

銘琪  
maggie's  
癌症關顧中心  
Cancer Caring Centre

MAGGIE'S CANCER CARING CENTRE  
ANNUAL REPORT

銘琪癌症關顧中心年報

2017





## CONTENTS 目錄

Message from our Chairman 主席獻辭 .....	4
A word from our Executive Director and Centre Head 執行總監及中心主管的話 .....	6
Maggie's Centre 2017 at a glance 銘琪中心2017年服務概覽 .....	8
A word from our Centre users 中心使用者的話 .....	9
Service Highlights in 2017 2017年服務簡報 .....	10
Programme Highlights 支援服務概覽 .....	12
Signature Fundraising Events 主要籌款活動 .....	14
Other Fundraising Events 其他籌款活動 .....	16
Community Outreach Events 社區外展活動 .....	18
Angel's Story 雪英的故事 .....	20
Financial Statements 財務報表 .....	23
Acknowledgement 鳴謝 .....	24
Maggie's Governance 銘琪中心董事會 .....	26

## MESSAGE FROM OUR CHAIRMAN 主席獻辭

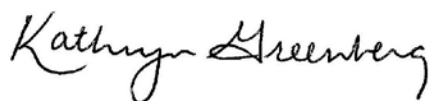
Maggie's Cancer Caring Centre in Hong Kong started with careful and patient preparation, as a labour of love, to bring the concept of a holistic cancer caring centre to Hong Kong well more than ten years ago. We were fortunate to pilot cancer support services from an adapted shipping container within the car park of Tuen Mun Hospital in 2007. The services blossomed and finally moved into their permanent home – an inspiring, Frank Gehry designed, architecture of hope in March 2013. Throughout, Maggie's Centre has clearly listened and understood the needs of our beneficiaries and demonstrated the value of specialised, psychosocial care. Our service makes an impact: The number of visits have continued to grow since permanent centre opened in 2013 – from 16,312 to 26,038 in 2017, almost a 60% increase in 4 years.

Last year our multidisciplinary team of oncology nurses, social workers and clinical psychologists conducted over 5,000 consultations (from informational and emotional, to benefit advisory). Our sponsors deserve particular recognition for their support. We are thankful for 'Music Therapy Programme' from The D. H. Chen Foundation, the 'Breast Cancer Education and Caring Programme' sponsored by the American Women's Association of Hong Kong, the 'Drop-in Service - Information & Practical Cancer Support' from Operation Santa Claus, and for the funding by The Hong Kong Jockey Club Charities Trust for 'Emotional and Psychosocial Support Programme'.

In February 2017, we held our First Charity Golf Day and we would like to thank our event Chairman Dr. Ronald Lu, the Organising Committee and The Clearwater Bay Golf & Country Club for the care and dedication shown coordinating this fundraiser. The inaugural event was a great success and raised over HK\$6.5M (net). This will hopefully now anchor, alongside our annual Fayre of St. John's seasonal event, as a key fundraiser.

We continue to look ahead for ways to refine and improve the holistic cancer care model; this year we highlight the importance of carers support and the role this plays, hand in hand, with patients and survivors support. In 2017 of 2,062 first visits, more than half were from carers or bereaved carers. Some examples of programmes we offer for carers that facilitate better patient-carer relationship include: individual consultation with the team at Maggie's Centre; family support group; psycho-educational courses; and partner yoga.

I must make special mention of those at the Hospital Authority, our partners, donors, governors, volunteers, and centre support that make up our community. Each of you contributes to the success of Maggie's Centre in considerably improving the days of our users. I appreciate how beautiful, though finite, life can be, and am so grateful to you for sharing yours and making a difference.



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

憑藉以人為本的熱誠和謹慎耐心的籌備，銘琪癌症關顧中心（銘琪中心）在香港引入全面的癌症關顧服務概念已逾十年之久。我們非常慶幸能夠於2007年在屯門醫院停車場的改組貨櫃內試行癌症關顧服務。有見服務需求殷切，銘琪中心在2013年3月從改組貨櫃遷進由法蘭克·蓋瑞為我們無償設計的永久中心，為更多正受癌症影響的人士帶來愛與希望。這段時間，銘琪中心盡心傾聽及瞭解受惠對象的需要，為他們提供貼心的情緒、社交及心理支援服務。由2013年永久中心啟用以來，銘琪中心的到訪人次持續增長，由最初的16,312躍升至2017年的26,038，短短4年間的升幅接近60%，服務成果有目共睹。

在2017年，銘琪中心的專業團隊包括腫瘤科護士、社工及臨床心理學家提供共逾5,000節支援服務（涵蓋範疇廣至資訊、心理支援及社區資源諮詢）。全賴贊助機構的熱心支持，銘琪中心的支援服務才得以進步及持續拓展。我們感謝各方的慷慨支持，當中包括陳廷驊基金會贊助的「音樂治療計劃」、香港美國婦女會贊助的「乳癌教育及關顧計劃」、愛心聖誕大行動贊助的「偶到支援服務」，以及香港賽馬會慈善信託基金捐助的「情緒、社交及心理支援服務」。

銘琪中心在2017年2月舉辦了首屆慈善高爾夫球日。我們衷心感謝籌備委員會主席呂元祥博士及清水灣鄉村俱樂部的鼎力支持及協助，讓首屆慈善高爾夫球日圓滿舉行，並為銘琪中心籌得逾港幣650萬元之淨善款收入。繼一年一度的聖約翰座堂聖誕音樂會後，我們期盼慈善高爾夫球日能成為第二項大型年度籌款活動，幫助銘琪中心的日後發展。

展望將來，我們會積極改良及革新現行之癌症關顧服務模式。本年度，我們提供既有的癌症患者及康復者支援服務，更著重增添對照顧者的關顧和支援。根據2017年的統計數字，首次到訪銘琪中心的人次為2,062，而當中有超過一半是癌症患者的照顧者或喪親家屬。因此，銘琪中心提供各類支援服務以協助癌症患者與其照顧者建立良好關係，包括與專業團隊作個別諮詢、家人支援小組、心理教育課程或雙人瑜伽等。

我們在此特別感謝醫院管理局、合作伙伴、慷慨捐助者、董事會成員、各位義工及工作團隊對銘琪中心的鼎力支持。您們每一位的投入付出均改寫了銘琪中心使用者的癌症歷程。生命的意義和美麗從不以生命的長短來定義，我很感激大家能夠感受及分享生命之美，獻出善心，為社會上有需要的人士帶來正面積極的改變。



**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

The number of cancer patients in Hong Kong has consistently grown and hit a historical high of over 30,000 new cases in 2015. But thanks to advances in medical technology, people are surviving longer after a cancer diagnosis – what this means however, is more people will be living with the long-term effects of cancer, physically and mentally. Maggie's Centre is therefore here not only for cancer patients and their families, but also for survivors. In 2017 our seven-week course “Where Now?” designed to help people post-treatment, was enhanced based on the 2016's pilot programme, and was well received as it supported those who had just completed treatment through the transition period and beyond.

2017 is also a year in which we were able to reach out to more people in the community. To promote cancer awareness and management, we hosted lectures for the public and at schools, as well as exhibitions in Tuen Mun Hospital and other local spaces. We also formed new partnerships that contributed to our fundraising effort: with corporates, schools and foundations, and with individual fundraisers who tirelessly dedicated their expertise and time.

Looking ahead, we are hoping to further develop our unique programme of support in response to the evolving cancer landscape. Our “Eating Well” programme to be rolled out in 2018, for example, will introduce healthy and balanced diets during and after treatment, and will offer regular chances to ask dietitian questions about eating challenges. Exercise workshops on the other hand, are designed to tackle specific side or late effects of treatments, and will be introduced on a more regular basis next year.

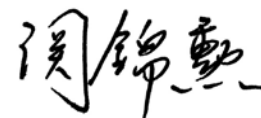
None of the work we do would be possible without a huge number of special people – supporters, fundraisers, volunteers, befrienders; our Governors and all who work for Maggie's Centre; and of course the Hospital Authority and Tuen Mun Hospital in particular. We believe everyone on a cancer journey deserves support from a place like Maggie's Centre, somewhere they can find advice, comfort, or simply a friendly face in their greatest hour of need. Thank you in advance for helping us reach out to even more of them next year.



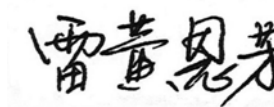
**Kwan Kam Fan**  
Executive Director



**Helen Lui**  
Centre Head



**關錦勳**  
執行總監



**雷黃恩芳**  
中心主管

香港癌症患者數字持續攀升，2015年更創下歷史新高，錄得超過30,000宗新症。醫學發展一日千里，雖然讓癌症患者的壽命得以延長，但這同時意味著癌症為患者帶來生理或心理的長遠影響則不言而喻。因此，銘琪中心不單照顧癌症患者及其親友的需要，更會為癌症康復者提供專業協助。為期七週的「活在當下」課程專為已完成癌症治療的人士而設，幫助他們適應完成癌症療程後的過渡時期及重新投入日常生活。課程在2016年試行時反饋甚佳，其後於2017年正式成為恆常項目。

回首2017年，銘琪中心積極與更多不同人士接觸，把中心理念及服務推展到社區各處。為喚起公眾對癌症的關注及疾病護理的知識，我們除了為學校及公眾舉辦講座外，亦於屯門醫院及其他公共地方舉辦展覽。與此同時，我們亦與多個新夥伴包括各大企業、學校、基金會及善長建立合作關係，他們為中心提供專業意見和獻出寶貴時間，增補了我們籌募經費的力量。

展望未來，我們期盼繼續發展適切的支援服務，以滿足癌症關顧的需求變化。Eating Well計劃將於2018年推出，針對癌症患者在治療期間及完成治療後的營養需要，提供健康及均衡的飲食建議。參加者亦可在定期舉辦的諮詢環節中向營養師尋求專業意見，解決其在飲食上遇到的難題。另一方面，為幫助癌症患者應對因治療引致身體肌腱的不適，我們將開設運動工作坊，並期望於來年把項目恆常化。

承蒙社會各界的熱心支持，銘琪中心得以向受癌症影響的人士提供免費支援服務。我們感謝各位支持者、捐助者、義工、同行者、董事會成員及工作團隊的鼎力協助，並衷心感謝醫院管理局及屯門醫院一直的支持。我們深信每位經歷癌症的人士都值得在如銘琪中心一樣舒適親和的地方獲取專業適切的支援服務，以面對徬徨無助的抗癌歷程。再次感謝各界大襄善舉，讓我們於來年繼續攜手協助受癌症影響的人士，積極應對各種難關和挑戰。

## MAGGIE'S CENTRE 2017 AT A GLANCE 銘琪中心2017年服務概覽

26,038

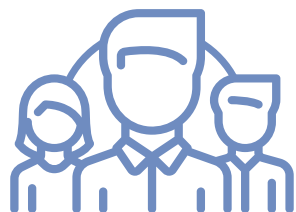
total visits  
總到訪人次

↑10.9%

increase over 2016  
比2016年增長

2,062

first time Centre user  
首次來訪的中心使用者



5,000+

support sessions conducted providing practical, emotional and psychosocial support  
節支援服務帶給中心使用者資訊、心理、社交及情緒支援

100%

service recipients rated Psychological Treatments (Counselling & Psychotherapy) were helpful to them. They commented that the service has helped them as well as their family members better adjust to the challenges caused by the cancer illness and helped to improve their emotional condition.

服務使用者認為心理治療（輔導及心理治療）具有幫助。他們認為此服務能夠幫助自己及家人適應癌症所帶來的挑戰，及改善他們的情緒狀況。

95.9%

participants rated the psycho-education programmes were helpful to them because they could learn different skills and methods of improving the quality of life, such as communication and interpersonal skills, sleep quality, how to make oneself happy and better enjoy/cherish one's life.

參加者認為心理教育課程具有幫助，因為他們可以學習不同的技巧和方法去改善生活質素，包括溝通及人際關係技巧、睡眠質素、如何活得快樂，並更享受和珍惜生命。

100%

group members rated the support groups were helpful to them since they were able to gain more information and knowledge about cancer and health issues, to share their experience and get encouragement and peer support.

組員認為支援小組具有幫助，因為他們可以獲取關於癌症及健康的資訊和知識，也可與同路人分享個人經歷，從中得到鼓勵和支持。

Above figures from Maggie's Centre's Annual Audit Report 2017.  
以上數據取自銘琪中心2017年審計調查報告。

## A WORD FROM OUR CENTRE USERS 中心使用者的話

**"This place (Maggie's Centre) is like a big family which fills with love, warmth and calmness, it makes me feel relaxed."**

「這裡（銘琪中心）像一個大家庭，讓我感到很舒服，也感受到愛、溫暖和平和。」

Centre user 中心使用者 - Tobbie

**"When I am feeling down, Maggie's Centre carries me and gets me through the tough days."**

「在我處於低谷的時候，銘琪中心是個轉折點，讓我能夠坦然面對。」

Centre user 中心使用者 - 吳潔華 Ng Kit Wah

**"Maggie's Centre gives me peace and courage to tackle challenge and reminds me how to stay positive and live in the present."**

「銘琪中心讓我從徬徨無助中找到平安，給我勇氣去面對，以正面思維去活在當下。」

Centre user 中心使用者 - 溫馨 Wan Hing

**"The variety of activities here makes me feel happy and occupied. I temporarily forget I am a cancer patient."**

多元化的活動令我每天都感到非常充實和開心，讓我暫時忘記自己是一名癌症病人。」

Centre user 中心使用者 - Tanny

## SERVICE HIGHLIGHTS IN 2017 2017年服務簡報

### Drop-In Service – Information and Practical Support 偶到服務 - 資訊及實用支援



Maggie's Centre supports anyone affected by cancer, from just being diagnosed, or undergoing treatment, to post-treatment, recurrence or in bereavement. Our drop-in service aims to offer timely, informational and practical support to anyone touched by cancer so they can better equipped themselves to cope with diagnoses, treatments and other physical and emotional impacts in their daily lives. **Funded by: Operation Santa Claus (April - December)**

不論是剛剛確診、正在接受或已完成治療、復發或經歷親友離世都可以向我們的專業團隊尋求協助。銘琪中心所提供的資訊及實用支援能夠幫助癌症患者更有效處理在剛確診或在

接受治療時的疑慮，減輕身體及情緒上的不適，解開生活上的各種困擾。資助機構：愛心聖誕大行動 (4月至12月)

The programme encompasses support groups based on cancer sites, stress management workshops, and other courses on mindfulness, meditation, pain management and psychosocial education, which helps empower those touched by cancer by improving their overall psychosocial and emotional well-beings before, during and after treatment.

**Funded by: The Hong Kong Jockey Club Charities Trust**

此計劃包含一系列課程及活動，例如各類癌症支援小組、壓力管理、正念、靜觀、痛症管理、情緒管理、社交適應等實用課程，為癌症患者、其家人及照顧者提供心理、社交或情緒支援，幫助他們在治療過程或前後，改善並提升身心健康。捐助機構：香港賽馬會慈善信託基金

The refined Music Therapy Programme is specially designed for people affected by cancer and their carers to strengthen their well-beings and meet their psychosocial needs along their cancer journey. The project consists of Music Therapy Choirs, Music Therapy Well-being Groups, Individual Music Therapy Sessions and "Share of Love" Choir Performances. It aims to promote participants' self-expression and social interaction, cultivate peer support, develop their self-confidence and self-esteem, as well as improving overall well-being. **Funded by: The D. H. Chen Foundation (effective from September)**

經改良的音樂治療計劃是為配合癌症患者及其照顧者的身心所需而特別設計，助他們在抗癌路上重拾健康活力。此計劃包含音樂治療合唱團、音樂治療小組、個人音樂治療及「分享愛」音樂治療合唱團表演，旨在幫助參加者增強自我表達能力、促進社交能力和同路人支援、建立自信和自尊，同時保持身心健康。資助機構：陳廷驊基金會 (9月開始)

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



### Music Therapy Programme 音樂治療計劃



### Breast Cancer Education and Caring Programme 乳癌教育及關顧計劃



The Breast Cancer Education and Caring Programme aims to help women who are suffering from breast cancer to better cope with the challenges and changes during and after treatment. The programme includes individual consultation, doctor's talk, nutrition talk, Chinese health talk, self-image workshop and lymphoedema exercise workshop, which helps enhance participants' knowledge on their illness and raise confidence to live through and beyond cancer. **Funded by: American Women's Association of Hong Kong (June 2017 - May 2018)**

乳癌教育及關顧計劃希望幫助受乳癌影響的女性積極面對治療前後的挑戰和改變。此計劃包含個人諮詢、醫生講座、營養講座、中醫講座、自我形象工作坊及淋巴水腫運動工作坊，幫助豐富參加者對乳癌的知識，並給予他們信心跨越癌症所帶來的各種挑戰。資助機構：香港美國婦女會 (2017年6月-2018年5月)

### Exercise Workshop 運動工作坊



Staying active through exercise is key to promote healing process from cancer treatment. Each exercise workshop focuses on meeting specific needs of people with cancer, helping to relieve their pain in muscles as well as improving their stability and flexibility to prevent falls or affect treatment wound healing. **Special thanks: Hong Kong Corporis**

透過運動來保持動力能夠讓癌症患者加速康復進度。每個運動工作坊皆切合不同癌症患者的需要，幫助他們舒緩肌肉痛症、增強穩定度及柔軟度，防止跌倒或影響傷口復原。特別鳴謝：香港體魄

The Zentangle and Mandala Art Workshop are new programmes at our Centre in 2017. The two different workshops bring calmness and empowerment to people touched by cancer and allow them to reflect on their soul and rest their mind. By clearing thoughts and distractions, handling stress and challenges will become much more manageable.

禪繞畫及彩繪曼陀羅工作坊為本年度的新增課程。兩種藝術工作坊均為受癌症影響的人帶來平靜的心境與對抗逆境的力量，重新檢視自己的內心情緒。參加者透過專注藝術創作來整理思緒和清除雜念，以更積極的心去應對壓力和生活挑戰。

### Zentangle Art Workshop and Mandala Art Workshop 禪繞畫及彩繪曼陀羅工作坊



## PROGRAMME HIGHLIGHTS 支援服務概覽

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 2017 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2017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



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



Psycho-educational Courses  
心理教育課程



Relaxation Programme  
鬆弛課程



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



Nutrition Workshop  
營養工作坊



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



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



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



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)



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



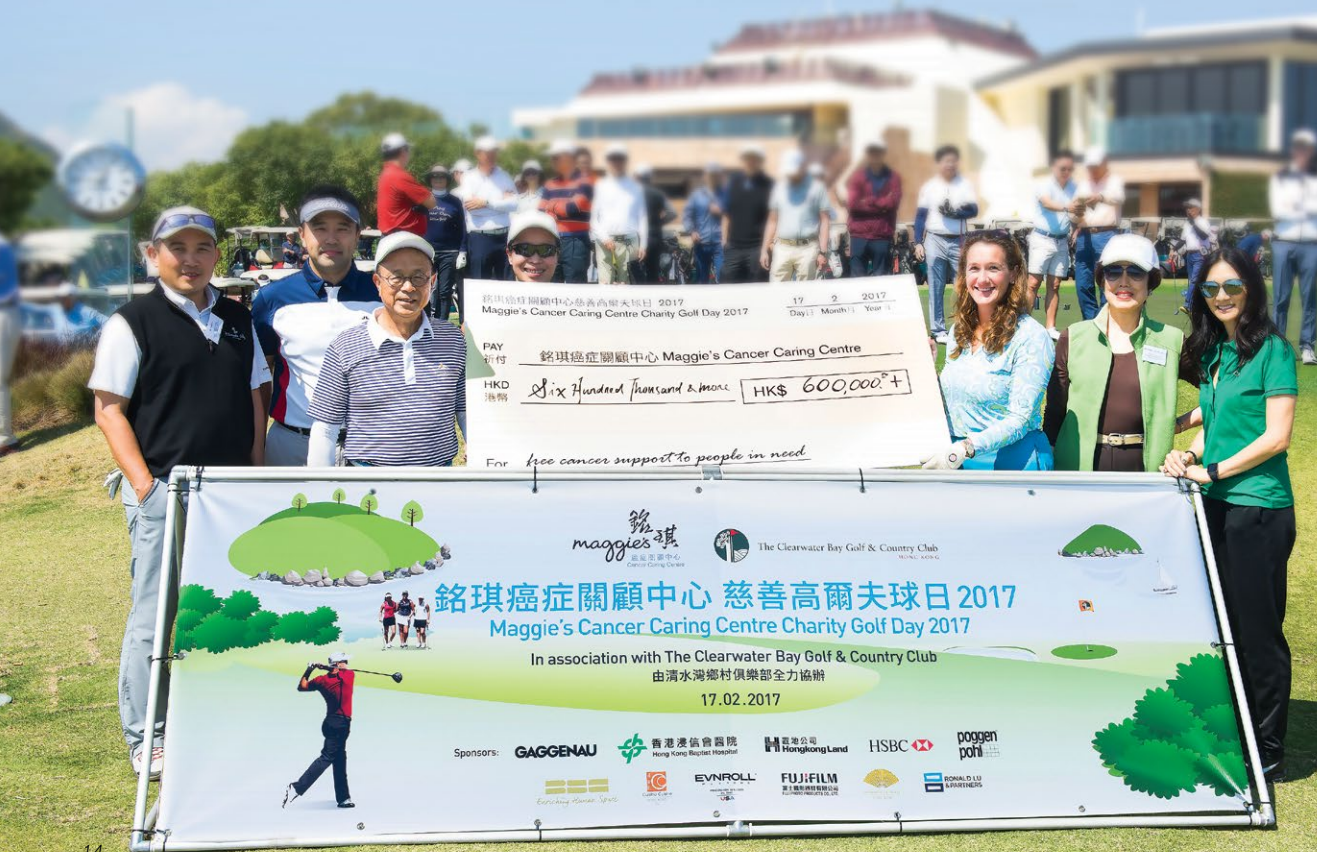
Other Programmes  
其他活動

## MAGGIE'S CENTRE CHARITY GOLF DAY 2017 銘琪癌症關顧中心慈善高爾夫球日2017

The inaugural Maggie's Cancer Caring Centre Charity Golf Day 2017 was held on Friday, 17 February 2017 at The Clearwater Bay Golf & Country Club, followed by a cocktail reception, lucky draw and prize-giving ceremony in the evening. The event successfully raised HK\$650,000 for Maggie's Centre to provide free cancer care services to those affected by cancer.

首屆「銘琪癌症關顧中心慈善高爾夫球日2017」於2月17日假清水灣鄉村俱樂部順利舉行。參賽者完成賽事後亦不忘共襄善舉。晚上在會所舉行的頒獎典禮和抽獎環節延續高爾夫球賽的高漲氣氛。各大贊助商及捐款人士慷慨解囊，為銘琪中心籌得港幣650,000元善款，全數將用作支持受癌症影響的人士。

<b>Guest of Honour 主禮嘉賓</b>	Chairman of Hospital Authority – Professor John Leong Chi-yan SBS, JP 醫院管理局主席 – 梁智仁教授 SBS太平紳士		
<b>Organising Committee 籌備委員會</b>	Dr. Ronald Lu (Chairman) 呂元祥博士 (主席)	Mr. David Hui 許震宇先生	Mrs. Eleanor Ling SBS, OBE, JP 林李靜文女士 SBS, OBE, JP
	Ms. Susan Ho 何志雲女士	Mr. Adrian Lee 李澄明先生	Ms. Audry Ai Morrow 艾永玲女士
<b>Special thanks 鳴謝</b>	The Clearwater Bay Golf and Country Club Hong Kong 清水灣鄉村俱樂部		



## THE FAYRE OF ST. JOHN'S 2017 聖約翰座堂聖誕音樂會2017

Taking place at the St. John's Cathedral in the heart of Central on 30 November 2017, the annual Fayre of St. John's returned for the fourth consecutive year to raise funds for Maggie's Cancer Caring Centre. The evening featured delightful series of carols and unique performances, followed by an after-party with a charity auction at MO Bar, The Landmark Mandarin Oriental to kick start the festive season. The event raised over HK\$2.3M to help people touched by cancer and their families. Memorable performances included Maggie's Centre Music Therapy Choir and Maggie's Centre user Shanna Kan who shared her experience with cancer as a survivor and carer.

銘琪癌症關顧中心於2017年11月30日假中環聖約翰座堂舉辦一年一度聖誕籌款音樂會，並於置地華東東方酒店MO Bar 舉辦演後派對及慈善拍賣。感謝各善長支持，是晚共籌得逾港幣230萬元，以支持癌症患者及家屬。該晚的聖誕音樂會包括連場精彩舞蹈及頌唱表演。銘琪中心音樂治療合唱團到場演唱優美樂章，其中一位中心使用者Shanna亦向各來賓分享身為抗癌者及照顧者的經歷。

### The Fayre of St. John's 2017 Organising Committee 聖約翰座堂聖誕音樂會2017籌備委員會

Alice Keswick	Francesca Whyatt	Martha Keswick	Sarah Dingley
Alison Falloon	Irene Chung	Michelle Leung Sulger	Simon Martyn
Anne Wang Liu	Jennifer Saito	Ming Chen	Stacey Hildebrandt
Archie Keswick	Joansa Lam	Natalie Caves	Tamara Varga
Audry Ai Morrow	Kathryn Greenberg	Petrina Steains	Tanya Prew
Diana King	Kirsten Molyneux	Richard Ekkebus	Torsten van Dullemen
Emma Sherrard Matthew	Lily Ahn Riddick	Roger Chan	Yvonne Cheung Ma



## OTHER FUNDRAISING EVENTS 其他籌款活動

### G.T. Ellen Yeung College Charity Sales

The charity sales on March 4, was organised by the teachers, students and Parent-Teacher Association from G.T. Ellen Yeung College. Maggie's Centre raised over HK\$50,000 to support people affected by cancer.

### 優才書院慈善義賣

由優才（楊殷有娣）書院的師生及家長教師會籌備的環保慈善賣物會於3月4日圓滿舉行。是次活動籌得逾港幣五萬元。

### BGC Charity Day 2017

BGC Charity Day has been running every year on September 11 in remembrance of the 9/11 attacks. Maggie's Centre was honoured to be one of the beneficiaries third time in a row and the day raised HK\$274,011.15.



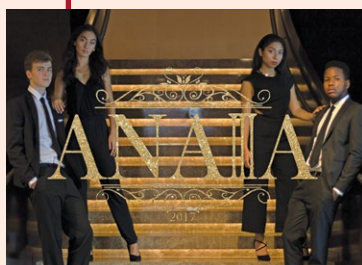
### BGC 慈善日2017

BGC慈善日於每年9月11日舉行，以紀念在911世貿事件中罹難的員工。銘琪中心有幸第三度成為受惠機構之一，而是次慈善日共籌得港幣274,011.15元。

MAR

AUG

SEP



### Island School ANAIA Fashion Show

The annual Island School ANAIA Fashion Show was held on March 8, once again in support of Maggie's Centre. The glamorous show successfully raised over HK\$50,000 for Maggie's Centre.

### 港島中學慈善時裝表演ANAIA

港島中學再次在年度慈善時裝表演ANAIA為銘琪中心籌款。是次活動於3月8日晚舉行，並為銘琪中心籌得逾港幣五萬元。



### Fan's Mountain Goat Challenge

Our Executive Director, Mr. Fan Kwan, was attempting the Mountain Goat Challenge hosted by the Hong Kong Hiking Meetup. By hiking up Hong Kong top 100 highest hills by the end of 2018, Fan invites all to raise fund for Maggie's Centre. All proceeds will go to Maggie's Centre.

### 山羊挑戰賽

銘琪中心執行總監關錦勳先生參與由香港遠足覓合團舉辦的山羊挑戰，目標於2018年底前完成徒步登上全港100座最高山峰，身體力行為銘琪中心籌款。活動籌得之善款將全數撥捐銘琪中心。

### AEON "Yellow Receipt Campaign"

Maggie's Centre joined the AEON "Yellow Receipt Campaign" as one of their beneficiaries. AEON will be donating goods, such as daily commodities and home appliance, in the value of 1% of the total transaction amount voted. Maggie's Centre was grateful to receive HK\$35,075 from this campaign. (From August 2017 to January 2018)

### AEON永旺日「幸福的黃色小票」

銘琪中心有幸成為AEON永旺日「幸福的黃色小票」受惠機構之一。AEON根據銘琪中心票箱收到的黃色小票，把捐贈總金額的1%以物品形式，例如日用品及家用電器等作捐贈。是次活動為銘琪中心籌得港幣35,075元。(由2017年8月至2018年1月)



### OnTheList Charity Sales

To echo the Breast Cancer Awareness Month, Maggie's Centre collaborated with OnTheList and organised a series of activities, including charity sales and breast cancer self-examination. The charity sales which ran by OnTheList and the partner brands successfully raised HK\$108,983.80 for Maggie's Centre.

### OnTheList 慈善義賣

為響應乳癌關注月，銘琪中心與OnTheList舉行一連串活動，包括慈善義賣和乳健工作坊。其中，由OnTheList與多個品牌合作的慈善義賣為銘琪中心籌得港幣108,983.80元。

OCT

Breast Cancer Awareness Month  
國際乳癌關注月

### Tayma Fine Jewellery Pink Party

Tayma Fine Jewellery held a "Pink Party" on October 24 to raise funds for Maggie's once again. Special purchases such as limited edition of gemstone necklaces and handmade silk agate clutch bags were featured. The party raised over HK\$20,000 for Maggie's Centre.

### Tayma Fine Jewellery 粉紅派對

Tayma Fine Jewellery於10月24日舉行「粉紅派對」，連續第二年為銘琪中心籌款。活動當天特別發售限量天然水晶項鍊、絲綢瑪瑙手提包等精緻配飾。是次派對為銘琪中心籌得逾港幣二萬元。



### nood food "Pink Smoothie"

nood food exclusively launched the Pink Smoothie drink in Pink October to raise public awareness on breast cancer. The campaign successfully raised HK\$4,860 to support Maggie's cancer caring service.

### nood food「粉紅特飲」

nood food於10月推出限定粉紅果汁特飲，以喚起大家對乳癌的關注。是次所售出的粉紅果汁為銘琪中心籌得港幣4,860元。

DEC



### Island School Winter Fair

Maggie's Centre was honoured to join the Island School Winter Fair on December 2. Our volunteer, Ms. Nassera Lacarne, and our Centre users joined hands to bake festive gingerbread cookies and cakes for the charity sales. GLOHS also donated organic body lotions and hand treatment sets to raise fund for Maggie's Centre.

### 港島中學冬季嘉年華慈善義賣

銘琪中心有幸參與於12月2日舉行的港島中學冬季嘉年華。中心義工Nassera Lacarne女士及中心使用者為慈善義賣製作薑餅曲奇及蛋糕，GLOHS亦把潤膚霜及護手霜組合作義賣，並將所有收益撥捐銘琪中心。

## COMMUNITY OUTREACH EVENTS 社區外展活動



### Health Carnival 2017 at Tuen Mun Town Plaza

Health Carnival 2017 was held at the Tuen Mun Cultural Square on April 8. Maggie's Centre set up a booth to raise public awareness on the importance of cancer care.

### 2017世界衛生日健康嘉年華

2017世界衛生日健康嘉年華於4月8日於屯門文娛廣場舉行。銘琪中心在現場設置攤位，提升大眾對癌症關顧的認識。

MAR

APR

OCT



### Colorectal Cancer Awareness Exhibition in Tuen Mun Hospital (funded by Hong Kong Jockey Club Charities Trust)

Maggie's Centre organised the Colorectal Cancer Awareness Exhibition in Tuen Mun Hospital to raise public awareness on colorectal cancer. Our oncology nurses and volunteers introduced screening tests, current figures on new registered cases, as well as any support programmes which Maggie's Centre could offer.

### 大腸癌關注月－認識和預防腸癌展覽 (香港賽馬會慈善信託基金捐助)

為了令公眾正視及加深對大腸癌的了解，銘琪中心於屯門醫院舉辦認識和預防腸癌展覽。銘琪中心的腫瘤科護士及義工向市民耐心介紹有關大腸癌的資訊，例如篩查方法、新登記個案數字及銘琪中心各種相關支援服務。



### Caring Company Expo 2017

Maggie's Centre ran a booth at the Caring Company Expo 2017 on March 10, introducing cancer caring services and exploring collaboration opportunities with various corporations.

### 「商界展關懷」社區伙伴合作展2017

「商界展關懷」社區伙伴合作展2017於3月10日舉行。銘琪中心於現場擺放攤位，介紹中心服務，並與各機構商談合作機會。

### Lung Cancer Public Seminar

(sponsored by Roche Hong Kong Limited)

The lung cancer public seminar was held on November 26 at The Hong Kong Polytechnic University. The seminar invited oncologists to discuss the diagnoses of lung cancer and its treatment methods, while our clinical psychologist shared ways in improving emotional well-being. We also invited our user to share her own cancer experience to the audience. The Q&A session after the seminar offered great opportunity for participants to raise questions and understand more about lung cancer and its treatment.



### 「肺癌全面睇」講座 (羅氏大藥廠香港有限公司贊助)

「肺癌全面睇」講座在11月26日在香港理工大學舉行，邀請到不同專科醫生詳細介紹肺癌的診斷及治療方法，及本中心的臨床心理學家分享如何促進心理健康，同場更有銘琪中心同路人向觀眾分享個人癌症經歷。講座後的發問環節讓參加者即場發問，加深對肺癌及其治療方法的了解。

NOV

DEC



### Hong Kong Cancer Day 2017

Maggie's Centre joined the Hong Kong Cancer Day 2017 with other charities, hospitals and organisations on September 10. The theme was "Be Active Stay Healthy" and it encouraged people to build up regular exercising habit and raise participants' awareness on cancer prevention. Maggie's Centre Music Therapy Choir also performed at the event.

### 香港癌症日2017

銘琪中心與其他慈善機構、醫院及組織參與第五屆香港癌症日。活動於12月10日舉行，主題為「健康人生齊喜動」，藉此希望大眾建立運動習慣，以減低患上慢性疾病的風險，並提升其防癌意識。銘琪中心音樂治療合唱團亦為來賓獻唱。

## ANGEL'S STORY 雪英的故事

**Cheerful, passionate, sociable – these words best describe Angel before her cancer diagnosis four years ago. Her family was always full of laughter and fun too, before the world turned upside down for them as cancer brought along pain and countless side effects for Angel. From then on, her limbs became less flexible and voice less clear, and these changes caused Angel to isolate herself completely – she wanted to avoid strangers' stares and teary eyes from her loved ones. Today, Angel is seating herself comfortably in the sofa telling us about her cancer journey, perhaps not with the best voice and articulation, but with the heartiest laughs that she used to have before cancer.**

Angel was first diagnosed with nasopharyngeal cancer back in 2010, but did not encounter much side effects and the experience was not as traumatic as she thought it would be. In 2013, cancer recurred and just as she thought the journey would be as manageable, pain developed quickly in her neck which affected her mobility. Her family had to immediately sign the consent forms for her surgery. It then took the surgical team 14 hours to clear up all the pus from her neck and by the time she woke up, it was four days after the surgery. She left the hospital in a wheelchair after countless sessions of physiotherapy.

Back home, Angel began to isolate herself and refused to leave the house. Not wanting to upset her family, she would cry in her wardrobe or in the shower so that nobody could hear her. Day by day, her condition improved and she was finally able to take care of herself, but she was struggling with much anxiety still that wouldn't go away.

And I will have to live with this for the rest of my life, Angel thought to herself. Yet it all changed when one of her relatives was diagnosed with cancer – being as considerate and helpful as she always had been, Angel decided to visit Maggie's Centre at Tuen Mun Hospital (where she had her surgery) for the first time, hoping to take away with her some cancer information for her relative. During the drop-in consultation session, Maggie's Oncology Nurse found out about the challenges Angel herself was facing as a cancer survivor, and encouraged her to enroll in the individual music therapy session. Angel was hesitant at first having no prior musical background or knowledge, but was convinced by her husband to give it a try – and she was blown away the very first session where she was introduced to many instruments she had never even seen before. The experience reminded her much of her childhood and time spent with her parents, and her anxiety was gone instantly. Angel's husband cannot be happier that she went on the sessions, as he could “finally get a good night's sleep” now that Angel does not wake up in the middle of the night crying from nightmares.

Maggie's Clinical Psychologist too has had some practical tips and advice to offer to Angel which helps her release her stress and negative emotions. On sleepless nights, Angel would now gather her thoughts by writing letters or diary, which helps her get back to sleep after.

Despite an improved physical and psychological condition, Angel still saw herself as a burden to her family as she wasn't as capable as she used to be. Last year, Maggie's Oncology Nurse introduced her to a lady who was battling a similar type of cancer, hoping Angel could share her cancer experience as an encouragement. Lacking the professional medical knowledge Angel refused at first, but little by

little she began to open up. She regularly visited the lady in the hospital, and offered different advices based on her firsthand experience, which were found to be very helpful. From this she regained her lost self-esteem.

Four years later, Angel has yet to resume all her social activities but has come a long way: she is meeting her girlfriends again after years, and can now go to local market alone and talk to people from the shops. When asked about the role Maggie's Centre has played on her cancer journey, “Lifesaver,” said Angel without a moment of hesitation.

**“Had I not visited Maggie's, I would probably still be crying in my wardrobe right now.”**

Having been through peaks and valleys along her journey and road to recovery, Angel wishes to share her testimony with those in the same boat to encourage them to take an active role and find their way through cancer.

從前的雪英，開朗、熱情、好客，一家四口樂也融融，歡笑聲不斷；然而一場癌病帶來的痛症、治療副作用及後遺症讓她跌進人生谷底，手腳不如以往靈活，口齒亦不如以往伶俐……這些都令雪英在過去幾年間自我封閉，不願踏出家門一步，不想承受別人目光之餘，最令她痛心的，是至親好友滿是憐惜的眼神甚至淚水。四年後的今天，雪英神態自若地安坐在銘琪中心沙發上，不徐不疾細說這數年間的經歷，聲線、咬字雖不及患病前清晰，但銀鈴般的笑聲，一如既往。

2010年，雪英首次確診鼻咽癌，那時她在治療過程所遇的副作用比其他患者都來得輕，治療後也沒覺得是甚麼一回事。所以至2013年癌症再度復發時，她還不以為然，以為病情同樣能夠輕鬆治癒，豈料頸痛讓她動彈不能，需要家人即時簽字動手術。經過醫護團隊十四小時努力，終把頸部膿液清走，醒來卻已是四天後的事，身體仍然不能動彈，經過一番物理治療的幫助，方能坐著輪椅離院。

回到家中，雪英開始把自己藏起來，不想外出，每天獨個兒躲在衣櫃裡流淚，或只有淋浴時在花灑下才敢嚎啕大哭，為的是不讓家人擔憂、心痛。日復日，雪英的身體狀況漸漸好轉，重拾活動和自理能力；但心理的障礙和枷鎖，卻久久揮之不去。

當雪英覺得自己人生下半場就是如此般之際，她熱心助人的天性卻為她打開了一扇門：得知有親友患上癌症，她記起屯門醫院腫瘤科大樓旁的銘琪癌症關顧中心，遂前往為他拿癌症資訊小冊子。藉著這次機會，中心的腫瘤科姑娘認識了雪英，知道她親友的狀況之外亦了解到雪英面前的困擾，便鼓勵她參加個人音樂治療。雪英本對於音樂治療一無所知，卻又不好意思接連拒絕姑娘的邀請，終於在丈夫的大力支持下，本著一試無妨的心態參加治療。猶記得第一節，前所未見的樂器令雪英大開眼界，精神為之一振；音樂奏起時，她驟覺回到無憂無慮的童年，憶起兒時和父母相處的溫馨時光，頓時忘卻當下憂慮，鬱結情緒得以抒解。然而對於音樂治療有何實質幫助，感受最深的卻是雪英的丈夫——以往雪英每晚會在睡夢中抽泣；參加音樂治療後，她每每只在治療師面前哭，晚上卻不再哭醒，不再發惡夢。「我都終於有覺好瞓啦！」雪英丈夫笑說。

此外，銘琪中心的臨床心理學家亦定期給雪英不少釋放情緒的建議。有時心裡感鬱悶，怨懟說話容易衝口而出；現在雪英懂得以信或日記形式來抒發心中所想及負面情緒。好些晚上，雪英輾轉反側難以入睡，便會躡手躡腳走到客廳拿出日記簿寫出心中所想，完成後回到床上，總能安然入睡。

然而，縱使身心情況有好轉，雪英仍覺得治療帶來的後遺症讓她將永遠成為眾人的包袱。直至去年有一次，銘琪中心的姑娘介紹雪英認識一位剛確診癌症的女士，因二人病況相似，希望雪英和她分享抗癌經歷，鼓勵對方。起初雪英覺得自己沒有相關專業知識怕說錯話，但在姑娘多番肯定下，她終於鼓起勇氣認識這位同路人，分享自己抗癌路上的點滴悲喜，及後對方留院，她亦定期探望，提供很多實用貼士予對方家人，就算生命即將終結，一家人仍能攜手積極面對。

四年過去，雪英正嘗試逐步恢復社交：面對多年好友的慰問和接二連三的邀請，她不再逃避，開始赴約；在菜市場遇到街坊，她會主動打招呼，「我依家夠膽講唔該要兩斤菜心啦！」雪英明白放開懷抱，才真正能令身邊的人放心。問道銘琪中心在她抗癌及康復路上的角色，雪英毫不猶豫說銘琪中心彷彿重新給了她一條生命：

「若不曾到過中心，我可能仍然躲在浴室或衣櫃，生活在陰霾裡沒法面對其他人。」

她亦在中心找回了自己的存在價值，並希望本著那顆熱愛助人的心，繼續幫助更多同路人。



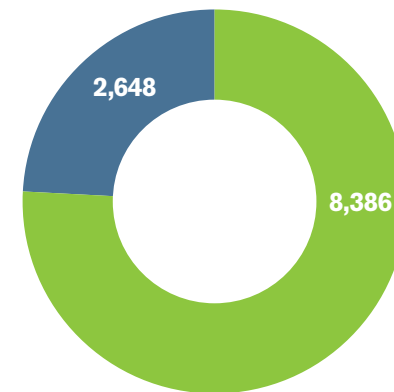
## HOW WE RAISED OUR MONEY IN 2017 我們在2017年的收入來源

Thanks to the huge generosity and commitment of our supporters, we raised more than HK\$11 million in 2017. 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2017年籌得超過港幣1,100萬元的善款。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\$11,034,126**

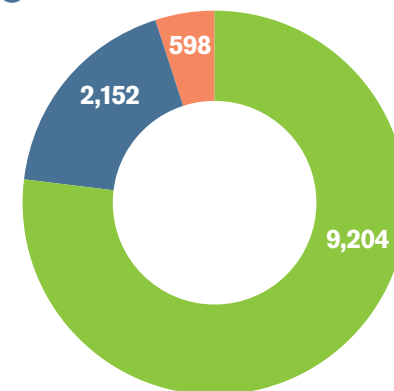


Figures are in thousands 數字以千元為單位

## HOW WE SPENT OUR MONEY IN 2017 TO HELP PEOPLE AFFECTED BY CANCER 我們在2017年的支出

Service & Programme 癌症支援服務與活動 ■ 77%  
PR & Fundraising 公關推廣及籌募活動 ■ 18%  
Administration 行政事務 ■ 5%

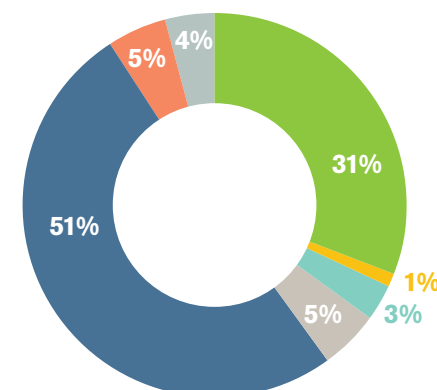
Total 總額: **HK\$11,953,807**



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 ■ 31%  
Information & Practical Programme 資訊支援 ■ 1%  
Relaxation Programme 鬆弛治療 ■ 3%  
Mind-Body-Spirit Programme 身·心·靈課程 ■ 5%  
Emotional & Psychosocial Support 心理、社交及情緒支援 ■ 51%  
Creative Expressive Art 創意表達藝術治療 ■ 5%  
Other Activities 其他活動 ■ 4%



## OUR THANKS TO YOU 感謝各位的慷慨支持

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Association of Hong Kong Limited  
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### 2017/2018 Partners Programme 2017/2018 伙伴計劃



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



Kitchen Infinity Corp. Limited

Surnames are adhered alphabetically  
姓氏按英文字母順序排列

Anonymous  
Mr. Fredson Bowers  
Dr. Natalie Caves  
Ms. Chan Pui Kuen 陳佩娟女士  
Ms. Chan Sau Fun 陳秀芬女士  
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We are grateful to everyone who gives time and donates 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 families and friends. They help raise the funds to run our Centre, share their expertise and offer guidance, and are the driving force behind all that we do.

全賴各位賢達的熱心支持及鼎力協助，銘琪中心才能持續為癌症患者、其家人及照顧者提供免費的癌症支援服務。各董事會成員致力幫助我們籌募營運經費，適時給予指導並提供專業建議，為工作團隊帶來莫大的推動力。

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簡心潔女士 MA(Oxon), MBA

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(於2017年3月31日離任)

### Honorary Adviser 榮譽顧問

Dr. Leong Che Hung GBS, GBM, JP  
梁智鴻醫生 GBS, GBM, JP

### Professional Advisory 專業顧問


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**


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


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 [info@maggiescentre.org.hk](mailto:info@maggiescentre.org.hk)

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 [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk)

 [MaggiesCancerCaringCentre](https://www.instagram.com/MaggiesCancerCaringCentre)

**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

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Maggie Keswick Jencks Cancer Caring Centre Foundation Limited (Hong Kong Charity Registration Number: 91/8834)  
美琪凱瑟克癌症關顧中心基金有限公司 (慈善機構註冊號碼: 91/8834)