

Autumn | Winter 2024

# INTOUCH 觸覺

NO MATTER WHAT SIZE YOU ARE,  
CHECK REGULARLY.



癌症基金會  
CANCERFUND  
So no one faces cancer alone

[www.cancer-fund.org](http://www.cancer-fund.org)

# INTOUCH 觸覺



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## Circle of Friends: The Gift of Giving Back

Support our free cancer services to help those in need. Consider that the cost of a lunch donated each month can make a big difference in the lives of people touched by cancer. It only takes a few minutes to offer hope and practical care that will make a difference for cancer patients, their carers and loved ones.

Give a gift today by calling our Donation Hotline 3667 6332. Consider becoming a Circle of Friends monthly donor. To join, scan this QR code:



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Dear Friends,

As we leave the heat of summer behind and head towards the cooler months of autumn we can prepare ourselves for October and breast cancer awareness month.

Every year our Pink Revolution helps to enlighten and educate women of all ages of the symptoms of breast cancer and to ensure that we are all breast aware.

This year's campaign features Mrs. Gigi Ma who reminds us that no matter what size you are we all have the same risk factor. Breast cancer is the most common cancer for women in Hong Kong and we know that early diagnosis is one of the greatest impacts on increasing survivorships rates.

We will be having our kick-off event for Pink Revolution on Thursday 26th September at Festival Walk where we have an amazing breast cancer survivor, Christina, who will share her story and the wonderful support she has had from her family. Dr. Janice Tsang will share some information on breast cancer that we all need to be aware of. We will also have a special guest appearance from Kay Tse!

Throughout October we have our Shop for Pink, giving you a great reason to go shopping to show your support. For every item you purchase a part of the proceeds will be donated to the Cancer Fund's FREE breast cancer support services, so do check out what wonderful items we have for you this year.

Dress Pink Day is on Friday 25<sup>th</sup> October. Add a splash of pink to your wardrobe on the day and show your support. Have a fun Pink Party with your friends, family or work colleagues at home or at the office.

All donations received will go directly towards our Pink Recovery Pack which are delivered to the bedsides of everyone who has undergone breast cancer surgery in Hong Kong and our FREE professional services to breast cancer patients.

I would like to thank everyone for all of their support and for making our Pink Revolution a memorable and enjoyable event. It is because of you that we can continue to provide our much needed support so that no one faces cancer alone.

With love



**Sally Lo, BBS. MBE**

*Founder and Chief Executive*





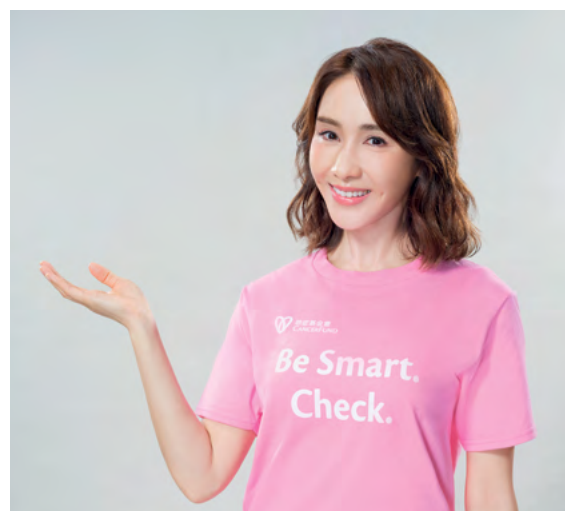


## Pink Revolution 2024

Pink Revolution is back! Every year the Cancer Fund joins the world in creating awareness for Breast Cancer during the month of October. Our kick-off event will take place on 26<sup>th</sup> September at Festival Walk and we are delighted that Mrs Gigi Ma has once again supported us as our Pink Ambassador.

Did you know that 1 in 13 women in Hong Kong will be diagnosed with breast cancer\*? Our campaign aims to promote the importance of early detection which is crucial to saving lives. The campaign features Gigi and explains that regardless of the size of your breast you need to check regularly. It is a common misconception that only women with larger breasts are more susceptible to breast cancer. This is not true, everyone has the same risk factor.

**No matter what size you are,  
check regularly**



\*Source: Hong Kong Cancer Registry, Hospital Authority

To learn more about our Pink Revolution, please visit, [www.cancerfund.org/pink/en](http://www.cancerfund.org/pink/en)



## Our Pink Power

Show that you care! We have a wide range of events and promotions that you can be part of and help us raise awareness and funds. All donations that we receive will go towards our FREE breast cancer care services, our Centres in the community and our Women's Support Centre in Central that provide the loving care, support and practical knowledge to any women with cancer.



## Dress Pink Day



Come and join us on Friday 25<sup>th</sup> October and Dress Pink! Just add a splash of pink to your outfit, donate HK\$170 and join in the fun. You can encourage all of your work colleagues to take part and have a pink themed day at the office, or a pink-themed party at home with your family and friends. Help us to spread awareness of breast cancer. Your donation will go towards our Pink Recovery Packs that are given to the bedsides of breast cancer patients who have undergone surgery.

## Care, Love and Respect!

In June the Cancer Fund invited three amazing specialised speakers to a FREE seminar on women's cancer. Dr Janice Tsang, Prof Ava Kwong and Dr Jacqueline Lee Ho Sze talked to an enthralled audience on this hot topic. The seminar, Supporting Women's Cancer with Care, Love and Respect was funded by the Hong Kong Jockey Club and moderated by Ms Iris Chan, the event was a huge success. Our next seminar will be held in November – stay tuned for further details!



*We receive no money from the government or the Community Chest, your generous donation will help us to sustain our free breast cancer services. Please give a gift today!*







## Mindful Tea Appreciation

Eric Yue's journey with tea began over 30 years ago, but it was his desire to support cancer patients, inspired by his family's experience, that led him to volunteer at the Cancer Fund. His father and sister had both been diagnosed with cancer. His sister joined our Wellness programmes and shared with Eric how green tea helped her feel calmer and happier. She noticed that many cancer patients suffered from anxiety and impatience and encouraged Eric to use his tea expertise and mindfulness practice to help others find peace.

In 2018, Eric began volunteering to teach the Mindful Tea Appreciation. Eric's workshops offer a unique experience, helping participants find calm and focus whilst on their cancer journeys.

His workshops are designed to create a relaxing environment. He carefully sets up his tea set, hangs simple calligraphy with meaningful texts, and chooses



teacups adorned with contemplative words. Upon arrival, participants are invited to remain silent and watch the tea-making ceremony. This initial five-minute period of silence helps to quieten the mind.



During the workshop, Eric brews a selected tea, often high mountain Oolong, which has become a favourite with his various groups. The first hour is conducted in silence, engaging the five senses: smelling the tea's fragrance, tasting its evolving flavours, observing the colour changes, and touching the tea leaves. This sensory engagement helps participants stay present and fully experience the moment.

After the silent tea appreciation, Eric opens the floor for interaction. People can ask questions and share their feelings, fostering a sense of community and reflection. This exchange allows people to connect with others who are on a similar journey and gain insights into their own experiences.

The benefits of Eric's Mindful Tea Appreciation workshops are profound. Many participants report feeling more relaxed, peaceful, and balanced after the sessions. The practice of mindful tea tasting helps them manage anxiety, reduce stress, and find joy in simple, everyday moments. The calligraphy texts and words on the teacups serve as gentle guides for contemplation, enhancing the overall mindfulness experience.

Eric's dedication to our Wellness Programme has made a significant impact. He has conducted 14 in-person workshops and five ZOOM sessions, reaching a total of 186 participants. His sessions provide a safe space for cancer patients to find comfort and tranquillity.

Reflecting on his journey, Eric says, "Tea is a wonderful medium to help bring people back to the present moment. By engaging the five senses and observing the changes during the tea brewing, participants can relax, feel peaceful, and find healing and joy.



Through his classes, Eric has created a sanctuary of peace and healing for cancer patients. His journey, rooted in a deep love for tea and a commitment to mindfulness, continues to touch the lives of many, providing a path to calmness and well-being through the simple yet profound practice of mindful tea tasting.



# Shop for Pink 2024

We're thrilled to let you know that once again several generous shops are joining our Pink Revolution by donating a percentage of their proceeds and supporting breast cancer awareness. The Conrad Macao is contributing from their staycation packages and some retails sales, "Her own words" are participating with their beautiful lingerie, MO is joining us and including products from their trendy lifestyle products. The Royal Garden is supporting through their delicious food and drinks, and Hubei Cosmetics is adding a touch of glamour through with their makeup sales. Shop at these amazing places and help make a big impact this Breast Cancer Awareness month!



## Zojirushi



Zojirushi is proudly sponsoring for the 17th consecutive year, continuing their incredible support for our Pink Revolution! This year's Pink series features special editions of a pink kettle and a pink rice cooker, along with a stainless steel vacuum mug and a stainless steel vacuum food jar. These stylish items are perfect for your home and on-the-go needs. These items limited items will sell out quickly! So shop early to avoid any disappointment.

## Miricor Group

We're thrilled to welcome back Miricor Group as our Principal Sponsor. With their fabulous beauty brands, treatments and products, they're on a mission to help women feel confident and beautiful. Miricor is committed to uplifting and supporting women who have been touched by breast cancer. Join us in celebrating their generous support and making a positive impact together!





# Check your breast in 3 easy steps



1

LOOK for changes in your breast or changes/discharge from the nipple



2

FEEL for lumps, thickening, puckering, dimpling of the skin, unusual redness, colour change or pain



3

COMPARE the shape and size of your breast, and both nipples for unusual changes

For more information about breast self-examination, please visit  
[www.cancer-fund.org/pink/en/look-feel-compare](http://www.cancer-fund.org/pink/en/look-feel-compare)

## Are you Breast Aware?

If you know 14 women in Hong Kong, the chances are that one of them will have breast cancer at some stage in their life. We are asking you to become breast aware by learning about the early signs of breast cancer and share our message with as many friends and family as possible because every woman you share this message with, could be a life saved.

Breast cancer is currently the most common cancer type for women in Hong Kong. Early detection means less physical and emotional trauma, and most importantly drastically increases the chances for survival.

Here's what to look for when you check:

- A lump, lumpiness or thickening.
- Changes in the skin, such as puckering, dimpling or a rash.
- Persistent or unusual pain.
- A change in the shape or size of the breast.
- Discharge from a nipple, a nipple rash or a change in its shape.

If you notice any of these changes, please see your doctor immediately. Early detection can save lives.

# The Power of Inner Strength



At the Cancer Fund our dedicated team offers **FREE** professional support, helping cancer patients and their families navigate the journey ahead.

Mrs Chan's journey began in 2004 when she was diagnosed with breast cancer. Throughout this challenging time, her family's unwavering love and support became her greatest source of strength. They were with her every step of the way, providing comfort and encouragement.

After her treatment, Mrs Chan faced a very rare complication and side effects with severe pain throughout the years. She turned to the Cancer Fund in 2009 for guidance and support. Our oncology nurses and social workers were there to provide expert advice, helping her with this new and unexpected challenge.

In 2010, Mrs Chan joined our Wellness classes and was delighted to discover the benefits of meditation and chanting. Under the guidance of Shiao Kuan Maddox, the consultant of our Wellness and Holistic Health Care Service, she found immediate relief and a deep sense of inner peace. These mindfulness practices became a vital part of her life, helping her to stay calm and centered.

Reflecting on her experience, Mrs Chan shared, "The love of my family and friends has been my anchor through every difficulty. I am also incredibly grateful to the Cancer Fund for their amazing support. Their team has provided endless professional care and love, and the practices they taught me have become a source of comfort and peace in my daily life."

Shiao Kuan said "Mrs Chan is such a remarkable lady. She is always smiling, positive and has such a lovely character despite the physical challenge. We are thrilled every time we see her come to class as she lightens up a room with her positive energy".

Mrs Chan's story highlights the power of family love, mindfulness practices and the incredible support provided by the Cancer Fund. Together, they form a solid foundation, helping people face their challenges with courage and resilience.





# Letter of Appreciation

At the Cancer Fund we often receive letters from cancer patients and their families who have contacted us and come to one of our Centres, and the below is an example of one we had recently.

We love the work that we do, and our frontline teams are here for everyone touched by cancer. Receiving these notes is never expected but always welcome. Thank you to the lovely caregiver who sent this to us:

To Head of Service,

I am writing to express our appreciation of services of your organisation (Cancer Fund Support Centres).

Being the husband and caregiver of a cancer patient, I have been gone through a lot of frustration and from time to time feel being in darkness, lonely, helpless and lost of the way ahead since the diagnosis of the disease in December last year (2023).

From the first time I called your organisation on June 26, looking for help amidst feeling lost and confused again because of the disease, my wife and I are very grateful for the help from your colleagues.

The volunteers/colleagues reached out to us timely, gave us guidance to clear our questions and doubts, and gave us their warmest support and care. These include:-

- A Mr. Liang received my first call on Jun 26 and arranged for a Ms. Tong (with nurse background) from North Point Center (NPC) calling us back and answering our concerns on the same day.
- Mr. Liang gave us a warm reception and introduction of their services when we visited your NPC on June 29.
- Ms. Chau from NPC gave us dietary advice on Jul 3 and
- Mr. Liang, our case Manager talked with my wife showing his care about her on July 4.

Today, July 5, we received our membership cards.

In the last 10 days, your colleagues have successfully shown their professionalism and care of us. This is really beyond our expectations. We feel warm and support from your organisation and this strengthens our courage and confidence in overcoming our challenges ahead.

Thanks a lot to you, your leadership and your colleagues in providing the community with love and care. Keep up your good work.

Best regards

Name withheld



# A Huge Thank You for Making a Difference

## ICAP Charity Day

We would like to extend our heartfelt thanks to ICAP (HK) Ltd who have been incredible supporters of the Cancer Fund since 2003. ICAP Charity Day was a wonderful example of their generosity and community spirit. On this special day, they donated all their revenue and commissions to us, and we couldn't be more thankful.

The event was made even more memorable with celebrity Alex Lam joining us, picking up the phone,

and making deals with the brokers. Everyone embraced the fun cowboy theme, dressing up and bringing a cheerful vibe to the office.

Thanks to ICAP (HK) Ltd's kindness, we received an amazing HK\$434,903 in donations. Your ongoing support means the world to us and helps us continue to provide our much needed **FREE** professional support. Thank you for being such a valued partner!



## Ralph Lauren Pink Pony Campaign



We are incredibly thankful to the Ralph Lauren Corporate Foundation for their heartfelt support through their Pink Pony Campaign. Founded in 2001, the global Pink Pony Fund has been a wonderful source of hope in the fight against cancer, focusing on reducing disparities in care and prevention. This ensures that underserved communities receive quality treatment at the crucial early stages.

Each year, the Pink Pony Campaign contributes significantly by donating a portion of sales from its special product collections to the Pink Pony Fund. Last year, we were overjoyed to receive a generous donation of HK\$225,468 from the campaign. Thank you, Ralph Lauren, for your amazing dedication and support to the Cancer Fund and anyone touched by cancer.





癌症基金會  
CANCERFUND

So no one faces cancer alone

# Cancer

## Let's support each other, become a monthly donor.



Cancer affects us all. To continue our FREE services, we need your support, so we can give ours. Your donation can make all the difference. To become a monthly donor, **find out more, call 3667 6332.**

## Thank you to all our supporters

We would like to acknowledge and thank the following friends, volunteers, individual donors and Circle of Friends members. Your generosity and continued support allows us to offer our FREE services, so no one faces cancer alone. (In arbitrary order)

### CIRCLE OF FRIENDS

Regular Donors

### MAJOR GIFT

Dr. Suk-Yin Chan  
Miss Ioc-Heng Lei  
Mrs. Purviz Shroff  
Dr. Ka-Luen Wong  
Chou's Foundation  
John Pearce Foundation  
Seekers Partners Limited  
Si Yuan Foundation  
The Pun U District Association of Hong Kong

### IN MEMORY & LEGACY GIVING

The Late Wingo Chan  
The Late Tommy Ho  
The Late Lam Chuk Ting, Eva  
The Late Mr. Li Hak Lau  
The Late Ms. Judy Mann  
The Late Ms. Shin Kwai Fong Sarah Patricia  
The Late Mr Wong Man Tai  
The Late Wong Yau Tak Kai Mary  
The Late Kon Yuen  
吳國安先生(已故)  
吳焱先生(已故)  
劉門何麗英伯母(已故)  
何權政先生(已故)  
張麗娟(已故)  
馮國輝(已故)

### PINK REVOLUTION

Ms. Chang Hsiu Yun  
Mr. Francis Cheng  
Mrs. Christina Fong's Family  
Mrs. Gigi Ma  
Miss Stephy Tang  
Dr. Janice Tsang  
Ms. Kay Tse  
Festival Walk

### MISCELLANEOUS FUNDRAISING EVENTS

Mr. Francis Cheng  
Ms. Ven Lam  
Hong Kong Professional Salon Management Association  
Discovery Bay  
ICAP  
LaVita Fitness  
Nan Fung Group  
PizzaExpress (H. K.) Ltd.  
Ralph Lauren (Hong Kong) Retail Company Limited  
The Kowloon Motor Bus Co., (1933) Ltd.  
Twopresents

### SKIN CANCER AWARENESS CAMPAIGN

The "Star" Ferry Company, Limited

### COLORECTAL CANCER AWARENESS CAMPAIGN

Dr. Yuen Siu Tsan

### CANCER BOOKLETS

Ms. Chun Oi Kwan, Vanessa

### WOMEN'S CANCER SEMINAR

Prof. Ava Kwong  
Dr. Lee Ho Sze, Jacqueline  
Dr. Tsang Wing Hang, Janice

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Miss Queenie Au  
Ms. Au Sik Sik  
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Hong Kong Society of Palliative Medicine  
Hong Kong Tuberculosis, Chest and Heart Diseases Association  
Queen Elizabeth Hospital Patient Retraining & Vocational Resettlement Service  
School of Chinese Medicine, Faculty of Medicine, The Chinese University of Hong Kong  
St. James' Settlement, The Philanthropic Community Pharmacy  
The Cancer Crusade Angels Service Society of Hong Kong  
The Centre for Spiritual Progress to Great Awakening  
The Family Planning Association of Hong Kong  
The Hong Kong Sheng Kung Hui Welfare Council  
Wong Tai Sin District Health Centre  
The New Hong Kong Association of Hair Design  
Tung Wah Group of Hospitals, Chinese Medicine Services  
Tung Wah Group of Hospitals, Healthy Budgeting Family Debt Counselling Centre  
United Christian Nethersole Community Health Service

### FRIENDS OF CANCERFUND

Association of Relive  
Bauhinia Club TMH  
Cheong Hong Club  
Chinese Painting and Calligraphy at Leisure Circle  
Hong Kong Adult Blood Cancer Group Limited  
Hong Kong GIST Union  
Hong Kong Stoma Association Limited  
Kin Lok Club  
Mutual Aid Association (Hong Kong) Limited  
Orchid Support Group  
Prostate Peer Association  
Rising Sun Association Company Limited  
Stoma Group  
Sunflower Network  
The Brightening Association (Hong Kong) Limited  
The Hong Kong Bone Marrow Transplant Patients' Association Limited  
The Hong Kong Pioneers Mutual Support Association Limited  
The New Voice Club of Hong Kong Limited  
Tung Wah Hospital Breast Cancer Patient Support Group  
Yin Chun Club  
Yin Hong Club

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Cancer Fund  
**stride**  
for a **Cure**  
癌症基金會  
抗癌大步走

Tai Tam Country Park  
大潭郊野公園

15/12/2024  
(Sunday 星期日)

**Challenge Against Cancer.**  
**Join Us Now!**  
**行善抗癌，請即報名！**

Join our Stride for a Cure walkathon to celebrate the Christmas spirit, every steps counts.

聖誕傳愛心，齊來參與「抗癌大步走」，一同邁向癌症受控的未來。



HongKongCancerFund 

**3667 6333**  
www.cancer-fund.org/sfc



**Join Us Now!**  
**請即報名參加!**

## Help to save the environment

### Sign up for the e-version of our newsletter to save paper and the environment

To receive the e-version of our newsletter, please email [public@hkcf.org](mailto:public@hkcf.org) with your name, mailing address and telephone number, so we can add you to our digital mailing list.

### Are you moving? Please keep us in the loop!

If you are moving and would like to be informed of our latest news and activities, please email your name, donor number and new contact details to [hkcf@hkcf.org](mailto:hkcf@hkcf.org) so we can update our records. Your personal information will be kept strictly confidential.

