

Members' Circular (Apr - Jun 2026)



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 draw support and inspiration from breast cancer survivors and their experiences. Well-being sessions are offered to help breast cancer patients and survivors taking better care of their health after cancer.



Application date
starts:
16 March 2026 (Mon)
from 9:30am onwards

Enquiry :
(WhatsApp)

6214 5947  香港中心

6911 0513  九龍中心

 諮詢熱線 2525 6033 (香港中心)
HOTLINE 2597 3251 (九龍中心)

<https://www.hkbcf.org/zh/>



Our Support Centre

HKBCF Breast Cancer Support Centre (HK)



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

Patient Support Hotline: 2525-6033

Facsimile: 2525-6233

Whatsapp (Do not accept incoming calls):

- 6214-5947 (Appointment Service & Activity Notice)
- 5205-2918 (Center Registered Nurse Use)

Email: info@hkbcf.org

Service hours: Mon – Sat 9:10am - 6:00pm

Lunch 1:00pm - 2:00pm

Closed on Sundays & Public Holidays

HKBCF Breast Cancer Support Centre (Kowloon)

Address: G/F, 28 Lung Cheung Road,
Ngau Chi Wan, Kowloon
(Exit C2, Choi Hung MTR Station)

Patient Support Hotline: 2597-3251

Facsimile: 2597-5355

Whatsapp (Do not accept incoming calls):

- 6911-0513 (Activity Notice)
- 6213-1706 (Center Registered Nurse Use)
- 6672-2421 (Appointment Service)

Email: info@hkbcf.org

Service hours: Mon – Sat 9:10am - 6:00pm

Lunch 1:00pm - 2:00pm

Closed on Sundays & Public Holidays





Table of Contents

Our Support Centre	1
Table of Contents	2
Latest news	3
Event Preview	4
Membership Affairs	5
Activity Enrolment Information	6
Participant Information	7
Centre Support Services	8-9
Patient Support Group	10-11
Survivors' Half-Day Camp	12
Emotional and Mental Health Series	13
Cooking Series	13
Exercise Series	14-15
Artistic Creation Series	16-18
Volunteer Activities	19
Activities Enrolment Form	20
Subscription of paper newsletters	21
Important QR code	22

Latest news

Annual Members' Gathering 2026

8 March marks the 21st Anniversary of the Hong Kong Breast Cancer Foundation (HKBCF) and the International Women's Day. The HKBCF Breast Cancer Support Centre successfully hosted its Annual Members' Gathering 2026 on 7 March.

Our founder and chairman, Dr. Polly Cheung and Dr. Eliza Fok respectively, along with numerous guests, including members of Management Committee, Advisory Council, volunteers, gathered with nearly 300 breast cancer patients, survivors, and their families to enjoy a delightful lunch together.

This year's theme, "Walking with You · Blossoming with Hope" uses the symbolism of flowers to convey hope and blessings. It also signifies the HKBCF's continued commitment to walk alongside with breast cancer patients and family, together flourishing with hope like flowers in full bloom.



Event Preview

Breast Health Symposium 2026

During this Breast Cancer Recovery Month, we hope to promote the valuable spirit of breast cancer survivors, their families, caregivers and medical staff in showing positivity, perseverance and mutual care in the fight against cancer. This year, we have invited doctors and experts from different specialties to share methods for diagnosing breast cancer, the latest breast cancer treatment options, and lymphedema care tips. A series of activities will be held to cheer up breast cancer survivors and their families and to increase the public's attention to breast health.

Please stay tuned for the latest updates on our social media platforms. See you then!



Facebook



Instagram



Membership Affairs

1. Member Application

- Breast cancer patients, survivors, their spouses, family members and friends, and the public are welcome.
- Welcome to apply using the online form: <https://forms.gle/QcKwVePpPZSaJByu9> or
- Please download the membership application form from: https://www.hkbcf.org/zh/members_corner/main/209/ , fill in the form and make the payment, then post to HKBCF (Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong)
- Members can enjoy different membership benefits, please refer to our website for further details.

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:

- 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.)

4. Subscription of paper newsletters



- In response to environmental protection, the centre's newsletters have been fully digitized. Members can receive the electronic newsletter free of charge via email or view the newsletter content on the Hong Kong Breast Cancer Foundation website.
- Members who wish to continue to receive the HKBCF newsletter in paper form by post, 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).
- If no further application or payment is received from the member who previously subscribed to paper newsletter, newsletter will be suspended from being mailed to that member.

Activity Enrolment Information

Notes on Enrolment

- Registration method : Registration for the event can be done by submitting the registration form in person at the Hong Kong Centre or the Kowloon Centre. OR scan the QR Code.
- Enrolment day: **16 March 2026 (Mon) 9:30am**
- Deadline of Online Google Form: **21 March 2026(Sat) 5:00pm**
(If you still wish to register after the online registration deadline, please call the centre for details.)
- Due to the limited number of capacities, enrolment will be processed on a first-come, first-served basis.



Activity type

- Single Event: This is a one-off activity.
- Multiple Classes: This activity consists of more than one class; participants must attend all classes. Failure to attend all classes may affect future eligibility for registration.

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.

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

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

3. PayMe

- Link to payment: <https://qr.payme.hsbc.com.hk/2/5ddcmr5KM55R5kkrNG3Dqo> or scan QR Code.
- Payment details must include the member's full English name, and a screenshot of the transaction record must be sent to the centre's activity phone via WhatsApp.



4. Bank transfer

- 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 to centre's WhatsApp.

Registration Confirmation

- After completing the on-site and online enrolment, please note that this enrolment record **does not equate to successful enrolment.**
- A confirmation message and payment notification will be sent via WhatsApp within **5 working days. Please provide correct information.**
- Members should make the payment of all the activities/ groups/ workshops within 5 working days. For those who are unable to complete the payment will be considered giving up the offer.

Participant Information

Points to consider

- Participants are not permitted to transfer their registration to others or have someone else take their place without authorization. All registrations must be taken by the registered participant.
- Advance registration is required for all activities. Unregistered participants will not be permitted to attend.
- Please carefully read the activity description, materials, and revisions before registering to avoid duplicates or date clashes. Failure to do so will result in the participant being solely responsible for any consequences, and no refunds will be provided.
- If a participant is unable to attend a class due to personal or health reasons, the center will not offer make-up classes, refunds, or alternative arrangements.
- Absences will be considered automatic withdrawals, and the center will not provide refunds or alternative arrangements.
- Unless otherwise specified, all participants must first become center members and register as a case, with a case nurse following up.
- To avoid wasting registration slots, please allow sufficient time for your registered activities. If you are unable to attend, you must notify the center staff as soon as possible.
- The center reserves the right to make the final decision regarding all registrations and participation.

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.
- 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

Weather Warnings	Warning Signals	Indoor activities	Outdoor activities
Rainstorm Warning Signals	Amber Rainstorm  Amber 黃	as usual	as usual
	Red Rainstorm  Red 紅	as usual	Depending on the venue
	Black Rainstorm  Black 黑	cancel	cancel
Tropical Cyclone Warning Signals	No.1  T1	as usual	as usual
	No.3  T3	as usual	Depending on the venue
	 No.8 or up	cancel	cancel

*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
- 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.

Centre Support Services

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

Lymphoedema Index Measurement Service	Target: Breast cancer patients or survivors	
10:00am – 5:30pm (Mon to Sat) (Lunch: 1:00pm – 2:00pm)	Handled by: Registered Nurses & Health Service Assistants	Fee: Member: \$320 (First time); \$220 (Subsequent) Non-member: \$420 (First time); \$220 (Subsequent)
Lymphoedema Care Service (Paid session)	Target: Breast cancer patients or survivors	
1. (Individual) Preventive Lymphoedema massage instruction 2. (Group) Preventive Lymphoedema massage class To be arranged by staff	Handled by: Registered Nurses	
Lymphoedema Management Individual Session (Paid session)	Target: Breast cancer patients or survivors suffering from lymphoedema	
To be arranged by staff	Handled by: Registered Nurses	
Intermittent Pneumatic Compression Device Treatment (Paid session)	Target: Breast cancer patients or survivors suffering from lymphoedema	
To be arranged by staff	Handled by: Registered Nurses	
Basic Lymphoedema Knowledge & Care Class	Target: Breast cancer patients and survivors	
Hong Kong Centre: 10:30am – 11:30am (Tue) Jockey Club Breast Health Centre (Kowloon): 10:30am – 12:30pm (Tue)	Instructors: Registered Nurses	Fee: Member: Free of charge Non-member: \$100
Prehabilitation Program	Content: The class will share information on postoperative wound care, pre- and post-treatment preparation, and dietary advice. In addition, a series of exercises will be taught to help improve postoperative mobility, reduce pain, and prevent lymphedema.	
Hong Kong Centre: 11:00am – 12:30pm (Wed) Jockey Club Breast Health Centre (Kowloon): 14 Apr, 12 & 26 May, 9 & 23 Jun 4:00pm – 5:30pm (Tue)	Target: Post-operative breast cancer patients Instructors: Registered Nurses Fee: Free	

#₁ Please make appointment in advance

Medical Consultation Service	Content:	Professional Oncologist consultation service.
To be arranged by staff <ul style="list-style-type: none"> 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. 	Fee:	\$1000 / Persons (for members only) <ul style="list-style-type: none"> Fee waving for low income and CSSA recipients can be applied. Please contact nurse or social worker for details.
Psychologist Counselling Service	Content:	Professional psychologist individual counselling service.
Tuesday and Friday To be arranged by staff	Fee:	\$1000 / Persons (for members only) <ul style="list-style-type: none"> Fee waving for low income and CSSA recipients can be applied. Please contact nurse or social worker for details.
Individual Counselling Service	Content:	In-depth counseling service is available.
To be arranged by staff	Fee:	Free
Haircut Service	Content:	Professional haircut and styling service.
May 5 (Tue) Jun 2 (Tue) 10:30am - 12:30pm	Target:	Breast cancer patients (for members only)
	Tutor:	Professional hairstylist
	Capacity:	4 persons
	Fee:	\$150
	Venue :	Jockey Club Breast Health Centre (Kowloon)
Wig giving Service	Content:	In order to help those breast cancer patients with financial difficulty to keep their self-image after mastectomy, a free wig program is launched.
To be arranged by staff		
Bandage Service	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.
To be arranged by staff		
Garment Fitting Service	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.
To be arranged by staff		

#₁ Please make appointment in advance

Patient Support Group

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

Meeting with Expert – Doctor with you	<p>Content:</p> <p>Target:</p> <p>Instructors:</p> <p>Fee:</p>	<p>To learn and understand different breast cancer treatments through discussion and consultation with an oncologist.</p> <p>Stages 0 to 3 newly diagnosed patients aged 45 or above</p> <p>Clinical Oncologist</p> <p>Free</p>
<p>Hong Kong Centre: May 27 3:00pm - 3:45pm : via ZOOM</p> <p>Jockey Club Breast Health Centre (Kowloon): Apr 14 , Jun 16 3:00pm – 3:45pm (Tue): via ZOOM</p>		
Patient Support Group	<p>Content:</p> <p>Target:</p> <p>Instructors:</p> <p>Fee:</p>	<p>One theme may be discussed:</p> <ul style="list-style-type: none"> • Management of lymphedema • Pre- and post-operative self-care • Chemotherapy and its side effects • Debunking myths: Diet, lifestyle and recovery • Psychological adjustment • Expressing and receiving love • How to accept being cared for • Transitioning through adversity • Positively expressing one's emotions • How to help family members understand the illness • Reshaping the body and self-image • Improving sleep quality • Pain and other physical discomforts <p>Stages 0 to 3 newly diagnosed patients aged 45 or above</p> <p>Registered Nurses</p> <p>Free</p>
<p>Cantonese: Hong Kong Centre: 2:15pm - 3:45pm (Wed)</p> <p>Jockey Club Breast Health Centre (Kowloon): 2:15pm – 3:45pm (Tue)</p> <p>English: 2:30pm - 4:00pm (Every other month)</p>		
Advanced Breast Cancer Group (Phoenix Group)	<p>Content:</p> <p>Target:</p> <p>Instructors:</p> <p>Fee:</p>	<p>Participants exchange information, share experiences and coping strategies.</p> <p>Stage 4 breast cancer patients</p> <p>Registered Social Worker & Registered Nurse</p> <p>Free</p>
<p>Hong Kong Centre & Jockey Club Breast Health Centre (Kowloon): 2:15pm – 3:45pm (Fri)</p>		
Young Patient Support Group (Forever Young and Beautiful Group)	<p>Content:</p> <p>Target:</p> <p>Instructors:</p> <p>Fee:</p>	<p>Participants exchange information, share experiences and coping strategies.</p> <p>Stages 0 to 3 newly diagnosed patients aged below 45</p> <p>Registered Nurses</p> <p>Free</p>
<p>Via Zoom 2:15pm – 3:45pm (Thu)</p>		

#₁ Please make appointment in advance

<h2>Family Support Group</h2>	<p>Content: Patients' families receive advice, information and support. Through sharing, participants learn how to support recovering patients.</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: Patients' family members</p> <p>Instructors: Registered Social Worker & Registered Nurse</p> <p>Fee: Free</p>
<h2>Lymphoedema Management Group</h2>	<p>Content: 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>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>Instructors: Registered Nurses</p> <p>Fee: Free</p>
<h2>Showcase the Future - Image and Hairstyle Support Group</h2>	<p>Content: Professional haircut and styling with support and sharing group.</p> <p>Target: For breast cancer patients before and within 1 year after chemotherapy</p>
<p>Apr 21 May 19 Jun 16</p> <p>10:30am – 12:30pm (Tue)</p>	<p>Instructors: Registered Social Worker & Professional Hairstylist</p> <p>Capacity: 5 persons</p> <p>Fee: Free</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>

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

Survivors' Camp

Registration: Please enrol the activity via Online Google Form

SC001 : Survivors' Half-Day Camp 2026

SC001-05 : May 16 (Sat)

10:00am – 01:00pm



Remarks:

- 1.No waiting for late-comers, please be punctual.
- 2.Participants are required to travel to and disperse from the venue on their own.
- 3.Please wear light clothes, sports shoes, bring your own rain gear, sun protection equipment, and bring enough drinking water.
- 4.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 attending the event and take responsibility for any medical incidents.
- 5.Participants should be alert and pay attention to safety. Please measure your physical fitness and follow the guidelines of the team leader and tour guide on the day.
- 6.If you are unable to attend the event after registration, please inform the centre by calling 2525 6033 / 2597 3251 at least 7 days before the event.

Content: Health Talk - Body Check
Fitness Experience

Target: Breast cancer survivors (only for members of the HKBCF)

Capacity: 80 persons (first come first served)

Fee: \$100 (included camp fee)

Location: Hong Thai Expo & Business Centre, 5/F, United Centre 95 Queensway Admiralty Hong Kong (Admiralty Station Exit D)

Enrolment Date: 16 Mar 2026 (Mon) 09:30am to 27 Arp 2026 (Fri) 17:00pm

Link & QR Code : <https://forms.gle/nyXUJzB5KNnHwZkG9>

Or Scan the QR Code to enter the enrolment form.



Emotional and Mental Health Series

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

<p>MH001 : Mindfulness Training Class (Beginners Level)</p>	<p>Content:</p>	<p>Mindfulness is a form of experiential training for increasing our attention control, selfawareness and emotional regulation.</p>
<p>MH001-04 : Apr 14, 21, 28 & May 5 10:30am – 12pm (Tue)</p>	<p>Target:</p>	<p>Breast cancer patients or survivors (for members only)</p>
	<p>Speaker:Tutor:</p>	<p>Mrs. Winnie Lee (Counselling & Educational Psychologist)</p>
<p>MH003-06 : Jun 2, 9, 16, 23 10:30am – 12pm (Tue)</p>	<p>Capacity:</p>	<p>6 persons \$160</p>
	<p>Fee:</p>	<p>Jockey Club Breast Health Centre (Kowloon)</p>
	<p>Venue:</p>	<p>Jockey Club Breast Health Centre (Kowloon)</p>
	<p>Remarks:</p>	<p>Please bring your own warm clothing.</p>
<p>MH003 : Insomnia Workshop – Good Sleep</p>	<p>Content:</p>	<p>Enhance awareness towards sleeping behaviors, causes of insomnia and learn ways to improving sleeping (include sleeping restriction, cognitive reclamation, relaxation exercises, etc.)</p>
<p>MH003-06 : Jun 2, 9, 16, 23 10:30am – 12pm (Tue)</p>	<p>Target:</p>	<p>Breast cancer patients or survivors (for members only)</p>
	<p>Tutor:</p>	<p>Mrs. Winnie Lee (Counselling & Educational Psychologist)</p>
	<p>Capacity:</p>	<p>6 persons \$160</p>
	<p>Fee:</p>	<p>Jockey Club Breast Health Centre (Kowloon)</p>
	<p>Venue:</p>	<p>Jockey Club Breast Health Centre (Kowloon)</p>

Cooking Series

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

<p>CK001 : Cooking - Dragon Boat Festival</p>	<p>Content:</p>	<p>The instructor will personally demonstrate cooking techniques and how to make Dragon Boat Festival rice dumplings (zongzi), followed by hands-on preparation.</p>
<p>CK001-06 : Jun 18 New! Dishes : Rice dumplings 10am – 12:30pm (Thu)</p>	<p>Target:</p>	<p>Breast cancer patients or survivors (for members only)</p>
	<p>SpTutor:</p>	<p>Chef on Demand Limited</p>
	<p>Capacity:</p>	<p>10 persons</p>
	<p>Fee:</p>	<p>\$250 (All materials included)</p>
	<p>Venue:</p>	<p>Jockey Club Breast Health Centre (Kowloon)</p>
<p>**Each person can take 2-4 rice dumplings (semi-finished products).</p>	<p>Remarks:</p>	<p>1. Participants should bring their own lunch boxes and insulated bags. 2. Zongzi are semi-finished products and need to be steamed at home.</p>

#₁ Please be punctual. (To not slow down the progress, steps will not be repeated for those who are late for over 15 minutes)

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

Exercise Series

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

EX001 : MFR Yoga Class	<p>Content: Tutors teach students to use some assistive tools, to relax the soft tissues of the fascia with specific movements.</p> <p>Target: Breast cancer patients or survivors (for members only)</p> <p>Tutor: Qualified Yoga Tutors</p> <p>Capacity: 8 persons</p> <p>Fee: Apr: \$120 ; May: \$160 ; Jun: \$120</p> <p>Venue: Hong Kong Centre</p> <p>Remarks: Please bring your own yoga mat and one tennis ball.</p>
<p>EX001-04 : Apr 10, 17, 24 EX001-05 : May 8, 15, 22, 29 EX001-06 : Jun 5, 12, 26</p> <p>2:30pm - 3:30pm (Fri)</p>	
EX002 : Yoga Class	<p>Content: It helps with reducing tiredness, improving blood circulation, improving body metabolism and sleep quality.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor)</p> <p>Capacity: Class A, B: 8 persons</p> <p>Fee: Class A, B: Apr: \$120 ; May: \$120 ; Jun: \$120</p> <p>Venue: Hong Kong Centre</p> <p>Remarks: Please bring your own yoga mat.</p>
<p>EX002-04 : Apr 11, 18, 25 EX002-05 : May 2, 9, 23 EX002-06 : Jun 6, 13, 20, 27</p> <p>Class A: 2:15pm – 3:15pm (Sat) Class B: 3:30pm – 4:30pm (Sat)</p>	
EX003 : Singing Bowl Healing Workshop	<p>Content: Using singing bowl sound therapy can help participants eliminate negative energy. The workshop may include some simple, gentle yoga stretches.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Char Yoga and Wellness Team</p> <p>Capacity: 8 persons</p> <p>Fee: \$80/ class</p> <p>Venue: Hong Kong Centre</p> <p>Remarks: Please bring your own yoga mat.</p>
<p>EX003-04 : Apr 18 EX003-05 : May 9 EX003-06 : Jun 13</p> <p>10:30am – 12pm (Sat)</p>	
EX004 : Pilates Yoga Class	<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>Target: Breast cancer survivors (for members only)</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>
<p>EX004-04 : Apr 20 EX004-05 : May 11 EX004-06 : Jun 22</p> <p>10:30am – 11:30pm (Mon)</p>	

#₁ Please be punctual. (To not slow down the progress, steps will not be repeated for those who are late for over 15 minutes)

#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 wear.

<h2>EX007 : Pilates Reformer</h2>	<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>Target: Breast cancer survivors (for members only)</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>Remarks:</p> <ol style="list-style-type: none"> 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. 3. Participants are required to travel to and disperse from the class on their own. 4. 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><u>Only one choice, can't be repeated</u></p> <p>EX007-04 : Apr 25 EX007-05 : May 30 EX007-06 : Jun 20</p> <p>Class A : 1:15pm – 2:10pm (Sat) Class B : 2:20pm – 3:15pm (Sat)</p>	
<h2>EX008 : Ho's Yijingjing</h2> <p>EX008-04 : Apr 13, 20, 27 EX008-05 : May 4, 11, 18 EX008-06 : Jun 1, 8, 15, 22</p> <p>3:30pm – 5pm (Mon)</p>	<p>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.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Mr. Ho Fat Pong</p> <p>Capacity: 10 persons</p> <p>Fee: Apr : \$120 ; May : \$120 ; Jun : \$160</p> <p>Venue: Hong Kong Centre</p>
<h2>EX009 : Stretching Release Pressure Class</h2> <p>EX009-04 : Apr 20 EX009-05 : May 4, 11 EX009-06 : Jun 15, 22</p> <p>11:45am – 12:30pm (Mon)</p>	<p>Content: The lesson teaches stretching exercises to relief pain, at the same time to increase muscle flexibility, and to amend incorrect bodily positions.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Ms. Mandy Tang</p> <p>Capacity: 10 persons</p> <p>Fee: Apr : \$40 ; May & Jun : \$80/ class</p> <p>Venue: Hong Kong Centre</p>
<h2>EX010 : Dynamic Pilates Dance Class</h2> <p>EX010-05 : May 4 EX010-06 : Jun 15</p> <p>10:30am – 11:30am (Mon)</p>	<p>Content: Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. It is designed to promote nervous system regeneration.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Ms. Mandy Tang</p> <p>Capacity: 10persons</p> <p>Fee: \$40 /class</p> <p>Venue: Hong Kong Centre</p>

#₁ Please be punctual. (To not slow down the progress, steps will not be repeated for those who are late for over 15 minutes)

#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 wear.

Artistic Creation Series

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

AR001 : Mindful English Calligraphy Workshop	<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>Target: Breast cancer survivors (for members only)</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>Remarks: Priority will be given to first-time applicants.</p>
<p>AR001-06 : Jun 3, 10, 17, 24</p> <p>2:30pm – 4:30pm (Wed)</p>	
AR002 : Watercolour Painting Relaxation Workshop (Beginners)	<p>Content: Teaches the basic techniques and applications of watercolor painting, including color mixing, learning lines and angles.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Ms. Fiona Tang (Experienced Art Tutor)</p> <p>Capacity: 8 persons</p> <p>Fee: \$200</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Priority will be given to first-time applicants.</p>
<p>AR002-04 : Apr 9, 16</p> <p>Theme: Starry sky, African savanna (silhouette)</p> <p>9:30am – 12pm (Thu)</p>	
AR003 : Watercolour Painting Relaxation Workshop (Advanced)	<p>Content: Teaches the basic techniques and applications of watercolor painting, including color mixing, learning lines and angles.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Ms. Fiona Tang (Experienced Art Tutor)</p> <p>Capacity: 8 persons</p> <p>Fee: \$200</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Participants must attend at least 3 classes of the Watercolour Painting Workshop (Beginners).</p>
<p>AR003-06 : Jun 11, 25</p> <p>Themes: Lighthouse, Sunflower</p> <p>9:30am – 12pm (Thu)</p>	
AR004 : Melody in Mind	<p>Content: The content includes singing training, voice, musical expression, performance song practice, etc.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Ms. Chow</p> <p>Capacity: 25 persons</p> <p>Fee: \$500</p> <p>Venue: Hong Kong Centre</p> <p>Remarks: Participants may be required to perform outside the venue.</p>
<p>AR007-01(HKC) : Apr 9, 16, 23, 30 ; May 7, 14, 21, 28 ; Jun 4, 11 (10 lessons)</p> <p>3:30pm – 5:30pm (Thu)</p>	

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

AR005 : Crafts Workshop – Beginners	Content: An interesting, easy-making Decoupage try-out project. Target: Breast cancer survivors (for members only) Tutor: Kanly Ho (Hong Kong based Decoupage and Mosaic Artist) Capacity: 15 persons Fee: \$40 (ONLY included course fee) Venue: Jockey Club Breast Health Centre (Kowloon) Remarks:	1. 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. 2. AR004-05(B班): The mosaic boxes need to be sent back to the studio for processing. Once completed, the center will contact the participants to retrieve them.
AR004-04 : Apr 11 (Sat) Project: (A) Napkin decoupage on round glass candle holder (B) Napkin decoupage on wooden tissue box AR004-05 : May 2 (Sat) Project: (A) Greeting Card making (B) Mosaic on wooden box Class A : 10:30am – 12:30pm Class B : 2:30pm – 4:30pm	Content: An interesting, easy-making Decoupage try-out project. Target: Breast cancer survivors (for members only) Tutor: Kanly Ho (Hong Kong based Decoupage and Mosaic Artist) Capacity: 15 persons Fee: \$40 (ONLY included course fee) Venue: Jockey Club Breast Health Centre(Kowloon) Remarks:	1. Participants must attend at least 4 classes of the Crafts Workshop (Beginners Level) or Mutual Aid Group (Beginners Level) or festival topic workshop to enrol within the past quarter. 2. For the Mosaic workshop session, the semi-finished products will be collected and finish the final grouting procedures in tutor's workshop.
AR005 : Crafts Workshop – Advanced	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. Target: Breast cancer survivors (for members only) Tutor: Miss Priscilla Capacity: 8 persons Fee: \$80/ class Venue: Jockey Club Breast Health Centre (Kowloon)	
AR006-06 : Jun 6 (Sat) Project: 4-compartment wooden storage box 10:30am – 12:30pm & 2:30pm – 4:30pm (Full Day) AR019-04 : 4月18日 Apr 18 10am - 12pm (Sat) AR019-05 : May 30 AR019-06 : Jun 13 10:30am – 12:30pm (Sat)		

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AR020 : Alcohol Ink Art	<p>Content: Creating alcohol ink paintings is a pleasant process, and even those without art experience can create beautiful and moving works.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Miss Priscilla</p> <p>Capacity: 8 persons</p> <p>Fee: \$100/ class</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p> <p>Remarks: Your clothes may get soiled in class, so please try to wear dark-colored clothing</p>
<p>AR020-04 : Apr 25 New! AR020-05 : May 23</p> <p>10:30am - 12:30pm (Sat)</p>	
AR021 : Cold Porcelain Art Workshop	<p>Content: Recreate the beauty of centuries-old craftsmanship and craft an everlasting romance.</p> <p>Target: Breast cancer survivors (for members only)</p> <p>Tutor: Miss Koei</p> <p>Capacity: 15 persons</p> <p>Fee: \$200</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>AR021-04 : Apr 10, 24 New!</p> <p>10:30am - 12:30pm (Fri)</p>	
AR022 : Succulent Terrarium Workshop	<p>Content: In the hustle and bustle of life, planting a succulent plant and combining it with different materials creates a personal, therapeutic little landscape that brings joy and positive energy. At the same time, it allows you to learn how to cope with the challenges of growing up.</p> <p>Target: Breast cancer patients (for members only)</p> <p>Tutor: Miss Koei</p> <p>Capacity: 15 persons</p> <p>Fee: \$100</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>AR022-05 : May 8 New!</p> <p>10:30am - 12:30pm (Fri)</p>	

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Volunteer Activities

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

Love Companion Scheme - Warm Heart Campaign	<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>Target: Volunteers who possess or have studied art skills such as pastel, watercolor, and calligraphy</p> <p>Capacity: 8 persons</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>To be arranged by staff New!</p> <p>(Welcome to register now to become a volunteer)</p>	
Packaging Assistance	<p>Content: Assist in packaging comfort pack, anti-epidemic service pack and gift packs etc</p> <p>Target: Registered Volunteer</p> <p>Capacity: 10 persons</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>To be arranged by staff</p> <p>(Welcome to register now to become a volunteer)</p>	
Document Translation	<p>Content: Responsible for translating Chinese and English</p> <p>Target: Registered Volunteer</p>
<p>To be arranged by staff</p> <p>(Welcome to register now to become a volunteer)</p>	
Plant Care	<p>Content: Responsible for taking care of garden plants and watering</p> <p>Target: Registered Volunteer</p> <p>Venue: Jockey Club Breast Health Centre (Kowloon)</p>
<p>To be arranged by staff</p> <p>(Welcome to register now to become a volunteer)</p>	



Scan the QR Code and Join us as a volunteer!

HKBCF 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.

(1) Personal Information *Required field

Name* : _____ Contact no.* : _____ Age : _____
 For emergency, please contact* : _____ Contact no.* : _____ Relationship : _____

(2) Enrolment Activities #Please circle the suitable choice

	Activity Code	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 tick 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 : _____

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 _____ to _____

Payment Method:

By Cash/ Octopus/ PayMe

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

1. 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong OR

2. 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 >

Staff: _____ Date: _____

Important QR code



Official Website of
Hong Kong Breast
Cancer Foundation



Activities Enrolment
Form Contact Centre
Staff - WhatsApp



Breast Cancer
Support Centre
Membership
Application Form



Breast Cancer
Support Centre
Volunteer
Application Form



Activities Enrolment
Form

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
電話：2525 6033 傳真：2525 6233 網址：www.hkbcf.org
開放時間：星期一至六 上午九時十分 至 下午六時正 (公眾假期休息)