

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Important Announcement

Starting from 1 March 2021, this member circular will be sent out electronically in order to reduce paper consumption and protect the environment. If you'd like to receive its hard copy, please contact us at 2525 6033 or 2597 3251 for more details. Thank you very much!

### Breast Cancer Support Centre

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

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

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



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Hong Kong Centre      Address : 22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong  
(Exit A, Fortress Hill MTR Station)      Tel : 2525 6033

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Jockey Club Breast      Address : 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon  
Health Centre      (Exit C2, Choi Hung MTR Station)      Tel : 2597 3251  
(Kowloon Centre)



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

### “Pink Together 2020”



In last year's "Pink Walk for Breast Health", did you participate in our Let's Pink Team? This year, due to the outbreak of COVID-19, the walkathon had been made a virtual event – "Pink Together".

Although "Let's Pink" team couldn't make it to the Peak this year, we were able to raise HK\$410,000 and was awarded the Group Top Fundraiser Award and Highest Participation Award for our outstanding achievement. With hopes that COVID-19 will end soon, the "Let's Pink" team will gather once again at the Peak next year and strive for even better results.

Grateful to all members and friends involved!

### [ Annual Member's Gathering ]

Hong Kong Breast Cancer Foundation (HKBCF) is organising an annual members' gathering. Please stay tuned for more details. The details will be announced on Members' Conrner web page.



### [Traditional Chinese Medical Service]

#### Good News!

To cater to your needs, the BCSC is introducing Traditional Chinese Medical Service at HKBCF Jockey Club Breast Health Centre (Kowloon). For pricing and reservation details, please contact your nurse in charge.



### [ Lymphedema Caring Services ]

HKBCF has introduced Lymphoedema Care Programme which consists of comprehensive and targeted services provided by qualified Lymphoedema Therapists and nurses to our breast cancer patients and survivors. Education, assessments, treatments, follow-up advice, and psychological support will be offered in order to prevent, manage and control breast cancer-related lymphoedema. The Intermittent Pneumatic Compression Device is now launched to relieve the discomfort of lymphoedema swelling. For more details, please feel free to contact case nurse.



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### PR & Communications News

"Pink Together 2020" has come to a successful ending after a month and half activities. The fund raised in this event will go directly to HKBCF's breast health education initiative and support services provided to breast cancer patients and their families. The HKBCF would like to take this opportunity to thank the event sponsors, supporting organisations, media partners, our donors and supporters for the staunch support. See you all next year!

Donate Now



HKBCF



hkbcf\_official



[www.hkbcf.org](http://www.hkbcf.org)

Breast Screening Hotline : 3143 7333 / 2597 3200

Patient Support Hotline : 2525 6033 / 2597 3251

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### Experience Sharing

#### “Homework”

Author: Yang AsHeart

On the third day after the tumor was removed, I got my doctor's permission to leave the hospital since I had a presentation to do on that day. Though my three groupmates knew that I was returning straight from the hospital, they did not know that I was a breast cancer patient then. Of course, they found it out later one after the other and paid me visits at the hospital, and eventually, we became good friends.

So this is how I would go all out and do whatever it takes when it comes to doing "homework". But actually, the main reason I insisted on heading out and doing the presentation, despite the fact that I have just had a surgery, was I did not want to affect the interests of others. If I was absent, their performance would inevitably be dragged down.

However, the "homework" that I had to deal with after the illness involves a lot more than just the academia. While getting to grips with one's condition is one of them, understanding how to get through the physical pain and emotional distress during chemotherapy and radiotherapy is another important one. Even for patients who have recovered, adjusting to a new lifestyle still poses a challenge.

More often than not, we are so preoccupied with the others' affairs that we forget to take care of ourselves during this "pandemic". As such, the author strongly encourages patients to prioritize the needs of their body, mind and soul so that they can regain a peace of mind and thus have the strength to move forward.



會員：\$70/本 非會員：\$78/本

如欲購買，請向前台職員查詢。

## Members' Circular (Jan- Mar 2021)

### “Beauty Workshop” under the pandemic

A “Beauty Workshop” was launched by the Jockey Club Breast Health Centre (Kowloon) on 23 September 2020. Great thanks has to be given to Estée Lauder (Hong Kong) Limited for sending over professional instructors who brought us various skincare and make-up techniques through online meetings under the pandemic. The participants have written comments on the event, in which one of them says, "The three instructors spoke very clearly, making the 3-hour session very fulfilling and I was not bored at all".



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

The "Expressive Arts Workshop – Find Your Inner Peace in Meditation and Music" took place at the HKBCF Jockey Club Breast Health Centre (Kowloon) on 17 October 2020, where participants have expressed their desire to find a peace of mind amidst the pandemic. Through sessions of relaxation, painting and music ensembles, Expressive Arts therapists get participants involved in the present which creates a calming effect on the mind. For those who are interested, please keep an eye out for any upcoming Expression Arts workshops.

對今次活動的其他意見 / 建議:

非常好，讓我放鬆，平和。

對今次活動的其他意見 / 建議:

感覺放鬆，平靜，舒服

### Living Your Life to the Fullest - Self-Image Group

From being diagnosed with breast cancer, to going through a series of treatments, surgery, chemotherapy, radiotherapy, tapa, hormone therapy, etc., some of may have our disease cured. Yet, after all these circumstances, our body may have already grown unfamiliar to many and it certainly takes time to reconnect with it. So, how should one recommunicate and adapt to this unfamiliar body, re-establish its self-image, and live with it comfortably? All these are things that take time to confront and explore.

In September, psychologist Dr Cheung and social worker Ms Leung conducted a series of six self-image group sessions through Zoom. During these sessions, the groups explored problems that recovered patients may have encountered in terms of appearance, intimate relationships, workplace, family and social life, as well as how they could be solved.

Those who participated have commented that it was a great opportunity for them to discuss in depth the various issues that may haunt patients after breast cancer treatments, openly share amongst each other and reconsider their way forward.

### Expressive Arts- Stress-relief Watercolor Painting Wish you all a safe, peaceful and happy holiday!



The participants drew pine leaves stroke by stroke with great concentration, putting focus on the present moment and getting a beautiful work of art at the same time.

### Membership Affairs

#### 1. Membership and case information updates

All membership/case information is updated regularly. If members need to update their membership information, please contact our centre staff at 25256033 / 25973251.

#### 2. Subscription of paper newsletters

As a mean to protect the environment, **starting from 1 March 2021, the Centre's newsletters will be sent out electronically**. Members can receive our newsletters free of charge through email or view them on the HKBCF website. If any members wish to continue to receive the HKBCF newsletter in paper form by post, a fee will be charged.

**HK\$40 will be charged for 4 issues of the paper newsletter per year. (No one-issue subscription will be provided)**

For more details on the subscription and relevant fees, please contact Ms. Tam/Ms. Li via 25256033 or Ms. Chan/Ms. Wang via 25973251.

**If no application and payment have been received from the member who originally receives the newsletter in paper form, the newsletter will be suspended from being mailed to that member.** If the member would like to receive the newsletter by email, please contact our staff immediately, provide one's email address, or visit our website regularly (see QR Code in the text).



### Notice: Jan-Mar Event Registration

Due to the COVID-19 situation, there are special arrangements for the payment and registration of the events held from January to March. From the event registration day on, you can call the BCSC to reserve a seat for yourself and pay the activity fee within 7 working days upon your registration by any of the following methods for confirmation.

1. Pay and hand in the application form in person at Hong Kong Centre / Jockey Club Breast Health Centre (Kowloon)
2. Mail us the cheque and registration form
3. Bank transfer

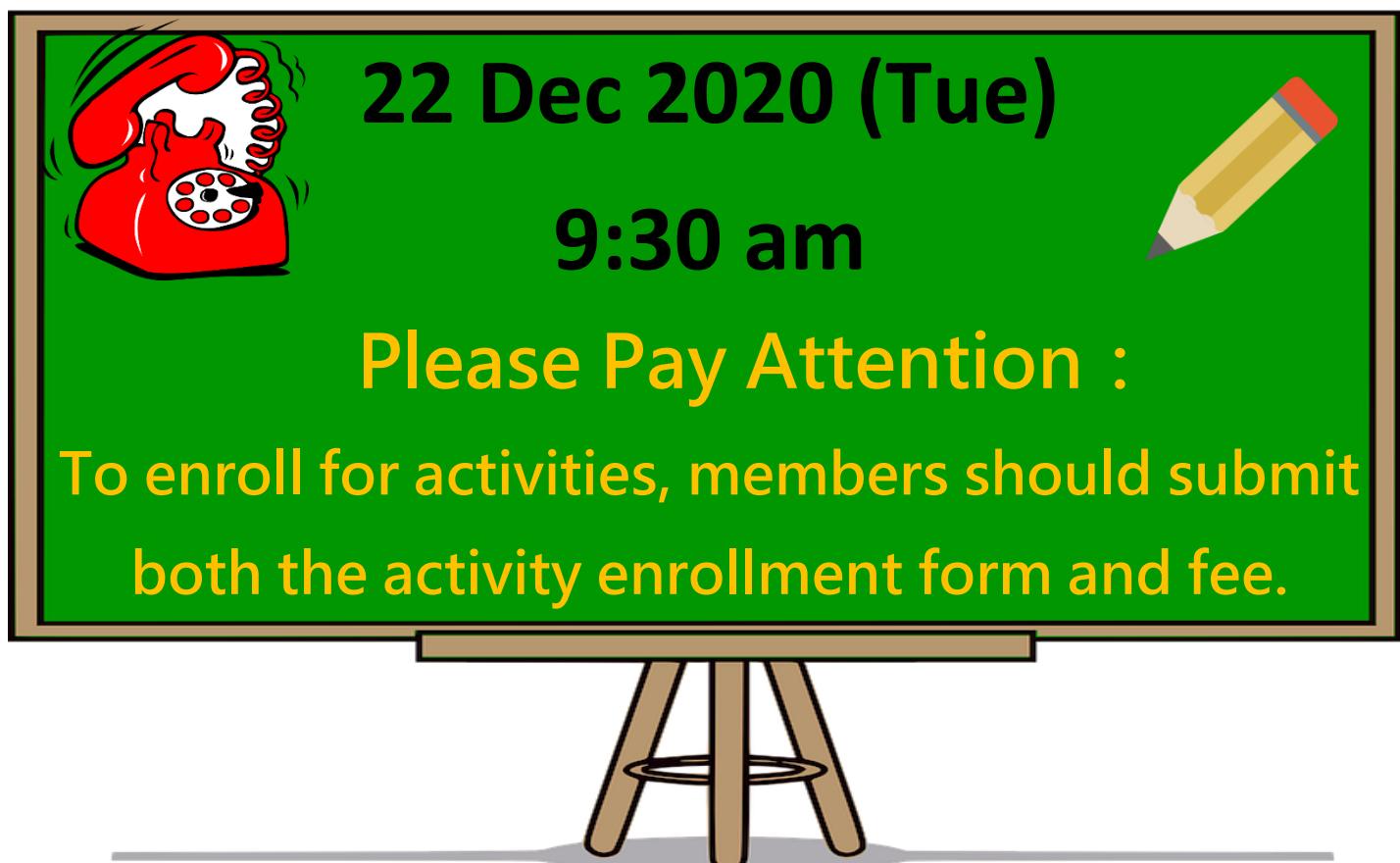
- Only accept ATMs and bank counter transfers, no online bank transfer is accepted
- When registering, please inform our staff that you would pay by bank transfer. Our staff will then provide you with details of the deposit later.
- Each event must be paid separately.
- After the payment, please mail us your original bank-in slip and registration form.

### [ Change in the format of upcoming events ]

Due to the COVID 19 pandemic and the social distancing measures taken by the Government, **the format of meetings, group activities, classes, and other events will be changed accordingly. The format of events may change to online meetings or will be replaced by video format.** Please be aware that refund is **not available** for any changes to the format of the events.

Note: the BCSC would make changes to the number of participants of its events according to the COVID-19 service arrangements and measures.

### Jan - Mar enrolment Date & Time start from



Note: the BCSC would make changes to the number of participants of its events according to the COVID-19 service arrangements and measures.

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

Hong Kong Breast Cancer Foundation

Breast Cancer Support Centre

### Activities Application Form

**Attention :**

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

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

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

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

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

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

If I have any emergency accident during activities , please :

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

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

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

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

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

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

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

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

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

I hereby declare that:

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

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

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

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

**<For Staff Use >**

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

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

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Member Application

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

### Notes on Enrolment

- **The enrollment of all activities will start at 9:30 am on 22 Dec 2020 (Tue).**
- To facilitate your registration, all members are **required** to fill in the activities application form. The HKBCF remains the right to deny any request of participating in the activities should the form indicated that you are unfit for the activities.
- **Members are expected to make the payment of all the activities/ groups/ workshops within seven working days. For those who are unable to make the payment will be considered to have given up the enrolled offer.**
- Unless specified, all activities are open to HKBCF members only, and will take place at either of the following venues:
  1. **Hong Kong Breast Cancer Foundation Breast Cancer Support Centre (HKBCF) (Hong Kong Centre):**  
Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Fortress Hill MTR Station Exit A) or
  2. **HKBCF Jockey Club Breast Cancer Support Centre (Jockey Club Breast Health Centre (Kowloon)):**  
Address: 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (MTR Choi Hung Station, Exit C2)
- Two types of payment methods are available.

#### *By cheque*

Please prepare a crossed cheque made payable to "**Hong Kong Breast Cancer Foundation Limited**" with your name, contact number and activity written on the back of the cheque and send it to the venue in which the activity concerned will be held (Each activity requires a separated cheque.):

- ✓ Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong.)
- ✓ Kowloon Centre (28 Lung Cheung Road, Ngau Chi Wan, Kowloon)

#### *By cash*

Please make payment directly at our office.

- Members are expected to treasure the teaching of tutors and take the responsibility to be present for the enrolled class. Those who cannot attend the enrolled class must inform the counter staff of the Breast Cancer Support Centre one day before the class. Please contact counter staff at 2525 6033 (Hong Kong Centre) / 2597 3251 (Kowloon Centre).
- Indoor activities and interest classes arrangements in times of Tropical Cyclone Warning Signals and Rainstorm Warnings:
  - o When Typhoon Signal No.8 or Black Rainstorm Warning is issued, all activities will be cancelled or suspended. (If the Typhoon Signal No.8 or Black Rainstorm Warning is issued during the activities, members should stay indoors until the signal is cancelled.)
  - o When Typhoon Signal No.3 or Red or Amber Rainstorm Warning is issued, indoor activities will continue. Outdoor activities are subject to availability, please call the centre for further information
  - o When Typhoon Signal No.8 or Black Rainstorm Warning is cancelled, the activities will be arranged based on the following :
    - ♣ Signal or Warning is cancelled at or before 12:00 noon : Centre will be opened after two hours and the remaining activities will continue.
    - ♣ Signal or Warning remains after 12:00 noon : Centre will be closed and all activities will be cancelled.

### Reminder for Interest Class

- The class will be cancelled if the size is less than 5 people. **Deadline for enrollment and payment is 7 working days before the class.**
- All activities are open to HKBCF members or breast cancer patients only.
- Members who **cannot attend the enrolled class** for twice continuously and did not inform counter staff of the Breast Cancer Support Centre will be **considered to have given up the enrolled offer**.
- The attendance of each interest class will be reviewed periodically. Members whose attendance rate is **less than 50%** of total sessions (except for those who are receiving targeted therapy, surgery, radio- or chemotherapy) will be **suspended from re-enrollment in the following month** so as to make allowance for other members to join.

### Notes on Refund

Full refund will be arranged only if the activity is cancelled due to insufficient enrollment. Otherwise, no refund of any kind will be made.

Please be reminded that members are required to bring the receipt to our centre for application of refund within one month after receiving refund notification. Late application will not be processed.

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Newsletter

### Highlighted Events

### (1) Groups / Workshops

#### Bereavement Group

Content:	Family members and relatives who took care of breast cancer patients shall suffer from sadness and sorrow after their death. The purpose of the group is to provide opportunities for family members to express their thoughts and feelings towards the deceased, regain their strength and pass on their love. The group is led by registered social workers in the form of activities, group sharing, etc.
Target:	The bereaved and their family
Tutor:	Registered Social Worker
Date & Venue:	Hong Kong Centre: 23/1 (Saturday), 3pm to 5pm Jockey Club Breast Health Centre (Kowloon): 13/3 (Sat), 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



#### 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:	January Class: 15, 22, 29/1 (Friday, 3 sessions) February Class: 5, 19, 26/2 (Friday, 3 sessions) March Class: 12, 19/3 (Friday, 2 sessions)
Time:	2:30pm to 3:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$60 for January Class \$60 for February Class \$40 for March Class
Language:	Cantonese
Registration:	Please contact Ms. Chan 2597 3251/ 2597 3253 Ms. Wong
Remark:	<ol style="list-style-type: none"> <li>Participants cannot simultaneously register for MFR yoga class and Chair Yoga class.</li> <li>Participants should wear loose fitting/ comfortable clothing.</li> <li>Please prepare and bring your own yoga mat and one tennis ball.</li> <li>Participants will need to be barefoot or wear non-slip socks during the course.</li> <li>Participants should complete the operation after 3 months and be breast cancer survivors.</li> <li><b>Participants could not enrol the next yoga class, if the attendance is lower than 80%</b></li> <li>In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'</li> </ol>



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Chair Yoga 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. Chair yoga makes adjustments to the traditional yoga postures so that it can be practised with a chair, where it acts as a support for those who cannot stand for a long time.
Tutor:	Registered Yoga Tutors
Target:	Breast cancer patients and survivors
Date:	January Class: 22/1 (Friday, 1 session) February Class: 19/2 (Friday, 1 session)
Time:	3:45pm to 4:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	\$20 for January Class \$20 for February Class
Language:	Cantonese
Registration:	Please contact Ms. Chan 2597 3251/ 2597 3253 Ms. Wong
Remark:	<ol style="list-style-type: none"> <li>Participants cannot simultaneously register for MFR yoga class and Chair Yoga class.</li> <li>Participants should wear loose fitting/ comfortable clothing.</li> <li>Please prepare and bring your own yoga mat.</li> <li>Participants will need to be barefoot or wear non-slip socks during the course.</li> <li>Participants should complete the operation after 3 months and be breast cancer survivors.</li> <li><b>Participants could not enrol the next yoga class, if the attendance is lower than 80%</b></li> <li>In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'</li> </ol>



### Yoga Class

Content:	Yoga stretching so a mild course.it helps with reducing tiredness, improving blood circulation, improving body metabolism and sleeping quality. Please join the class with a joyful heart.
Tutor:	Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor)
Target:	Breast cancer patients and survivors
Date:	Class A: 9/1, 16/1, 23/1, 30/1 (Saturday, 4 sessions) Class B: 6/2, 20/2, 27/2 (Saturday, 3 sessions)
Time:	9:30am to 10:30am
Venue:	Hong Kong Centre
Capacity:	7 persons (First come first served, only for HKBCF members)
Fee:	Class A: \$80 Class B: \$60
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 /Ms. Tam 2525 6033
Remark:	<ol style="list-style-type: none"> <li>Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel if needed.</li> <li>Please prepare and bring your own yoga mat.</li> <li>Participants will need to be barefoot or wear non-slip socks during the course.</li> <li>Participants should complete the operation after 3 months and be breast cancer survivors.</li> </ol>

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### 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: 13, 20, 27/1 (Wednesday, 3 sessions) February: 3, 17, 24/2 (Wednesday, 3 sessions) March: 3, 10, 17, 24/3 (Wednesday, 4 sessions)
Time	& 11:45am – 12:45pm / Jockey Club Breast Health Centre (Kowloon)
Venue:	
Capacity:	7 persons / Group
Fee:	\$100 for January's class; \$100 for February's class; \$135 for March's class (please apply at least 10 days before the class)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 2597 3251/ 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:	27/3 (Saturday)
Time:	14:30am-15:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$20 (for members only)
Registration:	Please contact 2597 3253 Miss Wong / Social Worker Ms. Sy 2597 3271



## Members' Circular (Jan- Mar 2021)

### 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 : 6/3, 13/3 (Sat, 2 sessions) Class B : 20/3, 27/3 (Sat, 2 sessions)
Time:	Class A : 9:45am-10:45am Class B : 9:30am-10:30pm
Venue:	Class A : Jockey Club Breast Health Centre (Kowloon) 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 25973251 Miss Chan/ 2597 3253 Miss Wong/ 25256033 Miss Tam/ 31437351 Miss Li

### Dancing Therapy – Chinese Dance Class

Content:	1) To develop a love for Chinese dancing and an appreciation of its ethnic characteristics through the teaching of Chinese dances and folkloric dances. 2) Through understanding the basic steps and musical rhythms of Chinese dance, participants will be able to experience the beauty of Chinese dancing and relax their bodies and minds. 3) To improving one's posture and gestures by exercising body coordination. 4) Through group work and exercises, participants can develop a sense of teamwork, raise their self-confidence and develop a sense of success.
Tutor	Professional Chinese Dance Teacher
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	Class A : 23/1, 30/1, 6/2 (Sat, 3 sessions) Class B : 6/3, 13/3, 20/3 (Sat, 3 sessions)
Time:	Class A : 11:00am-12:00nn Class B : 11:15am-12:15pm
Venue:	Class A : Hong Kong Centre Class B : Jockey Club Breast Health Centre (Kowloon)
Capacity:	10 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	\$60 / class (for members only)
Language:	Cantonese ONLY
Registration:	Please contact 25973251 Miss Chan/ 2597 3253 Miss Wong/ 25256033 Miss Tam/ 31437351 Miss Li



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Monday Singing Class

Content:	Are you ready to make music just by your mouth? Without instruments? Let's join our acappella course! Participants are going to learn pop singing vocal techniques and basic concepts of vocal harmony in acappella.
This course includes:	Pop singing vocal techniques, How to express in singing, Basic concepts of acappella, Vocal harmony theory and techniques, Vocal percussion, Rhythm and ear training, Score reading and basic music theory, Team work in acappella
Therapists:	Mr. Lee (Professional A cappella Tutor)
Target:	Breast cancer patients and survivors
Date:	8/2, 22/2 and 1/3, 15/3, 22/3, 29/3 and 12, 19, 26/4 (Monday, 9 sessions)
Time:	11:30am to 12:30pm
Venue:	Kowloon Centre
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$180
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271/ Ms. Wong 2597 3253
Remarks:	<ol style="list-style-type: none"> <li>Participants just keep the passion of music. No need for music knowledge or experience.</li> <li>In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.</li> </ol>



### Estée Lauder Companies Beauty Workshop - Eye Makeup for New Year

Content:	<ol style="list-style-type: none"> <li>Eye Makeup for New Year</li> <li>Simple skincare and makeup steps, including easy face base makeup</li> </ol>
Worker:	Bobbi Brown professional makeup tutor
Target:	Survivor who will Back to Work
Date:	6/2 (Wednesday)
Time:	Class A: 2:30pm to 3:30pm Class B: 4:30pm to 5:30pm
Venue:	Hong Kong Centre
Capacity:	7 persons (only for members of the HKBCF)
Fee:	\$30
Language:	Cantonese ONLY
Registration:	Please contact 2525 6033 Miss Tam/ 3143 7351 Miss Li
Remarks	<ol style="list-style-type: none"> <li>Please bring your own table mirror</li> <li>In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.</li> <li>Participants should wear facial mask during the workshop.</li> </ol>



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Music Therapy Workshop - Joyful Band – the oldies

Content:	Restore positive energy and improve mood by immersing into music through playing golden oldies with simple percussion instruments.
Date:	27/3/2021 (Saturday)
Facilitator:	Ms Jenny Lam (Registered Music Therapist (Australia), Neurologic Music Therapist, Certified Counsellor)/ Ms Mei Ho (Registered Music Therapist (Australia), Neurologic Music Therapist, Fellow of AMI)
Target:	Breast cancer patients & survivors
Time:	10:30am – 12:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Quota:	12 persons
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy at 2597 3271 / 2597 3251 /2597 3253 Ms. Wong
Remarks:	<ol style="list-style-type: none"> <li>1. Please dress comfortably to facilitate movement. No music knowledge or skills is required.</li> <li>2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.</li> <li>3. To participate in the online workshop, a computer/iPad/smartphone is required, along with certain recommended computer/mobile applications some household utensils which could be creatively used to make musical sound.</li> </ol>



### Music Therapy Workshop – Take a rest

Content:	To reduce stress and acquire positive energy through slowing down your pace and practicing music and relaxation exercise.
Date:	13/3/2021 (Saturday)
Facilitator:	Ms Mei Ho (Registered Music Therapist (Australia), Neurologic Music Therapist, Fellow of AMI)
Target:	Breast cancer patients & survivors
Time:	3:00pm – 4:30pm
Venue:	Hong Kong Centre
Quota:	12 persons
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Tam 2525 6033 / Ms. Li 3143 7351
Remarks:	<ol style="list-style-type: none"> <li>1. Please dress comfortably to facilitate movement. No music knowledge or skills is required.</li> <li>2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.</li> <li>3. To participate in the online workshop, a computer/iPad/smartphone is required, along with certain recommended computer/mobile applications some household utensils which could be creatively used to make musical sound.</li> </ol>

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Movement and Stillness Stress Release Expressive Arts Workshop

Content:	To relax our body through stretching and activate our whole body through silk movement dance. After the movements, we calm ourselves in soft clay art making. To release the stress, enjoy the stillness and comfort through the movement and stillness dynamics. (A display box will be provided to keep the soft clay artwork, you may bring it home for home decoration)
Therapists:	Ms. Janet Lee (Expressive Arts Therapist)
Target:	Breast cancer survivors (No arts experience is required)
Date:	9/1/2021 (Saturday)
Time:	10:30am to 12:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons each class (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253
Remarks:	<ol style="list-style-type: none"> <li>1. 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.</li> <li>2. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants have to pick up material package at center.</li> <li>3. Participants who are absent or late for more than half hours are allowed to take away the materials.</li> </ol>

### Watercolor painting relaxation workshop

Content:	<b>Class A:</b> 5/1 Cherry Tree; 19/1 Colourful Jellyfish (Techniques: Basic knowledge on the properties of watercolors, how to use the watercolor pen, colour tuning, and introduction to rendering)
	<b>Class B (for beginners):</b> 2/2 Butterfly Chasing Flower; 9/2 Grass-made Hoop [Techniques: Application of primary colours and colour wheels, wet watercolor painting, rendering, how to draw various forms of butterflies, use of lines, application of watercolour pens (Butterfly chasing flower); Knowledge on colour tuning, how to paint leaves of different forms, organisation and use of lines and strokes, simple word art (Grass-made Hoop)] <b>Class C (for advanced learners):</b> 2/3 Garlands (applicants are recommended to have completed the Grass-made Hoop class or have already attended for 3 or more sessions this class in advance) (Techniques: introduction to floral manipulation, colour tuning, painting with lines, pen tapping and simple word arts) (Level of Difficulty: High)
	<b>Class D (for advanced learners):</b> 16/3 Lighthouse Landscape Painting (applicants are recommended to have already attended 3 or more sessions of this class in advance) (Techniques: how to paint the sky, lighthouses and beach rocks) (Level of Difficulty: High)
Tutor:	Ms. Fiona Tang (Experienced Art Tutor)
Target:	Breast cancer survivors
Date:	Beginner A: 5/1, 19/1 (Tue, 2 sessions) for Class A Beginner B: 2/2, 9/2 (Tue, 2 sessions) for Class B Advanced C: 2/3 (Tue, 1 sessions) for Class C Advanced D: 16/3 (Tue, 1 sessions) for Class D
Time:	10:00am to 12:00nn
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	10 persons



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

Fee:	Class A: \$60, Class B: \$60, Class C: \$30, Class D: \$30
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 25973251/ 2597 3253 / Ms. Sy 2597 3271
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Please prepare your own painting brushes, pigments and drawing papers

### Expressive Art – Decoupage Workshop (Mini Chinese New Year Decoration)

Content:	An interesting, easy making Decoupage try-out project. In this workshop, you will experience basic colour theory, Decoupage techniques with napkins and rice papers and create their own unique pieces. (Project: Mini Chinese New Year, year of Cow Fai Chun / Mini Chinese New Year Decoration)
Tutor	Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date, Time, Venue:	Class A : 23/1 (Sat), 2:15pm-4:15pm, Venue: Jockey Club Breast Health Centre (Kowloon) Class B : 30/1 (Sat), 2:30pm-4:30pm, Venue: Hong Kong centre
Capacity:	Each class 15 (for members only)
Fee:	Each class \$30 (please apply at least 14 days before)
Registration:	Please contact 3143 7351 Miss Li/ 3143 7315 Miss Leung/ 2597 3253 Miss Wong/ Ms. Sy 2597 3271
Remark	<ol style="list-style-type: none"> <li>1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.</li> <li>2. Participants who are absent or late for more than half hours are allowed to take away the materials.</li> </ol>



### Expressive Art – Mosaic workshop

Content:	In this course, you will experience the basic mosaic techniques, colour matching and crossover with Decoupage. We will use various materials on different projects, eg. glass, china and ceramic. Project: Mosaic mirror frame in 8x8 inch square shape
Tutor	Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date, Time, Venue:	23/2 (Tue) & 2/3 (Tue), 2:30pm-4:30pm, Venue: Hong Kong centre
Capacity:	Each class 15 (for members only)
Fee:	Each class \$60 (please apply at least a month before)
Registration:	Please contact 3143 7351 Miss Li/ 3143 7315 Ms. Leung
Remark	<ol style="list-style-type: none"> <li>1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.</li> <li>2. The completed artwork needs to be sent to studio for caulking process and can be collected after 3 weeks in the center.</li> <li>3. Participants who are absent or late for more than half hours are allowed to take away the materials.</li> </ol>



## Members' Circular (Jan- Mar 2021)

### Fotomo Workshop – Making a mini Oi! Arts Centre

**Content:** Fotomo - Fotografie (Photography in German) + model. A 3D object created from normal photo prints of real world scene, cut and assembled into 3D collage.

Oi! Arts Centre is located at 12 Oil Street, North Point, at the corner of Electric Road. The building was built in 1908 and served as the Royal Hong Kong Yacht Club headquarters and clubhouse until 1938. It has been listed as a Grade II historic building.

**Tutor:** Ms. Joyce Wong (Professional Hand Craft Tutor)

**Target:** Breast cancer patient and survivors (Members ONLY)

**Date:** 27/2

**Time:** 2:30pm – 4:00pm

**Venue:** Hong Kong Centre

**Capacity:** 15 persons

**Fee:** \$30

**Language:** Cantonese ONLY



**Registration:** Please contact Ms. Tam at 2525 6033 / Ms. Li at 3143 7351

**Remarks:** In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

### 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:** 19/1, 26/1, 2/2 (Tuesday, 3 sessions)

**Time:** 11:15am to 12:45pm

**Venue:** Kowloon Centre

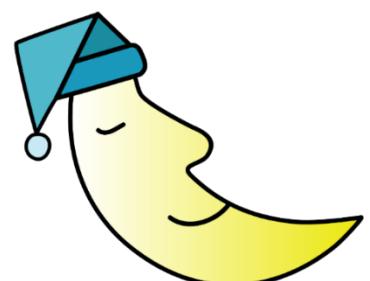
**Capacity:** 15 persons (only for members of the HKBCF)

**Fee:** \$75

**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 (Jan- Mar 2021)

### Mindfulness workshop for Stress Reduction

**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.

**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:** 9/2 (Tuesday)

**Time:** 11:15am – 12:45 pm

**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 Ms Wong

### The Singing Bowls and Stress Relief Workshop

**Content:** The Singing Bowls Workshop is a group sound therapy session with exercises on breathing, energy balancing, and emotions release. To play with the singing bowls, participants can learn self-help techniques to reclaim inner peace and help relief of muscle pain.

**Therapists:** Jessica So (Senior Counsellor)

**Target:** Breast cancer patients and survivors

**Date, time & venue:** **Class A: 27/2/2021 (Sat), 11:00am-13:00pm (Hong Kong Centre)**

**Class B: 13/3/2021 (Sat), 14:30pm-16:30pm (Jockey Club Breast Health Centre (Kowloon))**

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

**Fee:** \$30/class

**Language:** Cantonese ONLY

**Registration:** Please contact Ms. Sy 2597 3271/ Ms. Wong 2597 3253/  
Ms. Leung 3143 3215/ Ms. Li 3143 7351

**Remarks:** 1. Please prepare and bring your own yoga mat.



## Members' Circular (Jan- Mar 2021)

### 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:	2, 16, 23, 30/3 (Tuesday, participants can join session 1 to 4)
Time :	11:15am – 12:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (for members only)
Fee:	\$30 per workshop, \$100 for whole series
Language:	Cantonese ONLY
Registration:	Please contact Ms. Wong 25973251/ 2597 3253/Ms. Sy 2597 3271
Remarks:	<ol style="list-style-type: none"> <li>1. In response to COVID-19 epidemic, the classes may be changed to remote mode.</li> <li>2. Participants are required to do 30-45 minutes of home practice every day.</li> <li>3. Participants please bring your own yoga mat and big towel.</li> </ol>



### Celebration for Survivorship of January - Decoupage Wooden charm or Keychain

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 - Wooden charm or Keychain
Worker:	Ms. Sy (Registered Social Worker) & Decoupage Tutor
Target:	Breast cancer survivors who just finished treatments We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
Date:	23/1 (Saturday)
Time:	10:00am to 12:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253/ your responsible nurse
Remarks:	<ol style="list-style-type: none"> <li>1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.</li> <li>2. Participants who are absent or late for more than half hours are allowed to take away the materials.</li> </ol>



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Celebration for Survivorship of February - Decoupage plastic plate

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 - Decoupage plastic plate 7.5 inch
Worker:	Ms. Sy (Registered Social Worker) & Decoupage Tutor
Target:	Breast cancer survivors who just finished treatments We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
Date:	27/2 (Saturday)
Time:	10:00am to 12:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$20
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy 2597 3271 / Ms. Wong 25973251/ 2597 3253/ your responsible nurse
Remarks:	<ol style="list-style-type: none"> <li>1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Participants may pick up the materials from the center.</li> <li>2. Participants who are absent or late for more than half hours are allowed to take away the materials.</li> </ol>



### Celebration for Survivorship of March – Making your own Pendant

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. - Making your own Pendant for celebration for survivorship
Worker:	Ms. Leung (Registered Social Worker)
Target:	Breast cancer survivors who just finished treatments We are also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
Date:	20/3/2020 (Saturday)
Time:	10:30am to 12:30pm
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. Leung 3143 7315



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### (2) Talks

#### Talk in January: What can I do with my Anxiety?

Content:	Emotions affect our body, behaviors, mood, motivation, interpersonal relationships etc. People tend to suppress, ignore or deny our emotions. However, if our negative emotions are not being handled properly, they could be accumulated and lead to more severe conditions like feeling depressed, helpless and hopeless. This workshop aims to enhance emotional awareness, and learn ways to cope with negative emotions like anxiety and stress.
Speaker:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	5/1 (Wednesday)
Time:	11:15am to 12:45pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
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. Chan at 2597 3251 or Ms. Tam at 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

#### Through Life and Death - Life education lecture and workshop

Content:	Talk about life and death through experiential activities, learn about life from death.
Speaker:	To be confirmed
Target:	Breast cancer survivors
Date:	9/1 (Saturday)
Time:	2:30am – 4:00pm
Venue:	Hong Kong Centre
Capacity:	20 persons (Priority will be given to members of the HKBCF)
Fee & Language:	\$40 (only for member of HKBCF) / Cantonese
Registration:	Please contact Ms. Tam at 2525 6033 or Ms. Chan at 2597 3251
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



#### Talk in March: Chinese Medicine Talk – Improving Health after Breast Cancer Medical Treatment

Content:	In this talk, Chinese medicine practitioner will explain how Chinese medicine can help you regulate your body and return to a wonderful life after breast cancer medical treatment.
Speaker:	Ms. Wendy Yim (Registered Chinese medicine practitioner)
Target:	Breast cancer patients and survivors
Date:	20/3 (Saturday)
Time:	3:00pm 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
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### (3) Members' Outing Activity

#### Jan: Sky100 Hong Kong Observation Deck ( “sky100” ) Tour

Content:	The Visit to “Sky100”
Date and Time:	25/1 (Friday) 11am to 12nn
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:	10:45am
Gathering & Dismissal	“sky100” Observation Deck Ticket Centre, 1 Austin Road West, Kowloon, Hong Kong
Venue:	
Capacity:	18 (first come first serve)
Fee:	Free
Deadline:	On or before 8/1 (Friday) 5pm
Language:	Cantonese
Registration:	Please contact Ms. Wong 2597 3253/Ms. Sy 2597 3271
Remarks:	<ol style="list-style-type: none"><li>Participants should arrive at the meet up point on time, late comers would not be waited. Latecomers will be required to purchase tickets for admission.</li><li>Those with heart disease, epilepsy, high/low blood pressure, asthma, high eye/brain pressure, other illnesses or poor health condition should consult their family doctor before visiting the Sky100 and take responsibility for any medical incidents.</li><li>Please inform our staff before 7 days of the activity if participants could not attend the activity by 2525 6033 / 2597 3251</li><li>This event is now in search of a sponsor and it will be cancelled if the search is unsuccessful.</li></ol>

## Members' Circular (Jan- Mar 2021)

### March: Pok Fu Lam Family Walk

Content:	Pok Fu Lam Family Walk is a family walk with beautiful scenery. Along the trail we can see the reservoir and the country park. We can walk and relax in the nature.
Date and Time:	9/3 (Tuesday) 1:00pm to 5:00pm
Location:	Po Fu Lam Country Park
Target:	Breast cancer patients and survivors
Route:	Gather at Central Station -> get on bus at exchange square and exit at Pok Fu Lam Reservoir Road -> go to Pok Fu Lam Family Walk -> walk along the trail and return to the bus stop
Leader:	Ms. Leung (Social Worker), Ms Li
Gathering Time:	1:00pm
Gathering Venue:	MTR Central Station Exit A
Capacity:	10
Fee:	Free
Deadline:	On or before 2/3 (Tuesday), 5pm
Language:	Cantonese
Registration:	Please contact Ms. Li 3143 7351 / Ms. Leung 3143 7315
Remarks:	<ol style="list-style-type: none"><li>1. Late attendants will not be entertained</li><li>2. Please wear clothing suitable for hiking, prepare enough water, sunscreen and insect repellent</li><li>3. Please wear sport shoes or hiking shoes</li><li>4. Due to safety issues, members with mobility issues could not join this event.</li></ol>



### (4) Other Supporting Services

#### Meeting with Expert – Doctor with you

Content:	To learn and understand different breast cancer treatment through discussion and consultation with an oncologist.
Expert:	Clinical Oncologist
Target:	Stages 0 to 3 newly diagnosed patients aged above 40
Format:	Group discussion
Date:	6/1 (Wednesday) 3/3 (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 – 14/1 (Thursday); 18/3 (Thursday) Group B – 5/2 (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

#### Medical Consultation

Content:	Professional Oncologist consultation service
Target:	Breast cancer patients
Date/Time:	Please contact our nurses or social workers for more details
Venue:	Hong Kong Centre / Jockey Club Breast Health Centre (Kowloon)
Fee:	\$1000 / Persons (for breast cancer patients and members only) Fee waving for low income and CSSA recipients could be applied. Please contact nurse or social worker for details.
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### Free Haircut and Support group

Content:	Professional haircut and styling with support and sharing group
Target:	Breast cancer patients (for breast cancer patients before and within one year after chemotherapy only)
Date:	January: 12/1 (Tuesday) February: 23/2 (Tuesday) March: 9/3 (Tuesday)
Time:	10:15am-12:15pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Fee:	Free (for members only)
Capacity:	5
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details



### Haircut Service

Target:	Breast cancer patients
Date & Time:	By appointment
Venue:	Jockey Club Breast Health Centre (Kowloon)
Fee:	\$150 (for members only)
Capacity:	4
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

### Psychologist Counselling Service

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



### (5) Materials Supporting Services

#### Bright life series—Wigs giving

- With the generous support of Wonderful Knots Foundation and Aderans Hong Kong Limited, HKBCF has a free wig programme to facilitate the access to wigs by financially underprivileged breast cancer patients (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 (Jan- Mar 2021)

#### (6)    Volunteer Work

##### **Circular Folding**

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



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### (7) Interest Class

Theme	Tutor	Centre	Date	Time	Quo to	Fee	Remark
Ho's Yijingjing Class A (January)	Mr. Ho Fat Pong	Hong Kong Centre	4 sessions: 4,11,18,25/1 (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 (February)			3 sessions: 1, 8, 22/2 (every Monday)	3:00pm to 4:30pm	7	\$60	
Ho's Yijingjing Class A (March)			5 sessions: 1,8,15,22,29/3 (every Monday)	3:00pm to 4:30pm	7	\$100	
Ho's Yijingjing Class C (January)			4 sessions: 4,11,18,25/1 (every Monday)	4:30pm to 6:00pm	7	\$80	
Ho's Yijingjing Class C (February)			3 sessions: 1,8,22/2 (every Monday)	4:30pm to 6:00pm	7	\$60	
Ho's Yijingjing Class C (March)			5 sessions: 1,8,15,22,29/3 (every Monday)	4:30pm to 6:00pm	7	\$100	
Knitting Class (January)	Ms. Ng Wei Han	Hong Kong Centre	4 sessions: 5,12,19,26/1 (every Tuesday)	2:30pm to 4:30pm	7	\$80	1. Bring own knitting needles & wool 2. For breast cancer survivors only
Knitting Class (February)			4 sessions: 2,9,16,23/2 (every Tuesday)	2:30pm to 4:30pm	7	\$80	
Knitting Class (March)			5 sessions: 2,9,16,23,30/3 (every Tuesday)	2:30pm to 4:30pm	7	\$100	
Pilates for shoulder and spine care (January)	Ms. Angela Yiu		1 session: 5/1 (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
Pilates for shoulder and spine care (February)			1 session: 2/2 (Tuesday)	2:30pm to 3:30pm	7	\$20	encouraged to work together to achieve improved posture throughout the upper body. This is great for preventing and treating neck and shoulder problems.

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

Theme	Tutor	Centre	Date	Time	Quo tient	Fee	Remark
Pilates for shoulder and spine care (March)			1 session: 9/3 (Tuesday)	2:30pm to 3:30pm	7	\$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: 11/1 (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 (February)			1 session: 1/2 (Monday)	2:00pm to 3:00pm	7	\$20	
Dynamic Pilates Dance Class (March)			1 session: 8/3 (Monday)	2:00pm to 3:00pm	7	\$20	
Pilates Stretch Exercises (January)	Ms. Connie Wong	Jockey Club Breast Health Centre (Kowloon)	1 session: 25/1 (Monday)	10:00am to 11:15am	7	\$20	Pilates is known for helping people develop both strength and flexibility. The following set of Pilates stretches includes exercises that increase flexibility of the back, front-body, side-body, hamstrings, and hips. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only
Pilates Stretch Exercises (February)			1 session: 22/2 (Monday)	10:00am to 11:15am	7	\$20	

# Breast Cancer Support Centre

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Theme	Tutor	Centre	Date	Time	Quo to	Fee	Remark
Pilates Stretch Exercises (March) (advance)	Ms. Mandy Tang		1 session: 15/3 (Monday)	10:00am to 11:15am	7	\$20	3. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
Dynamic Pilates Dance Class (January)			1 session: 11/1 (Monday)	10:00am to 11:00am	7	\$20	
Dynamic Pilates Dance Class (February)			1 session: 1/2 (Monday)	11:30am to 12:30pm	7	\$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. This work of structured free form movement with foundational principles is designed to promote nervous system regeneration.
Dynamic Pilates Dance Class (March)			1 session: 8/3 (Monday)	11:30am to 12:30pm	7	\$20	1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only 3. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
Stretching Release Pressure Class (February)			1 session: 1/2 (Monday)	10:30am- 11:15am	7	\$20	
Stretching Release Pressure Class (March)			1 session: 8/3 (Monday)	10:30am- 11:15am	7	\$20	

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

Theme	Tutor	Centre	Date	Time	Quo to	Fee	Remark
Ho's Yijingjing Class B (January)	Mr. Ho Fat Pong		3 sessions: 14, 21, 28/1 (Thursday)	09:45am to 11:15am	7	\$60	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class B (February)			3 sessions: 4, 18, 25/2 (Thursday)	09:45am to 11:15am	7	\$60	
Ho's Yijingjing Class B (March)			4 sessions: 4, 11, 18, 25/3 (Thursday)	09:45am to 11:15am	7	\$80	

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

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### (8) Support Group Sessions

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
<b>Patient Support Group</b>	Stages 0 to 3 newly diagnosed patients aged 40 or above	Hong Kong	Registered Nurses	Every Wednesday 2:15pm to 3:45pm Every Friday 10:30am to 12:00pm
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	Every Tuesday 2:15pm to 3:45pm
<b>Patient Support Group (English-speaking session)</b>	Stages 0 to 3 newly diagnosed patients	Hong Kong	Registered Nurses	Once per month 2:30pm to 4:00pm (Prior arrangement is required.)
<b>Patient Support Group (Mandarin-speaking session)</b>	Stages 0 to 3 newly diagnosed patients	Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	Once per month 10:30am to 12pm (Prior arrangement is required.)
<b>Young Patient Support Group (Forever Young and Beauty Group)</b>	Stages 0 to 3 newly diagnosed patients aged below 40	Hong Kong	Registered Nurses	Every Thursday 2:15pm to 3:45pm
<b>Advanced Breast Cancer Group (Phoenix Group)</b>	Stage 4 and recurrent breast cancer patients	Hong Kong	Registered Nurses & Registered Social Workers	Every Friday 2:15pm to 3:45pm
		Jockey Club Breast Health Centre (Kowloon)		Every Monday 2:15pm to 3:45pm
<b>Local Recurrent Group (Rainbow after Raining Group)</b>	Local recurrent breast cancer patients	Hong Kong	Registered Nurses, Registered Social Workers	Once per month (Prior arrangement is required.)
<b>Tele-Support Group</b>	Breast cancer patients receiving treatment(s)	Hong Kong	Registered Nurses	By appointment (Prior arrangement is required.)

# Breast Cancer Support Centre

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		Jockey Club Breast Health Centre (Kowloon)		
Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
<b>Family Support Group</b>	Patients' family members who need psychological support	Hong Kong Jockey Club Breast Health Centre (Kowloon)	Registered Nurses, Registered Social Workers	(English session) Every Monday 2:30am to 4:00pm ( <i>Prior arrangement is required.</i> )  (Cantonese session) Every Wednesday to Friday 2:15pm to 3:45pm  (Mandarin session) Every Friday 10:30am to 12:00pm ( <i>Prior arrangement is required.</i> )  (Cantonese session) Every Monday, Tuesday 2:15pm to 3:45pm
<b>Treatment Preparation Group</b>	Breast cancer patients to receive chemotherapy, radiotherapy or hormonal treatments, and their family members	Hong Kong Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	(English Group) Every Monday 12:00pm to 1:00pm ( <i>Prior arrangement is required.</i> )  (Cantonese Group) Every Wednesday to Friday 4:00pm to 5:00pm  Every Tuesday 4:00pm to 5:00pm
<b>Individual Counseling</b>	Breast cancer patients/survivors, and their family members	Hong Kong	Registered Nurses, Registered Social Workers	By individual appointment

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

		Jockey Club Breast Health Centre (Kowloon)		
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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)
<b>Sunflower Group</b>	Breast cancer survivors aged 40 or above who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress	Hong Kong & Jockey Club Breast Health Centre (Kowloon)	Social Workers	<b>Suspended</b>
<b>Young Sunflower Group</b>	Stages 0 to 3 breast cancer survivors aged below 40 who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress	Hong Kong & Jockey Club Breast Health Centre (Kowloon)	Social Workers	<b>Suspended</b>

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



# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

### (9) Paramedical Support

Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
<b>Post-operative Upper Limb Exercise Class</b>	Post-operative breast cancer patients	Hong Kong	Registered Nurses	Every Wednesday 11:00am to 11:30am Every Thursday 4:00pm to 4:30pm (Prior arrangement is required.)
		Jockey Club Breast Health Centre (Kowloon )	Registered Nurses	Every Tuesday 11:45am to 12:45pm
<b>Lymphoedema Management Group</b>	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong	Registered Nurses	Every Friday 10:30am to 12:30pm
		Jockey Club Breast Health Centre (Kowloon )	Registered Nurses	Every Thursday 2:00pm to 4:30pm
<b>Lymphoedema Care Service: Lymphoedema Management Individual Session (Paid session)</b>	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong Jockey Club Breast Health Centre (Kowloon )	Lymphoedema Therapist	By individual appointment
<b>Intermittent Pneumatic Compression Device Treatment (Paid session)</b>	Breast cancer patients/ survivors suffering from lymphoedema	Hong Kong Jockey Club Breast Health Centre (Kowloon )	Registered Nurses	By individual appointment

# Breast Cancer Support Centre

## Members' Circular (Jan- Mar 2021)

<b>Lymphoedema Care Service: (Paid session)</b> <ul style="list-style-type: none"> <li><b>1. Preventive Lymphoedema massage instruction (individual)</b></li> <li><b>2. Preventive Lymphoedema massage class (group)</b></li> </ul>	Breast cancer patients and survivors	Hong Kong	Registered Nurses	By individual appointment
		Jockey Club Breast Health Centre	Registered Nurses	
<b>Lymphoedema Care Service: Basic Lymphoedema Knowledge &amp; Care Class</b> Member: Free of charge Non-member: \$100	Breast cancer patients and survivors	Hong Kong	Registered Nurses	Every Tuesday 10:30am to 11:30pm
		Jockey Club Breast Health Centre (Kowloon )	Registered Nurses	Every Thursday 11:30am to 12:30pm
<b>Lymphoedema Care Service: Lymphoedema Index Measurement Service</b> Measurement Fee : Member: \$180 Non-member: \$280	Breast cancer patients and survivors	Hong Kong	Registered Nurses/Service Assistance	Monday to Friday 10:30am to 12:00pm 2:30pm to 5:30pm
		Jockey Club Breast Health Centre (Kowloon )	Registered Nurses/Service Assistance	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 (Jockey Club Breast Health Centre (Kowloon)) for appointment or prior registration

**Do you support our services? Would you like to help other patients to receive our services?**

**HK\$200 provides lymphoedema index measurement for one breast cancer patient or 40 copies of breast health booklets**

**HK\$500 provides 5 comfort packs for newly diagnosed breast cancer patients HK\$800 contributes towards a mammogram for a financially underprivileged woman HK\$1000 subsidizes a diagnostic needle biopsy for a financially underprivileged woman (costs \$2,800)**

**HK\$3500 supports a breast cancer patient to receive free services from Breast Cancer Support Centre during her treatment**

**Monthly donation**       **One-off donation**

**Monthly donation/ One-off donation amount:**

HK\$800     HK\$500     HK\$300  
 HK\$200     HK\$100     HK\$ \_\_\_\_\_

**PERSONAL PARTICULARS**

Surname : \_\_\_\_\_ First Name : \_\_\_\_\_

Middle Name : \_\_\_\_\_ (Mr./Ms.)

Tel : \_\_\_\_\_ Fax : \_\_\_\_\_

Address : \_\_\_\_\_

Email : \_\_\_\_\_

**DONATION METHOD**

**Crossed Cheque**

Payable to "Hong Kong Breast Cancer Foundation Limited"

**Bank Deposit**

Please make a deposit into the Hong Kong Breast Cancer Foundation's bank account (HSBC A/C: 094-793650-838), and send us the original bank payment slip/ ATM slip with this form. Please keep a photocopy of the slip for your own record.

**Credit Card**

Visa Card       Master Card

Cardholder's Name: \_\_\_\_\_

Cardholder's signature \_\_\_\_\_

Credit Card No.: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ MM \_\_\_\_\_ YY

**Thank You!**

Donation receipt will be issued for a donation of HK\$100 or above.

(IRD File No.: 91/7226).



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