香港乳癌基金會
HK Breast Cancer Foundation

Breast Cancer Support Centre

Members' Circular (Oct- Dec 2021)

Important Announcement

Commencing 1 March 2021, members' circular will be sent out electronically in order to reduce paper consumption to 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. 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 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 treatments.

No one is alone in the fight against breast cancer.

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

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

Let’s join [Pink Together 2021 Sneak Peek] together

Every October, the foundation organizes a "Walk for Breast Health" charity walkathon. Yet, under the pandemic, an online fundraising campaign "Breast Health Together" was alternatively held in 2020. With the 2021 October fundraising campaign in sight, we encourage you to join the "Let's Pink" team in October and be a part of this amazing event.

We sincerely hope that you or your esteemed company will render support to Let's Pink 2021 in form of either as a team or cash donation. For Team Sponsorship, you are welcome to be a leader of a Let's Pink Exercise Team of 4 members (in compliance with restriction of group gatherings in public areas by the Government) with a donation of HK$300 from each participant. You can design your own route for a distance of 6-12 km and finish walking such route within the month of October2021. Each participant joining the activity will be awarded a sports towel as a token of appreciation.

To support Let's Pink, please complete the Enrolment Form. If you are paying by cheque, please make cheque payable to “Hong Kong Breast Cancer Foundation Limited”, with your name, contact number and “Let's Pink 2021” written on the back of the cheque, and return to the Centres either by mail or in person. Should you prefer to pay by cash, please return the completed form and cash to the Centres in person.

Annual Member's Gathering 2022

Due to the pandemic, this year's (2021) annual members' gathering took place online. For those who have missed the meeting, the video recording has been uploaded to the members' information web page since the end of March 2021. In which, you will find the sharing from our founder, Dr. Cheung and our chairlady, Mrs. Fok, as well as the premiere of the Foundation's 15th anniversary celebratory animation.

Apart from that, many members have also tried their luck in the lucky draw. Congratulations to all the lucky winners!

On another note, in hopes of being able to gather face-to-face next year, the 2022 annual members' dinner is tentatively scheduled on March 19, 2022. We look forward to meeting and catching up with everyone in person again.

[Traditional Chinese Medical Service]

PR & Communications News

Experience Sharing

"Focus on the present"

Author: Yang AsHeart

As I was writing this very article, news came flying in the house as the Hong Kong team had won a gold and silver medal in the Olympics, bringing every one of us a sense of belonging and pride to the city. My daughter even claimed that she would start to do sports! Upon such great news, various major newspapers in town took the chance to write up news articles, analyzing the secret behind the athletes' successes. While most of them concluded that it was "attitude" that put our athletes at the top, it reminded me of my cancer diagnosis day.

Is "attitude" really that important? For breast cancer patients, it is probably the hardest to calmly accept the fact that they are diagnosed with cancer. This is totally normal and human. Why patients find it so hard is acceptance of suffering. Some of us were totally unwilling to accept the truth, while some succumbed at the end. Both reactions were natural and common.

Possibly, the so-called "attitude" refers to how much time you spend on adjusting your mindset and enabling yourself to face the facts ahead of you. Take our proud 2020 Olympic gold medalist Edgar Cheung Ka Long as an example. He was at a disadvantage during the semi-finals at first, six points behind his opponent. Yet, he didn't let anything, his mistakes, or successful attacks, affect his next move. He knew that every move he makes is a new one and with this in mind alongside superb tactics, he came out on top with an all-time impressive performance.

Now, let's put all this into the lens of a breast cancer patient's life. After being diagnosed with cancer comes a long road of treatments and rehabilitation. In this case, those who are able to let go of the past and draining thoughts such as "Why me", "What made me sick?", and focus on their next moves like Edgar did, would definitely find themselves in a better place in choosing a more effective treatment plan for themselves.

Chemotherapy is tough, and unfortunately, pills that come with chemotherapy have side effects. Why does she vomit after the treatment, and I don't? How come I have diarrhea and you don't? If you bring these questions to the doctor, the only answer you'd get will be "everyone is different". So, what's the difference? Sure, we have different physiques. But above all, is our attitudes.

No doubt, our bodies and minds are interconnected so it is only natural that our psychological conditions affect our physical health, and our very own Olympic gold medalist has proven this. Thus, let's learn from his success, focus on the present and overcome this hurdle with the best attitude!

Activities Highlights

Estee Lauder Companies Beauty Workshop

Three Estee Lauder Beauty Workshops were held by the foundation at our Hong Kong Centre and Kowloon Centre in June and August respectively. In the June workshop, make-up artists from Estee Lauder Company taught the participants how to do easy makeups, which not only celebrates summer but is also suitable for doing exercise. Through learning actively and exchanging beauty secrets with their instructors, our participants quickly mastered some makeup skills, helping them regain confidence and build up a positive self-image.

Insomnia Workshop - 'Self-help Tips for Good Sleep'

In July 2021, the Foundation launched the Insomnia Workshop- 'Self-help Tips for Good Sleep' in the Kowloon Centre, where participants shared their experiences of long-term insomnia. It has greatly affected their daily life, causing physical and mental problems. The workshop not only raised our understanding of sleeping behavior and introduced us the causes of insomnia, but also brought us ways to tackle such problem, including sleep restriction, thought adjustment and meditation, as well as relaxation exercises. Besides attending the workshop, the participants were also quite devoted to their learning as they diligently did exercises at home to tackle insomnia and restore peace in their hearts.

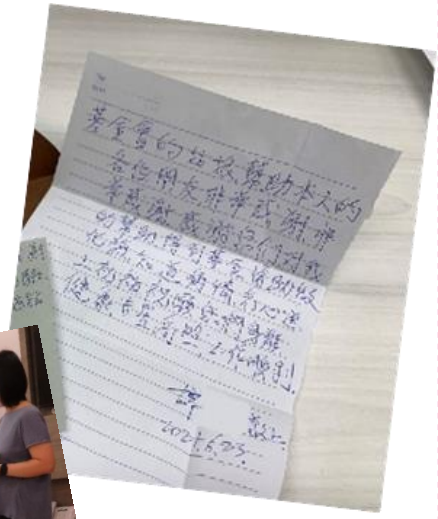
The Mutual Aid Group-Handicraft Making

In July and August, social worker organised two sessions of "The Mutual Aid Group" in the Kowloon Centre, in which the members of the two groups took part in making handicrafts while chatting with one another. Apart from sharing within the group about the various activities they had joined, the participants were also willing to take up "helper's roles" in the centre activities where they could share their experiences to encourage and support their fellows.

Other activities/services

「How does Traditional Chinese Medicine help with insomnia problem」Talk

Dynamic Pilates Dance Class



Musical Handbell Workshop

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 means 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 via 25256033 or Ms. Lee 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: Oct-Dec Event Registration

Due to the COVID-19 situation, there are special arrangements for the payment and registration of the events held from October to December. 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.

October-Dec enrolment Date & Time start from

16 September 2021 (Thursday)

9:30 am

Please Pay Attention :

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

香港乳癌基金會
HK Breast Cancer Foundation

Breast Cancer Support Centre

Members' Circular (Oct- Dec 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 destructed once expired.

(1)Personal Information #Please circle the suitable choice

Chinese Name：_____ English Name：_____

Member no.：_____ Case no.：_____

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

Contact no.：_____

If I have any emergency accident during activities，please：

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

(2)Enrollment Activities #Please circle the suitable choice

	Activity Name	Activity no. (If any)	First time Enrollment	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				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：**_____

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Member Application

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

Notes on Enrolment

- **The enrollment of all activities will start at 9:30 am on 16 September 2021 (Thur).**
- To facilitate your registration, all members are **required** to fill in the activities application form. The HKBCF remains the right to deny any request of participating in the activities should the form indicated that you are unfit for the activities.
- **Members are expected to make the payment of all the activities/ groups/ workshops within seven working days. For those who are unable to make the payment will be considered to have given up the enrolled offer.**
- Unless specified, all activities are open to HKBCF members only, and will take place at either of the following venues:
  1. **Hong Kong Breast Cancer Foundation Breast Cancer Support Centre (HKBCF) (Hong Kong Centre):**
     Address: 22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong (Fortress Hill MTR Station Exit A) or
  2. **HKBCF Jockey Club Breast Cancer Support Centre (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.

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Members' Circular (Oct- Dec 2021)

Hong Kong Breast Cancer Foundation

Breast Cancer Support Centre

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 year and destructed once expired.

As a means 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)

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 METHOD:

☐ *By cash*

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 it 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 of Applicant: _____ Date: _____

<For Staff Use >

Handling Staff： _____ **Date：** _____

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Newsletter Highlighted Events

(1) Groups / Workshops

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. Chan Sin Ting(Professional Dance Tutor)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	October: 12/10, 19/10, 26/10 (Tuesday, 3 sessions) November: 9/11, 16/11, 23/11, 30/11 (Tuesday, 4 sessions) December: 7/12, 14/12, 21/12, 28/12 (Tuesday, 4 sessions)
Time:	2:30pm – 3:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	12 persons
Fee:	$120 for October's class; $160 for November's class; $160 for December's class (please apply at least 10 days before the class)
Language:	Cantonese ONLY
Registration:	Please contact 2597 3251/25973253

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 (October)：16/10,30/10 (Sat, 2 sessions) Class B (November)：13/11, 20/11 (Sat, 2 sessions)
Time:	Class A/B：9:45am-10:45am
Venue:	Class A/B： Jockey Club Breast Health Centre (Kowloon)
Capacity:	12 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)
Fee:	Class A/B: $50
Language:	Cantonese ONLY
Registration:	Please contact 25973251 /2597 3253

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Yoga Class

Content:	Yoga stretching is a mild course. It helps with reducing tiredness, improving blood circulation, improving body metabolism and sleep quality. Please join the class with a joyful heart.
Tutor:	Ms. Cheung Yuk Hing Rita (Registered Yoga Tutor)
Target:	Breast cancer survivors (for members only)
Date:	Class A: 2,9,16,30/10 (Saturday, 4 sessions except 23/10) Class B: 6,13,20,27/11 (Saturday, 4 sessions)
Time:	11:00am to 12:00am
Venue:	Hong Kong Centre
Capacity:	8 persons (First come first serve, only for members of the HKBCF)
Fee:	Class A: $80 Class B: $80
Language:	Cantonese
Registration:	Please call 3143 7351 / 2525 6033
Remark:	1. Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel if needed. 2. Please bring your own yoga mat. 3. Participants will need to be barefoot or wear non-slip socks during the course. 4. Participants must have completed the surgery for at least three months. 5. If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class.

Let’ s move- 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:	6/11,27/11 (Sat, 2 sessions)
Time:	9:30am-10:30am
Venue:	Hong Kong Centre
Capacity:	10 persons
Fee:	$100
Language:	Cantonese ONLY
Registration:	Please contact 25256033 Miss Tam /3143 7351

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: October Class: 8/10, 15/10, 22/10 (Friday, 3 sessions)
November Class: 5/11, 12/11, 19/11(Friday, 3 sessions)
December Class: 10/12, 24/12 (Friday, 2 sessions)
Time: 2:30pm to 3:30pm
Venue: Jockey Club Breast Health Centre (Kowloon)
Capacity: 10 persons (First come first serve, only for members of the HKBCF)
Fee: $60 for October Class
$60 for November Class
$40 for December Class
Language: Cantonese
Registration: Please call 2597 3251/ 2597 3253
Remark:
1. Participants should wear loose fitting/ comfortable clothing.
2. Please bring your own yoga mat and one tennis ball.
3. Participants will need to be barefoot or wear non-slip socks during the course.
4. Participants must have completed the surgery for at least three months.
5. **If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class.**

Self-care Workshop: Pelvic Floor Muscle Exercise

Content:
- The importance, functions and structure of pelvic floor muscles.
- Different stages of changes of pelvic floor
- The benefits and exercises of diaphragmatic breathing
- Yoga exercises for strengthening pelvic floor muscles
- Asana with breathing

Therapists: MS. Char Cheng (Yoga Tutor)
Target: Breast cancer survivor (only for members of the HKBCF)
Date: 18/12 (Saturday)
Time: 11:15am to 12:45pm
Venue: Jockey Club Breast Health Centre (Kowloon)
Capacity: 13 persons
Fee: $20
Language: Cantonese ONLY
Registration: Please contact 2597 3251 / 2597 3253/ 2597 3271
Remarks:
1. Participants should wear loose fitting/ comfortable clothing.
2. Participants will need to be barefoot or wear non-slip socks during the course.
3. Participants must have completed the surgery for at least three months.

The Mutual Aid Group -Advanced

Content: After completing the main treatment, patient can move forward to another milestone to establish a healthy hobby and maintain physical and mental health. This group includes group sharing and craftsmanship for participants to share their experiences and enjoy the craftsmanship.
Decoupage project: Decoupage Wooden box

Tutor: Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)

Target: Breast cancer survivors (Participants of the mutual aid group will have first priority to join)

Date: Class A：29/11 (Mon, 1 session) Class B：6/11(Sat, 1session)

Time: Class A：2:30pm-5:30pm Class B：10:00am-12:40pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: Class A: 8 persons; Class B: 8 persons

Fee: Class A: $30; Class B: $30

Language: Cantonese ONLY

Registration: Please contact 2597 3251/ 2597 3253 / 2597 3271

Remarks:

1. Participants cannot join both class A and class B.
2. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Phoenix Group

Content: While facing the regular treatment, we need to relax and to enjoy our own life and communicate with the others. The aim of the Phoenix group is to let the participants to enjoy themselves when communicating with the others. The theme for October and December is 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.
Decoupage projects: Wooden door hanger and Christmas ornament.

Tutor: Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)

Target: Stage 4 Breast cancer patients (only for members of the HKBCF)

Date: October：18/10 (Mon, 1 session) Decoupage project: Wooden door hanger
December：6/12(Mon, 1session) Decoupage project: Christmas ornament

Time: October：2:00pm-4:15pm
December：2:30pm-5:00pm

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 10 persons

Fee: Free (Advance registration is required)

Language: Cantonese ONLY

Registration: Please contact Ms. Sy at 2597 3271

Remark: Participants who are absent or late for more than half hours are not allowed to take away the materials.

Watercolour painting relaxation workshop

Content: **Class A (for new-comers):** 20/10 colourful starry night ;27/10 Butterfly chasing flowers
(Skills: The usage and control of water, understanding of primary colours, rendering and pen-knocking method, the understanding and usage of the brush pen, the making of the silhouette)
Class B (for new-comers): 10/11 Sunflower;24/11 Snowman
(Skills: Understanding of floral manipulation, the usage of colour, how to paint leaves and the usage of painting snowman with lines, colour tuning, simple word art etc.
Class C (only applicable for those who had joined 2 or more lessons of this workshop):8/12 Happy Christmas Tree
(Skills: How to paint tree, colour tuning, pen-knocking method and simple word art)
Class D (only applicable for those who had joined 2 or more lessons of this workshop):15/12 Christmas garland
(Skills: How to paint leaves and flower, colour and line practice, simple blessing quotes)

Tutor: Ms. Fiona Tang (Experienced Art Tutor)

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

Date: Class A (for new-comers)：20, 27/10(Wed, 2 sessions)
Class B (for new-comers)：10, 24/11 (Wed, 2 sessions)
Class C (for old-comers)：8/12 (Wed, 1 session)
Class D (for old-comers): 15/12 (Wed, 1 session)

Time: 9:45am-11:45am

Venue: Jockey Club Breast Health Centre (Kowloon)

Capacity: 10 persons

Fee: Class A: $60; Class B: $60; Class C:$40; Class D:$40

Language: Cantonese ONLY

Registration: Please contact 25973251 /2597 3253 / 2597 3271

Remarks:

1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'. Please prepare colouring brush and pens, colour and colouring paper for the lesson.
2. Participants who are absent or late for more than half hours are not allowed to take away the materials.

The Solar Care Inno Workshop

Content:	Our hearts caring for the Earth should never stop no matter the pandemic is gone or not. Let's make a good use of our social distancing time at home to learn more about renewable energy and to contribute together to mitigate climate change. With the presence of the Solar Lamp at home, we would like to remind every of you the infinite possibilities of renewable energies by promoting the DIY Solar Lamp to the public. The SolarCare InnoWorkshop is a STEM workshop combining renewable energy, theoretical knowledge and practical technology. Participants will make their own solar appliances under the guidance of STEM instructors.
Tutor:	Instructor of the Low-Carbon Ideas Workshop (The instructor will host the workshop via zoom)
Target:	Breast cancer patients and survivors (only for members of the HKBCF)
Date, Time, Venue:	6/11 (Sat), 11:00am-12:30pm
Capacity:	Jockey Club Breast Health Centre (Kowloon)
Fee:	20 persons (live:10 persons, zoom: 10 persons)
Registration:	$20 (Payment must be completed 14 days before the commencement date of the event to enable sufficient time for the preparation of related materials)
Remarks:	Please contact 25973251/ 2597 3271 1. No art experience is needed 2. For participants who join via zoom, you may pick up the materials from the centre. 3. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Heart Hug Workshop

Content:	"Does the mastectomy affect the intimacy and interaction between me and my partner?" You are invited to spend time with yourself and take care of yourself with art forms.
Therapists:	Ms. Jasmine YEUNG (Registered Social Worker, Caritas Jockey Club Project on Marital Relationship Enrichment - Intimacy Channel)
Target:	Married breast cancer patients or survivors who have undergone total mastectomy
Date, Time,	6/11 (Sat) 2:30pm-5:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	8-12 persons (only for members of the HKBCF)
Fee:	$30(Payment must be completed 14 days before the commencement date of the event to enable sufficient time for the preparation of related materials)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy at 2597 3271
Remarks:	Avoid wearing skirts/too light-coloured shirts/new clean shirts/expensive shirts.

「Adjust life, Relax yourself」Workshop

Content:	Sometimes, people are not willing to change and they don't notice any problems in their daily lives. Have you ever thought of what you like or make any changes in your life?
Therapist:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	9/10 (Sat)
Time:	2:30pm-4:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	20 persons (only for members of the HKBCF)
Fee:	$20 (only for members of the HKBCF)
Registration:	Please contact 2597 3251/2597 3253
Remark:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

Basic Mindfulness Training Classes

Content:	Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
Theme:	To recognize "mindfulness"; to be aware of the state of our inertia; to learn how to prepare your mind by practicing 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(only for members of the HKBCF)
Date:	5,19,26/10 and 2/11 (Tue, participants can join session 1 to 4)
Time:	10:00am - 11:30am
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	13 persons
Fee:	$40 (each session); $120(all sessions)
Language:	Cantonese ONLY
Registration:	Please contact 2597 3251/ 2597 3253

Remarks

1. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
2. To participate in the online workshop, a computer/iPad/smartphone is required, along with certain recommended computer/mobile applications, yoga mat, bath towel and warm clothing. Participants have to complete their self-practice at home (30-45 minutes/day)

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Advanced Mindfulness Training Classes

Content:	Mindfulness is a form of experiential training for increasing our attention control, self-awareness and emotional regulation. Through experiencing different Mindfulness activities, participants will learn ways to cope with difficulties and stress and maintain peace and balance in living.
Theme:	Learn how to face difficulties/stress, use different ways to treat your thoughts, how to treat yourself better? Continue use and expand your knowledge.
Therapist:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	16,23/11 and 7,14/12(Tue, 4 sessions)
Time:	10:00am – 11:30am
Venue:	Jockey Club Breast Health Centre (Kowloon)
Quota:	13 persons
Fee:	$40 (each session); $120 (all sessions)
Language:	Cantonese ONLY
Registration:	Please contact Ms. Sy at 2597 3271
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

Expressive Arts Workshop – Find Your Inner Peace in " Time Out Bottle"

Content:	The workshop will lead the participants to find their inner peace by making "Time Out Bottle" and bring the peaceful mind back in daily life. Participants will be guided to observe the movement of bottle and be aware of the here-and-now body-mind sensation in a safe and peaceful environment using a much slower pacing.
Tutor	Ms. Canna Tang, Registered Arts (Expressive Arts) Therapist
Target:	Breast cancer survivors (only for members of the HKBCF)
Date, Time, Venue:	22/1 (Sat), 2:30pm-4:30pm, Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	$50 (please apply at least 14 days before)
Registration:	Please contact 25256033/ 3143 7351 Miss Li
Remark	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 centre. 2. Participants who are absent or late for more than half hours are not allowed to take away the materials. 3. No arts skill is required in this workshop. Please wear comfortable clothing that does not restrict your ability to be active.

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Celebration for Survivorship of November- Decoupage 4R Wooden photo frame

Content:	Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we have to be thankful for. They join our journeys and stay with us. - Sharing and reminiscing the treatment journey - Making of a decoupage 4R Wooden photo frame.
Target:	Breast cancer survivors who just finished treatments We also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
Worker:	Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
Date:	13/11 (Saturday)
Time:	2:15pm to 5:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons
Fee:	$20
Language:	Cantonese ONLY
Registration:	Please contact 2597 3251/ 2597 3271/ your responsible nurse
Remarks:	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 centre. 2. Participants who are absent or late for more than half hours are not allowed to take away the materials.

Celebration for Survivorship of December- Making of earrings

Content:	Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we have to be thankful for. They join our journeys and stay with us. - Making of a pair of earrings
Worker:	Social Worker and Hazel
Target:	Breast cancer survivors who just finished treatments We also welcome survivors who recovered from breast cancer one year or above to share their experience in the workshop.
Date:	18/12 (Saturday)
Time:	2:30pm to 5:30pm
Venue:	Hong Kong Centre
Capacity:	8-10 persons
Fee:	$20
Language:	Cantonese ONLY
Registration:	Please contact 2525 6033 / 3143 7315/ your responsible nurse
Remark:	Participants who are absent or late for more than half hours are not allowed to take away the materials.

Warm Christmas- Decoupage Christmas Ornament DIY

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. Decoupage projects : Decoupage Christmas Ornament
Worker:	Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
Target:	Breast cancer patients and survivors who just finished treatments(priority will be given to CSSA recipients/ low-income group who will join the Let's Pink 2021)
Date:	18/12 (Saturday)
Time:	3:00pm - 5:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	16 persons (only for members of the HKBCF)
Fee:	Free (Advance registration is required)
Language:	Cantonese ONLY
Registration:	Please contact 2597 3251/ 2597 3253
Remarks:	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 centre. 2.Participants who are absent or late for more than half hours are not allowed to take away the materials.

(2) Talks

Talk in November: Let go and be free

Content:	Everyone has their own thoughts and ways of thinking. However, stubbornness and subjectiveness may often affect our behaviour, emotions, body, and even our communication and interpersonal relationships. This workshop allows participants to understand how such attachments would affect us and through such, learn to let go of our old ways and bring freedom upon your mind.
Speaker:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	6/11 (Saturday)
Time:	2:30pm-4:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	Live: 20 persons; ZOOM: 20 persons (First come first serve; 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 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'.

Talk in November: Food Therapy of Traditional Chinese Medicine-How to nourish your hair after illness

Content:	In this talk, Ms. Yim will explain how Chinese Medicine helps in nourishing your hair after treatment
Speaker:	Ms. Wendy Yim (Registered Chinese medicine practitioner)
Target:	Breast cancer patients and survivors
Date:	27/11 (Saturday)
Time:	3:30pm-5:00pm
Venue:	Hong Kong Centre
Capacity:	20 persons (First come first serve; priority will be given to members of the HKBCF)
Fee & Language:	Free (only for members of the HKBCF) ; $20 (for non-member of HKBCF) / Cantonese
Registration:	Please contact 2597 3251 or Ms. Tam at 2525 6033

Talk in December: Think positive, live positive

Content：	To overcome difficulties and depression, all of us need positivity, motivation and self-confidence. This workshop allows participants to understand what positive psychology is, and learn different ways to apply them in life, taking baby steps to living an easier life.
Speaker：	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target：	Breast cancer patients and survivors
Date：	11/12(Saturday)
Time：	2:30pm - 4:00pm
Venue：	Jockey Club Breast Health Centre (Kowloon)
Capacity：	Live: 20 persons; ZOOM: 20 persons (First come first serve; priority will be given to members of the HKBCF)
Fee：	Free (only for member of HKBCF) ; $20 (for non-member of HKBCF)
Registration:	Please contact 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'.

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(3) Members' Outing Activity

The Hong Kong Cricket Club Tour

Content：	The Cricket Club representatives will be guiding us in the tour, introducing the nuts and bolts of cricket as a sporting event and sharing their experience with us.
Target：	Breast cancer patients and survivors (only for members if the HKBCF)
Date:	26/10 (Tuesday)
Time：	9:45am to 11:30am
Venue of Gathering and Dismissal：	The Hong Kong Cricket Club (Wong Nai Chung Gap Road 137)
Capacity：	18 persons (First come first serve; priority will be given to members of the HKBCF)
Fee:	$30(entrance fee and snacks)
Registration：	Please contact at 25256033/25973251
Remarks:	1. Participants must be punctual. **Late-comers may not be allowed to join the tour.** 2. Dress: Comfy outfit for sports, regular sports shoes, Caps, Sun screen lotion and Mosquito Repellent. Top with collar and Sleeves more preferred. 3. Please note that NO Bring in Food or Beverages are allowed to be consumed at the Club. Please bring along your water bottles. Water station to refill will be arranged. 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.** 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.** 6. In response to COVID-19 epidemic, the tour may be cancelled or rescheduled

Get Close to Nature- plant made decoupage bag

Content：	Visit urban oasis, pick plants and make your own decoupage bag
Target：	Breast cancer patients and survivors (only for members if the HKBCF)
Date：	9/11 (Tuesday)
Time：	10:00am- 12:30pm
Venue of Gathering and Dismissal：	Urban Oasis (2A Kwun Tong Road, Kowloon)
Capacity：	12 persons(First come first serve ;priority will be given to members of the HKBCF)
Fee:	$160(entrance and materials fee)
Registration：	Please contact at 25256033/25973251
Remarks:	1. Participants must be punctual. **Late-comers may not be allowed to join the tour.** 2. 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.

3. 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.**
4. In response to COVID-19 epidemic, the tour may be cancelled or rescheduled

(4) Volunteer Service

Comfort Packs Packing

Content：	Help in packing comfort packs
Target:	Registered volunteer (On-site registration is also welcome)
Capacity:	10 persons
Date:	October 2021
Time:	Am or pm
Venue：	Kowloon Centre
Registration:	Please contact Ms. Lee at 2597 3251 / Ms. Sy at 25973271

Volunteer Recognition Award Ceremony

Content：	Without contributions from all our amazing volunteers, the Hong Kong Breast Cancer Foundation certainly could not have achieved what it has today. So to celebrate our volunteers and recognize their efforts in the past few years, the foundation is holding an annual Volunteer Award Presentation Ceremony where various volunteer awards will be presented. There will also be a small afternoon tea buffet, a volunteer sharing session as well as other activities. Volunteer recognition, Buffet afternoon tea, volunteer experience sharing
Capacity：	To be confirmed
Date：	Early December (Saturday)
Time：	Afternoon(To be confirmed)
Venue：	Hong Kong Centre
Registration：	Please contact Ms. Lee at 2597 3251

Volunteer Initiation Day

Content：	Introduce the volunteer work in centre, workshop and sharing
Target:	Newcomer of volunteer
Capacity:	12 persons
Date:	To be Confirmed
Time:	2:30pm to 5:00pm
Venue：	Hong Kong Centre/ Kowloon Centre
Registration:	Please contact Ms. Lee at 2597 3251

(5) Other Supporting Services

Meeting with Expert – Doctor with you

Content:	To learn and understand different breast cancer treatments 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:	November: 17/11 (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 (Counselling 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 – 21/10 (Thursday), 16/12 (Thursday) Group B – 19/11 (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

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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 can be applied. Please contact nurse or social worker for details.
Language:	Cantonese
Remark:	Please contact our nurses or social workers for more details

Free Haircut and Support group

Content:	Professional haircut and styling with support and sharing group
Target:	Breast cancer patients (for breast cancer patients before and within one year after chemotherapy only)
Date:	October: 12/10 (Tuesday) November: 9/11 (Tuesday) December: 14/12 (Tuesday)
Time:	10:15am-12:15pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Fee:	Free (for members only)
Capacity:	5 persons
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 persons
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(only for members of the HKBCF)
Format:	Individual counselling
Date & Time:	By appointment
Venue:	Jockey Club Breast Health Centre (Kowloon) / Hong Kong Centre
Fee:	$1000/session (for members only) Breast cancer patients with financial difficulty or CSSA recipients can apply for fee reduction. Please contact our nurses or social workers for more details
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

(6) Materials Supporting Services

Bright life series—Wigs giving

- With the generous support of Wonderful Knots Foundation, Aderans Hong Kong Limited, Altermode Hair Wig Boutique and Fifth Avenue, 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, at 3143 7315 or 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 Yozme Company.
- Breast cancer patients or survivors who are interested, please contact social worker at 3143 7315 or 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 centre 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.

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(7) Interest Class

Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
Ho's Yijingjing Class A (October)	Mr. Ho Fat Pong	Hong Kong Centre	4 sessions: 4,11,18,25/10 (every Monday)	3:00pm to 4:30pm	8	$80	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class A (November)			5 sessions: 1,8,15,22,29/11 (every Monday)	3:00pm to 4:30pm	8	$100	
Ho's Yijingjing Class A (December)			3 sessions: 6,13,20/12 (every Monday)	3:00pm to 4:30pm	8	$60	
Ho's Yijingjing Class C (October)			4 sessions: 4,11,18,25/10 (every Monday)	4:30pm to 6:00pm	8	$80	
Ho's Yijingjing Class C (November)			5 sessions: 1,8,15,22,29/11 (every Monday)	4:30pm to 6:00pm	8	$100	
Ho's Yijingjing Class C (December)			3 sessions: 6,13,20/12 (every Monday)	4:30pm to 6:00pm	8	$60	
Knitting Class (October)	Ms. Ng Wei Han		4 sessions: 5,12,19,26/10 (every Tuesday)	2:30pm to 4:30pm	7	$80	1. Bring own knitting needles & wool 2. For breast cancer survivors only
Knitting Class (November)			5 sessions: 2,9,16,23,30/11 (every Tuesday)	2:30pm to 4:30pm	7	$100	
Knitting Class (December)			4 sessions: 7,14,21,28/12 (every Tuesday)	2:30pm to 4:30pm	7	$80	
Dynamic Pilates Dance Class (October)	Ms. Mandy Tang		1 session: 11/10 (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 (November)			1 session: 8/11 (Monday)	2:00pm to 3:00pm	7	$20	

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Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
Dynamic Pilates Dance Class (December)			1 session: 6/12 (Monday)	2:00pm to 3:00pm	7	$20	

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Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
Pilates Stretch Exercises (October)	Ms. Connie Wong	Jockey Club Breast Health Centre (Kowloon)	1 session: 25/10 (Monday)	10:00am to 11:15am	10	$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 3. In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
Pilates Stretch Exercises (November)			1 session: 29/11 (Monday)	10:00am to 11:15am	10	$20	
Pilates Stretch Exercises (December) (advance)			1 session: 20/12 (Monday)	10:00am to 11:15am	10	$20	
Ho's Yijingjing Class B (October)	Mr. Ho Fat Pong		3 sessions: 7, 21, 28/10 (Thursday)	09:45am to 11:15am	10	$60	1. Comfortable wear is recommended 2. For breast cancer survivors only
Ho's Yijingjing Class B (November)			4 sessions: 4,11,18,25/11 (Thursday)	09:45am to 11:15am	10	$80	
Ho's Yijingjing Class B (December)			4 sessions: 9,16,23,30/12 (Thursday)	09:45am to 11:15am	10	$80	
Dynamic Pilates Dance Class (October)	Ms. Mandy Tang	Jockey Club Breast Health Centre (Kowloon)	1 session: 11/10 (Monday)	11:30am to 12:30pm	8	$20	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. This work of structured free form movement with foundational principles is designed to promote nervous system regeneration. 1. Comfortable wear and shoes
Dynamic Pilates Dance Class (November)			1 session: 8/11 (Monday)	11:30am to 12:30pm	8	$20	
Dynamic Pilates Dance Class (December)			1 session: 6/12 (Monday)	11:30am to 12:30pm	8	$20	2. For breast cancer patients/survivors only 3. In response to COVID-19 epidemic, the classes may be

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Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
Stretching Release Pressure Class (November)			1 session: 8/11 (Monday)	10:30am-11:15am	10	$20	changed to 'ZOOM Multi-person video conference'.
Stretching Release Pressure Class (December)			1 session: 6/12 (Monday)	10:30am-11:15am	10	$20	

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

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(8) Support Group Sessions

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
Patient Support Group	Stages 0 to 3 newly diagnosed patients aged 40 or above	Hong Kong	Registered Nurses	Wednesday 2:15pm to 3:45pm Friday 10:30am to 12:00pm
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	Tuesday 2:15pm to 3:45pm
Patient Support Group (English-speaking session)	Stages 0 to 3 newly diagnosed patients	Hong Kong	Registered Nurses	Once per two months 2:30pm to 4:00pm (*Prior arrangement is required.*)
Patient Support Group (Mandarin-speaking session)	Stages 0 to 3 newly diagnosed patients	Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	Friday 10.30am to 12pm (*Prior arrangement is required.*)
Young Patient Support Group (Forever Young and Beauty Group)	Stages 0 to 3 newly diagnosed patients aged below 40	Hong Kong	Registered Nurses	Thursday 2:15pm to 3:45pm
Advanced Breast Cancer Group (Phoenix Group)	Stage 4 and recurrent breast cancer patients	Hong Kong	Registered Nurses & Registered Social Workers	Friday 2:15pm to 3:45pm
		Jockey Club Breast Health Centre (Kowloon)		Monday 2:15pm to 3:45pm (*Prior arrangement is required.*)
Local Recurrent Group (Rainbow after Raining Group)	Local recurrent breast cancer patients	Hong Kong	Registered Nurses, Registered Social Workers	Once per two months (*Prior arrangement is required.*)
Tele-Support Group	Breast cancer patients receiving treatment(s)	Hong Kong	Registered Nurses	By appointment (*Prior arrangement is required.*)
		Jockey Club Breast Health Centre (Kowloon)		

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

~ Please contact Nurses at 2525 6033 (Hong Kong Centre) or 2597 3251 (Kowloon Centre) for appointment or prior registration ~

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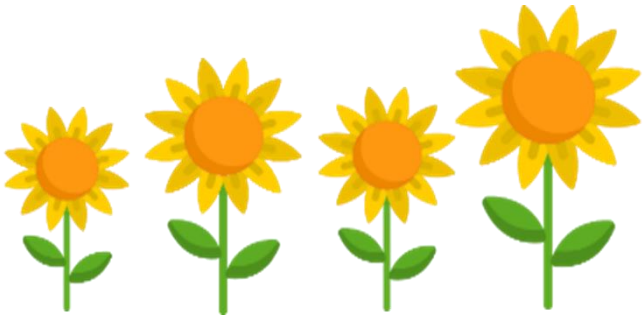
Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
Sunflower Group	Breast cancer survivors aged 40 or above who have completed their treatment(s), wishing to seek peer support and learn how to manage emotions and stress	Hong Kong & Jockey Club Breast Health Centre (Kowloon)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

~ Please contact 2525 6033 (Hong Kong Centre) or 2597 3251 (Jockey Club Breast Health Centre (Kowloon)) for details ~



香港乳癌基金會
HK Breast Cancer Foundation

Breast Cancer Support Centre

Members' Circular (Oct- Dec 2021)

(9) Paramedical Support

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

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Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
Lymphoedema Care Service: (Paid session) **1. Preventive Lymphoedema massage instruction (individual)** **2. Preventive Lymphoedema massage class (group)**	Breast cancer patients and survivors	Hong Kong	Registered Nurses	By individual appointment
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	
Lymphoedema Care Service: **Basic Lymphoedema Knowledge & Care Class** Member: Free of charge Non-member: $100	Breast cancer patients and survivors	Hong Kong	Registered Nurses	Tuesday 10:30am to 11:30pm
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	Thursday 11:30am to 12:30pm
Lymphoedema Care Service: Lymphoedema Index Measurement Service Measurement Fee : Member (First time): $320 Member (Subsequent): $220 Non-member (First time): $420 Non-member (Subsequent): $320	Breast cancer patients and survivors	Hong Kong	Registered Nurses/Service Assistance	Monday to Saturday 10:00am to 12:30pm 2:00pm to 5:30pm
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses/Service Assistance	

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

香港乳癌基金會
HK Breast Cancer Foundation

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

HK$200 provides lymphoedema index measurement for one breast cancer patient or 40 copies of breast health booklets HK$500 provides 5 comfort packs for newly diagnosed breast cancer patients HK$800 contributes towards a mammogram for a financially underprivileged woman HK$1000 subsidizes a diagnostic needle biopsy for a financially underprivileged woman (costs $2,800)

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

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

Monthly donation/ One-off donation amount:

☐ HK$800 ☐ HK$500 ☐ HK$300
☐ HK$200 ☐ HK$100 ☐ HK$_____

PERSONAL PARTICULARS

Surname :_____First Name : _____

Middle Name :_____(Mr./Ms.)

Tel :_____Fax : _____

Address : _____

Email : _____

DONATION METHOD

☐ **Crossed Cheque**
Payable to "Hong Kong Breast Cancer Foundation Limited"

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

☐ **Credit Card**
☐ Visa Card ☐ Master Card

Cardholder's Name:_____

Cardholder's signature_____

Credit Card No.: _____

Expiry Date:_____MM_____YY

Thank You!
Donation receipt will be issued for a donation of HK$100 or above.
(IRD File No.: 91/7226).

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

Commencing 1 March 2021, members' circular will be sent out electronically in order to reduce paper consumption to 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!