

The Spirit **無私奉獻** of Selfless Service

基金會的 **幕後功臣**
Celebrating HKBCF's **Volunteers**

2016 春季號 16
乳建同行
香港乳癌基金會通訊
Breast Health Newsletter
Spring Issue



香港乳癌基金會於 2005 年 3 月 8 日成立，是本港首間專注乳健教育、患者支援、研究及倡議的非牟利慈善組織，致力減低乳癌在本地的威脅。

使命

- 提高公眾對乳癌的認識及推廣乳房健康的重要性
- 支援乳癌患者踏上康復之路
- 倡議改善本港乳癌防控和醫護方案

The Hong Kong Breast Cancer Foundation was set up on 8 March 2005, as a non-profit charitable organisation dedicated to mitigating the threat of breast cancer to the local community through **education, patient support and research & advocacy.**

Mission

- Promote public awareness of breast cancer and the importance of breast health
- Support breast cancer patients on their road to recovery
- Advocate better breast cancer care in Hong Kong

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無私奉獻： 基金會的幕後功臣

The Spirit of Selfless Service -
Celebrating HKBCF's
Volunteers

過去十年的每個星期二，在香港乳癌基金會的辦公室內，總能見到義工楊帝兒女士（Amy）伏案處理文書工作的身影：有時是在輸入資料，有時則埋頭整理信件。

助人自助，是 Amy 當義工的動力。「有時聽到基金會同事及義工和乳癌患者通電話，安撫她們的情緒，又安排過來人分享抗癌心得，我感到這個會的工作真的幫到人。」Amy 說。

像 Amy 這樣的義工的熱忱相助，是香港乳癌基金會其中一項最重要的資產。目前基金會的義工人數超過 570，當中約九成半曾患上乳癌。義工與前線工作人員一同工作，支援各項服務，同時也為基金會的成長和發展出謀獻策：無論是文書處理、支援患者應付癌病，還是舉辦興趣小組甚至籌款晚會等，義工都積極參與，成為基金會的最強後盾。

過來人義工的心聲

身為乳癌患者，義工李慧筠女士（Vivian）認為自己有責任以過來人身份為同路人提供協助。

「我在 2009 年確診患上乳癌。在 2010 年，我加入了為四十歲或以上女性患者而設的病人支援小組。患者相互的鼓勵，護士傳授的專業知識，對我來說都是寶貴的支持。」其後 Vivian 成為了小組的「班長」，在分享自身經驗的同時，也為其他組員提供情緒及心理的支援。

Every Tuesday for the past ten years, Amy Yeung would go into the office of the Hong Kong Breast Cancer Foundation (HKBCF) on a voluntary basis where she helps out with administrative support work, such as sorting through mail and entering data.

Amy is driven by a strong desire to “help others to help themselves”. “Sometimes I hear the staff at HKBCF and volunteers comforting breast cancer patients over the phone. They also arrange meetings for breast cancer survivors to share their experiences with others. The organisation is helping a lot of people,” she says.

Volunteers like Amy are one of HKBCF’s most valuable assets. Numbered at more than 570, and with around 95% of them being breast cancer survivors, our volunteers work directly with members, while also providing suggestions and support for the growth and development of the organisation. From filing and paperwork, to helping patients cope with cancer, to putting together an interest class or pulling off a fundraising gala, they have been instrumental to our day-to-day operation and often are the drive behind our initiatives.

Thoughts from a survivor volunteer

Vivian Lee, another volunteer at HKBCF, is motivated by a sense of responsibility to help her fellow breast cancer patients.

“I was diagnosed with breast cancer in 2009. I joined the patient support group for women aged 40 or above in 2010. The mutual encouragement between patients and the knowledge the nurses passed on to us were important sources of support for me,” says Vivian. She became the “class captain” of her group subsequently, sharing her experience with other patients and offering them emotional and psychological support.

乳癌風險 BINGO

乳健教育社區推廣



譚小姐與乳健教育大使王菀之小姐暢談乳健心得。
Teresa chatted with Breast Health Ambassador, Ms. Ivana Wong.



童軍組成人鏈維持現場秩序。
The Scout formed a human chain to preserve order during the event.



巡迴展覽啟動禮的義務司儀譚勵明小姐。
Ms Teresa Tam, the volunteer emcee of the Roving Exhibition's kick-off event.

「當你得知自己患病的一刻，妳會驚惶失措，會恐懼，不知道自己會不會死。」Vivian 認為沒有人比過來人更適合擔當安慰者及支持者的角色，因為她們也走過類似的經歷。

Vivian 積極參與基金會的活動，其中便包括合唱團「音韻樂心靈」（星期一班）。幫助別人的同時，Vivian 自己亦受到鼓舞：「我在基金會獲得了很多正能量，比如唱一些帶出正面訊息的歌曲……沒有基金會，就沒有今日的我。」

活動的幕後功臣

義工們的強大支持，在基金會去年籌辦的一系列十周年紀念活動中得以彰顯。這些活動包括晚宴暨演唱會、跨媒體廣告計劃、多個展覽，以及慈善步行。全賴義工的鼎力支持—包括一眾理事會成員和基金會十周年活動籌委會委員，當然也少不得基金會的恆常義工—基金會的十周年紀念活動才得以圓滿成功。

2015年4月，我們在郵輪藍寶石公主號上舉行了「Pink Sunset」郵輪夜以表揚我們的捐贈者，揭開了十周年活動的序幕。我們的義工分工合作：有的引領客人穿梭啟德郵輪碼頭和郵輪，有的照料表演嘉賓，有的幫忙義賣基金會的十周年紀念絲巾。而這漂亮的絲巾，亦是由一位年輕並富有才華的義工支持者設計的。

義工亦踏遍全港，全力支援基金會一連兩月舉辦的「乳癌風險 BINGO」乳健教育社區推廣巡迴展覽：他們主持啟動禮，向參觀人士講解展板上的資訊，還通過遊戲向大眾推廣乳健訊息。

義工也是幫助去年10月份「乳健同行 2015」活動順利舉行的幕後功臣。當日，基金會的義工在登記處解答查詢和接待登記隊伍，「外援」義工則負責分配物

“When you know you have cancer you're thrown off balance. You're afraid. You don't know if you are going to die,” says Vivian. Nobody is more suited for the role of a comforter and supporter than those who have been through the trauma themselves, she adds.

Vivian is involved in a number of activities at HKBCF, including singing in one of its two choirs, "Melody-in-mind" (Monday). As she helps others, Vivian says she feels encouraged at the same time. "I derive a lot of positive energy from the organisation, such as when I sing songs with a forward-looking message... I wouldn't be here if it weren't for HKBCF."

Behind the scenes heroes

The power of our volunteers was on full display during last year's HKBCF 10th Anniversary Campaign. Commemorating our decade-long service to the community, the campaign consisted of an array of activities such as a gala dinner cum concert, a multimedia advertising initiative, a series of exhibitions and a walkathon. The success of the campaign owed much to the tireless support from our volunteers, including members of our Council and the HKBCF 10th Anniversary Campaign Organising Committee, as well as our regular volunteers.

In April 2015, we hosted an event called the "Pink Sunset" Donor Recognition Dinner and Show on board cruise ship "Sapphire Princess", which raised the curtain for the 10th anniversary campaign. While volunteer ushers showed the guests the way at Kai Tak Cruise Terminal and around the cruise ship, other helpers attended to the needs of celebrity performers as well as assisted at the charity sale of a scarf specially designed to celebrate our ten years of service, the work of another talented young volunteer supporter.

Also as part of the campaign, we organised the Breast Cancer Risk Factors BINGO Roving Exhibition that travelled across Hong Kong to raise awareness of the importance of breast health over a period of

受訪三人在《星島日報》上暢談抗癌經歷。
The three interviewees spoke to Sing Tao Daily about their experience of fighting cancer.



「乳健同行 2015」的一眾義工有條不紊地分發物資。
Volunteers of "Pink Walk for Breast Health 2015" were distributing materials orderly.



(來源：星島日報)
(Source: Sing Tao Daily)

資及協助控制人流。這些「外援」包括長期支持「乳健同行」的消防義工隊、童軍、還有來自多家企業的義工。他們擁有豐富的物流運輸經驗，有序及適時地分配完成 4,000 支屈臣氏粉紅色樽裝水、2,000 條香蕉、2,500 份雅詩蘭黛禮物包和其他物資。沿路到處可見企業義工站在各個檢查點，雖飽受風吹日曬，仍緊守自己的崗位。

公開經歷 推廣乳健知識

我們的義工也在社區推廣乳健訊息，及介紹香港乳癌基金會的工作。

基金會主席霍何綺華女士經常接受企業、學校和媒體的邀請，暢談乳癌及乳健知識。如在去年 11 月，霍太便連同兩位基金會義工一關裕農女士 (Candy) 和譚勵明女士 (Teresa) 一接受《星島日報》的專訪，分享抗癌路上的種種經歷，以及基金會如何支援同路的「姊妹」。



基金會護士及義工以遊戲形式向大眾推廣乳健訊息。
HKBCF nurses and volunteers promoting breast health through games.

two months. HKBCF volunteers were on duty at every event, hosting the opening ceremony, introducing our exhibition to visitors and helping them understand more about breast cancer through games.

Volunteers delivered important services to ensure the smooth running of Pink Walk for Breast Health 2015 in October last year, as they did in each Pink Walk in the past ten years. In addition to the support from our "in-house" helpers who assisted with registration and answered enquires, volunteers from other organisations also lent us a big helping hand on the day. Many of them, such as the team of firefighters present that day, have volunteered for Pink Walk for years. The volunteers played an important role in managing crowds and maintaining order. Their expertise in resource management enabled the swift transportation and efficient distribution of 4,000 bottles of Watson "pink" water, 2,000 bananas and 2,500 Estee Lauder goody bags, among other items. Also assisting at the event were a group of scouts from the Scout Association of Hong Kong and volunteers from our corporate partners who spent hours bracing the wind and sunshine, standing at the check-points along the route.

On scene to promote breast health awareness

Meanwhile, our volunteers have been helping to promote the importance of breast health and the work of HKBCF in the community.

Mrs. Eliza Fok, HKBCF's Chairman, frequently speaks about breast cancer and related topics in business corporations, schools and the media. In November last year, for instance, together with two HKBCF volunteers, Ms. Candy Kuan and Ms. Teresa Tam, Mrs. Fok spoke to Sing Tao Daily about her road to recovery as well as what HKBCF does to support our "sisters".

義工們同心合力傳遞大氣球，寓意將義務服務的精神薪火相傳。
Volunteers pass a big ball to harness their spirits of volunteering.



「十年義工」黃美薇女士（左）與主席霍何綺華女士合照。
"10-years Long Service Award" recipient Ms Mimi Wong (left) and Chairman Mrs Eliza Fok.



「十年義工」楊帝兒女士（左）與主席霍何綺華女士合照。
"10-years Long Service Award" recipient Ms Amy Yeung (left) and Chairman Mrs Eliza Fok.

除此之外，基金會合唱團「音韻樂心靈」（星期六班）的義務導師陳曉彥先生（Derek）也接受了有線電視的訪問，訴說他在指導合唱團的過程中有何得著，以及如何通過音樂支持及鼓勵這班乳癌康復者。

透過媒體，我們的義工向普羅大眾證明癌症其實並不可怕。去年12月，ViuTV「Secret Angel Project」（秘密天使計劃）系列其中一集便找來設計師為患上乳癌的 Vivian 專門設計了一套旗袍。她在節目中談到自己正與病魔搏鬥，非常期望能夠穿上人生中第一件旗袍，特別是對於義乳配帶者來說，更是意義非凡。「我希望能夠鼓勵我們的姊妹。雖然我們病過、跌倒過，但我們都要努力繼續前進。」Vivian 說。

義工嘉許日

每年香港乳癌基金會都會籌辦義工嘉許日，表彰義工的貢獻和成就。義工享用豐盛的一餐，相互交流當義工的心得。大會會安排一場簡單而隆重的儀式，頒發獎項予長期為本會服務的義工和興趣班的義務導師。

去年，本會頒發了「十年義工服務獎」予黃美薇女士（Mimi）和楊帝兒女士（Amy）。

Mimi 是一位乳癌康復者，為基金會的支援小組和講座提供義工服務。「我只不過是略盡綿力，能夠在一通電話之隔，向乳癌病友分享自己的經歷，安撫平伏她們的情緒，自己也很有成就感！」她說。在基金會，Mimi 認識了不少義工朋友，也使自己的人生變得更加豐盛。🌸

Also speaking to the media last year was Mr. Derek Chan, our volunteer tutor of "Melody-in-mind" (Saturday). In an i-Cable TV programme, Derek talked about his role as the choir instructor, as well as what he had learnt from members of the choir, who are all breast cancer survivors, and how, through sharing music, he sought to support them and cheer them on.

In speaking to the media, our volunteers show the public it is possible to stand up to cancer and fight it. In December last year, Vivian Lee appeared in a video on ViuTV, part of the "Secret Angel Project" series, whereby a designer created a *qipao* for her. In the video she talked about her ongoing battle with breast cancer, her longing for the first *qipao* in her life and her joy as she finally got the chance to put one on, all the more meaningful for someone with a breast prosthesis. "I want to send an encouraging message to my 'sisters'. We have stumbled. But we still need to try our best to forge ahead," says Vivian in the video.

Volunteer Appreciation Day

HKBCF organises a "Volunteer Appreciation Day" every year in recognition of the dedication and effort of our volunteers. Participants share their experiences and enjoy a hearty meal. A ceremony is held to present awards to long-time volunteers as well as the tutors of our interest classes.

Last year's "Ten-year Service Award" went to Mimi Wong, who has been helping with our support groups and at seminars, as well as Amy Yeung.

Mimi, a breast cancer survivor, says volunteering enriches her life and offers her the opportunity to make friends. "I am just trying to help as much as I could. Being able to share my experience with other patients and to comfort them over the phone gives me a great sense of accomplishment," she says. 🌸

香港乳癌基金會管理委員會及理事會成員，連同基金會一眾同事與梁紹鴻博士合照留念。
Members of HKBCF's Management Committee, Council and staff in a photo with Dr. Edwin Leong.



乳健教育室命名儀式 梁紹鴻博士熱心公益 與香港乳癌基金會同行十載 Education Hall Naming Ceremony Patron Dr. Edwin Leong has been supporting HKBCF for a decade



3月8日是香港乳癌基金會創會的日子，也是基金會服務社區的第十一個年頭，在此特別的日子，基金會創會人張淑儀醫生、主席霍何綺華女士、大鴻輝慈善基金創辦人及主席、基金會贊助人梁紹鴻博士一同出席主持基金會乳健中心「乳健教育室」的命名儀式，並進行了一個簡單而隆重的揭幕禮。梁博士與基金會同行十載，席上基金會把十一年來獲梁紹鴻博士支持的活動和服務相片撰集成相冊，贈予梁博士作留念。

梁博士是著名的商人大慈善家，在2013年設立了大鴻輝慈善基金，支援本港及國內的弱勢社群，多年來亦以不同形式不遺餘力地支持乳癌基金會。自2005年創會以來，梁博士以遠低於市價為我們提供會址，讓基金會先於中環業豐大廈，後在今天炮台山永昇中心擁有一個家，兩處均為大鴻輝興業的物業。隨著對基金會提供服務的需求不斷上升，基金會對辦公室的需求也上升。不久，基金會的辦事處將進駐16樓，在永昇中心共用上兩層半的辦事處。基金會承諾會善用支持者所贊助的資源，以行動答謝像梁博士這樣慷慨的捐助者。

梁博士在命名儀式上致辭。自2005年我們成立開始，梁博士便以不同形式支持乳癌基金會的工作，與基金會共同走過十年時光，是基金會重要的贊助人。
Dr. Edwin Leong delivers a speech at the naming ceremony. HKBCF's Patron Dr. Edwin Leong has been supporting us in various ways since day one in 2005.

8 March 2016 marks the 11th year of the HKBCF's service to the local community. Dr. Polly Cheung, Founder, HKBCF, Mrs. Eliza Fok, Chairman, HKBCF and HKBCF's patron Dr. Edwin Leong, Chairman & Founder, Tai Hung Fai Charitable Foundation, met at the naming ceremony of the Education Hall in HKBCF Breast Health Centre on this meaningful day. The special souvenir presented – a photo album which records major milestones in the development of the foundation over the past ten years – shows Dr. Leong's generous support all these years.

Dr. Leong is a reputable businessman and a well-regarded philanthropist. Established in 2013, the Tai Hung Fai Charitable Foundation helps the underprivileged communities in Hong Kong and China. It has been supporting HKBCF since its establishment in 2005 in various forms. At rental rates significantly below market price, Dr. Leong's properties have been providing the foundation with a "home" first in Yip Fung Building in Central, and currently in Jupiter Tower in Fortress Hill. With increased demand for the services offered by HKBCF, the foundation has continued to grow. Office space will soon expand to the 16th floor, taking up two and a half floors in Jupiter Tower in total. HKBCF is committed to make full use of the resources contributed by our supporters and continue to focus on mitigating the threat of breast cancer to the local community.



張淑儀醫生(左)和霍何綺華女士(右)贈送特製相冊予梁紹鴻博士(中)。
Dr. Polly Cheung (left) and Mrs. Eliza Fok (right) presented a special photo album to Dr. Edwin Leong (middle).



家人的愛： 與乳癌搏鬥的最強武器

Caring for a Loved One - How Support from the Family can Make a Difference

得悉母親患上乳癌的那一瞬間，倫穎思（Rosalind）無法抑止住眼淚。

「我感到無助，非常、非常擔心。爸爸跟我講的時候，眼眶裡也充滿了淚水。」Rosalind 無法忘記當年與父親對話的情景。那時是 2004 年的 4 月。

儘管難受，全家人都明白必須聯合起來支持倫太。大家分工合作：Rosalind 的兩位兄長和嫂子嘗試多了解些有關乳癌的知識和物色醫生，Rosalind 和父親倫先生則儘量時刻陪伴倫太左右，安慰她、鼓勵她。

倫太確診時已達七十歲高齡。本會創會人張淑儀醫生為她進行了乳房切除手術和安排後續的電療。雖然手術十分成功，倫太仍難以接受自己失去一邊乳房的事實。

Rosalind Lun couldn't hold back her tears when she learnt that her mother was diagnosed with breast cancer.

"I felt so helpless. I was very worried. My dad's eyes also welled up with tears as he broke the news to me," says Rosalind as she recalls that unforgettable conversation with her father back in April 2004.

Upsetting as the news was, the family knew they would have to pull themselves together in order to support Mrs. Lun. A division of labour emerged within the family, with Rosalind's two brothers and sisters-in-law trying to learn more about the disease and find a doctor, while Mr. Lun and Rosalind accompanied Mrs. Lun whenever they could, comforting and consoling her.



◀ ▲ 倫氏一家也是「乳健同行」的常客。
The Lun's family is also our long time supporter of "Pink Walk for Breast Health".

「我不想讓其他人知道我病了……我完全不想外出。我覺得自己並不『正常』。」康復者倫太回憶道。

倫太抗拒穿上泳衣和好看的衣服，Rosalind 便想辦法提升母親的自我觀感。為了分散倫太的注意力，好讓她不要整天胡思亂想，Rosalind 決定帶著母親外出購物，鼓勵她買新衣服。又向她極力推薦防曬泳衣，說很多年輕人都愛穿這款泳衣。

Rosalind 認為患者家屬應盡量多花時間和心思找出患者的困擾：「然後你就可以尋求各種辦法撫平她的憂慮。如只靠講電話，她未必會跟你說很多。特別是當母親的，總不願兒女為她擔憂。」

Rosalind 勸喻各位照顧者要留意著家人的身心需要直至療程結束，絕不能像她當年那樣，認為手術成功就代表一切順利。想當年，Rosalind 因工作越來越忙碌，母親手術又很順利，就減少了陪伴母親的時間。那時倫太正在接受電療，電療為倫太帶來極大的皮肉之痛：接受電療那部分的皮膚起了水泡，甚至脫落，但倫太卻對家人隻字不提。

Mrs. Lun, who was 70 years old at the time, sought medical attention from Dr. Polly Cheung, Founder of the HKBCF, and was subsequently treated with a mastectomy followed by radiation treatment. While there was tremendous relief knowing the operation was successful, Mrs. Lun found it difficult to accept the removal of a breast.

"I didn't want others to know I was sick... I didn't want to go out. I didn't feel like a normal person," says Mrs. Lun, who has since recovered.

Seeing how her mother refused to wear nice clothes or put a swimsuit on, Rosalind wanted to help Mrs. Lun feel better about herself. She knew that doing things together would help take her mother's mind off the negative thinking, so she took Mrs. Lun out shopping and encouraged her to buy new clothes. Rosalind also persuaded her mother to try on sun protective swimwear, telling her that it was popular among young people.


Family members should spend more time with the patient so as to find out what is bothering her, says Rosalind. "You can then find ways to comfort her and help ease her worry. The patient may not tell you much if you only speak to her over the phone, especially if that's your mother. She wouldn't want you to worry."

做完電療後的一個月內，倫太每天都去張醫生的診所，讓護士為她敷上一種特殊的藥物，過程間也免不了受痛。「都快敷完了，媽媽才跟我們說到底有多痛……如果時光可以倒流，我一定會花更多時間陪著媽媽，和她一起面對，幫助她更妥善地應對治療帶來的影響。」Rosalind 說。

憑藉家人的支持，倫太建立了積極正面的人生觀，亦有勇氣公開自己的經歷。她在基金會的短片中現身說法，鼓勵同路人凡事都要向好的方向去想。短片製成光碟後，倫太便迫不及待地派發給親朋好友。去年，一對老夫老妻迎來他們的金婚紀念，並捐出港幣 500,000 元給基金會以示慶祝與支持。

倫太很感恩家人對她的支持和鼓勵。「他們安慰我，我也開始跟自己說，不要這麼的擔心。我們都有不同的生命軌跡。逃避問題和憂慮，對解決事情沒有任何幫助。」倫太說。

倫太建議同路人即使康復了，也要保持身心活躍，比如發展興趣和學習新事物，不要與社會脫節。過去十多年，她都會定期耍太極和游泳，還參加了基金會的合唱團「音韻樂心靈」（星期一班）。「融入社會，多做運動，就可以擁有開心健康的人生。」倫太說。

回望過去，Rosalind 表示她的信仰使她不會過分憂慮。「我和我其中一位哥哥兩夫婦一同為母親祈禱。我也請教會的弟兄姊妹為她祈禱。作為一位基督徒，我盡自己的所能，把其餘的留給主。」


Rosalind adds that family members should continue to attend to the patient's emotional and physical needs until the end of all treatment, which was what happened in her case, rather than taking recovery for granted after surgery. With the success of Mrs. Lun's operation, and since work had taken up more of her time, Rosalind was spending less time with her mother when Mrs. Lun underwent radiotherapy. It turned out her mother's skin got very sore as a result of the treatment, to the point it was peeling off and had blisters forming in the treatment area.

For a month after the radiation treatment, Mrs. Lun had to go to Dr. Cheung's clinic every day where nurses would put a special kind of medicine on her. The process entailed a lot of pain. "My mom didn't tell us how painful it was until the end... I would spend more time with her if I were in the same situation again... to accompany her during the entire treatment in order to help her better adjust to the resulting changes," Rosalind says.

With her family's support, Mrs. Lun has developed a positive outlook of life and had the courage to tell her story. She has been sharing her experience with others, even appearing in a HKBCF video to encourage patients to think positive and snapping up copies of it to give away to friends and relatives. Last year, Mr. and Mrs. Lun donated HK\$500,000 to HKBCF in celebration of their golden wedding anniversary.

Mrs. Lun is grateful for her family's support and encouragement. "As they comforted me, I learnt how to comfort myself. We all have different trajectories in life. Hiding from our problems or worrying won't help," she says.

Mrs. Lun adds that upon recovery patients should stay active by, for instance, taking up hobbies and learning new things. Over the past decade or so she has been practising Tai Chi and going swimming on a regular basis, as well as being a member of "Melody-in-mind" (Monday), a choir organised by HKBCF. "We need to stay active and exercise more to lead a happy and healthy life," Mrs. Lun says.

Looking back, Rosalind says her religious faith helped prevent her worries from taking over. "Together with one of my brothers and sisters-in-law, we prayed for mom. I also asked my brothers and sisters at my church to pray for her. As a Christian, I did all I could and left the rest to God." 

◀ 倫太在去年的巡迴展覽啟動禮上，成功搶答了首條問題。
Mrs Lun was quick to answer the first question at the kick-off ceremony of the Roving Exhibition last year.



ACTION 01



香港乳癌基金會創會人 張淑儀 著

張淑儀醫生於書展推出第二本個人作品《乳妳同行2》。 Dr. Polly Cheung attended the HK Book Fair for the official launch of her second book.

張淑儀醫生第二本個人作品 《乳妳同行2》 經已出版

Dr. Polly Cheung publishes her second book on breast cancer 《乳妳同行2》 張淑儀 - 簽名會

2015年7月15日 (星期三)

香港乳癌基金會創會人張淑儀醫生於去年書展推出第二本個人作品《乳妳同行2》，並於7月15日書展期間舉行新書簽名會。

當日氣氛熱烈。本會主席霍何綺華女士、多位理事會成員、一眾會員、義工及讀者均到場支持。張醫生十分感謝前來書展支持她的各界友好，她特別多謝乳癌病人一直以來對她的信任，並寄望能藉著《乳妳同行2》的出版，繼續與公眾分享乳健知識及累積多年的行醫經驗。

《乳妳同行2》輯錄了八十多篇由張醫生親筆撰寫的專欄文章，題材廣泛，除了跟讀者講解乳健知識外，更分享了不少她行醫多年所見的感人故事。新書現已於各大書店公開發售，定價港幣78元。有興趣之會員，亦可親臨本會以會員價70元認購。

Dr. Polly Cheung, Founder of the HKBCF, launched her second book, "乳妳同行2", at last year's Hong Kong Book Fair. A book signing event was held on 15 July 2015.

A number of friends and supporters of HKBCF were present including Chairman Mrs. Eliza Fok and members of our Council, as well as members, volunteers and readers from the public. Dr. Cheung expressed deep gratitude to patients and supporters for their trust over the years. She hoped that her book will help further promote public awareness of breast cancer and the importance of breast health.

A collection of more than 80 column articles by Dr. Cheung, the book covers a wide range of breast cancer knowledge and some touching stories she has witnessed. The book is sold at HK\$78 per copy and available at major bookstores in Hong Kong. HKBCF members enjoy a special rate at HK\$70 if purchasing directly at the HKBCF office.



HTDC Hong Kong Book Fair 香港書展 2015年7月17/2015



▲ 主席霍何綺華女士親自到場支持。 Our Chairman, Mrs. Eliza Fok, showed her support.



▲ 一眾理事會成員及友人均到場支持。 HKBCF's Council members and friends attended the event.

ACTION 02

籌建九龍中心

Kowloon centre in development

香港乳癌基金會正積極籌建九龍中心。基金會獲政府批出牛池灣一幅約6,000平方呎的土地興建九龍中心。本年1月，香港賽馬會慈善信託基金應允資助九龍中心。中心預計於2017年年初啟用，為居於九龍和新界、患乳癌風險較高的婦女提供一系列乳健教育和篩檢服務。

HKBCF is developing plans to set up a new Kowloon centre. The government has granted us a piece of land in Ngau Chi Wan which spans about 6,000 square feet. In January 2016, HKBCF received funding offer from The Hong Kong Jockey Club Charities Trust in support of the project. The centre is scheduled to open in the first quarter of 2017 and expected to provide breast health education, screening and other services to women with high risk for breast cancer who live in Kowloon and the New Territories.

▲ 基金會獲政府批出位於牛池灣的土地。

HKBCF was granted a piece of land in Ngau Chi Wan

ACTION 03

與香港乳癌研究組合辦第二屆亞洲晚期乳癌交流會

Co-hosting the 2nd exchange forum on Asian advanced breast cancer with HKBOG

基金會與香港乳癌研究組於2015年11月5至6日聯合舉辦第二屆亞洲晚期乳癌交流會，提供平台讓亞洲地區的權威專家交流治療和控制乳癌的經驗。是次論壇有超過五十位來自亞洲地區的代表出席，其中十名代表於11月6日到訪基金會。活動由瑞士諾華製藥（香港）有限公司贊助。

HKBCF and the Hong Kong Breast Oncology Group (HKBOG) co-hosted the 2nd Asian Advanced Breast Cancer Exchange Forum on 5 and 6 November 2015, which provided a platform for leading experts in Asia to share their experiences in the treatment and management of breast cancer. Over 50 delegates attended the forum, 10 of whom visited HKBCF's office on November 6. The forum was sponsored by Novartis Pharmaceuticals (HK) Limited.



ACTION 04

與香港中文大學合辦乳癌醫學研討會

Organising Breast Cancer Conference in collaboration with CUHK

香港中文大學醫學院腫瘤學系與基金會於2015年11月7至8日合辦乳癌醫學研討會2015，討論乳癌的治理。與會者人數超過二百。基金會名譽會長范徐麗泰女士，創會人張淑儀醫生及副主席關許建香女士獲邀為主禮嘉賓出席。張醫生亦同時擔任講者之一。

Over 200 participants joined the Breast Cancer Conference 2015, co-hosted by the Department of Clinical Oncology, Chinese University of Hong Kong (CUHK), and HKBCF. The event, which took place on 7 and 8 November 2015, focused on the treatment and management of breast cancer. Officiating guests included Mrs. Rita Fan, HKBCF's Honorary President, Dr. Polly Cheung, Founder of HKBCF, and Mrs. Virginia Kwan, Vice-Chairman of HKBCF. Dr. Cheung was also one of the speakers.



ACTION 05

致力推動乳健教育

Efforts in delivering breast health education

在 2015 年 11 月至 2016 年 2 月期間，乳健中心與本港多間不同類型的機構緊密合作，為社會各界提供乳健教育講座，包括：菲律賓駐港總領事館、平機會、社會福利署（北青衣綜合家庭服務中心、西葵涌綜合家庭服務中心）、香港南區婦女會、東華學院、拔萃男書院和煤氣公司。此外亦於 12 月 13 日的「香港癌症日 2015」擺設教育攤位，教育市民乳健知識。

From November 2015 to February 2016, the Breast Health Centre (BHC) worked with a number of organisations to deliver breast health education talks that targeted different segments of the population. The organisations we worked with include the Philippine Consulate General in Hong Kong SAR, Equal Opportunities Commission, Social Welfare Department Tsing Yi (North) Integrated Family Service Centre and Kwai Chung (West) Integrated Family Service Centre, Hong Kong Southern District Women's Association, Tung Wah College, Diocesan Boys' School and Towngas. In addition, BHC participated in the "Hong Kong Cancer Day 2015" on December 13 with an education booth to provide breast health information to members of the public.



ACTION 06

會員週年聚餐

Annual Members' Gathering

2015 年度會員週年聚餐已於 3 月 28 日晚假九龍灣百樂門國際宴會廳圓滿舉行。超過 400 位會員帶同親朋好友出席，並獲基金會名譽會長范徐麗泰女士和公益金入會、預算及分配委員會主席楊傳亮先生上台致辭。張醫生、霍太太及本會職員和義工傾力演出的話劇生動地演繹了本會十年的發展歷程，使晚宴達到高潮。

The Annual Members' Gathering 2015 was successfully held at Paramount International Banquet in Kowloon Bay in the evening of 28 March. Guest of Honors, HKBCF's Honorary President Mrs. Rita Fan and Mr. Charles Yang, Chairman of Admissions, Budgets and Allocations Committee, the Community Chest of Hong Kong, delivered inspiring speeches to more than 400 participants. The drama, which documented the decade-long development of HKBCF and performed by Dr. Cheung, Mrs. Fok, HKBCF staff and volunteers, was the highlight of the evening.



ACTION 07

「亮麗人生」日營

"Brighten Up Your Life" day camp

2015 年 5 月 31 日，約 70 位乳癌患者和康復者齊集香港浸信會神學院，參與基金會的「亮麗人生」日營。日營主題為「變出生命力」，透過表達藝術治療工作坊和自我發現活動，使乳癌患者獲得重生的力量。活動最後大家齊跳尊巴舞，感受生命的律動。

On 31 May 2015, approximately 70 breast cancer survivors attended the annual "Brighten Up Your Life" day camp at the Hong Kong Baptist Theological Seminary. Participants of this year's event, the theme of which was "Live Vividly", took part in an expressive art therapy workshop and self-exploration activities that injected a dose of positive energy into them. The day ended in a group Zumba dance, which gave participants an opportunity to share their vitality and energy of life.

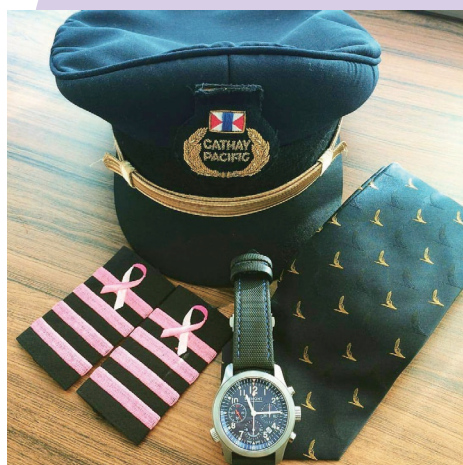




婦女遊樂會 Ladies' Recreation Club

長期支持推廣乳健文化的婦女遊樂會，為響應 10 月國際乳癌關注月，籌辦了一連串粉紅絲帶活動。先由問答之夜打響頭炮，緊接著有乳癌講座、女子網球賽、大型晚宴、水上健身活動、橋牌賽，最後以時裝表演暨女士午餐會作結尾。各項活動合共為本會籌得善款港幣 530,000 元。

Our long time supporter, Ladies' Recreation Club (LRC) hosted a series of fundraising events in October - the Breast Cancer Awareness Month - starting with the Quiz Night, followed by the Living with Cancer Talk, Ladies Tennis Tournament, Wine Diva Gala Dinner, Aqua Gym event, Bridge Tournament, and concluded with the Fashion Show & Ladies Lunch. A total of HK\$530,000 was raised through these Pink Ribbon events to support the work of the HKBCF.



CX Fly Pink

一小群國泰航空女機師自發組織，以極大熱情於 2015 年發起籌款活動「Fly Pink」，呼籲機師在 10 月份內佩戴特製粉紅色肩章，推廣乳健訊息，並為支援乳癌患者和乳癌研究工作籌募善款。活動所得善款超過港幣 204,000 元，全數撥捐基金會。

To show their passion support in raising breast cancer awareness and the research work in breast cancer, a small group of female pilots at Cathay Pacific Airways decided to launch a fundraising and awareness campaign called "Fly Pink" in 2015. Pilots wore a pair of distinctive pink epaulettes (shoulder rank bars) for the month of October and made donations to support the campaign. A total of more than HK\$204,000 was raised and donated to the HKBCF.

金星珠寶有限公司

K.S. Sze and Sons Ltd.

2015 年 6 月 12 日和 9 月 25 日，金星珠寶分別在其位於中環的展示廳及店鋪內，兩度舉辦義賣日「The Pink Day」，更特別為此設計了兩款胸針和一款項鍊：胸針選用 18K 白金玫瑰金或 18K 玫瑰金，項鍊則以 925 純銀製成。首飾的設計靈感均源自粉紅絲帶。

To support the work of HKBCF, K.S. Sze hosted two charity sale events, "The Pink Day", at its showroom and shop in Central on 12 June and 25 September 2015 respectively. Two kinds of brooch (18K White & Rose Gold and 18K Rose Gold) and a 925 silver necklace inspired by pink ribbon have been specially designed for this occasion.





Mary Kay

本會連續 3 年的粉紅絲帶夥伴 Mary Kay，於 2015 年 5 月 12 日展開為期 6 星期的慈善義賣活動。顧客凡購買「慈善限量版晶潤唇彩 Plus」（包括 "Create Change" 及 "In Harmony"），Mary Kay 便會捐出 \$1 美元予本會。

Mary Kay, our Pink Ribbon Partner for 3 consecutive years, started a six-week-long charity sale on 12 May 2015. US\$1 will be donated to the HKBCF for every "Beauty that Counts Mary Kay® NouriShine Plus® lip gloss" (included "Create Change" & "In Harmony") sold during the charity sales period.



大都會人壽 MetLife

2015 年 3 月 8 日，大都會人壽在銅鑼灣街頭舉辦「乳癌關注日」，提醒大眾乳房健康的重要性。此外，在 2015 年間，每新增一個大都會人壽 Facebook 的「讚好」，大都會人壽便會捐出港幣 10 元予基金會。

On 8 March 2015, MetLife hosted the "Breast Cancer Awareness Day" event in Causeway Bay to raise public awareness of breast cancer. Besides, throughout the year of 2015, MetLife would donate HK\$10 to HKBCF for each "Like" received on MetLife's Facebook.



澳門 Hard Rock 酒店 Hard Rock Hotel Macau

澳門 Hard Rock 酒店為提高公眾防治乳癌的意識及為相關研究工作籌集款項，特意舉辦「PINKTOBER」活動，在 10 月份內用粉紅色做主題裝飾酒店各處，並在酒店大堂義賣「PINKTOBER」飾品和員工製作的工藝品，收益扣除成本後全數撥捐基金會。酒店亦舉辦慈善下午茶及推出一系列住宿及水療慈善售賣，並已捐出 25% 的收益予基金會。

To promote public awareness of breast cancer and raise funds for related research, Hard Rock Hotel Macau (HRHM) organised the "PINKTOBER" campaign in October. The whole hotel was decorated in pink and a charity sale of "PINKTOBER" accessories and handcrafts created by staff was held in the lobby. All proceeds from the sales less relevant production costs were donated to HKBCF. Besides, HRHM also hosted a charity afternoon tea and launched a series of charitable room and spa packages, and donated 25% of the proceeds to HKBCF.



USA Girl Scouts Overseas Shanghai

超過 150 位 USA Girl Scouts Overseas Shanghai 的女童軍，在 10 月內致力向公眾推廣乳健訊息。2015 年 10 月 31 日，她們在上海長寧國際學校虹橋校舍舉辦 2015 乳癌關注健行活動，並排列粉紅絲帶隊形，為整個活動畫上完美的句號。是次活動所得收益已全數撥捐香港乳癌基金會。

The USA Girl Scouts Overseas Shanghai organised a Pink Walk on 31 October 2015. More than 150 girl scouts participated in the Walk to raise awareness and money to support breast cancer care. At the end of the Walk, the girls formed a pink ribbon at Hongqiao campus of Shanghai Community International School to conclude the event beautifully. All fund raised were donated to HKBCF.



Pure International (HK) Ltd

Pure International 已連續 7 年成為本會的粉紅絲帶夥伴。10 月內每售出一份「粉紅奶昔」，Pure International 便會捐出港幣 20 元予基金會。此外又在 10 月 10 日舉行了一場慈善行動瑜珈 (Karma Yoga) 班，全數收益已撥捐本會。

Pure International has been our Pink Ribbon Partner for seven years. In October, for every Pink Smoothie purchased, Pure International donated HK\$20 to HKBCF. Besides, a charity Karma Yoga class was held on October 10, to raise fund for HKBCF.

nood goes Pink....

1 – 31 October

October is Breast Cancer Awareness Month. Have a taste of the new and cheeky "Pink Smoothie" at nood food cafe and juice bars, only available in October!



Wacoal 香港 Wacoal Hong Kong



由 2015 年 10 月 5 日至 11 月 9 日，Wacoal 香港及 Peach John 全線分店的顧客，可以港幣 10 元（或以上）換購環保袋一個。換購收入已全數撥捐基金會。

From 5 October to 9 November 2015, all Wacoal Hong Kong and Peach John's customers had the opportunity to pay HK\$10 (or above) for a non-woven bag to support HKBCF. All proceeds have been donated to the HKBCF.

Zumba Hong Kong

Zumba Hong Kong 於 2015 年 10 月 1 日在梁顯利油麻地社區服務中心舉行 Hong Kong Pink Party 2015，門券收益扣除成本開支後已全數捐贈基金會。

Zumba Hong Kong hosted the Hong Kong Pink Party 2015 on October 1 in Henry G. Leong Yau Ma Tei Community Centre. All proceeds from admission, after deducting costs, were donated to the HKBCF.



SOFINA

SOFINA

在 10 月及 11 月內，SOFINA 每售出一套「粉紅絲帶套裝 2015」，便會捐出港幣 10 元予基金會。

SOFINA donated HK\$10 to the HKBCF for every purchase of SOFINA "Pink Ribbon Set 2015" made in October and November.

莎莎網 Sa Sa Dot Com

2015 年 10 月 6 日至 20 日，莎莎網舉辦慈善義賣活動「莎莎與您綻放粉紅力量」以提高公眾對乳癌的關注。部分收益已撥捐香港乳癌基金會。



From 6 to 20 October 2015, Sa Sa Dot Com hosted a charity sale campaign "Be Pink. Be Powerful." to raise breast health awareness. Part of the proceeds was donated to the HKBCF.

粉紅絲帶夥伴



PINK RIBBON PARTNERS

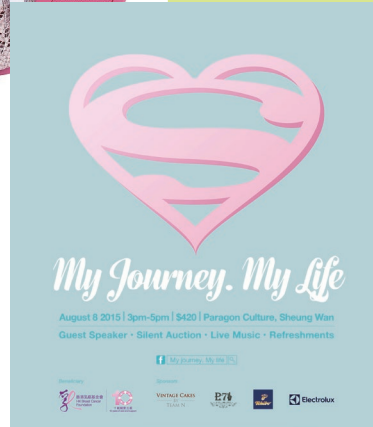
Rosabelle Paris

Rosabelle Paris 聯同 Groupon HK，於 2015 年 1 月 27 日推出為期約兩星期的慈善售賣活動。每在 Groupon HK 上售出一對指定的可摺式芭蕾舞平底鞋，Rosabelle Paris 便會捐出港幣 50 元予本會。

A two-week charity sale was kicked off on 27 January 2015 by Rosabelle Paris in collaboration with Groupon HK. For each pair of designated foldable ballet shoes sold via Groupon HK, HKD\$50 was donated to the HKBCF.



"My Journey. My Life."



由本會支持者 Jennifer Yu 女士主力策劃，致力於推廣乳健訊息的籌款活動「My Journey. My Life.」於 2015 年 8 月 8 日在上環 Paragon Culture 舉行。活動所得收益扣除成本後，已全數捐予基金會。

Our supporter, Ms. Jennifer Yu, curated a fundraising event "My Journey. My Life." on 8 August 2015 in Paragon Culture, Sheung Wan, to promote awareness of breast cancer. All proceeds, after deducting costs, were donated to the HKBCF.

《妝白 • Nudity》“NUDITY”

本會的支持者，著名化妝師 Will Or 先生出版他的首本著作《妝白 • Nudity》，內容除介紹一般化妝技巧外，更通過多位模特兒不同的妝容帶出她們的不同故事，向讀者傳達積極面對人生的正能量。部分售書收益已捐予基金會。

Our supporter Mr. Will Or, a famous makeup artist, published his first book "NUDITY" to teach readers makeup tips. Mr. Or invited people who overcome their setbacks in life to be his models for the book. He hoped to inspire positive living to readers though his tailor-made makeup for these models. Part of the proceeds from book selling was donated to the HKBCF.



崇光百貨

SOGO Department Store

由 2015 年 10 月 20 日至 11 月 10 日，崇光百貨銅鑼灣二樓女士服飾部舉辦「Fall in Pink」慈善售賣活動。顧客凡購買任何貨品，均可以港幣 30 元換購指定產品一件。換購收入已全數撥捐基金會。

SOGO Department Store hosted a charity sales campaign, "Fall in Pink", from 28 October to 10 November 2015 on 2/F Ladies Wear Department in SOGO Causeway Bay. Customers had the opportunity to pay HK\$30 for a designated product to support HKBCF. All proceeds have been donated to the HKBCF.



OLYMPUS

「OLYMPUS PEN X ANJAYLIA 眼中的世界簽書會」於 2015 年 6 月 7 日在 The ONE UG2 中庭舉行。當日限量發售《Olympus Pen X Anjaylia Chan 自撮相集》，所得收益已全數撥捐基金會。

"Olympus Pen x Anjaylia Photobook" book signing event was held on 7 June 2015 at THE ONE UG2 Atrium. Proceeds from the book sales were donated to the HKBCF.

OLYMPUS®

鳴謝 THANK YOU

多謝以下人士在 2014 年 11 月至 2016 年 1 月的義務幫忙

Thanks to our volunteers who helped us out (Nov 2014 - Jan 2016)



Au Wai Ling Alice
Bhisitkul Alexandra
Chan Denny
Chan Ching Mui Connie
Chan Fung Ying Wendy
Chan Hiu Yin Derek
Chan Kam Chau Maggie
Chan Leung Cho
Chan Man Li
Chan Mui Lam Marlene
Chan Sau Wai Rita
Chan Sin Yin Alvina
Chan Siu Ying Kristy
Cheng Dorothy
Cheng Lucy
Cheng Choi Yuk
Cheng Sai Sharon
Cheng Yuet Ying Cindy
Cheung Kam Bo
Cheung Sin Yan Cindy
Cheung Wai Candy
Cheung Wai Nam
Cheung Shu
Cheung Wai Yung Romina
Cheung Yan Thelma Zhang
Ching Pui Fun Angela
Ching Tze Yin Rainbow
Chiu Joanne
Chiu Miu Yee Amy
Chiu Nga Yin Rosetta
Choi Crystal
Choi Lai King Carol
Choi Lai Yin Catherine
Chow Siu Kwan Olivia
Chu Polina
Chu Sau Wai Judy
Chui Ying Yu
Chung Nancy
Chung Rebecca
Chung Hiu Yin Cathy
DeLong Yukiyo
Doo Michelle
Fan Annie
Fu Lai Ling Tammy
Fung Man Fan Zoe
Fung Yee Man
Fung Yuet Ching Wendy
Ho Julia

Ho So Kuen Edythe
Ho Oi Chu Cecilia
Ho Yuet Ming Alice
Hui Pui Yin Connie
Hung Oi Kuen Sandy
Ip Cindy
Ip Fung Kuen Katy
IP Lai Chun Pollina
Ip Chan Lap (Angela's husband)
David
Kuan U Nong Candy
Kwok Julia
Kwok Ritchie
Kwok Shiu Ling Jaycie
Kwong Suk Yee Brenda
Lai Yuk Har Kady
Lai Wing Sze Vincy
Lai Yuk Mui Joyce
Lam Sylvia
Lam Lan Lan
Lam Wai Yi Florence
Lam Wai Ying
Lam Yat Man Selina
Lau Chiu Yean Irene
Lau Lai Chun Elle
Lau Mi Ying
Lau Sui Mi Deborah
Lee Sze Wan Viola
Lee Wai Chun Theresa
Lee Wai Kwan Vivian
Lee Yuk Chun Winnie
Lee Chor Yuk Catherine
Lee Mui Yim
Lee Suet Mui Irene
Lee Suk Kuen Anna
Leung Yin Fong Esther
Leung Yuk Ching Polly
Leung Chi Chung
Leung Oi Ho
Leung Po Yuk Carol
Leung Shuk Chun
Leung Tsui Wah Ruby
Leung Wai King Joan
Li Hiu King
Li Oi Ying Anita
Liang Po Tin Tina
Liang Shao Min Michelle

Lo Ting Kit Roxane
Lui Nana
Lui Wai Ling Clarice
Lui Lai Ling
Ma Yuk Yee Rosanna
Mak Lai Shang Reconnie
Mak Mei Yee Cecilia
Mak Wai Bing Julianna
Man Li Joyce Elisa
Mo Yuen Ha Elena
Mok Lucia
Mok Ka Po Denise
Mok Yuet Mui Ann
Morgan Stanley Volunteer Group
Ng Sheung Yee Maria
Ng Ah Fong
Ng Mei Lan Barbara
Ng Wai Han
Ngan Man Kiu Kimmy
Poon Diana
Poon Mimi
Poon Shui Fun Margaret
Shiu Sin Yi
Shum Sze Wan Sharon
Shum Yau Leung
Shum Yuen Ming Elaine
So Siu Cheung Eddie
So Tin Sum Tina
Sze To Man Yee Sincerely
Tam Karen
Tam Lai Ming Teresa
Tam Chi Kin
Tan Pui Lan Jenie
Tang Gigi
Tang Marco
Tang Kit Chau Kit
Tong Mimi
Tong Mei Lin Hilda
Tong Sin Yee Sandy
Tong Suk Yung Linda
Tsai Terence
Tsang Chi Wai Bess
Tsang Yee Yan
Tse Yun Lun Teresa
Wong Iris
Wong Mimi
Wong Musica
Wong Chau Ha

Wong Chon Meng Karita
Wong Fung Chun Rosa
Wong Mei Lin Marie
Wong Sui Ching Ivy
Wong Tai Ying Lorraine
Wong Wai Ling Kitty
Wong Yim
Wong Chui Yu Alice
Wong Eunice
Wong Hak Kun
Wong Hok Sen Cindy
Wong Ka Lai Sandy
Wong Kit Man
Wong Sau Ying Rebecca
Wong Siu Ping Loretta
Wong Soo Ching Anna
Wong Wai Kiu Emy
Wong Yuk Hing Kitty
Woo Shuk Han Janet
Woo Yin Hing
Wu Hon Wai
Yeung Betty
Yeung Yemmi
Yeung Kit Sing Jackson
Yeung Tai Yee Amy
Yeung Pik Ha Noel
Yim Cho Hung
Ying Chi Kwan Teresa
Yip Lisa
Yip Stella
Yiu Kwok Po Angela
Yiu Wai Ling Janet
Yu Miu Yee Iris
Yu Fung Yuen
Yu Pik Man Mary
Yu Wai Yee
Yuen Rhoda
Yuen Wai Yuk
Zumba Fitness
孔耀英
何法邦
陳慧琼中醫師
溫卉欣
趙息鳳
聶韻勤

曾捐款港幣 20,000 元或以上的機構及個人 Organisations and individuals donating HK\$20,000 or above

Agnes B. (H.K.) Ltd.
Angel Tong (Int'l) Holdings Ltd.
Australia and New Zealand Banking Group Limited
A-World Consulting Limited
Barclays
Bloomberg L. P. HK BR
Bonlux (Asia) Ltd.
Boo Gie Garment Factory Limited
Cartier Hong Kong
Cathay Pacific Airways
CHAN Kam Chiu
CHAN Man Wai Jojie
CHAN Po King Betty
CHAN Po Ling Margaret
CHAN Wai Ying Susanna
CHAN Wong Yau Lai
CHAN Yuk Kwan & CHEUNG Suk Yee Polly
Chanel Hong Kong Limited

CHEAH Eva
CHEN Shu Ling Cindy
CHEUNG Hing Chuen Henry
CHOI Lai Yin Catherine
CHOI Miu Ling
Citic Pacific Limited
CLP Power Hong Kong Limited
Commanderie De Bordeaux (HK) Foundation Ltd.
Cosmoprof Asia
Deutsche Bank
DFS Group Limited
Diagnostix Medical Centre Ltd.
Eisai (HK) Co., Ltd.
Esquel Group
Estee Lauder
Evermore International Cosmetics Co. Ltd.
FOK HO Yi Wah Eliza
FUNG CHAN Mi Ha Rose

GE International
GlaxoSmithKline Limited
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Hard Rock Hotel Macau
HO Yuen Ching
HO Yvette Therese
Hong Kong Amateur Orchestra
Hong Kong Sanatorium & Hospital Limited
In Express Limited
International Trading Fashion & Apparel Supply Limited
iRad Medical (Kowloon) Limited
iRad Medical Diagnostic Centre
Jewish Women's Association of Hong Kong Limited
K.S. Sze & Sons Ltd.
Kao Corporation
Kennedys
KUNG Hoi Yan

KWAN Cindy
KWAN Virginia
Ladies' Recreation Club
LI Maulien
LI Siu Mei Clara
Lions Clubs Int'l District 303 Hong Kong & Macao China
LOCA Productions
LUI Lai Cheung Frederick
LUN Lam-Kwan & LUN LEE Pung-Chuen
Mary Kay (Hong Kong) Limited
Metlife Limited
Michael Page International (HK) Ltd.
Minter Ellison
MO Yuen Shan
Movement Improvement Ltd.
Mrs Cow Limited
New World Construction Company Limited

Ng Teng Fong Charitable Foundation Limited
Nomura International (Hong Kong) Limited
Novartis Pharmaceuticals (HK) Ltd.
Olympus Hong Kong and China Limited
PANG Kit Mui Winky
PCC Asia LLC
Peninsula Merchandising Ltd.
Pfizer Corporation Hong Kong Limited
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POON Sun Cheong
Pure International (HK) Ltd.
Ralph Lauren

Recruit
Roche Hong Kong Limited
Rosabelle Paris
Sa Sa Cosmetic Company Limited
Sa Sa Making Life Beautiful Charity Fund
Sai Kung Pink Ladies
Sanofi-aventis Hong Kong Limited
SHIU Barbara
SHO Shandy
Skechers Hong Kong Limited
Sogo Hong Kong Co., Ltd.
Sun Hung Kai Properties Charitable Fund Limited
Tai Hung Fai Charitable Foundation Limited

Tam Wing Kun Holdings Limited
TANG Mimi
TANG Sze Mun Swan
Tesma Limited
TGC Assets Limited
The Antithesis
The Hong Kong and China Gas Company Limited
The Landmark Mandarin Oriental
TSUI WONG Dig Hong Betty
Tung Wah X-Ray & Medical Laboratory Ltd.
UBS AG HONG KONG
USA Girls Scout Overseas Shanghai
Wacoal Hong Kong Co Ltd
WAI Yuk Chun Veronica

Will Makeup Limited
WONG Joanne Sin Yee
WONG Wai Hin Jason
Wong's Kong King (Int'l) Holdings Ltd
WU Suk Kam Shirley
YEUNG Anna
YEUNG Wing Ting
YU Carrie
YU Jennifer
ZHANG Xiao Ping
Zumba Fitness
桂繼忠
黃炳明
環球聯盟控股有限公司

01

2016年4月16日 星期六 (Sat)

乳癌病人的飲食調理：清、補、戒

時間：下午3時至5時

地點：香港乳癌基金會

講者：中醫師崔紹漢博士

內容：從中醫角度講解如何清熱解毒、補虛兼施及戒口的原則，以預防復發

Traditional Chinese Medicine Dietary for Breast Cancer Patients

Time : 3:00pm to 5:00pm

Venue : HKBCF

Speaker : Dr. Chui Shiu Hon, Chinese medicine practitioner

Content : Explain how traditional Chinese medicine dietary could prevent relapsing of cancer.

02

2016年5月22日 星期日 (Sun)

「亮麗人生」日營 2016

時間：上午9時至下午4時

地點：香港青年協會賽馬會西貢戶外訓練營

內容：短講、營養小食製作、健體運動、工作坊等

對象：乳癌康復者

費用：\$150

“Brighten Up Your Life” day camp 2016

Time : 9:00am to 4:00pm

Venue : The Hong Kong Federation of Youth Groups
Jockey Club Sai Kung Outdoor Training Camp

Programme : Talks, healthy snacks cooking class, fitness exercises, workshops, etc.

Target Audience: Breast cancer survivors

Fee : \$150



活動日誌 HKBCF EVENT CALENDAR

03

2016年6月11日 星期六 (Sat)

乳癌的荷爾蒙治療 (正式講題待定)

時間：下午3時至5時

地點：香港乳癌基金會

講者：郭子熹醫生

內容：認識乳癌的荷爾蒙治療

Hormonal therapy for breast cancer

(Title to be advised)

Time : 3:00pm to 5:00pm

Venue : HKBCF

Speaker : Dr. Carol Kwok

Content : Learn more about hormonal therapy for breast cancer.

* 活動詳情以最新公佈為準

* Event details may be updated closer to the event dates. Please refer to latest

