

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 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.*



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

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# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Rehabilitation Month 2022-Life Brightening Camp

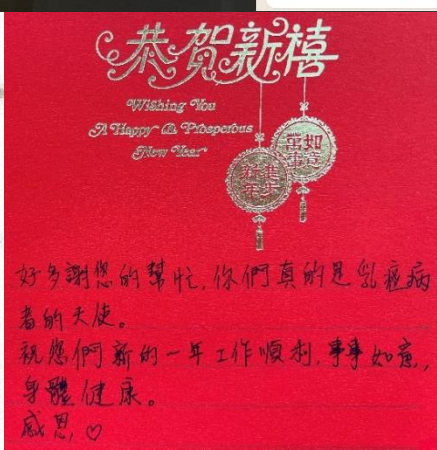
Due to the epidemic, the Life Brightening Day Camp in May this year could not be held at the camp site as in previous years.

Keeping in mind of this year's theme "To Be Dynamic and Static", the Foundation has designed a series of workshops and activities for everyone, including sports, nutrition, floral art, aromatherapy, arts, etc. This way, members can be a part of the Foundation's annual day camp through a brand new way.

For more details, please refer to the Centre's newsletter. Please be reminded that there is a limited quota, so register now!



< Thank You! >



Blessings from Patient and Volunteer!





# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### [ Lymphoedema Care Services ]



香港乳癌基金會  
HK Breast Cancer  
Foundation

### 全面淋巴水腫護理服務計劃

Comprehensive Lymphoedema Care Service Programme

### 香港滙豐銀行慈善基金贊助

Sponsored by The Hongkong Bank Foundation



淋巴水腫患處  
Lymphoedema  
diagnosed



- ♥ 一站式全面支援，包括診斷、治療、跟進及情緒支援  
One-stop lymphoedema-specific service including diagnosis, treatment, follow-up and emotional support
- ♥ 由認可淋巴水腫治療師及護士專業團隊主理  
Led by Qualified Lymphoedema Therapists and Registered Nurses



### 淋巴水腫護理服務 Lymphoedema Care Services

- ▶ 淋巴水腫指數測量  
Lymphoedema Index Measurement
- ▶ 淋巴水腫預防及引流按摩指導  
Preventive Lymphoedema Massage Instruction
- ▶ 間歇性氣動加壓治療  
Intermittent Pneumatic Compression Device Treatment
- ▶ 個別繃帶包紮治療  
Individual Bandaging Treatment
- ▶ 提供壓力手袖及手套  
Provision of Compression Sleeves & Glove



香港中心  
Hong Kong Centre  
Tel: 2525 6033

服務時間  
Service hours:

香港乳癌基金會賽馬會乳健中心 (九龍)  
HKBCF Jockey Club Breast Health Centre (Kowloon)  
Tel: 2597 3251

星期一至六：上午九時十分至下午一時，下午二時至六時  
Monday-Saturday: 9:10am - 1:00pm, 2:00pm - 6:00pm  
星期日及公眾假期休息  
Closed on Sundays and Public Holidays

贊助機構  
Sponsored by



滙豐  
HSBC

Breast Cancer Support Centre  
Members' Circular (May -Aug 2022)

[Traditional Chinese Medical Service]



香港乳癌基金會  
HK Breast Cancer  
Foundation

# 中醫診所

1. 把脈診斷
2. 針灸治療
3. 中藥治療(藥粉)

主診醫師：嚴韻詩註冊中醫師

診所地址：  
香港乳癌基金會賽馬會乳健中心(九龍)  
九龍牛池灣龍翔道28號(港鐵彩虹站C2出口)

須經個案護士轉介，  
詳情可致電本中心或向個案護士查詢。  
香港中心：2525 6033  
香港乳癌基金會賽馬會乳健中心(九龍)：2597 3251



# Breast Cancer Support Centre Members' Circular (May -Aug 2022)

## PR & Communications News

### 乳健同躍動 **PINK TOGETHER** 慈善口罩 Charity Mask



慈善價  
Charity price  
**\$100**



團購優惠：  
Special offer for bulk  
purchase:

10至19盒：免費送貨  
20盒或以上：免費送貨 + 全單9折

10-19 boxes: free delivery  
20 boxes or above:  
free delivery + 10 % off

- ASTM Level 3
- 3層醫用口罩  
3-ply medical face mask
- 30個 獨立包裝  
30 pcs individual pack
- 兩色 2 colours

立即購買：  
Buy now:



銷售點 Where to buy

香港中心 Hong Kong Centre  
香港北角木星街9號永昇中心21及22樓  
21/F & 22/F, Jupiter Tower, 9 Jupiter Street,  
North Point, Hong Kong

九龍中心 HKBCF Jockey Club Breast Health Centre (Kowloon)  
香港九龍牛池灣龍翔道28號地下及一樓  
G/F & 1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon

如有任何查詢或訂購20盒以上，  
請致電31437371/ 31437311  
For more information or purchasing 20  
boxes or above, please call 31437371/  
31437311

## Experience Sharing

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### “Emotional Capital”

Author: Yang AsHeart

Breast cancer is one of the most common cancers found amongst females in Hong Kong. Despite my experience of breast cancer, I still find every newly diagnosed case sad and heartbreaking. According to the Hospital Authority, 4793 cases were diagnosed in 2019(1), nearly doubling that of 2009, when 2962 cases were reported. Over the past decade, breast cancer has ranked third among newly diagnosed diseases.

Coronavirus hasn't left us as quickly as we hoped. It has been three years us and I can't help but miss the times without the virus, when we could roam around freely anywhere anytime. While such a lifestyle is becoming the new normal for many people, how are breast cancer patients doing amidst the pandemic?

Some told me that social distancing has actually benefited them in a way that they got to spend some quality 'me' time and take care of themselves. It turns out that the pandemic has unexpectedly served as a barrier for the patients, sheltering them from the outside world and allowing them to get ample rest.

Of course, some were worried about getting infected, especially whenever they had to visit the hospital for chemotherapy. Yet, if we could accept the fact that fear is a part of human nature and utilize it to protect ourselves from danger, we would feel more at peace and thus be more able to make the right decisions under the pandemic. For instance, wearing a face mask and taking care of one's diet! Besides, if calm enough, you might even see this as an opportunity to thank yourself for being born with emotions.

Given that social distancing has limited our chances of meeting one another, it is understandable that some patients feel lonely. Even so, it is important to point out that loneliness is also an emotion that signifies our need to connect with people. But, how? Since seeking attention and care from others out of nowhere can be awkward, how about taking the initiative to care about others? And as you listen to others and share your feelings, a connection will be formed.

All these are what breast cancer fighters going through under the pandemic. We send and receive texts, just as we experience different emotions every day. So, if we learn to take time to interpret and get in touch with our feelings day by day, we could make good use of this unique gift and live at peace through these trying times.



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Activities Highlights

#### Welcoming the Year of Tiger.

#### Highlights of the Chinese New Year

The Kowloon Breast Cancer Support Centre originally intended to organise activities in 2022 January to celebrate the Chinese New Year. However, due to the pandemic, such activities including the DIY New Year Card Workshop, the New Year Calligraphy Workshop and the DIY New Year Decorations Workshop had to be held online instead. That said, participants were still able to celebrate New Year together, experience traditional Chinese culture as well as create New Year decorations for their homes. Everyone had a great time.



#### "Self-treatment of Insomnia" Workshop

In January, the Foundation launched the "Self-treatment of Insomnia" Workshop in the Kowloon Center, where participants shared their experiences of long-term insomnia. It has greatly affected their daily life, causing physical and mental problems. The workshop raised our understanding of sleeping behavior by not only introducing us to the causes of insomnia, but also by bringing 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.





# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Response to members' needs : Cheer up & Support

After the Lunar New Year, the battle fight against the pandemic may be stressful for everyone, especially breast cancer patients and survivors. Our patients shared their concerns with social worker. Breast Cancer Support Centre launched a series of 「抗疫加油站」 in February and March. Psychologists, oncologists, registered Chinese medicine practitioners, registered counselors and education psychologists are invited to the talks on different topics. We appreciated these who were diagnosed both breast cancer and COVID-19 to share their tips and experience. We hope everyone stays positive to overcome all the difficulties.



香港乳癌基金會  
HK Breast Cancer Foundation

香港乳癌基金會「抗疫加油站」健康講座系列三  
中醫講座—講解抗疫小貼士及飲食須知

日期：3月11日(五)  
時間：下午3:30至4:30  
對象：乳癌患者及康復者 (只限會員)  
形式：網上  
語言：廣東話  
講者：註冊中醫師 嚴韻詩博士

\*名額有限，額滿即止  
查詢/報名：請致電乳癌支援中心熱線  
(2525 6033/ 2597 3251) 個個護士



香港乳癌基金會  
HK Breast Cancer Foundation

「抗疫加油站(一)」  
腫瘤科醫生問與答

對象：乳癌患者及康復者  
日期：3月2日(星期二)  
時間：下午2時15分至4時30分  
形式：線上會議 (Zoom線上工作坊)  
費用：全免 (只限會員)  
報名：請致電2525 6033/ 2597 3251



香港乳癌基金會  
HK Breast Cancer Foundation

「抗疫加油站」  
健康講座系列五

疫情期間，姊妹對抗疫可能有不少擔心，中心邀請了專科醫生及教育心理學家，為姊妹加油及解答遇到的抗疫及防疫問題。

李麗穎女士  
(輔導及教育心理學家)

陳冬青醫生  
(內科腫瘤科專科醫生)

Winnie Lee

Dr. Chan Tung Ching



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Estée Lauder Beauty Workshops

In January, the foundation held a virtual Estée Lauder Beauty Workshop at the Kowloon Breast Cancer Support Centre. The instructor from Estée Lauder not only brought participants tips on daily skincare routines but also taught them how to do easy mask-proof makeups for work, boosting the participants' confidence. Through learning actively and exchanging beauty secrets with their instructor, our participants quickly mastered some makeup skills, helping them regain confidence and build up a positive self-image.



### Other activities/services

Having a healthy lifestyle is one of the first steps for those at the stage of rehabilitation. As such, social workers at our support centre have organised various activities for our breast cancer survivors, including activities that allow participants to relax and find their passion, as well as volunteer training and services activities.



Expressive Arts Workshop DIY  
Mindfulness Time Out Bottle  
(1/2022)



'Spread Love' Volunteer  
Training  
(3-5/2022)



You Can Do It: Rehabilitation Care  
Package Volunteer Service

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 2020-2021 Volunteer Award



We are very grateful for our volunteers at the Hong Kong Breast Cancer Foundation. Thank you for your contribution, enthusiasm and expertise to help us promote our work and services in fighting against breast cancer.

The Center has various volunteer opportunity, including patient support services, helping out in fundraisers and public education events, translation, editing, proofreading and designing; office administrative support, such as data entry, personnel contact and letter processing during office hours.



#### Sharing from awarded volunteers:

I am very glad to be given this award. This is surely a 'pat on the back'. My wife is also very happy for me and she encourages me to continue volunteering.

My feeling about volunteering is actually quite simple. I just want to share my own experience with new caregivers, so that they can understand that breast cancer patients have a great chance of recovery as long as they receive proper treatment and care. Hope I can help boost the caregivers' confidence and thus contribute to the recovery of breast cancer patients. In addition, I also learnt more about breast cancer from the nurses and other volunteers.

中午12:04

Back then, when I passed by the Kowloon Support Center on public transportation, my only thought was that this building is colourful. I didn't know what institution it was until one day, a student was diagnosed with breast cancer. Until then, I started to learn about the disease and understand a patient's feelings. That's why I hope I can contribute and encourage everyone to face cancer with a positive mind. When I was teaching diagnosed students in class, I noticed that they were very positive. So in the future, I hope I can help others on their way to being healthy physically and mentally!

中午12:06



I am very honored to be one of the volunteer instructors of the Hong Kong Breast Cancer Foundation. It has been a fruitful journey. Over the years, besides having learnt more about the needs of breast cancer survivors, I have also felt and witnessed the meticulous care and professional services provided by the Breast Cancer Foundation. Let's work together to not only gain knowledge on breast health, but also reduce the risk of breast cancer in Hong Kong, enabling a better and healthier future for everyone.

中午12:09



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 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. Chan 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 member would like to receive the newsletter by email, please contact our staff immediately, provide the mail address, or visit our website regularly (see QR Code in the text).



### Notice: Special Arrangement for payment and Event Registration

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

Breast Cancer Support Centre  
Members' Circular (May -Aug 2022)

## [ 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.

## May-Aug enrolment Date & Time start from

**21 April 2022 (Thursday)**

**9:30 am**

**Please Pay Attention :**

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





# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 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 :** \_\_\_\_\_

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Member Application

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

### Notes on Enrolment

- **The enrollment of all activities will start at 9:30 am on 21 April 2022 (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.**
- Participants are not allowed to transfer the activity quota to others without authorization. Those who do not attend the activity will be regarded as giving up automatically. HKBCF will not refund or transfer to other activities.
- Please read the event introduction, information and amendments carefully before registration to avoid duplication or date collision. Otherwise, you will be responsible and no refund will be given.
- 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: 1/F, 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 (1/F, 28 Lung Cheung Road, Ngau Chi Wan, Kowloon)
  - By cash*  
Please make payment directly at our office.
- Members are expected to treasure the teaching of tutors and take the responsibility to be present for the enrolled class. Those who cannot attend the enrolled class must inform the counter staff of the Breast Cancer Support Centre one day before the class. Please contact counter staff at 2525 6033 (Hong Kong Centre) / 2597 3251 (Kowloon Centre).
- Indoor activities and interest classes arrangements in times of Tropical Cyclone Warning Signals and Rainstorm Warnings:
  - o When Typhoon Signal No.8 or Black Rainstorm Warning is issued, all activities will be cancelled or suspended. (If the Typhoon Signal No.8 or Black Rainstorm Warning is issued during the activities, members should stay indoors until the signal is cancelled.)
  - o When Typhoon Signal No.3 or Red or Amber Rainstorm Warning is issued, indoor activities will continue. Outdoor activities are subject to availability, please call the centre for further information
  - o When Typhoon Signal No.8 or Black Rainstorm Warning is cancelled, the activities will be arranged based on the following:
    - ♣ Signal or Warning is cancelled at or before 12:00 noon: Centre will be opened after two hours and the remaining activities will continue.
    - ♣ Signal or Warning remains after 12:00 noon: Centre will be closed and all activities will be cancelled.

### Reminder for Interest Class

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

### Notes on Refund

Full refund will be arranged only if the activity is cancelled due to insufficient enrollment. Otherwise, no refund of any kind will be made.  
Please be reminded that members are required to bring the receipt to our centre for application of refund within one month after receiving refund notification. Late application will not be processed.



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

Hong Kong Breast Cancer Foundation  
Breast Cancer Support Centre

**Attention :** **Subscription of paper newsletters** (Member Circular)

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  *By cash*

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

✓ Hong Kong Centre (22/F Jupiter Tower, 9 Jupiter Street, North Point, Hong Kong)

✓ Jockey Club Breast Health Centre (Kowloon) (28 Lung Cheung Road, Ngau Chi Wan, Kowloon)

Do not send cash by mail.

*By cheque*

Please prepare a crossed cheque made payable to "**Hong Kong Breast Cancer Foundation Limited**" with your name, contact number and newsletter subscription written on the back of the cheque, send 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 : \_\_\_\_\_

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Life Brightening Camp – "To Be Dynamic and Static" series activities

For first 50 participants who finish payment of this event on or before 28/4/2022 at BCSC centres, she will get a goodie bag (worth about \$400).

First come first served basis while stocks last.

#### Life Brightening Camp – Baduanjin

Content:	Instructed by the instructor, Baduanjin is a kind of Qigong with a long history of strengthening the body and health. There are eight types of moves, which stimulate the smooth flow of the meridians of the body and achieve the operation of internal organs. The movements require little space and are suitable for indoor and outdoor practice.
Tutor:	Leung Moon Kam
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	6/5, 20/5, 10/6, 24/6 (Friday, 4 sessions)
Time:	3:45 pm – 4:45 pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$80
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2597 3264 / 2525 6033
Remark:	<ol style="list-style-type: none"><li>1. Each participant can only participate in two of the "Life Bright Camp" series of activities.</li><li>2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).</li></ol>

#### Life Brightening Camp – 'Estée Lauder Beauty Workshop'

Content:	The brand instructor will explain the daily delicate eye contour makeup to the participants, especially suitable for video meeting. Focus on eye and lip makeup.
Tutor:	M.A.C Brand Professional Makeup Instructor
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	7/5 (Saturday)
Time:	3:00pm-4:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	16 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2597 3264 / 2525 6033
Remark:	<ol style="list-style-type: none"><li>1. Each participant can only participate in two of the "Life Bright Camp" series of activities.</li><li>2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).</li><li>3. Please bring your own mirror and makeup remover.</li><li>4. Students must wear masks during class.</li><li>5. Those who are absent or late for more than half an hour will not be allowed to take away materials.</li></ol>



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Life Brightening Camp – "Flowers of the Heart" Floral Workshop

Content:	Finally recovered. During breast cancer treatment, there are ups and downs. Through learning simple home flower arrangement, savor the bright life
Tutor:	Koiee Law- Floral Master Academy Senior Florist, Holland DFA flower art tutor
Target:	Breast cancer survivors (only for members of the HKBCF)
Date	18/5 (Wednesday)
Time:	2:30 pm – 4:30 pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	\$70
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2597 3264 / 2525 6033
Remark:	1. Each participant can only participate in two of the " Life Bright Camp" series of activities. 2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).

### Life Brightening Camp – Stress Relieving Aromatherapy Workshop

Content:	Through the instructor's explanations and demonstrations, participants will learn how to relieve stress and relax through aromatherapy. Each participant will also get a bottle of aromatherapy oil.
Tutor:	Dr Wendy Yim Wan Sze (IFPA England certified aromatherapist/ Instructor and registered Chinese medicine practitioner)
Target:	Breast cancer survivors (only for members of the HKBCF)
Date	21/5 (Saturday)
Time:	4:00pm – 5:30 pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons
Fee:	\$150
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2597 3264 / 2525 6033
Remark:	1. Each participant can only participate in two of the " Life Bright Camp" series of activities. 2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Life Brightening Camp – Nutrition Workshop

- Content:** Hosted by a registered dietitian, the content includes food taboos, 56 colors of healthy ingredients, the need for nutritional supplements, and a camp kitchen demonstration of 2 snacks.  
(e.g. energy bar and cotta)
- Tutor:** Health Max Registered Dietitian Angela Lee
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 21/5 (Saturday)
- Time:** 2:00 pm – 4:00 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$50
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2597 3264 / 2525 6033
- Remark:**
1. Each participant can only participate in two of the " Life Bright Camp" series of activities.
  2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).

### Life Brightening Camp – Decoupage Wooden charm or Keychain

- Content:** Finally recovered. During the treatment, there are many ups and downs. Also, there are lots of people and things that we had to thank of, they join our journeys and stay with us.  
- Sharing and Reminiscing the treatment journey  
- Wooden charm or Keychain
- Tutor:** Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 23/5 (Monday)
- Time:** 10:30 pm – 12:30 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$40
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2597 3264 / 2525 6033
- Remark:**
1. Each participant can only participate in two of the " Life Bright Camp" series of activities.
  2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Life Brightening Camp – Harmony Pastel Workshop

**Content:** The instructor taught everyone to draw with their fingertips using dry pastels, and smeared out healing paintings.

**Tutor:** Ms. Fiona Tang (Experienced Art Tutor)

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

**Date:** 15/6 (Wednesday)

**Time:** 9:45 am – 11:45 am

**Venue:** Jockey Club Breast Health Centre (Kowloon)

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

**Fee:** \$100

**Language:** Cantonese ONLY

**Registration:** Please call 2597 3251 / 2597 3264 / 2525 6033

**Remark:**

1. Each participant can only participate in two of the "Life Bright Camp" series of activities.
2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).



### Life Brightening Camp – Preserved Flower Arrangement Workshop

**Content:** Unleash the artist in you in our floral craft workshop - make your own craft with preserved and dried flowers, which is a perfect token of affection that serves just as well as a stylish addition to your home décor.

**Tutor:** PURICRAFT Sally Chau

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

**Date:** 17/6 (Friday)

**Time:** 10:00 am -11:45 am

**Venue:** Jockey Club Breast Health Centre (Kowloon)

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

**Fee:** \$150 ( Please apply at least 14 days before)

**Language:** Cantonese ONLY

**Registration:** Please call 2597 3251 / 2597 3264 / 2525 6033

**Remark:**

1. Each participant can only participate in two of the "Life Bright Camp" series of activities.
2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).



(Reference picture)

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

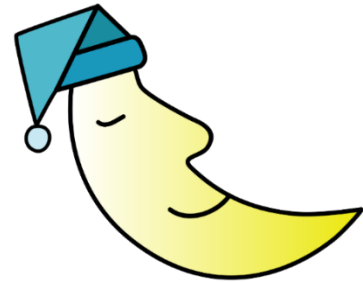
### Life Brightening Camp – Square/Rectangular Wooden Box

- 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.  
- 3D Napkin Collage ~ Square/Rectangular Wooden Box
- Tutor:** Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 18/6 (Saturday)
- Time:** 2:30 am – 4:30 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$40
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2597 3264 / 2525 6033
- Remark:**
1. Each participant can only participate in two of the " Life Bright Camp" series of activities.
  2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).



### Life Brightening Camp – Neck and Back care exercise

- Content:** Neck and back pain/ disorders which may affect our daily activities are common complaints in the modern world. These symptoms are often caused by poor posture. Through this exercise class conducted by a registered physiotherapist, participants can understand more about the causes of these symptoms and learn more tips on neck and back care. Participants can also learn some simple exercises for both prevention or relief of neck and back pain/ disorders.
- Tutor:** Miss Linda Lai (Registered Physiotherapist)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 25/6 (Saturday)
- Time:** 2:30 pm – 4:30 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$20
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2597 3264 / 2525 6033
- Remark:**
1. Each participant can only participate in two of the " Life Bright Camp" series of activities.
  2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).





# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Newsletter Highlighted Events

#### (1) Groups / Workshops

##### 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:	May Class: 13/5, 20/5, 27/5 (Friday, 3 sessions) June Class: 10/6, 17/6, 24/6 (Friday, 3 sessions) July Class: 8/7, 15/7, 22/7, 29/7 (Friday, 4 sessions) August Class: 5/8, 12/8, 19/8, 26/8 (Friday, 4 sessions)
Time:	2:30 pm to 3:30 pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	8 persons (First come first serve, only for members of the HKBCF)
Fee:	\$75 for May Class ; \$75 for June Class ; \$100 for July ; \$100 for August
Registration:	Please call 2597 3251 / 2525 6033 / 2597 3267
Remark:	<ol style="list-style-type: none"><li>1. Participants should wear loose fitting/ comfortable clothing.</li><li>2. Please bring your own yoga mat and one tennis ball.</li><li>3. Participants will need to be barefoot or wear non-slip socks during the course.</li><li>4. Participants must have completed the surgery for at least three months.</li></ol> <p><b>If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class.</b></p>



##### Dance Therapy – Dance Together

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 (June) : 11/6, 18/6 (Sat, 2 sessions) Class B (July) : 9/7, 23/7 (Sat, 2 sessions) Class C (August) : 13/8, 27/8 (Sat, 2 sessions)
Time:	Class A/B/C : 9:45am-10:45am
Venue:	Class A/B/C : Jockey Club Breast Health Centre (Kowloon)
Fee:	\$50 for June Class ; \$50 for July Class ; \$50 for August
Registration:	Please call 2597 3251 / 2525 6033 / 2597 3267
Capacity:	12 persons / Group (Participants have to attend all sessions, new comers will have first priority to join)



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 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: 7, 14, 21, 28/5 (Saturday, 4 sessions) Class B: 4, 11, 18/6 (Saturday, 3 sessions) Class C: 2, 9, 16, 23, 30/7 (Saturday, 5 sessions) Class D: 6, 13, 20, 27/8 (Saturday, 3 sessions)
Time:	11:00 am to 12:00 am
Venue:	Hong Kong Centre
Capacity:	8 persons (First come first serve, only for members of the HKBCF)
Fee:	Class A: \$120 ; Class B: \$90; Class C:\$150 ; Class D:\$120
Language:	Cantonese
Registration:	Please call 2525 6033 / 2597 3251 / 2597 3267
Remark:	<ol style="list-style-type: none"><li>1. Participants should wear loose fitting/ comfortable clothing. You can bring a bottle of warm water and a small towel if needed.</li><li>2. Please bring your own yoga mat.</li><li>3. Participants will need to be barefoot or wear non-slip socks during the course.</li><li>4. Participants must have completed the surgery for at least three months.</li><li>5. If the class attendance rate of the participant is less than 80%, the participant will be suspended one yoga class</li></ol>



### Baduanjin Exercise Workshop

Content:	Instructed by the instructor, Baduanjin is a kind of Qigong with a long history of strengthening the body and health. There are eight types of moves, which stimulate the smooth flow of the meridians of the body and achieve the operation of internal organs. The movements require little space and are suitable for indoor and outdoor practice.
Tutor:	Leung Moon Kam
Target:	Breast cancer survivors (only for members of the HKBCF)
Date:	Class A: 8, 15, 22, 29/7 (Friday, 4 sessions) Class B: 5, 12, 19, 26/8 (Friday, 4 sessions)
Time:	3:45 pm – 4:45 pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of the HKBCF)
Fee:	Class A: \$80 ; Class B: \$80
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2525 6033 / 2597 3267
Remark:	<ol style="list-style-type: none"><li>1. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).</li></ol>

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Mothers' Day: Love Language Workshop

- Content:** On the road to recovery, family is our greatest supporters. As mother always focus on 'self-care' and give the best to children. But the question is, what is the best for children? A good parent-child relationship is the best gift. This workshop through cooperate of making mother's day gifts together that allow promote the relationship between parents and children, and spend a happy lovely time together.
- Tutor:** Intern social worker and Social worker
- Target:** Children aged 6-9 and their mothers (only for members of the HKBCF)
- Date:** 7/5 (Saturday)
- Time:** 10:30 am – 12:30 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 6 pairs of Parent-child relationship (only for members of the HKBCF)
- Fee:** \$40 (1 package included child and parent size)
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- Remark:** 1. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).

### May – Soul Support - How to adjust stress?

- Content:** Most people have stress. Stress may come from work, family, relationships and health issues. But do you have a way to deal with stress? Are you still feeling helpless, unhappy, nervous and worried? This workshop will help you understand stressors, recognize the effects of stress, and master methods to manage stress.
- Tutor:** Mrs. Winnie Lee (Counseling & Educational Psychologist)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 17, 13/5 (Tuesday, 2 sessions)
- Time:** 9:45 pm – 11:45 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$50
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- Remark:** 1. Each participant can only participate in two of the " Life Bright Camp" series of activities.  
2. In response to the novel coronavirus epidemic, the number of students will be changed, and the face-to-face teaching will be changed to video teaching (ZOOM).

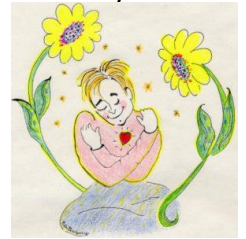


# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Embrace Myself workshop -“A dialogue with the self-portrait”

- Content:** After the body changes, are you afraid of showing your body to your spouse? Will the physical intimacy between the couple change? Does the relationship of couples have any change? Try to get closer to yourself in self-portrait, and share the concerns on your self-image and relationship of couples.
- Tutor:** Mr. Koo Kam-wing (Senior Social Work supervisor & Sex therapist, Caritas Jockey Club Project on Marital Relationship Enrichment - Intimacy Channel) 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:** 25/5 (Wednesday)
- Time:** 10 am – 12:30 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 8-12sons (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
- Remark:**
1. Avoid wearing skirts/too light-coloured shirts/new clean shirts/expensive shirts.



### Watercolour painting Zoom Class

- Content:** Beginners (Class A):  
Theme of 11/5: The Iridescent Star Night  
Theme of 18/5: The Iridescent Jellyfish  
Theme of 22/6: Butterfly and flower  
Techniques: use and control of water in rendering, use of colours, practice on applying primary colours and the use of lines, introduction to the usage of a paintbrush, and ways to incorporate Chinese and Western painting styles
- Tutor:** Ms. Fiona Tang (Experienced Art Tutor)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 11/5, 18/5, 22/6 (Wednesday, 3 sessions)
- Time:** 10:30 am – 12:30 pm
- Mode:** Video teaching (ZOOM), no physical classroom
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$105
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- Remark:**
1. Please be punctual (To not slow down the progress, steps will not be repeated for those who are late for over 20 minutes).
  2. Participants who are absent or late for more than half hours are not allowed to take away the materials



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Life and Death—Funeral Planning Board Game Workshop

Content:	Through the “Life and Death” education box, easily express and record personal funeral choices between craftsmanship.
Tutor:	S.K.H. HOLY CARPENTER CHURCH (Jockey Club) End-of-Life Community Care Service Department Registered Social Worker Wong Chee Man (Service Scheme Officer)
Target:	Breast cancer survivors (only for members of HKBCF )
Date:	6/11 (Saturday)
Time:	11 am- 1 pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of HKBCF )
Fee:	Free (Pre-registration is required)
Language:	Cantonese ONLY
Registration:	Please contact 2597 3251 / 2597 3271(Ms. Sy)
Remark:	Participant will receive a free set of “Life and Death” education box.



Life  
Lessons

### Estée Lauder Beauty Workshop

Content:	Because the brand's professional makeup instructors teach the participants event makeup, including base makeup, eyebrow drawing, contour eye makeup and so on.
Therapists:	Lily Yeong, Bobbi Brown's Professional Makeup Instructor
Target:	Breast cancer patients and survivors
Date:	25/6 ( Saturday)
Time:	11:00 am to 12:30 am
Venue:	Kowloon Centre
Capacity:	16 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2525 6033 / 2597 3267
Remarks:	<ol style="list-style-type: none"><li>1. response to COVID-19 epidemic, the classes may be changed to remote mode.</li><li>2. Please bring your own mirror and makeup remover.</li><li>3. Students must wear masks during class</li><li>4. Those who are absent or late for more than half an hour will not be allowed to take away materials</li></ol>



### Jun – Soul Support - Communicate effectively and improve relationships

Content:	Communication between people is not easy. Everyone has different personalities, values, ideas, and backgrounds. These differences often cause communication obstacles. This workshop will discuss how to seek common ground while reserving differences, improve communication skills, reduce barriers, and build closer relationships with others.
Tutor:	Mrs. Winnie Lee (Counseling & Educational Psychologist)
Target:	Breast cancer survivors (only for members of HKBCF )
Date:	7, 14, 28/6 (Tuesday, 3 session)
Time:	10am- 11:30pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	15 persons (only for members of HKBCF )
Fee:	\$80
Language:	Cantonese ONLY
Registration:	Please contact 2597 3264 / 2597 3271(Ms. Sy)
Remark:	<ol style="list-style-type: none"><li>1. response to COVID-19 epidemic, the classes may be changed to remote mode.</li></ol>

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### The Mutual Aid Group –Advance Level

- 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: Napkin (Handbag)
- 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:** **Session 1:** 9/7 (Saturday) ; **Session 2:** 9/7 (Saturday)
- Time:** **Session 1:** 11 am – 1 pm  
**Session 2:** 2:30 pm – 5 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons (only for members of the HKBCF)
- Fee:** \$80
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- 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.
  3. Non-Mutual Aid group members must attended at least 3 Decoupage activities organised by BCSC.



### The Mutual Aid Group –Beginners Level

- 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 4R Wooden photo frame
- Tutor** Registered Social Worker and Kanly Ho (Hong Kong based Decoupage and Mosaic Artist)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 27/7 (Saturday)
- Time:** 10 am – 12 pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 15 persons
- Fee:** \$40
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- 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.



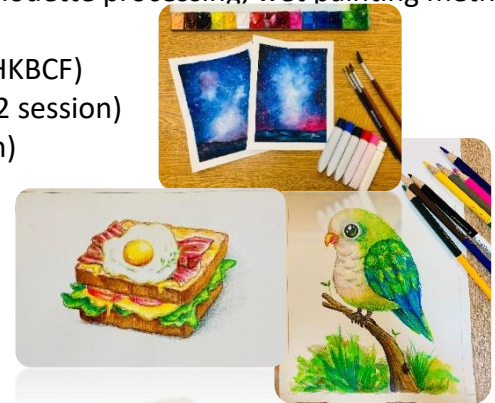


# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Watercolour painting relaxation workshop

- Content:** **Advanced learners (Class B):**  
Theme of 13/7: Parrot  
Theme of 20/7: Delicious breakfast (sandwich)  
Techniques: How to deal with sky, lighthouse and beach rock, color practice, line treatment, painting method of sun shining, hut, moisture control
- Beginners (Class B):**  
Theme of 17/8: Cherry tree  
Theme of 24/8: Symphony Starry Night  
Techniques: Application of water and moisture control, understanding and application of three primary colors, rendering method, brush stroke method, line application, understanding and usage of brush, silhouette processing, wet painting method
- Target:** Ms. Fiona Tang (Experienced Art Tutor)
- Worker:** Breast cancer survivors (only for members of the HKBCF)
- Date:** Advanced learners Class B: 13, 20/7 (Wednesday, 2 session)  
Beginners Class B: 17, 27/8 (Wednesday, 2 session)
- Time:** 9:45 am – 11:45 am
- Venue:** Online teaching (ZOOM), no physical classroom
- Capacity:** 10 persons
- Fee:** Advanced B: \$100  
Beginners B: \$70
- Language:** Cantonese ONLY
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- Remarks:**
1. Please be on time for class (if you are late for more than 20 minutes, it will be regarded as an absence, and the instructor will not repeat the steps, so as not to affect the progress of other students.)
  2. Participants should bring their own brushes, paints and drawing paper.
  3. Advanced classes must attend 3 elementary classes before enrolling.



### Dancing Therapy – Jazz Dance

- Content:** Through brisk music beat and dance movement, participants can enhance sense of music, improve the way of thinking; and have cultivation of mindfulness, pressure relieving and posture improvement.
- Tutor:** Ms. Chan Sin Ting (Professional Dance Tutor)
- Target:** Breast cancer survivors (only for members of the HKBCF)
- Date:** 5, 12, 19, 26/7 (Tuesday, 4 sessions)
- Time:** 2:30pm – 3:30pm
- Venue:** Jockey Club Breast Health Centre (Kowloon)
- Capacity:** 12 persons
- Fee:** \$160 (Need to complete the payment 10 days before the start of the class)
- Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267
- Language:** Cantonese ONLY



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 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.  
**Decoupage projects:** Decoupage plastic plate

**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:** 15/8 (Mon, 1 session)

**Time:** 4:00pm-5:15pm

**Venue:** Jockey Club Breast Health Centre (Kowloon)

**Capacity:** 15 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.



### Celebration for Survivorship of August - Napkin Collage Baguette Bag

**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:** Napkin Collage Baguette Bag

**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:** 20/8 (Saturday)

**Time:** 3:30pm-5pm

**Venue:** Jockey Club Breast Health Centre (Kowloon)

**Capacity:** 15 persons

**Fee:** \$30

**Language:** Cantonese ONLY

**Registration:** Please call 2597 3251 / 2525 6033 / 2597 3267

**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.



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Workshop on 'Sharing Personal Story' –

#### Finding myself building self-confidence through constructing my life story

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 Decoupage Rectangular fabric wallet
Target:	Breast cancer survivors who just finished treatments
Therapists:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Date:	2, 9, 16, 30/8 (Tuesday, 4 session)
Time:	11am-1pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	12 persons
Fee:	\$100
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2525 6033 / 2597 3267



### Estée Lauder Beauty Workshop (8/2022)

Content:	The brand's professional makeup instructors teach the participants skincare and simple make up.
Therapists:	Clinique Professional Makeup Instructor
Target:	Breast cancer patients and survivors
Date:	6/8 ( Saturday)
Time:	3:00 pm to 4:30 pm
Venue:	Kowloon Centre
Capacity:	16 persons (only for members of the HKBCF)
Fee:	\$50
Language:	Cantonese ONLY
Registration:	Please call 2597 3251 / 2525 6033 / 2597 3267
Remarks:	<ol style="list-style-type: none"><li>1. response to COVID-19 epidemic, the classes may be changed to remote mode.</li><li>2. Please bring your own mirror and makeup remover.</li><li>3. Students must wear masks during class</li><li>4. Those who are absent or late for more than half an hour will not be allowed to take away materials</li></ol>



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### (2) Talks

#### Talk in April: Let go and be free

Content:	Parents often find it stressful in managing children at home. It becomes more difficult when you are facing the illness and are experiencing difficult emotions and physical weakness during the treatment period. This workshops aims to learn ways to reduce stress and cope with difficulties in parenting.
Speaker:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	23/4 (Saturday)
Time:	2:30pm-4:00pm
Mode	Zoom
Capacity:	ZOOM: 40 persons ( First come first serve; priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF)
Registration:	Please contact 2597 3251 / 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



#### Talk in May: Emotional Health Tips

Content:	Emotional state is closely related to physical health. Many times, we perceive negative emotions and their negative effects, but we seem to be out of our control. This workshop will provide some practical tips to help you adjust your mood and improve your physical and mental health
Speaker:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	14/5 (Saturday)
Time:	2:30pm-4:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	ZOOM: 40 persons ( First come first serve; priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF)
Registration:	Please contact 2597 3251 / 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Talk in June: The Way of Relieving Stress in TCM

Content :	Registered Chinese medicine practitioners will be teaching us TCM's ways in treating stress and maintaining health.
Speaker :	Ms. Wendy Yim (Registered Chinese medicine practitioner)
Target :	Breast cancer patients and survivors
Date :	11/6 (Saturday)
Time :	3:30pm-5:00pm
Venue :	Jockey Club Breast Health Centre (Kowloon)
Capacity :	Live: 20 persons; ZOOM: 60 persons ( First come first serve; priority will be given to members of the HKBCF)
Fee :	Free (only for member of HKBCF)
Registration:	Please contact 2597 3251 / 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

### Talk in June: "How to take care of yourself more?"

Content:	When faced with the difficulties and pains of life, the most helpful thing to overcome is "self-care". It allows us to gently care for ourselves in the present moment with understanding and kindness. Most people are not good at "self-care", and tend to take care of others or other things more important than themselves. This "self-care" workshop allows us to learn to treat ourselves in a supportive and understanding way like a close friend or relative, so that we can regain the power to live an active life.
Speaker:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	25/6 (Saturday)
Time:	2:30pm-4:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	Live: 20 persons; ZOOM: 40 persons ( First come first serve; priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF)
Registration:	Please contact 2597 3251 / 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### Talk in July: How to deal with hot flashes

Content :	Registered Chinese medicine practitioners will be teaching us TCM's ways in treating stress and maintaining health.
Speaker :	Ms. Wendy Yim (Registered Chinese medicine practitioner)
Target :	Breast cancer patients and survivors
Date :	23/7 (Saturday)
Time :	3:30pm-5:00pm
Venue :	Jockey Club Breast Health Centre (Kowloon)
Capacity :	Live: 20 persons; ZOOM: 60 persons ( First come first serve; priority will be given to members of the HKBCF)
Fee :	Free (only for member of HKBCF)
Registration:	Please contact 2597 3251 / 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

### Talk in August: What can I do with my Anxiety

Content:	Emotions affect our body, behaviors, mood, motivation, interpersonal relationships etc. People tend to suppress, ignore or deny our emotions. However, if our negative emotions are not being handled properly, they could be accumulated and lead to more severe conditions like feeling depressed, helpless and hopeless. This workshop aims to enhance emotional awareness, and learn ways to cope with negative emotions like anxiety and stress.
Speaker:	Mrs. Winnie Lee (Counselling & Educational Psychologist)
Target:	Breast cancer patients and survivors
Date:	13/8 (Saturday)
Time:	2:30pm-4:00pm
Venue:	Jockey Club Breast Health Centre (Kowloon)
Capacity:	Live: 20 persons; ZOOM: 40 persons ( First come first serve; priority will be given to members of the HKBCF)
Fee & Language:	Free (only for member of HKBCF)
Registration:	Please contact 2597 3251 / 2525 6033
Remarks:	In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.

**Breast Cancer Support Centre**  
**Members' Circular (May -Aug 2022)**  
**Members' Outing Activity (Suspended)**  
**(3) Volunteer Service**

**Comfort Packs Packing**

Content : Help in packing comfort packs  
Target: Registered volunteer (On-site registration is also welcome)  
Capacity: 10 persons  
Date: June-August, 2022  
Time: Sessions: (1) 10:30-12:30 ; (2)14:30-17:30  
Venue : Hong Kong Centre  
Registration: Please contact 2597 3251



**Centre administrative support**

Content : Front desk reception, leaflet processing, paperwork  
Target: Registered Volunteer (On-site registration is also welcome)  
Time: Am or Pm  
Venue : Jockey Club Breast Health Centre (Kowloon)  
Registration: Please contact 2597 3251

**Plant Care**

Content : Responsible for taking care of garden plants and watering  
Target: Registered Volunteer (On-site registration is also welcome)  
Date: One to two days a week  
Time: Morning Session  
Venue : Jockey Club Breast Health Centre (Kowloon)  
Registration: Please contact 2597 3251 / 2597 3271



**VOLUNTEER**

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### (4) 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 40 or above
Format:	Group discussion
Date:	May: 18/5 (Wednesday)
Time:	3:15pm to 5:15pm July: 20/7 (Wednesday) 3:15pm – 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 – 16/6 (Thursday), 21/7 (Thursday) Group B – 20/5 (Friday), 19/8 (Friday)
Time:	Group A – 2:00pm to 4:00pm Group B – 2:30pm to 4:30pm
Venue:	Hong Kong Centre
Fee:	Free (for breast cancer patients only)
Language:	Cantonese
Registration:	Please contact our nurses or social workers for more details

#### Medical Consultation

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





# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### 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:	April: 26/4 (Tuesday) May: 24/5(Tuesday) June: 21/6 (Tuesday) July: 19/7(Tuesday) August: 23/8(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 (for members only)
Date & Time:	April: 12/4 (Tuesday) May: 10/5(Tuesday) June: 7/6 (Tuesday) July: 5/7(Tuesday) August: 16/8(Tuesday)
Venue:	Jockey Club Breast Health Centre (Kowloon)
Fee:	\$150 (pre-pay required)
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



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### (5) Materials Supporting Services

#### Bright life series—Wigs giving

- ✧ With the generous support of Wonderful Knots Foundation, Aderans Hong Kong Limited 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

- ✧ 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 and Amoena.
- ✧ 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.



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### (6) Regular Interest Class

Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
<b>Ho's Yijingjing Class A</b>	Mr. Ho Fat Pong	Hong Kong Centre	May: 16, 23, 30(Monday)	3:00pm	8	\$90	This is a set of popular exercises, with simple movements and strong physical fitness, suitable for middle-aged and elderly and physically weak women to practice. 1. Comfortable wear is recommended 2. For breast cancer survivors only
			June: 13, 20, 27(Monday)	-		\$90	
			July: 4, 11, 18, 25(Every Monday)	4:30pm		\$ 120	
			August: 1, 8, 15, 22(Monday)			\$120	
<b>Ho's Yijingjing Class C</b>	Mr. Ho Fat Pong	Hong Kong Centre	May: 16, 23, 30 (Monday)	4:30pm	8	\$90	
			June: 13, 20, 27 (Every Monday)	-		\$90	
			July: 4, 11, 18, 25 (Every Monday)	6:00pm		\$ 120	
			August: 1, 8, 15, 22 ( Monday)			\$120	
<b>Knitting Class</b>	Ms. Ng Wei Han	Hong Kong Centre	May: 3, 10, 17, 24, 31 (Every Tuesday)	2:30pm	7	\$150	1. Bring own knitting needles & wool 2. For breast cancer survivors only
			June: 7, 14, 21, 28 (Every Tuesday)	-		\$ 120	
			July: 5, 12, 19, 26(Every Tuesday)	4:30pm		\$120	
			August: 2, 9, 16, 23, 30(Every Tuesday)			\$150	
<b>Dynamic Pilates Dance Class</b>	Ms. Mandy Tang	Hong Kong Centre	April: 11 (Monday)	2:00pm	7	\$30	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
			May: 16 (Monday)	-		\$30	
			June: 20 (Monday,)	4:00pm		\$30	
			July: 11 (Monday)			\$30	
			August: 15 (Monday)			\$30	

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

Theme	Tutor	Centre	Date	Time	Quota	Fee	Remark
<b>Ho's Yijingjing Class B</b>	Mr. Ho Fat Pong		May: 5, 12, 19, 26 (Every Thursday)	9:45am	8	\$120	This is a set of popular exercises, with simple movements and strong physical fitness, suitable for middle-aged and elderly and physically weak women to practice. 1. Comfortable wear is recommended 2. For breast cancer survivors only
			June: 2, 9, 16, 23 (Thursday)	-		\$120	
			July: 7, 14, 21, 28 (Every Thursday)	11:45am		\$120	
			August: 4, 11, 18, 25 (Every Thursday)			\$120	
<b>Pilates Stretch Exercises</b>	Ms. Connie Wong	Jockey Club Breast Health Centre	April: 25 (Monday)	10:00am - 11:15am	10	\$30	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  In response to COVID-19 epidemic, the classes may be changed to 'ZOOM Multi-person video conference'.
			May: 23 (Monday)			\$30	
			June: 27 (Monday)			\$30	
			July: 18 (Monday)			\$30	
			August: 22 (Monday)			\$30	
<b>Stretching Release Pressure Class</b>		(Kowloon)	April: 11 (Monday)	10:30am - 11:15am	7	\$30	Dancing Pilates combines Pilates with relaxed music to create a simple, varied and dynamic dance. This work of structured free form movement with foundational principles is designed to promote nervous system regeneration. 1. Comfortable wear and shoes recommended 2. For breast cancer patients/survivors only
			May: 16 (Monday)			\$30	
			June: 20 (Monday)			\$30	
			July: 11 (Monday)			\$30	
			August: 15 (Monday)			\$30	
<b>Dynamic Pilates Dance Class</b>	Ms. Mandy Tang		April: 11 (Monday)	11:30am - 12:30am	7	\$30	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
			May: 16 (Monday)			\$30	
			June: 20 (Monday)			\$30	
			July: 11 (Monday)			\$30	
			August: 15 (Monday)			\$30	

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



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### (7) Support Group Sessions

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

# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

Service	Suitable for	Centre	Lead	Date & Time (No group is held on public holidays)
<b>Family Support Group</b>	Patients' family members who need psychological support	Hong Kong	Registered Nurses, Registered Social Workers	(English session) Monday 2:30am to 4:00pm <i>(Prior arrangement is required.)</i>
		Jockey Club Breast Health Centre (Kowloon)		(Cantonese session) Wednesday 2:15pm to 3:45pm Tuesday 2:15pm to 3:45pm <i>(Prior arrangement is required.)</i>
<b>Treatment Preparation Group</b>	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 <i>(Prior arrangement is required.)</i>
		Jockey Club Breast Health Centre (Kowloon)		(Cantonese Group) Wednesday 4:00pm to 5:00pm Tuesday 4:00pm to 5:00pm <i>(Prior arrangement is required.)</i>
<b>Individual Counselling</b>	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 ~



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

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

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



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

### (8) Paramedical Support

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



# Breast Cancer Support Centre

## Members' Circular (May -Aug 2022)

Service	Suitable for	Centre	Leader	Date & Time (No group is held on public holidays)
<b>Lymphoedema Care Service: (Paid session)</b> <b>1. Preventive Lymphoedema massage instruction (individual)</b> <b>2. Preventive Lymphoedema massage class (group)</b>	Breast cancer patients and survivors	Hong Kong	Registered Nurses	By individual appointment
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	
<b>Lymphoedema Care Service: Basic Lymphoedema Knowledge &amp; Care Class</b> Member: Free of charge Non-member: \$100	Breast cancer patients and survivors	Hong Kong	Registered Nurses	Tuesday 10:30am to 11:30pm
		Jockey Club Breast Health Centre (Kowloon)	Registered Nurses	Thursday 11:30am to 12:30pm
<b>Lymphoedema Care Service: Lymphoedema Index Measurement Service</b> 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*

**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).



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!

