✓」 | 備註 Remarks |
|----|------------------------|------------------|--------------------------------|------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |



HK Breast Cancer Foundation

香港乳癌基金會 乳癌支援中心
Breast Cancer Support Centre



只供內部填寫 For Office Use ONLY

申請編號:

Application no.:

☐ 我願意捐款支持是次活動 I would like to make a one-off donation to support the event

☐ HK\$200

☐ HK\$300

☐ HK\$500

☐ HK\$1000

☐ HK\$_____

正式收據上名字

Name on Official Receipt: _____

港幣\$100或以上捐款可申請免稅(稅局檔號91/7226)

Donations of HK\$100 or above are tax-deductible (IR File no. 91/7226).

付款/捐款方法 Payment/Donation Methods:

| | |
|--|---|
| <input type="checkbox"/> 現金 By Cash | 請交往本會辦公室 (北角木星街9號永昇中心22樓 或 九龍牛池灣龍翔道28號1樓) Please make payment at the HKBCF office: 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong or 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon |
| <input type="checkbox"/> 支票 By Cheque | 支票號碼: _____ 郵寄地址: 北角木星街9號永昇中心22樓 香港乳癌基金會 支票抬頭請寫: 「香港乳癌基金會」, 並在支票背面寫上姓名及聯絡電話 Cheque Number: _____ Please send a crossed cheque made payable to "Hong Kong Breast Cancer Foundation", with your name and contact number written on the back to: Hong Kong Breast Cancer Foundation 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong |

會員及非會員同價。Same price for members and non-members.

** 參加費用不屬捐款, 本會只會簽發普通收據而非扣稅收據。Admission fee is not considered a donation and no tax receipt will be issued.

如有查詢, 請聯絡: For enquiry, please contact:

譚小姐 Ms. Florence Tam (電話 Tel: 2525 6033; 電郵 email: florencetam@hkbcf.org) or

陳小姐 Ms. Katy Chan (電話 Tel: 2597 3251; 電郵 email: katychan@hkbcf.org)

簽署

Signature: _____

日期

Date: _____

只供內部填寫 For Office Use ONLY

| | | |
|----------------------|--------------------------------------|------------------|
| 收取日期 Receiving Date: | 總收取款額 Total Amount Received: HK\$ | 經手人 Received by: |
|----------------------|--------------------------------------|------------------|



Hong Kong Breast Cancer Foundation
Symposium on Breast Health Education 2020
Registration form

(1) Personal information

Chinese Full Name : _____ English Full Name : _____
Contact No. : _____ Member No.: _____ District: *HK/KLN/NT (*Please circle the suitable choice)
Email: _____ Address: _____
If I have any emergency accident during activities, please contact :
Contact person: _____ Relationship: _____ Phone no.: _____
I am ☐ breast cancer patient/survivor ☐ the family member/caregiver of breast cancer patient/survivor ☐ Other

(2) Enrollment Activities (#Please tick the suitable choice)

- Remarks:
1. Workshops / lymphoedema measurement: require to join at least one talk in morning session and receive a stamp. Only available for breast cancer patient/survivor. Each person can join each workshop once only.
 2. Registration offer: Participant who joins 15th Annual Members' Gathering are exempted from the fee of Symposium on Breast Health Education 2020. The fee must be paid immediately during application.
 3. The provision of personal and other information is voluntary. If sufficient information is not provided, HKBCF may not be able to process the relevant application.
 4. In case of any dispute, the decision of HK Breast Cancer Foundation shall be final.

| | | |
|---|--|-------------|
| 1 | <input type="checkbox"/> Symposium on Breast Health Education 2020 (\$20 per head) Date & Time: 7th March 2020, Saturday (9:45 am – 4:10 pm) | Receipt no. |
| | <input type="checkbox"/> Opening Ceremony 9:45-9:55am | |
| | <input type="checkbox"/> Talk Morning session: <input type="checkbox"/> 9:55-10:55am <input type="checkbox"/> 11:20am-12:20pm Afternoon session: <input type="checkbox"/> 1:45-2:30pm <input type="checkbox"/> 2:55-3:40pm | |
| | <input type="checkbox"/> Pink Yogurt Workshop <input type="checkbox"/> 10-11am <input type="checkbox"/> 11:30am-12:30pm <input type="checkbox"/> 2:35-3:35pm | |
| | <input type="checkbox"/> Pilates Stretch Workshop 1:45-2:20pm | |
| | <input type="checkbox"/> Pilates Dance Workshop 2:45-3:20pm | |
| | <input type="checkbox"/> Lymphoedema measurement (assessment time arranged by nurse) <input type="checkbox"/> 10am-12:45pm/ <input type="checkbox"/> 2-4pm | |
| | <input type="checkbox"/> Lunch + Symposium 12:45-1:45pm <input type="checkbox"/> Coffee Break 11:00-11:20am/2:35-2:55pm | |
| 2 | <input type="checkbox"/> 15th Anniversary Annual Members' Gathering (\$250/per head) Date & Time: 28 th March 2020 (10:30am-2:30pm) (CSSA recipients can apply for exemption from the fee; Limited Space, First-come-first-served.) | |

(3) Declaration

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 : _____

<For Staff Use >

Date of data input: _____ Handling Staff: _____

☐ Lymphoedema measurement: Refer to nurse (Date: _____; Nurse: _____)

Hong Kong Breast Cancer Foundation Symposium on Breast Health Education 2020



Opening Ceremony 🕒 09:45-09:55

Talk Target: Breast Cancer Patients/ Survivors/ Family (Members only)

(1) Therapy for Breast Cancer

9:55-10:55am

- What you need to know about breast cancer
- How to manage sequelae after breast cancer surgery
- How to tackle side effects from chemotherapy
- How to minimize side effects from radiotherapy

11:20am-12:20pm

- Treatment of hormone receptor positive cancer
- Treatment of HER2 positive cancer
- Treatment of triple negative cancer
- Treatment of metastatic breast cancer

12:45-1:45pm

Lunch + Symposium

(2) On Road to Recovery

1:45-2:30pm

- Management of side effects from chemotherapy and hormonal therapy
- Surveillance for recurrent cancer
- Lymphoedema prevention and treatment

2:55-3:40pm

- Psychological advice
- Dietary advice
- Rebuilding a new Life

Pilates Stretch Workshop

🕒 1:45-2:20pm

Pilates Dance Workshop

🕒 2:45-3:20pm

Pink Yogurt Workshop

🕒 10-11am/11:30am-12:30pm/
2:35-3:35pm

Lymphoedema measurement

🕒 10am-12:45pm/2-4pm



Target: Breast Cancer Patients/ Survivors (Members only)

Date: 7th March 2020 (Saturday) Time: 9:45 am – 4:10pm

Venue: The Langham, 8 Peking Road, Tsim Sha Tsui, Kowloon, Hong Kong

Fee: \$20 per head (Participant who joins 15th Annual Members' Gathering are exempted from the fee of Symposium on Breast Health Education.)

Registration/Enquiry: 2525 6033/2597 3251

Remarks: 1. Workshop / lymphoedema measurement : require to join at least one talk in morning session and receive a stamp.
Only available for breast cancer patient/survivor. Each person can join each workshop once only.

2. Registration offer: Participant who joins 15th Annual Members' Gathering are exempted from the fee of Symposium on Breast Health Education 2020. The fee must be paid immediately during application.

3. The provision of personal and other information is voluntary. If sufficient information is not provided, HKBCF may not be able to process the relevant application.

4. In case of any dispute, the decision of HK Breast Cancer Foundation shall be final.