

**MAGGIE'S CANCER CARING CENTRE
ANNUAL REPORT**
銘琪癌症關顧中心年報
2016



MAGGIE'S CANCER CARING CENTRE **銘琪癌症關顧中心**

Maggie's Cancer Caring Centre provides free practical, emotional and psychosocial support to people with cancer and their families in Hong Kong. Built in the grounds of Tuen Mun Hospital, the Centre is a warm and welcoming place with professional staff on hand to offer the support people need to find their way through cancer.

自成立以來，銘琪癌症關顧中心一直為香港癌症患者和他們的親友免費提供資訊、心理、社交及情緒方面的支援服務。本中心毗鄰屯門醫院腫瘤科，在一個溫馨而友善的環境下，中心團隊為所有受癌症影響的人士提供適切支援，令他們能夠積極面對和跨越癌症對日常生活所帶來的影響。

MESSAGE FROM OUR CHAIRMAN 主席獻辭



As I reflect on 2016, I am spellbound by the accomplishments of the team at Maggie's Cancer Caring Centre. Our free services have thrived, as have their beneficiaries. The number of visits has grown continuously since the permanent Centre opened three years earlier – 43% increase in 3 years to 23,476. I would like to congratulate our professional staff for a job extremely well done and delivered with such warmth and kindness.

This year also saw our transition from new entity heavily supported by the Keswick Foundation's 3-year seed finance to one with proven impact, now reliant on the community's generosity. Thanks to a lot of hard work, we secured grants and raised funds to continue providing our free services to cancer patients and their families. Our Centre Head, Helen Lui, embarked on a Fundraising Hike and our Fundraising and Communications team engaged with our benefactors delivering Corporate Team Work days, our third annual Fayre of St. John's, school partnerships, and plenty of other initiatives. Our Centre family was involved with knitting bears and sponsored coffee mornings whilst Maggie's Centre Music Therapy Choir had several engagements within the community. The funds they raised reflect the recognition we receive for our work and philosophy – taking care of the psychological and psychosocial needs of patients in a non-institutional environment, thereby supplementing the medical treatment they are undergoing at the hospital.

We continue to strive to promote Maggie's Centre's cancer care service to more cancer patients, reaching beyond the Tuen Mun area. More work will be done to promote this model of care and raise community awareness of its need. During the year we considered our aspirations and, with a focus on building capacity, appointed an Executive Director. We welcome Fan Kwan's experience and enthusiasm. With the continued support of the Hospital Authority, our partners, donors, governors and staff, the future is bright and our beacon of hope, that is our Centre, continues to shine. Thank you all so much.

Kathryn Greenberg MA (Oxon), MBA
Chairman, Board of Governors

有見本港患癌人數日益增加，銘琪癌症關顧中心（銘琪中心）提供的支援服務在2016年亦愈趨多元化，以配合病者及其家人的身心需要。在銘琪永久中心落成啟用這三年間，中心的到訪人次持續上升，並在本年度錄得23,476到訪人次，對比啟用首年升幅達43%。在此希望銘琪團隊的專業和愛心能讓更多受癌症影響的人士受惠。

全賴凱瑟克基金的支持及為期三年的發展基金，銘琪中心方能實現創辦人美琪·凱瑟克的癌症服務藍圖，並於本年度憑著社會上其他熱心支持，延續本中心的免費癌症支援服務，幫助更多癌症患者及其家人。銘琪中心主管雷太舉辦了「挑戰攀登八仙嶺」籌款活動，而籌募及傳訊部團隊亦和不同夥伴舉辦了企業義工日、第三屆「聖約翰座堂聖誕音樂會」、及各類型的慈善活動。視銘琪中心為大家庭的使用者們亦積極參與勾織愛心小熊及早晨咖啡聚會出一分力，中心音樂治療合唱團則活躍參與社區演出。善款的每一分毫都反映了社會大眾對銘琪中心工作和理念的肯定——在與一般診療室截然不同的環境裡為癌症患者提供心理、社交及情緒支援，配合他們在醫院治療期間的全面需要。

我們將全力以赴向屯門區內外的癌症患者推廣銘琪中心的癌症關顧服務，並努力提昇社區對癌症關顧服務的認識。鑒於中心的目標及長遠發展，我們於這年間任命關錦勳先生為銘琪中心的執行總監，冀盼銘琪中心在他富有經驗和工作熱忱的帶領下繼續茁壯成長，並藉著醫院管理局、所有合作夥伴、慷慨捐助者、董事會成員及工作團隊的支持，成為更多癌症患者的明燈，陪伴他們度過抗癌之路。

簡心潔 MA(Oxon), MBA
董事會主席

A WORD FROM OUR EXECUTIVE DIRECTOR AND CENTRE HEAD 執行總監及中心主管的話

What could have been more encouraging than hearing our Centre user Yim Ling say, "I came to Maggie's Centre with tears, and left with a smile," and that Maggie's Centre is like "a shelter to escape from distress, frustration and fear of death," said Henry. These testimonials are not just recognitions but the driving force behind what we do in creating positive changes to people in the midst of their cancer journey.

2016 marked another year of growth for Maggie's Centre, with an increase in the number of visits, and the effort put forth in augmenting our services. An enhanced "Getting Started" programme, tailored to those who are newly diagnosed with cancer, was rolled out earlier this year which helps participants understand cancer, treatments available, potential side effects and ways to manage them, as well as gives them a chance to ask questions and share experiences. We pilot-tested a post-treatment programme "Where Now?", which solidifies our vision of helping users to live with, through and beyond cancer; restructured the mind-body-spirit and relaxation programmes which offer more holistic care to those with psychological needs; and developed new programmes such as the gong bath and one-on-one yoga therapy, both favourably received and have become regular programmes in 2017.

As a standalone non-subsidised charity organisation, Maggie's Centre embarked on a challenging year in soliciting support to succeed the seed funding from Keswick Foundation – our heartfelt thanks to the Hong Kong Jockey Club Charities Trust and the Operation Santa Claus for offering us the support to keep our door open.

The Fayre of St. John's, entering its third edition, was another great success with the generous support from Quintessentially and members of the Organising Committee. Looking ahead, we would also like to acknowledge the effort put forth by a group of fanatic golfers in the planning of Maggie's inaugural Charity Golf Day 2017, the second annual fundraising event in the calendar. Our thanks also goes to corporate and individual donors who have helped us continue our free services.

Last but definitely not least, our gratitude is extended to Tuen Mun Hospital who continues to offer invaluable support to Maggie's Centre as well as advice on expanding and perfecting our collaboration in the area of cancer care, without which we would not be able to serve the local community in need.

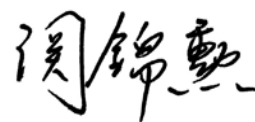
Adhering to our belief and mission of offering free cancer care services to anyone affected by cancer, Maggie's Centre will keep up the momentum on fundraising and service development, and strive to continue serving and empowering those affected by cancer. We look forward to having more supporters who share our vision to help us help those in need.



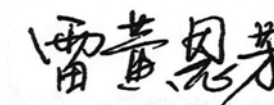
Kwan Kam Fan
Executive Director



Helen Lui
Centre Head



關錦勳
執行總監



雷黃恩芳
中心主管

對於中心使用者艷玲而言，銘琪中心是一處她「哭著而來，但笑著離開的地方」；對另一使用者Henry來說，中心則是個「遠離苦難、失望和恐懼的避風港。」他們的分享無疑是對銘琪中心服務的認同和鼓勵，同時亦鞭策著我們要繼續為受癌症困擾的人士提供適切支援，為他們帶來正面的改變。

銘琪中心在2016年持續成長，無論在服務人次及服務發展方面均有進益。我們在年初推出了內容革新的「同步抗癌」新症支援小組，讓新確診患者了解所患的癌症、認識各種治療方法、學習應對由治療所引起的副作用，同時鼓勵大家積極發問和分享經驗。而專門為已完成治療人士設計的「活在當下」課程亦在同年試辦，旨在幫助他們重新投入「正常」的生活，跨越癌症。一系列身、心、靈及鬆弛練習課程正式完成試辦，連同其他新增課程，例如銅鑼體驗及一對一瑜珈治療，正逐步在2017年成為銘琪中心的恆常服務項目。

銘琪中心是一家獨立及無政府資助的慈善機構，承蒙凱瑟克基金的資助及為期三年的發展基金、及香港賽馬會慈善信托基金及愛心聖誕大行動撥款支持，我們的服務方可持續並穩步發展。此外，全靠Quintessentially及籌備委員會成員的鼎力協助，一年一度的「聖約翰座堂聖誕音樂會」連續第三年成功為銘琪中心籌募善款。展望來年，不得不提一群熱心公益的高爾夫運動愛好者，他們現正努力籌備2017年首屆「銘琪癌症關顧中心慈善高爾夫球日」，而我們期望能夠籌辦另一個讓人期待的年度籌款活動。我們在此感謝過往一年曾捐款支持銘琪中心的企業及善長，您的慷慨捐助讓銘琪中心的大門常開，為癌症患者帶來曙光。

屯門醫院與銘琪中心向來合作無間，一直為我們提供寶貴建議，並大力支持銘琪中心的服務發展及推廣工作，同心致力服務社群。全靠屯門醫院的熱心支持，我們才能為社區盡心服務，讓更多有需要的人士受惠。

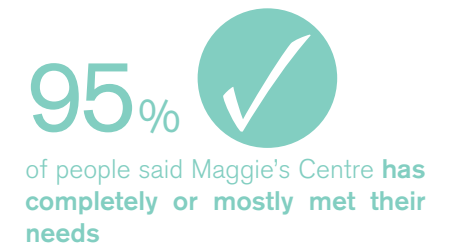
為了秉持提供免費及適切服務的理念，銘琪中心將會繼續積極努力籌募經費及發展服務。祈盼我們的工作能獲得更多有心人的認同及支持，與我們一起攜手協助受癌病影響的人士跨越癌症，重拾生活的歡樂和意義。

MAGGIE'S CENTRE 2016 AT A GLANCE 銘琪中心2016年服務一覽

Maggie's Centre is here for anyone affected by cancer, and their families and friends.
銘琪中心是為所有受癌症影響的人士而設，包括癌症患者、其家屬及朋友。

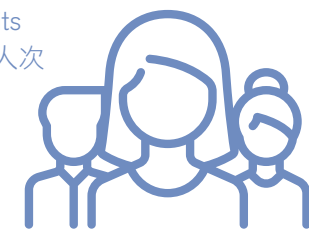
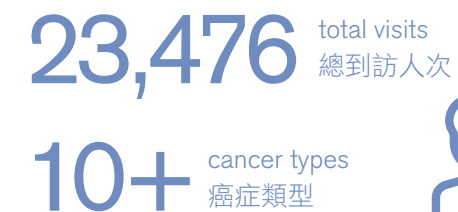


的訪客認為到訪銘琪中心的體驗為好或優良



的人認為銘琪中心能夠全面或近乎全面地滿足他們的需要

Growing the number of people we receive:
銘琪中心的癌症支援服務需求不斷增加：



Growing the number of support programmes run by our multidisciplinary team:
銘琪團隊所提供的支援活動持續增加：



In 2016, over **HK\$10 million** from donations and funds were raised to support more people affected by cancer and to launch new programmes.

2016年，我們透過各項捐款及籌募活動共籌得港幣**1,000萬元**，讓銘琪中心能夠支持更多受癌症影響的人士及開展新的課程和活動。

Above figures from Maggie's Centre's Annual Audit Report 2016.
以上數據取自銘琪中心2016年審計調查報告。

NEW PROGRAMMES IN 2016 2016年新增課程及服務

“Getting Started” New Case Support Group 「同步抗癌」新症支援小組



The programme, designed for anyone recently diagnosed with or affected by cancer to understand the illness, its treatment and potential side effects is now enhanced to include new elements such as a Centre tour, and introduction of Centre staffs and support services at Maggie's Centre for promoting well-being physically and psychologically. We believe participants who understand well of their physical and psychological condition would have more confidence to take an active role in their treatment and recovery.

小組專為新確診癌症患者及其家屬設計，讓其了解有關病情、治療及可能引起的副作用。小組活動包括介紹中心設施、服務團隊及各類支援服務，讓參加者能馬上掌握哪項支援服務切合自己的需要。我們相信參加者若能清楚了解自己的身心狀況及認識支援服務渠道，可提升個人信心並能更積極參與治療及適應康復過程所帶來的挑戰。

“Where Now” 「活在當下」課程



“Where Now” is designed for anyone who has finished their treatment and is planning to resume past roles in family and/or the society, offering skills and techniques to support those going through the transition period. The programme offers the chance to explore key issues and concerns, empowers them to find their own ways to address areas including, but not limiting to, post-treatment physical adjustment, exercise, healthy diet, emotional well-being, and skills required to address post-treatment challenges.

「活在當下」課程是為已康復的癌症人士而設，以幫助他們培養相關技能和技巧，支援他們度過治療後的艱難時期及改善日後生活質素。課程著重討論運動、健康飲食、情緒健康及克服治療後的難題，有助參加者增強體能、減少焦慮和壓力感。此外，本課程將協助參加者面對病癒後重投社會的挑戰及疑慮，讓他們學習如何活在當下並保持活力。

When doctors break the news, it often comes with frustrations, stress and anxiety. This programme brings together series of psychological, emotional and social support within a unique healing environment to empower those touched by cancer to live with, through and beyond the illness. Support groups gathering users based on cancer site, are great platforms for sharing with those who understand. While other stress management, mindfulness, meditation, pain management, handling emotions, psychosocial educational courses are in place to improve overall well-being. ***Funded by: The Hong Kong Jockey Club Charities Trust**

Jockey Club Emotional and Psychosocial Support Programme* 賽馬會「以心療心」癌症支援計劃*



當醫生告知患癌一刻，隨之而來的打擊，壓力及不安情緒可想而知。「以心療心」計劃包含一系列的心理、社交及情緒支援服務，協助有需要的人士消除抗癌旅程中的種種不安，並給予他們力量去面對及適應康復後的新生活。計劃同時推行各類癌症的支援小組，讓相同經歷的人士交流及互相鼓勵積極抗癌。參加者可選擇參加如壓力管理、靜觀、正念、痛症管理、情緒管理、社交適應等等實用課程，提升身心健康。*捐助機構：香港賽馬會慈善信托基金

Gong Bath 銅鑼體驗



The gong is one of the oldest musical instruments in the world. Based on ancient wisdom, the gong has the power to facilitate self-healing as it vibrates at the same frequency as the body. The sounds and vibrations of the gong creates relaxation and state of meditation by altering brain waves from a waking state to deep meditation, enabling the entire body to relax, renew and rejuvenate.

銅鑼是一種源遠流長的樂器。遠古智慧告訴我們它的震動頻率與人體相符，故鑼聲能激發自我療愈功效。由專家敲擊的特製銅鑼，能讓大家感受它無遠弗界的穿透力及震撼，以它的音波來療癒、放鬆、平衡甚至進行冥想或進入大休息狀態，能讓參加者身心靈舒暢。

Nature's energy helps strengthen one's own energy and find stability and harmony within oneself. Conscious connection with nature and its energy may also allow us to discover some unrealised aspects of ourselves. The workshop introduced mind-set and skills for consciously developing and deepening our means of perception of energy and our relationship with nature.

Energy of Nature Workshop 大自然能量體驗工作坊



大自然能夠使我們充滿能量，助我們重獲心平與協調。所有人與生俱來都有潛能與大自然聯繫，讓我們在日常生活中得到重要的支持，透過與大自然建立的連繫，增強我們的感知力及從不同角度瞭解自己。「大自然能量體驗工作坊」可讓參加者有機會學習連接大地及定心，並從中培養及鞏固心靈和直覺，擴闊我們的覺察力，重新體驗人與樹木和大自然的連繫。

The programme was expanded from relaxation practices led by social worker to include one-on-one training of relaxation and stress management techniques catered for individual needs. There are also group sessions when members are trained on relaxation theories, principles, different relaxation methods and applications in daily life. Those finished the group course would acquire necessary self-practice skills and be able to relax whenever needed.

從原本由中心社工帶領的小組鬆弛練習，現新增一對一鬆弛及壓力管理課程，有效針對個人需要。另設小組課程，讓參加者一同學習鬆弛練習的理論、多種有效的鬆弛方法及放諸日常生活的應用技巧。在完成課程後，參加者可以掌握自我鬆弛的竅門，隨時隨地進行練習。

Relaxation – Individual and Group 鬆弛練習 - 個人及小組





“Above all what matters is not to lose the joy of living in the fear of dying.”

MAGGIE KESWICK JENCKS, FOUNDER

PROGRAMME OF SUPPORT

Maggie's Centre in Hong Kong follows the cancer care concept advocated by its founder, Maggie Keswick Jencks, who had first-hand experience as a cancer patient. We are a charity organisation with a mission to help people affected by cancer, including the patients, their families, friends and carer, to discover and develop the strength of their own resources in coping and living with cancer.

Built in the grounds of Tuen Mun Hospital, the Centre was specially-designed to be warm, calming and full of light and open spaces, which is nearby but different from a hospital. It has a professional multi-disciplinary team of oncology nurses, social workers and clinical psychologists, to provide support and services to fill the gaps of the many needs that complements medical treatments.

Our services cover the following four main areas. All programmes are free and no referrals and appointments are necessary.

Information & Practical Support

Talk to our oncology nurses or attend our seminars and workshops to learn more about how to manage cancer symptoms, treatment side-effects, both Chinese and Western nutrition, and other helpful topics. The Centre also offers a lending library, books and DVDs as well as access to the internet.

Emotional & Psychosocial Support

Emotional and Psychosocial support involves individual and family counselling and psychotherapy sessions with our clinical psychologists or social workers, support groups for empowering people and sharing their experience, and psycho-educational programmes addressing specific needs and issues of people affected by cancer.

Relaxation & Stress Management

Relaxation and stress management techniques can significantly reduce emotional distress and promote healthy psychological and physical adjustment to a cancer diagnosis. There are individual and group sessions to meet people's needs.

Warm & Welcoming Spaces

Thanks to the pro-bono service of acclaimed architect Frank Gehry, the Centre offers a peaceful yet uplifting environment for the Centre users. The landscape around the Centre was designed by Lily Jencks, the daughter of our Centre Founder. The vivid yet elegant garden allows people to feel inspired, special and cared for.

支援服務

銘琪中心根據創辦人美琪·凱瑟克的抗癌經驗和癌症支援概念而運作，是一間非牟利慈善機構，專門為癌症患者、其家人、朋友及照顧者提供適切的支援服務，幫助他們建立信心，並給予他們力量去克服癌症帶來的影響。

座落於屯門醫院的銘琪中心提供一個溫馨、平靜及充滿天然光線的敞闊空間。本中心擁有一支包括腫瘤科護士、社工及臨床心理學家的專業團隊，配合患者個別的抗癌療程從而提供適切的支援服務。

本中心的支援服務涵蓋四個主要範疇，所有服務及設施一律免費，無需預約或轉介。

資訊支援

透過向中心的癌症支援專科護士的諮詢、參與各類講座及工作坊、借閱圖書和DVD光碟及使用互聯網等，癌症患者與其家人可正確地認識有關癌症、如何處理因治療引致的副作用及後遺症的不適、中西方的營養知識及其他實用資訊。

心理、社交及情緒支援

中心的心理學家及社工為有需要的人士提供心理、社交及情緒方面的支援，服務包括個人及家庭心理輔導、支援小組和心理教育課程等，讓癌症患者及其家人獲得適切的支援、鼓勵和關懷。

鬆弛及壓力管理

各種鬆弛方法和壓力管理技巧可以顯著舒緩情緒困擾，協助調節身心。鬆弛練習可以個人或小組形式進行，以配合不同人士的需要。

溫馨及舒適的環境

中心由享譽國際的建築師法蘭克·蓋瑞無償設計，為尋找安寧、支持和希望的訪客提供適切的服務。中心園景清幽雅意，洋溢生氣，由創辦人美琪的女兒莉莉·詹克斯設計，讓癌症患者和家人在鬧市中仍能接觸大自然，感受當中的和諧和生命力，從而獲得生命的靈感、情緒的慰藉和面對挑戰的力量。

「最重要的是不讓死亡的恐懼奪去生命的歡樂！」

美琪·凱瑟克 - 中心創辦人



HOW WE HELPED IN 2016 2016年的服務成果

The primary aim of Maggie's Centre is to help people discover and develop the strength of their own resources in coping and living with cancer. Some examples of our programmes in 2016 include:

銘琪中心成立的主要目的是幫助癌症患者探索和發揮自己的力量，以面對癌症的挑戰。我們在2016年提供了不同類型的活動，其中包括：



Information & Practical Consultation
資訊支援及諮詢

4,927 Visits
人次



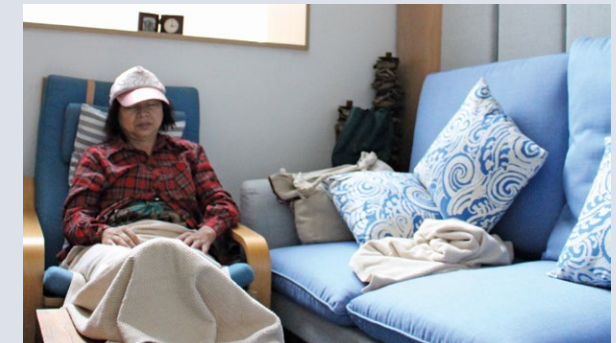
Psychological Support to Individual, Couple and Family
個人、夫婦和家庭的情緒及心理支援

1,306 Visits
人次



Psycho-educational Courses
心理教育課程

556 Visits
人次



Relaxation Programme
鬆弛課程

1,128 Visits
人次



Support Groups for People with Cancer and Carers
癌症患者或照顧者支援小組

2,348 Visits
人次



Nutrition Workshop
營養工作坊

412 Visits
人次



Chinese Nutrition and Health Talk
中醫營養和健康講座

711 Visits
人次



Aromatherapy and Massage Workshop
香薰舒緩按摩工作坊

784 Visits
人次



Music Therapy and Creative Arts Programme
音樂治療與藝術小組

5,850 Visits
人次



Mind-Body-Spirit Programme
(Tai Chi, Qigong, Yoga, Meditation, Mindful Yoga, Laughter Yoga)
身・心・靈課程 (太極、氣功、瑜伽、靜觀、正念瑜伽、愛笑瑜伽)

3,999 Visits
人次



"Look Good Feel Better" Beauty Workshop
美容工作坊

89 Visits
人次



Other Programmes
其他活動

1,356 Visits
人次

OTHER EVENTS IN 2016 其他活動摘要



Island School Fashion Show – ANAIA

The annual Island School ANAIA 2016 Charity Fashion Show was held on February 20. The evening was fun and glamorous, and successfully raised over HK\$50,000 for Maggie's Centre.

港島中學慈善時裝表演ANAIA

港島中學舉辦的周年慈善時裝表演「ANAIA 2016」於2月20日舉行，當晚由多位高年級學生穿上精心設計的創意服飾，亮麗登場；每款作品均呈現鮮明的自家風格，摩登高雅。同學們的熱心付出為銘琪中心籌得港幣逾50,000元之善款。

FEB

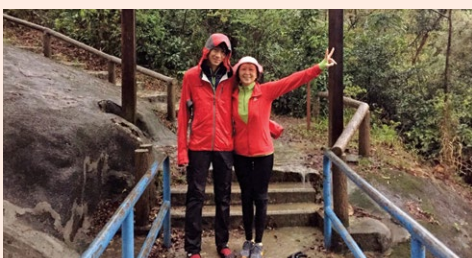
MAR

APR

SEP

OCT

DEC



Helen's Birthday Hike for Maggie's

Our Centre Head Helen Lui and her family completed their hike on Pat Sin Leng, one of Hong Kong's most challenging ridges on March 21 (her birthday) to commemorate the third year anniversary of Maggie's permanent centre in Hong Kong. Their efforts have raised over HK\$260,000 to support Maggie's cancer care services.

雷太挑戰攀登八仙嶺

銘琪中心主管雷太在3月21日，她生辰那天與家人一起成功攀登八仙嶺，藉以籌款慶祝銘琪永久中心落成啟用三週年。他們付出的努力為銘琪中心籌得逾港幣260,000元善款，讓更多受癌症影響的人士受惠。



Talk: Can Architecture Affect Your Health?

Maggie's Centre's founder Maggie Keswick Jencks wanted to create environments that were uplifting and healing for people who have come to terms with cancer, as she felt strongly that our surroundings could affect our health. Her daughter, Lily Jencks, spoke about her mother's vision and her own work as a landscape architect at a talk at the Hong Kong Design Institute, titled 'Can Architecture Affect Your Health'. The talk was fascinating and enlightening.

「建築、園景設計與身心健康」專題講座

銘琪中心創辦人美琪·凱瑟克女士想營造一個獨特療癒及令人鼓舞的地方，她深信每個人身處的環境都會對其健康有直接的影響。銘琪中心的環境有別於醫院，能為使用者帶來信心與歡樂。美琪的女兒莉莉·詹克斯在香港知專設計學院出席了「建築、園景設計與身心健康」的專題講座，與大家分享了美琪的願景及自己對園林建築的藝術意念，內容極富啟發性。

BGC Charity Day 2016

The annual BGC Charity Day was founded to remember the 658 Cantor Fitzgerald colleagues who lost their lives in the 9/11 World Trade Center attacks. It was held on September 12 this year and all commissions made on the day are donated to many charities around the world. Maggie's Centre was honored to be selected as one of the beneficiaries again this year in Hong Kong and received a donation of HK\$170,000 to help those affected by cancer.

BGC慈善日2016

本年度的BGC慈善日於9月12日舉行，為紀念911世貿事件中罹難的658名員工。慈善日的全球營業額均捐予各地慈善事業，而銘琪中心有幸再度成為受惠機構之一，並籌得逾港幣170,000元之善款。



A Day In The Life Of Maggie's

It is not every day that our supporters visit Maggie's Centre and take a close look at what happens within the Centre each day. On April 19 we welcomed them to experience a day in the life of Maggie's; some jammed with our music therapy instrument group, some learnt about practical tips and tools our oncology nurses give away, whilst some familiarised themselves with different types of therapies Maggie's Centre offers such as relaxation and meditation.

銘琪中心體驗日

在4月19日，銘琪中心邀請一眾支持者前來體驗銘琪中心的日常運作。他們可以與音樂治療小組一起眾樂樂、從腫瘤科護士們身上學到關顧癌症患者的實用方法及貼士，亦了解到更多由銘琪中心所提供的各類治療活動，例如鬆弛練習及靜觀等身心-靈課程。

Tayma Fine Jewellery Pink Party



To echo the worldwide annual campaign Breast Cancer Awareness Month that takes place every October, Tayma

Fine Jewellery threw a "Pink Party" with a charity sale benefitting Maggie's Centre on October 24. The event successfully raised over HK\$50,000 for Maggie's.

Tayma Fine Jewellery粉紅派對

為響應每年10月為國際乳癌關注月，Tayma Fine Jewellery於10月24日舉辦了「粉紅派對」，為銘琪癌症關顧中心作慈善義賣，籌得逾港幣50,000元之善款。

The Fayre of St. John's 2016 2016聖約翰座堂聖誕音樂會



Hong Kong Cancer Day 2016

Maggie's Centre participated in the 4th annual Hong Kong Cancer Day on December 11 with other charities, hospitals and organisations. With this year's theme "Healthy Diet • Healthy Life", the event aimed to raise public awareness about healthy eating habits, cancer prevention, early detection and treatments.

香港癌症日2016

銘琪中心聯同其他慈善團體、醫院及組織參加了於12月11日舉行的第四屆香港癌症日，主題為「識飲識食 • 惜健康」，活動目的是為提升大眾對健康飲食習慣的認識、癌症預防、定期檢查和各種治療資訊。



The Fayre of St. John's 2016 Organising Committee

2016聖約翰座堂聖誕
音樂會籌備委員會

Abha Kopp
Alison Falloon
Anne Farlow
Anne Wang Liu
Archie Keswick
Audry Ai Morrow
Beth Anderson
Christopher Tang
Claire Melwani
Clare Keswick
Deborah Kan
Diana King
Emma Sherrard Matthew
Francesca Whyatt
Francisco Anton-Serrano
Jeremy Lawson
Kathryn Greenberg
Kay Tsang
Kirsten Molyneux
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Lily Ahn Riddick
Martha Keswick
Michelle Leung Sulger
Ming Chen
Patty Gaw
Paula Mahoney
Peter Cheung
Roger Chan
Ruri Pao
Sarah Dingley
Susan Ho
Susie Hunt
Teresa Teague
Tamara Varga

THE FAYRE OF ST. JOHN'S 2016 2016聖約翰座堂聖誕音樂會

"The Fayre of St. John's 2016", presented by Quintessentially in aid of Maggie's Centre, came to its third edition on December 1 at the St. John's Cathedral followed by an after party in KEE Club. 100% of funds raised went towards helping people touched by cancer in the community. The evening raised almost HK\$2 million for Maggie's Centre to further the development in cancer care services.

The evening repertoire featured Maggie's Centre Music Therapy Choir performing "You Raise Me Up" to thank you for everyone's support and Jodie Wong, who was diagnosed with breast cancer which later spread to her spine and brain, shared her struggle in her cancer journey and how Maggie's Centre has helped her along the way.

踏入第三年，Quintessentially再度為銘琪中心籌款，在12月1日於聖約翰座堂舉辦「聖約翰座堂聖誕音樂會2016」，其後移施到KEE Club舉行聖誕聯歡派對。活動籌得之所有善款將幫助更多癌症患者，而該晚共籌得接近港幣二百萬元之善款，有助銘琪中心未來發展。

該晚的音樂會的表演節目包括銘琪音樂治療合唱團即席獻唱「你鼓舞了我」(You Raise Me Up)以感謝大家的支持；其中一位中心使用者麗儀更與大家分享患上乳癌，其後擴散至脊椎及腦部的經歷，和銘琪中心如何幫助她渡過難關。

A WORD FROM OUR CENTRE USERS 中心使用者的話

“I came to Maggie's with tears, and leave with a smile.
我帶著淚水來到銘琪中心，卻帶著微笑離開。”

Yim Ling, Centre user 中心使用者 - 艷玲

“Cancer is a blessing in disguise, as I look back.
回望過去，癌症原來是一種祝福。”

Yee, Centre user 中心使用者 - 儀

“Cancer isn't scary at all if you get the right help.
有適切的支援，癌症不可怕。”

Wan Hing, Centre user 中心使用者 - 溫馨



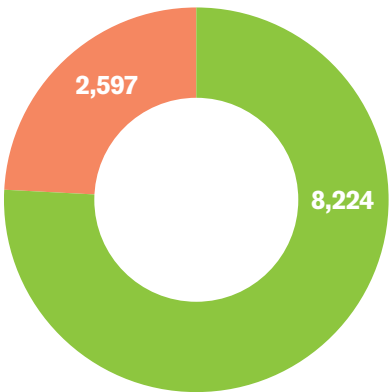
HOW WE RAISED OUR MONEY IN 2016 我們在2016年的收入來源

Thanks to the huge generosity and commitment of our supporters, we raised more than HK\$10 million in 2016. This extraordinary support has enabled us to extend our programme of support to meet the needs of the growing number of people affected by cancer in Hong Kong.

透過社會各界支持者的慷慨解囊，我們在2016年籌得超過港幣1,000萬元的善款。這些捐款使我們能夠擴展銘琪中心的服務計劃，以支援香港愈來愈多受癌症影響的人士，並配合他們的需要。

Grants and Donation 慈善捐款 ■ 76%
Fundraising Events 籌款活動 ■ 24%

Total 總額: **HK\$10,821,677**

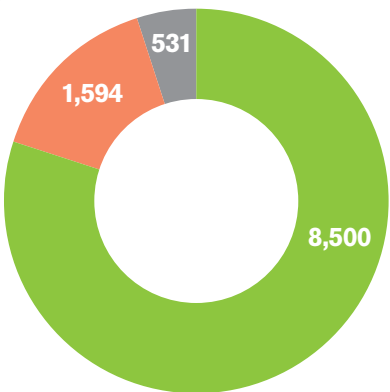


Figures are in thousands 數字以千元為單位

HOW WE SPENT OUR MONEY IN 2016 TO HELP PEOPLE AFFECTED BY CANCER 我們在2016年的支出

Service & Programme 癌症支援服務與活動 ■ 80%
PR & Fundraising 公關推廣及籌募活動 ■ 15%
Administration 行政事務 ■ 5%

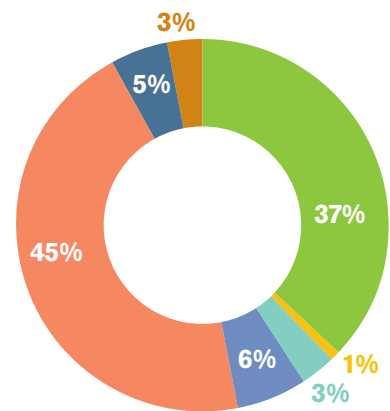
Total 總額: **HK\$10,624,487**



Figures are in thousands 數字以千元為單位

Further breakdown into services & programmes 各項癌症支援服務與活動經費之詳細資料

Drop in Service 偶到服務 ■ 37%
Information & Practical Programme 資訊支援 ■ 1%
Relaxation Programme 鬆弛治療 ■ 3%
Mind-Body-Spirit Programme 身·心·靈課程 ■ 6%
Emotional & Psychosocial Support 心理、社交及情緒支援 ■ 45%
Creative Expressive Art 創意表達藝術治療 ■ 5%
Other Activities 其他活動 ■ 3%



OUR THANKS TO YOU 感謝各位的慷慨支持

Programme Sponsors 資助機構



The Keswick Foundation
凱瑟克基金



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同步 同進 RIDING HIGH TOGETHER

The Hong Kong Jockey Club
Charities Trust
香港賽馬會慈善信託基金



South China Morning Post
Operation Santa Claus
愛心聖誕大行動

2016/2017 Partners Programme 2016/2017 夥伴計劃



Chan Dang Social Services Foundation Ltd.
陳登社會服務基金會



Kitchen Infinity Holdings Limited



Roche Hong Kong Limited
羅氏大藥廠香港有限公司



Urbis Limited
雅邦規劃設計有限公司

BGC Capital Markets (Hong Kong) Limited

Island School 港島中學

GS Gives Annual Giving Fund

Lasvit (H.K.) Ltd.

Shamrock Lodge No. 712 IC

Tayma Fine Jewellery

Top Smarties Limited

The Morrow Family Fund

True Elite Enterprises Limited 信傑企業有限公司

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Ms. Anne Farlow

Mr. Andrew Ferguson

Ms. Katherine Gallagher

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Ms. Shaline Gnanalingam and Mr. Mohan Rajasooria

Mrs. Jane Griffiths

Happy Bunch

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Mr. JJ Yuan 袁揚先生

We are grateful to everyone who gives time and money to Maggie's Centre so generously. Due to limited space, we regret not all names are listed.

我們感謝所有為銘琪中心盡獻寶貴時間和慷慨捐款的人士。由於篇幅所限，恕未能盡錄所有善長芳名。

MAGGIE'S GOVERNANCE 銘琪中心董事會

We rely on some extraordinarily dedicated and talented individuals to help us support people with cancer and their family and friends. They helped to raise the funds to build and run our Centre, shared their expertise and offered guidance. They are the driving force behind all that we do.

2016年是銘琪癌症關顧中心（銘琪中心）豐盛的一年，這全賴社會各界的鼎力支持及協助。設立銘琪中心是為了讓癌症患者、其家人及照顧者得到醫藥治療以外的支援服務。鑑於香港公共醫療系統的負擔日漸增加，醫生們首要為癌症患者提供醫藥治療，而銘琪中心則著力提供個人化的資訊、心理及社交支援服務，滿足癌症患者不同方面的需要。

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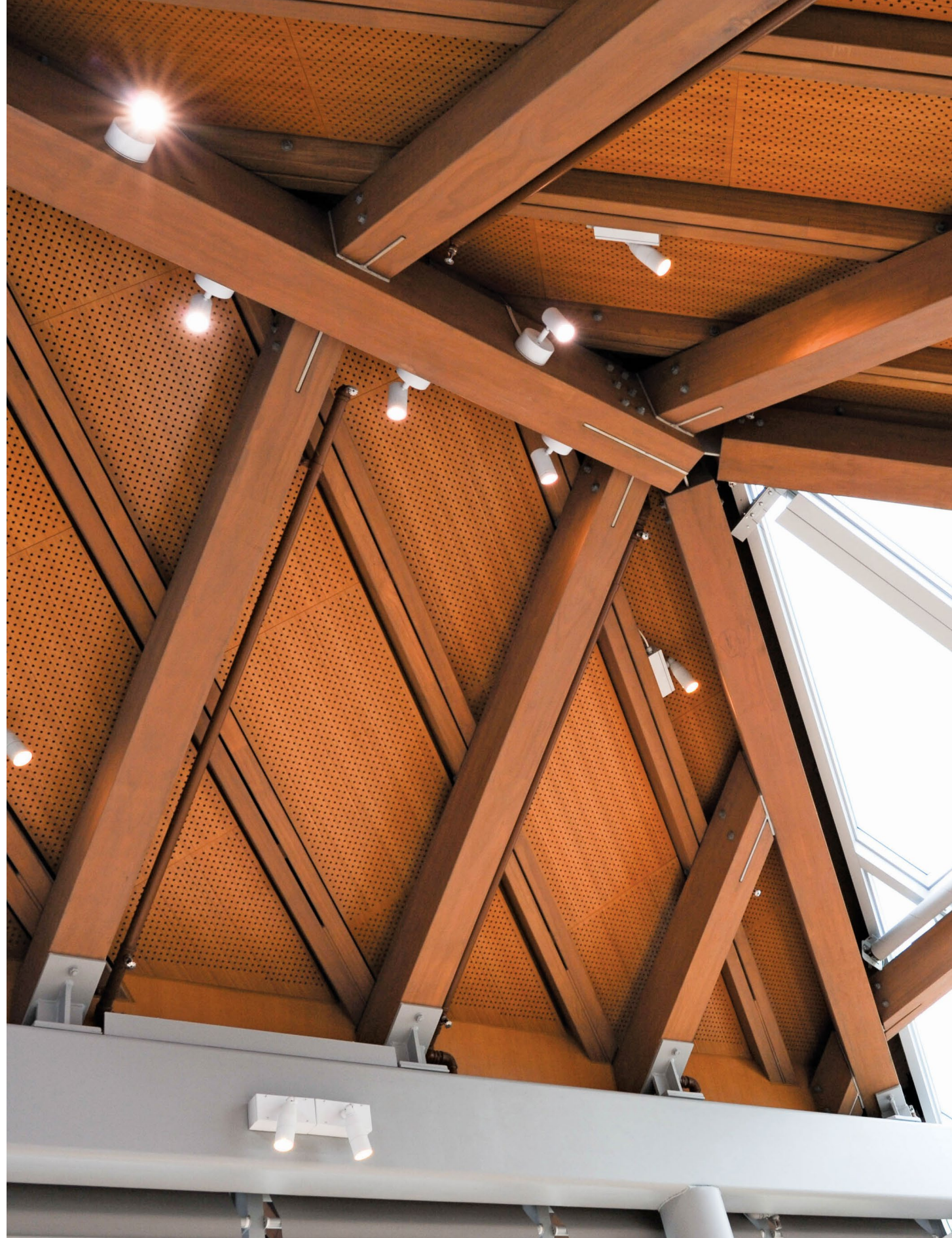
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梁智鴻醫生 GBS, GBM, JP

Mr. Marvin Cheung Kin-tung GBS, OBE, JP (decd)
張健東先生 GBS, OBE, JP (已故)

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Dr. Yeoh Eng Kiong GBS, OBE, JP
楊永強醫生 GBS, OBE, JP





Maggie's Cancer Caring Centre 銘琪癌症關顧中心

Operated by Maggie Keswick Jencks Cancer Caring Centre Foundation Limited 由美琪凱瑟克癌症關顧中心基金有限公司營運

Address 地址:

Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong 香港新界屯門青松觀路屯門醫院

Telephone 電話: (852) 2465 6006 **Fax 傳真:** (852) 2465 6063 **Email 電郵:** info@maggiescentre.org.hk

Opening hour 開放時間: Monday to Friday 9am to 5pm 星期一至五早上九時至下午五時



MaggiesCentreHongKong



MaggiesCancerCaringCentre

www.maggiescentre.org.hk