

Hong Kong Breast Cancer Support Centre Members' Circular (Jan – Mar 2026)



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

**Jockey Club Breast Health Centre
(Kowloon Centre)** Address : 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon
(Exit C2, Choi Hung MTR Station) Tel : 2597 3251 WhatsApp: 6911 0513



If you want to get the latest information from the Hong Kong Breast Cancer Foundation, you can scan this QR code with your smartphone or tablet to enter the official website.

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Important information

Centre Introduction

The Breast Cancer Support Centre (BCSC) provides breast cancer patients and patients' families with emotional, informational and financial support. A 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 patients to obtain support from survivors and be inspired by their experiences. The center also provides different types of subsidy programs for low-income breast cancer patients. Also, well-being sessions are offered to help patients and survivors take better care of their health after cancer treatments.



No one is alone in the fight against breast cancer.

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

Membership Affairs

1. Member Application

- The Hong Kong Breast Cancer Foundation welcomes breast cancer patients, survivors, family members, friends, and the general public to join as members.
- Can apply online using the application form: <https://forms.gle/QcKwVePpPZSaJByu9> , or
- Download the membership application form from the foundation's website: https://www.hkbcf.org/zh/members_corner/main/209/ , complete the form, and return it with payment to the Hong Kong Breast Cancer Foundation.
(Address: 22/F, Wing Shing Centre, 9 Jupiter Street, North Point, Hong Kong or 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon)
- By registering as a member of the Hong Kong Breast Cancer Foundation, you can enjoy various member benefits. For more details, please refer to the foundation's website.

2. Membership and case information updates

To update membership information, members can contact our centre staff at 2525 6033 or 2597 3251.

3. Member activity information

If you wish to receive information of the latest member activities, please send a request via WhatsApp – "6911 0513" to receive the invitation link to enter our WhatsApp Community.

Remarks:

- Announcements can only be sent by community administrator. Other members of the community cannot post messages.
- Your personal contact information can only be seen by community administrators. It cannot be read by other members.

If you do not wish to receive any information, please contact us by WhatsApp.

For inquiries, please contact our centre staff at 25256033 / 25973251.

Or click this link to contact us: <https://wa.me/85269110513>; Or scan QR Code:



4. Subscription of paper newsletters

To protect the environment, the Centre's newsletters have been fully electronicized since March 1, 2021. Members can receive our newsletters free of charge through email or view them on the HKBCF website. Members who 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 25256033 or 25973251.

If no further application nor payment is received from the member who previously subscribed to paper newsletter, newsletter will be suspended from being mailed to that member.

If member would like to receive the newsletter by email, please scan the QR Code to contact our staff immediately to provide the updated email address.

Event Enrolment Affairs

1. Updates on Arrangement for Event Registration

Registration for the event will be through Hand in the application form in person at Hong Kong Centre or Kowloon Centre or the online system

Google Form. The online enrolment form will be officially opened on the enrolment date and time. Please pay attention to the enrolment information below.

Remark:

- After completing the on-site and online registration, please note that this enrolment record **does not equate to successful enrolment**.
- After confirming the enrolment, payment notification will be sent via WhatsApp within 5 working days.
- Due to the limited number of capacities, classes will be processed on a first-come, first-served basis.

Jan - Mar 2026
Enrolment Form QR CODE



2. Arrangement for Event Enrolment and Payment

After receipt of the payment notification, please complete the activity payment within 5 working days by using one of the following methods to confirm successful enrolment.

2.1 Submit cash, Octopus or PayMe payment in person at Hong Kong Center/Jockey Club Breast Health Center (Kowloon)

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

2.2 By cheque

- Please send a crossed cheque payable to "Hong Kong Breast Cancer Foundation Limited", and write your name, contact and activity name at the back.
- Please mail a crossed cheque to the venue:
 - ✓ Hong Kong Centre – 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong
 - ✓ Kowloon Centre – 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon

2.3 PayMe

- Link to payment: <https://qr.payme.hsbc.com.hk/2/5ddcmr5KM55R5kkrNG3Dqo> or scan QR Code.
- Payment details must be entered into the member's full name, and the transmission of the screen-captured record of the transfer by WhatsApp to the Centre's phone.

PayMe QR CODE



2.4 Bank transfer

- Accept ATM, bank counter transfers, and online bank transfers.

Account Number: HSBC Account 094-793650-838

- After the transfer, please take a photo of the payment slip or screen-capture the electronic payment record, and forward by WhatsApp to the Centre's.

Enrolment Date & Time start from:

15 December 2025 (Mon) 9:30am[#]

Deadline of Online Google Form:

20 December 2025 (Sat) 5pm

Please contact our centre staff after the deadline 2595 6033/ 2597 3251

Information and Support

For more details and the application process, please contact the responsible nurse or our centre at 2525 6033 / 2597 3251.

<p>Medical Consultation Service</p> <p>To be arranged by staff</p>	<p>Content: Professional Oncologist consultation service.</p> <p>Fee: \$1000 / Persons (for members only of the HKBCF)</p> <p>Fee waving for low income and CSSA recipients can be applied. Please contact nurse or social worker for details.</p> <p>Remark: Please first join us as Member of Breast Cancer Support Centre (BCSC) and be assigned with a Case Number. Then contact our professional staff for assessment and referral.</p>
<p>Psychologist Counselling Service</p> <p>From Tuesday and Friday</p> <p>To be arranged by staff</p>	<p>Content: Professional psychologist individual counselling service</p> <p>Instructors: Mrs. Winnie Lee (Counselling & Educational Psychologist)</p> <p>Fee: \$1000 / Persons (for members only of the HKBCF)</p> <p>Fee waving for low income and CSSA recipients can be applied. Please contact nurse or social worker for details.</p>
<p>Individual Counselling Service</p> <p>To be arranged by staff</p>	<p>Content: In-depth counseling service is available.</p> <p>Instructors: Registered Social Worker</p> <p>Fee: Free</p>
<p>Haircut Service</p> <p>Jan 6 (Tue) Mar 3 (Tue)</p> <p>To be arranged by staff</p>	<p>Target: Breast cancer patients or survivors (only for members of the HKBCF)</p> <p>Content: Charity professional haircut and styling service</p> <p>Instructors: Professional hairstylist</p> <p>Capacity: 4 persons</p> <p>Fee: \$150</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>Wigs giving Service</p> <p>To be arranged by staff</p>	<p>Content: Breast cancer patients in need (those who have been undergoing chemotherapy from before to one year after completion of chemotherapy and have never worn a wig (priority) can apply. Applicants must meet the relevant conditions and have the financial situation.</p>
<p>Bandage Service</p> <p>To be arranged by staff</p>	<p>Content: After breast cancer resection, patients may have upper limb lymphedema, and the bandage are used to control the swollen limb and help with lymphatic circulation.</p>
<p>Garment Fitting Service</p> <p>To be arranged by staff</p>	<p>Content: 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.</p>

#₁ Please make appointment in advance for the above services.

<p>Post-operative Upper Limb Exercise Class</p> <p>Hong Kong Centre: 11:30am - 12:30pm (Wed)</p> <p>Jockey Club Breast Health Centre (Kowloon): 11:45am – 12:45pm (Tue)</p>	<p>Target: Post-operative breast cancer patients</p> <p>Instructors: Registered Nurses</p>
<p>Intermittent Pneumatic Compression Device Treatment (Paid session)</p> <p>To be arranged by staff</p>	<p>Target: Breast cancer patients/survivors suffering from lymphoedema</p> <p>Instructors: Registered Nurses</p>
<p>Lymphoedema Management Individual Session (Paid session)</p> <p>To be arranged by staff</p>	<p>Target: Breast cancer patients/survivors suffering from lymphoedema</p> <p>Instructors: Lymphoedema Therapist</p>
<p>Lymphoedema Care Service (Paid session)</p> <p>1. (Individual) Preventive Lymphoedema massage instruction</p> <p>2. (Group) Preventive Lymphoedema massage class</p> <p>To be arranged by staff</p>	<p>Target: Breast cancer patients and survivors</p> <p>Instructors: Registered Nurses</p>
<p>Basic Lymphoedema Knowledge & Care Class[#]</p> <p>Hong Kong Centre: 10:30am – 11:30am (Tue)</p> <p>Jockey Club Breast Health Centre (Kowloon): 10:30am – 12:30pm (Wed)</p>	<p>Target: Breast cancer patients and survivors</p> <p>Instructors: Registered Nurses</p> <p>Fee: Member: Free of charge Non-member: \$100</p>
<p>Lymphoedema Index Measurement Service</p> <p>10am – 5:30pm (Mon to Sat)</p> <p>(Lunch time: 1pm – 2pm)</p>	<p>Target: Breast cancer patients and survivors</p> <p>Instructors: Registered Nurses & Service Assistance</p> <p>Fee: Member: \$320 (First time); \$220 (Subsequent) Non-member: \$420 (First time); \$220 (Subsequent)</p>

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Patient Support Group

For more details and the application process, please contact the responsible nurse or our centre at 2525 6033 / 2597 3251.

<p>Meeting with Expert – Doctor with you</p> <p>Hong Kong Centre : Jan 14, Mar 4 3pm – 3:45pm (Wed): via ZOOM</p> <p>Jockey Club Breast Health Centre (Kowloon) : Feb 3 3pm – 3:45pm (Tue): via ZOOM</p>	<p>Target: Stages 0 to 3 newly diagnosed patients aged 45 or above</p> <p>Content: To learn and understand different breast cancer treatments through discussion and consultation with an oncologist.</p> <p>Instructors: Clinical Oncologist</p> <p>Fee: Free</p>
<p>Patient Support Group</p> <p>Hong Kong Centre: 2:15pm – 3:45pm (Wed)</p> <p>Jockey Club Breast Health Centre (Kowloon): 2:15pm – 3:45pm (Tue)</p>	<p>Target: Stages 0 to 3 newly diagnosed patients aged 45 or above</p> <p>Content: Participants exchange information, share experiences and coping strategies, and make friends.</p> <p>Instructors: Registered Nurses</p> <p>Fee: Free</p>
<p>Support Group</p> <p>English : 2:30pm – 4pm (Once per two months)</p>	<p>Target: Stages 0 to 3 newly diagnosed patients</p> <p>Content: Participants exchange information, share experiences and coping strategies, and make friends.</p> <p>Instructors: Registered Nurses</p> <p>Fee: Free</p>
<p>Young Patient Support Group (Forever Young and Beauty Group)</p> <p>via ZOOM: 2:15pm – 3:45pm (Thu, Sat)</p>	<p>Target: Stages 0 to 3 newly diagnosed patients aged below 45</p> <p>Content: Participants exchange information, share experiences and coping strategies, and make friends.</p> <p>Instructors: Registered Nurses</p> <p>Fee: Free</p>
<p>Advanced Breast Cancer Group (Phoenix Group)</p> <p>Hong Kong Centre & Jockey Club Breast Health Centre (Kowloon): 2:15pm – 3:45pm (Fri, once a month)</p>	<p>Target: Stage 4 and recurrent breast cancer patients</p> <p>Content: Participants exchange information, share experiences and coping strategies, and make friends.</p> <p>Instructors: Registered Nurses & Registered Social Workers</p> <p>Fee: Free</p>

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<p>Tele-Support Group</p> <p>To be arranged by staff</p>	<p>Target: Breast cancer patients receiving treatment(s)</p> <p>Content: An alternative to support groups, our peer phone service addresses the patient's need for care, support and being heard.</p> <p>Instructors: Registered Nurses OR Registered Social Workers</p> <p>Fee: Free</p>
<p>Family Support Group</p> <p>Hong Kong Centre: 2:30pm – 4pm (English, Mon) 2:15pm – 3:45pm (Cantonese, Wed)</p> <p>Jockey Club Breast Health Centre (Kowloon): 2:15pm – 3:45pm (Tue)</p>	<p>Target: Patients' family members</p> <p>Content: Patients' families receive advice, information and support. Through sharing worries and feelings as care givers, participants learn how to support recovering patients better.</p> <p>Instructors: Registered Nurses & Registered Social Workers</p> <p>Fee: Free</p>
<p>Treatment Preparation Group</p> <p>Hong Kong Centre: 12pm – 1pm (Mon, English) 4:30pm – 5:30pm (Wed, Cantonese)</p> <p>Jockey Club Breast Health Centre (Kowloon): 4:30pm – 5:30pm (Tue)</p>	<p>Target: Breast cancer patients to receive chemotherapy, radiotherapy or hormonal treatments, and their family members</p> <p>Content: The group aims to equip patients with information about chemotherapy, radiotherapy, target therapy and hormonal therapy. Patients can as a result cope with these treatments and their side effects with confidence.</p> <p>Instructors: Registered Nurses</p> <p>Fee: Free</p>
<p>Lymphoedema Management Group</p> <p>Hong Kong Centre: 10:30am – 12:30pm (Fri)</p> <p>Jockey Club Breast Health Centre (Kowloon): 2:30pm – 4:30pm (Thu)</p>	<p>Target: Breast cancer patients/survivors suffering from lymphoedema</p> <p>Content: In a small group setting, patients will learn how to improve self-manual lymphatic drainage, exercise skills, tips on lifestyle modifications, proper skin care and information about compression sleeve to ease discomfort resulting from lymphoedema.</p> <p>Instructors: Registered Nurses</p> <p>Fee: Free</p>
<p>Showcase the Future - Image and Hairstyle Support Group</p> <p>Jan 20 Feb 3 Mar 17</p> <p>10:30am – 12:30pm (Tue)</p>	<p>Target: For breast cancer patients before and within one year after chemotherapy only</p> <p>Content: Professional haircut and styling with support and sharing group.</p> <p>Instructors: Professional hairstylist & Registered Social Workers</p> <p>Capacity: 5 persons</p> <p>Fee: Free</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>

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Monthly Talk

Registration: Please enrol the activities via the Online Google Form.
Please contact our centre staff at 2597 3251 / 2525 6033 after the deadline.

TK012-014 : Health Education Talk	Target: Breast cancer patients and survivors, and the public
TK012-01 : Jan 17	Content: Information about the latest breast cancer facts, new treatment trends, etc.
TK014-03 : Mar 28	Care about physical and psychology, improve self-care.
2:30pm – 4:30pm (Sat)	Speaker: Healthcare Professionals
TK013-02 : Feb 28	Capacity: 80 – 200 persons (depends on the venue)
10:30am – 12:30pm (Sat)	Fee: Free
	Venue: To Be Confirmed
	Language: Cantonese ONLY

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Annual Members' Gathering

If you have any enquiries, please contact the center staff at 2597 3251 / 2525 6033.

AMG01 : Annual Members' Gathering 2026	Target: Hong Kong Breast Cancer Foundation Breast Cancer Support Center members and their families
AMG01-03 : Mar 7 (Sat)	Content: The annual members' gathering is here again! This year's gathering will be held on 7 March 2026, to chat about recent events, review the association's development, and learn about the latest developments.
Reception: 11am Luncheon: 12pm – 2pm	Programmes: Luncheon (Chinese cuisine), performance, lucky draw, Volunteer Recognition Award etc.
	Capacity: 300 people, total of 25 tables
	Fee: \$350/ persons
	Venue: ClubONE The Victoria, 1/F, Empire Centre Shopping Arcade, 68 Mody Rd, Tsim Sha Tsui (Exit P2 of MTR Tsim Sha Tsui Station, walk for about 4 minutes)
	Enrolment Date: 15 December 2025 (Mon) to 10 February 2026 (Mon)
	Enrolment Method: Please come to the center to get the enrollment form and return the completed form along with the fee to the center on or before 9 February 2026.
	Remarks: 12 people per table, welcome to purchase whole table.

Mental Health Series

Registration: Please enrol the activities via the Online Google Form.
Please contact our centre staff at 2597 3251 / 2525 6033 after the deadline.

MH005 : Emotion Management Workshop	Target: Breast cancer patients or survivors (only for members of the HKBCF)
MH005-03 : Mar 3, 10, 17, 24	Content: This workshop mainly provides skills to manage emotion. Participants could apply the skills in their daily life, to maintain emotional well-being.
10:30am – 12pm (Tue)	Speaker: Mrs. Winnie Lee (Counselling & Educational Psychologist)
	Capacity: 6 persons
	Fee: \$160
	Venue: Jockey Club Breast Health Centre (Kowloon)

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#₂ To avoid wasting spots, please ensure an attendance rate of at least 80%, otherwise it may affect your eligibility to participate in future events.

“Love Companion Scheme” Series

Registration: Please enrol the activities via the Online Google Form.
Please contact our centre staff at 2597 3253 / 2597 3251 / 2525 6033 after the deadline.

LO003 : Love Companion Scheme - What's Next	Target: Breast cancer survivors or Sisters who have completed primary treatment (chemotherapy/electrotherapy) in the past/year
Volunteer Training Class H : Jan 14, 21, 28 & Feb 4 2:30pm – 4pm (Wed)	Content: Through group activities and different stress relief exercises, we can strengthen self-awareness and emotional management.
Festive Warmth Crafts Workshop : Feb 7 2:30pm – 4:30pm (Sat)	Speaker: Volunteer Training Class : Ms. Yip (Social worker) Festive Warmth Crafts Workshop : Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
	Capacity: 10 persons (only for members of the HKBCF)
	Fee: \$100
	Venue: Jockey Club Breast Health Centre (Kowloon)
	Course requirements: The attendance rate of the total group sessions must reach 80%, and you must attend two support group sharing sessions to receive a certificate.
	Remarks: Members must attend all <u>two courses</u> ; they cannot be registered separately.

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#₃ Those who are absent or late will not be allowed to take away materials.

Yoga Series

Registration: Please enrol the activities via the Online Google Form.

Please contact our centre staff at 2597 3253 / 2597 3251 / 2525 6033 after the deadline.

YA001 : MFR Yoga Class YA001-01 : Jan 9, 16, 23, 30 YA001-03 : Mar 13, 20, 27 2:30pm – 3:30pm (Fri)	Target: Breast cancer patients and survivors (only for members of the HKBCF) Content: Tutors teach students to use some assistive tools, to relax the soft tissues of the fascia with specific movements. Tutor: Qualified Yoga Tutors Capacity: 8 persons Fee: Jan: \$160 ; Mar: \$120 Venue: Hong Kong Centre Remarks: Please bring your own yoga mat and one tennis ball.
YA002 : Yoga Class YA002-01 : Jan 3, 10, 24 YA002-02 : Feb 7, 14, 28 YA002-03 : Mar 14, 21, 28 Class A: 2:15pm – 3:15pm (Sat) Class B: 3:30pm – 4:30pm (Sat)	Target: Breast cancer survivors (only for members of the HKBCF) Content: It helps with reducing tiredness, improving blood circulation, improving body metabolism and sleep quality. Tutor: Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor) Capacity: Class A, B: 8 persons Fee: Class A, B: Jan: \$120 ; Feb: \$120 ; Mar: \$120 Venue: Class A, B: Hong Kong Centre Remarks: Please bring your own yoga mat.
YA003 : Singing Bowl Healing Workshop YA003-01 : Jan 31 YA003-02 : Feb 14 YA003-03 : Mar 21 10:30am – 12pm (Sat)	Target: Breast cancer survivors (only for members of the HKBCF) Content: Using singing bowl sound therapy can help participants eliminate negative energy, enhance positive energy. The workshop may include some simple, gentle yoga stretches. Tutor: Char Yoga and Wellness Team Capacity: 8 persons Fee: \$80/ class Venue: Hong Kong Centre Remarks: Please bring your own yoga mat.

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#₂ To avoid wasting spots, please ensure an attendance rate of at least 80%, otherwise it may affect your eligibility to participate in future events.

#₃ Participants should wear comfortable clothes.

YA004 : Pilates Yoga Class YA004-01 : Jan 12 YA004-02 : Feb 9 YA004-03 : Mar 16 10:30am – 11:30pm (Mon)	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: Pilates can strengthen muscles and improve overall muscle performance through yoga, in addition to enhancing physical fitness and clearing the mind.</p> <p>Tutor: Ms. Mandy Tang</p> <p>Capacity: 8 persons</p> <p>Fee: \$40/ class</p> <p>Venue: Hong Kong Centre</p> <p>Remarks: Please bring your own yoga mat.</p>
YA007 : Pilates Reformer <u>Only one choice, can't be repeated</u> YA007-01 : Jan 31 YA007-02 : Feb 28 YA007-03 : Mar 21 Class A : 1:15pm – 2:10pm (Sat) Class B : 2:20pm – 3:15pm (Sat)	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: The classes are suitable for all age groups, including those looking to improve posture, address osteoporosis, and resolve pain issues. The course is taught by a professional Pilates instructor who is a breast cancer survivor.</p> <p>Tutor: Char Yoga and Wellness Team</p> <p>Capacity: Class A, B: 6 persons</p> <p>Fee: \$100/ class</p> <p>Venue: Room 1905, 19/F, Horizon East, 1 Tsat Po Street, Kowloon (Diamond Hill Station Exit A2)</p> <p>Course requirements: 1. Each member is limited to participating in only one workshop per season and cannot register for the same workshop again. 2. Please bring your own non-slip socks. If you do not bring non-slip socks, you must purchase them at the studio for \$30 /per.</p> <p>Remarks: 1. Participants are required to travel to and disperse from the class on their own. 2. As equipment will be used during the class, please be mindful of your physical condition to avoid excessive strain that may lead to Lymphoedema.</p>

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#₂ Participants should wear comfortable clothes.

Exercise Series

Registration: Please enrol the activities via the Online Google Form.

Please contact our centre staff at 2597 3253 / 2597 3251 / 2525 6033 after the deadline.

EX002 : Ho's Yijingjing EX002-01A : Jan 5, 12, 19, 26 EX002-02A : Feb 2, 9, 23 EX002-03A : Mar 9, 16, 23, 30 3:30pm – 5pm (Mon)	Target: Breast cancer survivors (only for members of the HKBCF) Content: This is a set of popular exercises, with simple movements and strong physical fitness, suitable for middleaged and elderly and physically weak women to practice. Tutor: Mr. Ho Fat Pong Capacity: 10 persons Fee: Jan: \$160 ; Feb: \$120 ; Mar: \$160 Venue: Hong Kong Centre
EX004 : Stretching Release Pressure Class EX004-01A : Jan 5, 12 EX004-02A : Feb 2, 9 EX004-03A : Mar 9, 16 11:45am – 12:30pm (Mon)	Target: Breast cancer survivors (only for members of the HKBCF) Content: The lesson teaches stretching exercises to relief pain, at the same time to increase muscle flexibility, and to amend incorrect bodily positions. Tutor: Ms. Mandy Tang Capacity: 10 persons Fee: \$80/ class Venue: Hong Kong Centre

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#₃ Participants should wear comfortable clothes.

Dance Series

Registration: Please enrol the activities via the Online Google Form.

Please contact our centre staff at 2597 3253 / 2597 3251 / 2525 6033 after the deadline

DA001 : Dynamic Pilates Dance Class DA001-01 : Jan 5 DA001-02 : Feb 2 DA001-03 : Mar 9 10:30am – 11:30am (Mon)	Target: Breast cancer survivors (only for members of the HKBCF) Content: Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. It is designed to promote nervous system regeneration. Tutor: Ms. Mandy Tang Capacity: 10 persons Fee: \$40/ class Venue: Hong Kong Centre
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#₂ Participants should wear comfortable clothes.

Cooking Series

Registration: Please enrol the activities via the Online Google Form.

Please contact our centre staff at 2597 3253 / 2597 3251 / 2525 6033 after the deadline

CK001 : Cooking Workshop - Lunar New Year Food CK001-02 : Feb 9, 10 Dishes : Turnip cake & tangyuan, Thousand Layer Salted Egg Yolk Pastry 10am – 12:30pm (Mon & Tue)	Target: Breast cancer survivors (only for members of the HKBCF) Content: The instructor will personally demonstrate cooking techniques and how to prepare festive foods, followed by hands-on preparation. Participants will also could enjoy the dishes prepared by the instructor. Suitable for beginners or anyone interested in cooking. (Each participant can take home the food they made themselves) Tutor: Chef on Demand Limited Capacity: 10 persons Fee: \$400 (All materials included) Venue: Jockey Club Breast Health Centre (Kowloon) Remarks: Participants should bring their own lunch boxes and insulated bags.
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Artistic Creation Series

Registration: Please enrol the activities via the Online Google Form.

Please contact our centre staff at 2597 3253 / 2597 3251 / 2525 6033 after the deadline

<p>AR001 : Mindful English Calligraphy Workshop</p> <p>AR001-03 : Mar 4, 11, 18, 25</p> <p>2:30pm – 4:30pm (Wed)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: The instructor will explain the tools and basic techniques of Pointed Pen Calligraphy. She will combine mindfulness in making calligraphy, focusing one's attention on sitting and writing and creating one's own calligraphy.</p> <p>Tutor: Ms Bonnie Keh</p> <p>Capacity: 8 persons</p> <p>Fee: \$200</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>AR002 : Watercolour Painting Relaxation Workshop (Beginners)</p> <p>AR002-01 (Chinese New Year) : Jan 15, 22</p> <p>Theme: Peony, Horse</p> <p>9:30am – 12pm (Thu)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: Teaches the basic techniques and applications of watercolor painting, including color mixing, learning lines and angles.</p> <p>Tutor: Ms. Fiona Tang (Experienced Art Tutor)</p> <p>Capacity: 8 persons</p> <p>Fee: \$160</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remark: Priority will be given to first-time applicants.</p>
<p>AR003 : Watercolour Painting Relaxation Workshop (Advanced)</p> <p>AR003-03 (Easter) : Mar 12, 19</p> <p>Theme: Sleeping bunny in the starry sky, Happy Easter</p> <p>9:30am – 12pm (Thu)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: A pastel illustration style, cloud and moon effects, sleeping bunny, layering and gradient colors in the background, and ambient colors; different small flowers, line work, lettering design, 3D bow drawing, and arrange flowers in different directions and angles.</p> <p>Tutor: Ms. Fiona Tang (Experienced Art Tutor)</p> <p>Capacity: 8 persons</p> <p>Fee: \$160</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remark: Participants must attend at least 3 classes of the Watercolour Painting Workshop (Beginners).</p>

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#₂ To avoid wasting spots, please ensure an attendance rate of at least 80%, otherwise it may affect your eligibility to participate in future events.

<p>AR004 : Crafts Workshop – Beginners Level</p> <p>AR004-01 : Jan 3 (Sat)</p> <p>Project: (A) Decoupage - Heart shape glass vase (B) 3D flower ~ Butterfly shape mirror</p> <p>Class A : 10:30am – 12:30pm</p> <p>Class B : 2:30pm – 4:30pm</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>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 your own unique pieces</p> <p>Tutor: Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)</p> <p>Capacity: 15 persons</p> <p>Fee: \$40 (ONLY included course fee)</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Please arrange the order of Class A & B selections according to your wish. Your second choice will be kept on a waiting list. If there is space for your second choice before the class starts, you will be notified to participate in the workshop successfully.</p>
<p>AR006 : Festive Warmth: DIY Chinese New Year Crafts Workshop</p> <p>AR006-02 : Feb 7 (Sat)</p> <p>Project: Chinese New Year Card making</p> <p>10:30am – 12:30pm</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>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 your own unique pieces</p> <p>Tutor: Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)</p> <p>Capacity: 15 persons</p> <p>Fee: \$40 (ONLY included course fee)</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Priority will be given to first-time applicants.</p>
<p>AR006 : Festive Warmth: DIY Easter Crafts Workshop</p> <p>AR006-03 : Mar 14 (Sat)</p> <p>Project: Easter decorative Ornament</p> <p><u>Option A or B class</u></p> <p>Class A : 10:30am – 12:30pm</p> <p>Class B : 2:30pm – 4:30pm</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>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 your own unique pieces</p> <p>Tutor: Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)</p> <p>Capacity: 15 persons</p> <p>Fee: \$40 (ONLY included course fee)</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Priority will be given to first-time applicants.</p>

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<p>AR007 : Melody in Mind</p> <p>AR007-01A(HKC) : Jan 8, 15, 22, 29; Feb 5, 12 & Mar 5, 12, 19, 26 (10 lessons)</p> <p>AR007-02B(KC) : Jan 30; Feb 6, 13, 27 & Mar 6 (5 lessons)</p> <p>Class A : 3:30pm – 5:30pm (Thu)</p> <p>Class B : 10:30am – 12pm (Fri)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: The content includes singing training, voice, musical expression, performance song practice, etc. Let participants get involved in the performance to encourage breast cancer patients.</p> <p>Tutor: Class A: Ms. Chow ; Class B: Ms. Wong</p> <p>Capacity: Class A & B: 25 persons</p> <p>Fee: Class A: \$ 500 ; Class B: \$ 250</p> <p>Venue: Class A: Hong Kong Centre Class B: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: <ol style="list-style-type: none"> Participants will be arranged to perform at the "Annual Members' Gathering 2026". (Performance date: March 7, Performers need to pay an additional \$300 to attend the AMG 2026) If the class attendance rate of the participant is less than 80%, will not be eligible to the perform. </p>
<p>AR011 : Mediating through Calligraphy Workshop (New Year Theme)</p> <p>AR011-01 : Jan 9, 16, 30 & Feb 6</p> <p>2:30pm – 4pm (Fri)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: The art of calligraphy lies in how one calmly and gracefully creates every stroke and line of each word and character, as if one's body, mind and soul are connected as one.</p> <p>Tutor: Ms. Leung Moon Kam</p> <p>Capacity: 8 persons</p> <p>Fee: \$200</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Please bring your own newspapers and soy sauce dishes. If you are afraid of staining your clothes, you can bring your own hand sleeves.</p>
<p>AR018 : Estée Lauder Beauty Workshop</p> <p>Option C or D or E class</p> <p>AR018-01C : Jan 24 (Sat)</p> <p>AR018-02D : Feb 23 (Mon)</p> <p>AR018-03E : Mar 13 (Fri)</p> <p>Class C & E : 2:30pm – 4pm</p> <p>Class D : 11am – 12:30pm</p>	<p>Target: Breast cancer patients & survivors (only for members of the HKBCF)</p> <p>Content: Demonstration and teaching basic makeup techniques.</p> <p>Tutor: Professional Makeup Artist from the brand</p> <p>Capacity: Class C & D: 12 persons ; Class E: 15 persons</p> <p>Fee: \$80/ class</p> <p>Venue: Class C & D: Jockey Club Breast Health Centre (Kowloon) Class E: Room 1413, 14/F, World Commerce Centre, 11 Canton Road, Tsim Sha Tsui, Kowloon, Hong Kong</p> <p>Remark: <ol style="list-style-type: none"> Priority will be given to first-time applicants. Students are required to travel to and from the class location independently. (Class E) Material package (if available) will be provided during class; no make-up package will be not provided for absentees. Please bring along a table mirror, hair clips and makeup remover products. </p>

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<p>AR019 : Pastel Nagomi Art</p> <p>AR019-01 : Jan 10</p> <p>AR019-02 (Chinese New Year) : Feb 14</p> <p>AR019-03 : Mar 21</p> <p>10:30am – 12:30pm (Sat)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: Pastel nagomi art is a therapeutic activity, suitable for people of all ages and with no prior experience. During the process, we can focus on expressing their emotions and enjoy this time.</p> <p>Tutor: Ms Priscilla</p> <p>Capacity: 8 persons</p> <p>Fee: \$80/ class</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>AR020 : Alcohol Ink Art</p> <p>AR020-01 : Jan 31</p> <p>AR020-03 : Mar 28</p> <p>10:30am – 12:30pm (Sat)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: Creating alcohol ink paintings is a pleasant process, and even those without art experience can create beautiful and moving works.</p> <p>Tutor: Ms Priscilla</p> <p>Capacity: 8 persons</p> <p>Fee: \$100/ class</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>AR021 : Hand-painted lucky cat diffuser stone</p> <p>AR021-01 : Jan 9</p> <p>10:30am – 12:30pm (Fri)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: Paint on a solid-colored lucky cat diffuser stone! An instructor will be on hand to teach you key points and coloring techniques at each step. Besides painting, you can also write your blessings on the lucky cat money plaque!</p> <p>Tutor: Miss Koei</p> <p>Capacity: 15 persons</p> <p>Fee: \$60</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>AR022 : Chinese New Year's auspicious bamboo weaving paintings</p> <p>AR022-01 : Feb 13</p> <p>2:30pm – 4:30pm (Fri)</p>	<p>Target: Breast cancer survivors (only for members of the HKBCF)</p> <p>Content: Bamboo weaving is a unique art form and an intangible cultural heritage. It involves creating works by weaving various textures and patterns from bamboo.</p> <p>Tutor: Miss Koei</p> <p>Capacity: 15 persons</p> <p>Fee: \$60</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>

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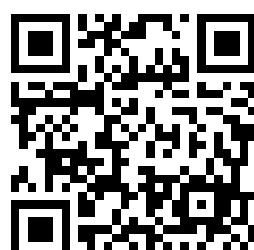
#₃ Those who are absent or late will not be allowed to take away materials.

Volunteer Activities

For more details and the application process, please contact the responsible nurse or our centre at 2525 6033 / 2597 3251.

<p>HKBCF x AEON Stores “Happy Yellow Receipt Campaign” Phase 27</p> <p>VA001-01D : Jan 11 (Sun)</p>	<p>Target: Registered Volunteer</p> <p>Content: Collect the “Yellow Receipts” when you shop at AEON Stores, and AEON pledges to donate 1% of the total value of “Yellow Receipts” in goods.</p> <p>Capacity: 4 persons</p> <p>Venue: AEON Kornhill Store (Kornhill Plaza, 2 Kornhill Road, Quarry Bay, Hong Kong)</p>
<p>Love Companion Scheme - Warm Heart Campaign</p> <p>To be arranged by staff</p>	<p>Target: Volunteers who possess or have studied art skills such as pastel, watercolor, and calligraphy</p> <p>Content: The center will provide materials and creative space, allowing volunteers to make handmade greeting cards during designated times. The completed cards will be given to breast cancer patients to offer support and encouragement, accompanying them through the anxieties and challenges of the early stages of treatment.</p> <p>Capacity: 8 persons</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>Assist in Packaging</p> <p>To be arranged by staff</p>	<p>Target: Registered Volunteer</p> <p>Content: Assist in packaging comfort pack, anti-epidemic service pack and gift packs etc</p> <p>Capacity: 10 persons</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>Plant Care</p> <p>To be arranged by staff</p>	<p>Target: Registered Volunteer</p> <p>Content: Responsible for taking care of garden plants and watering</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>Document Translation</p> <p>To be arranged by staff</p>	<p>Target: Registered Volunteer</p> <p>Content: Responsible for translating Chinese and English</p>

Scan the QR Code
Join us as a volunteer!



Hong Kong Breast Cancer Foundation Breast Cancer Support Centre

Activities Enrolment 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 half year and destroyed once expired.
3. Unless specified, all activities are open to HKBCF members only, and participants are required to register for case management for nurses to follow up.

Jan - Mar 2026
Enrolment Form QR CODE



(1) Personal Information *Required field

Name*: _____ Contact no.*: _____ Age: _____

For emergency, please contact: _____ Contact person: _____ Relationship: _____

(2) Enrolment Activities #Please circle the suitable choice

	Activity Number	Activity Name	Location of the activity
1			Hong Kong Centre / Kowloon Centre
2			Hong Kong Centre / Kowloon Centre
3			Hong Kong Centre / Kowloon Centre
4			Hong Kong Centre / Kowloon Centre
5			Hong Kong Centre / Kowloon Centre

(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 can participate 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 in this activity. I understand that if I have 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 : _____ Receipt no. : _____ Date : _____

Ver: 10/2025

Notes on Enrolment:

- **Enrolment Date:** The enrolment of all activities will start at **9:30am** on **15 December 2025 (Mon)**.
- **Enrolment Methods:**
 - i. Can register by submitting the registration form in person at the Hong Kong Center or Kowloon Center. Or
 - ii. Can use the online Google enrolment form. Please scan the QR CODE on the right to enter the enrolment link.
 - iii. Due to the limited number of capacities, classes will be processed on a first-come, first-served basis.
- **Enrolment Confirmation:**
 - i. After completing the on-site or online registration, please note that this registration record **does not equate to successful registration**.
 - ii. The center will send a payment notification via WhatsApp within **5 working days after** confirming successful registration. **Participants must provide accurate contact information.**
 - iii. Upon receiving the payment notification, all individuals holding spots for groups/activities must complete the payment **within 5 working days** from the date of the reservation.
 - iv. If payment is not completed on time, the reserved spot will be canceled and filled by the waiting list in order. Payment will not be accepted in class.
- **Important Note:**
 - i. Participants are not allowed to transfer their activity spots to others or have someone else take their place; all spots must be attended by the registered participant.
 - ii. Registration must be completed in advance; unregistered individuals are not allowed to participate in the activities.
 - iii. Please read the activity introduction, information, and revisions carefully before registering to avoid conflicts or overlaps in dates; otherwise, you will be responsible for any issues and refunds will not be granted.
 - iv. **Absentees will be considered as having automatically forfeited their spots, and the center will not provide refunds or allow transfers to other activities.**
 - v. Photos will be taken during the event for documentation and promotion. If you do not wish to be photographed, please inform the staff.
 - vi. The center reserves the final decision-making authority regarding all registrations and participation.
 - vii. Unless otherwise specified, all participants must first become members of the center and be registered as cases, with a case nurse assigned for follow-up.
 - viii. Members are encouraged to value the careful instruction from the tutors and to attend the courses they have registered for. If unable to attend, they must notify the Breast Cancer Support Center staff one working day before the activity:
Hong Kong Center: 2525 6033 / Kowloon Center: 2597 3251.

Jan - Mar 2026
Enrolment Form QR CODE



Activity Locations:

- **Hong Kong Center** Address: 22/F, Wing Shing Centre, 9 Jupiter Street, North Point, Hong Kong (MTR Fortress Hill Station Exit A)
- **Kowloon Center** Address: 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon (MTR Choi Hung Station Exit C2)

Notes on Cancellation and Refund:

- No refund will be made, unless for the following reasons:
 - 1) Not enough enrolment or the quota for the class has not been reached
 - 2) Cancellation due to bad weather
 - 3) Postponement or cancellation arising from the Centre, causing the members unable to attend class.
- **Refund or replacement class will not be made for members who are absent due to personal or health reasons. The Centre reserves the right to make the final decision.**
- For classes affected by bad weather, the Centre will try to provide a replacement class. The Centre will not refund enrolled members who cannot attend the replacement class.
- If no replacement class could be arranged, refund for that session will be made to participants. The Centre reserves the right to make the final decision.
- In case of bad weather, the "Guidelines on Activities in case of Bad Weather" will be followed.
- Participants will have one month to collect their refund after notification. After one month, the uncollected fund will be directed to charity purpose.

Notes on Adverse Weather Arrangements for Activities:

- Indoor activities and interest classes arrangements at times of Tropical Cyclone Warning Signals and Rainstorm Warnings:
- 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.)
- 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
- 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.**

Notes on Personal Data:

We collect, keep and use your personal data according to The Personal Data (Privacy) Ordinance, and send promotional material to you by different channels. If you do not wish to receive these materials, please call the Centre to let us know. The HKBCF will not transfer your personal data to a third party without seeking your prior consent. Please provide the HKBCF with complete information. If the information is incomplete, the Foundation may not be able to process/ consider your application.

Subscription of paper newsletters (Member Circular)

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 half year and destroyed once expired.

To protect the environment, **the Centre's newsletters have been fully electronicized since March 1, 2021.** 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)

Please provide the following information:

I newly subscribe / renew subscription of HKBCF Breast Cancer Support Centre Newsletter by post.

Name: _____ (Chinese) _____ (English)

Member no.: _____ Contact no.: _____

Address : _____

\$40 for receiving newsletter for 1 year, from _____ (month) _____ (year) to _____ (month) _____ (year)

Payment ***By Cash/ Octopus/ PayMe***

Method:

Please make payment and submit the form directly at our office:

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

Do not send cash by mail.

By cheque

Please prepare a crossed cheque made payable to "**Hong Kong Breast Cancer Foundation Limited**" with your name, contact number and newsletter subscription written on the back of the cheque, send cheque and the form to the Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong. Please specify " newsletter subscription" on the envelope.

By bank deposit

Please transfer the fee to HKBCF's account: HSBC 094-793650-838. Please send the original bank-in slip and form to the Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong). Please specify " newsletter subscription" on the envelope.

Signature: _____ Date: _____

<For Staff Use >

Handling Staff : _____ Date : _____

Important QR code

Official Website of Hong Kong Breast Cancer Foundation



Breast Cancer Support Centre Membership Application Form



Activities Enrolment Form



Contact Centre Staff – WhatsApp



TO:

Hong Kong Breast Cancer Foundation Limited 香港乳癌基金會有限公司
22/F, Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong 香港北角木星街 9 號永昇中心 22 樓
T : 2525 6033 F : 2525 6233 W : www.hkbcf.org
Opening hours: Monday to Saturday, 9:10 am. to 6 pm (Closed on public holidays)

