

MAGGIE'S CANCER CARING CENTRE  
ANNUAL REPORT

銘琪癌症關顧中心年報

2018





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## MESSAGE FROM OUR CHAIRMAN

### 主席獻辭

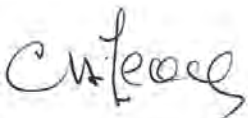
In face of the growing ageing population, the annual number of new cancer cases is projected to rise substantially by about 40 per cent in 2030 compared with 2016 figures. While cancer is no longer incurable, it is now regarded as a chronic illness that may accompany and affect patients for the rest of their life. As a matter of fact, managing cancer should not only be confined to medication and surgery, but also the psychological needs of patients should be addressed in the Hong Kong public health agenda.

Maggie's Cancer Caring Centre, a local charity established to provide timely and free cancer care service, has entered its 5th year since its permanent centre opened in 2013. I am deeply honoured to join this people-centred organisation in 2018 and serve as Chairman to advocate the holistic cancer care service approach in Hong Kong. With an emphasis on personal touch and non-institutionalised setting, this purpose-designed Centre demonstrates the concept of individualised care. It is the uniqueness of Maggie's Centre that gives us imagination on how healthcare services can be developed in a new and comprehensive fashion – whilst hospitals are focusing on treatments and medicines, we are here to complement hospital services beyond the clinical scope by addressing emotional and psychosocial wellbeing of people touched by cancer.

Throughout the years, our service has made a positive impact. This year, our multidisciplinary professional team including oncology nurses, clinical psychologists, social workers and therapists conducted over 4,700 sessions of consultations and received over 26,700 visits of which 2,194 were first-time visitors. Our funders, including but not limited to The Hong Kong Jockey Club Charities Trust, The D. H. Chen Foundation, Operation Santa Claus, the AWA Hong Kong and Apple Daily Charitable Foundation, deserve a big mention for their generous support in financing our programmes.

To diversify our funding sources, I am thankful for the hard work of our event organising committee and fundraising team to put up two annual fundraising events – The Fayre of St. John's and Charity Golf Day. This year, we also launched the "Benefactor's Circle Scheme" and "Fundraise for Us Scheme" to attract new donors and retain long-term supporters. To enhance our fundraising efforts, we set out plans to initiate a pilot mass fundraising event and launch a series of CSR campaigns with more corporate partners in the coming years.

Our accomplishment would not have been possible without various stakeholders and partners. I would like to express my sincere gratitude to the Hospital Authority, funders, corporate sponsors, individual donors, and the dedication of our Board of Governors, staffs and volunteers. Looking back at our modest beginnings, we have achieved much but there is still a lot to do; Looking ahead, I hope that I can contribute my knowledge and experience to refine the holistic cancer care model and realise our shared commitment to empowering the cancer community in Hong Kong.



**Dr. the Hon Leong Che-hung** GBM, GBS, OBE, JP  
Chairman, Board of Governors



面對人口急速老化，預計到2030年，癌症新症將比2016年大幅增加約四成。時至今天，癌症已非不治之症，而是一種會伴隨並影響患者一生的慢性疾病。因此，治療癌症不應只著眼於藥物及外科手術上，患者的心理需要亦同樣值得關注。

自永久中心於2013年落成以來，銘琪癌症關顧中心（銘琪中心）的服務已踏入第五個年頭。作為本地註冊慈善機構，中心旨在提供適切且免費的癌症支援服務。我深感榮幸能於2018年出任機構的董事會主席，並積極倡議以人為本的癌症關顧服務模式。銘琪中心匠心獨運的建築設計、溫馨舒適的環境及鼓勵人際交流的氛圍，均突顯出中心服務絕非形式化，而是會針對不同人的需要，度身訂造最合適的支援服務。銘琪中心為癌症支援服務提供了嶄新的理解及想像——當公私營醫院主力為患者提供醫藥治療的同時，中心能補足需求，提供臨床以外的情緒及心理支援服務，滿足患者不同方面的需要。

多年以來，我們的服務持續發展並日益進步。在2018年，銘琪中心的專業團隊包括腫瘤科護士、臨床心理學家、註冊社工及治療師提供了共逾4,700節心理諮詢，中心亦錄得超過26,700到訪人次，當中2,194人為初次到訪者。衷心感謝各慈善基金及機構的資助，當中包括但不只於香港賽馬會慈善信託基金、陳廷驊基金會、愛心聖誕大行動、香港美國婦女會及蘋果日報慈善基金等。

我亦十分感謝活動籌備委員會和籌募及傳訊組的共同努力，成功舉辦了聖約翰座堂聖誕音樂會及慈善高爾夫球日兩個年度大型籌款活動，以擴闊中心的資金來源，並提升市民對銘琪中心的認識。今年我們更推出「服務贊助計劃」和「為我們籌款計劃」，與不同捐助者建立及維持友好關係。為加強籌募工作，我們計劃於未來一兩年開展全新的大型籌款活動，並與更多企業夥伴合作推行一系列的慈善項目。

在此，我由衷感謝醫院管理局，特別是屯門醫院、各慈善基金、企業贊助商、捐助者，以及董事會成員、職員團隊及義工們的支持及貢獻。回首過去，雖然中心發展取得不俗成績，但我們不安於現狀，並會繼續尋求進步空間、優化服務；展望將來，我會把經驗及知識帶到中心，以完善癌症支援服務，一同支持患者及家屬，助他們勇敢面對及跨越癌症。

梁智鴻醫生 GBM · GBS · OBE · 太平紳士  
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

There is nothing more satisfactory and fulfilling than hearing a user say, “Maggie’s Centre is like my second home where I find love, courage and hope along the cancer journey.” This heartening sharing is a true reflection of our sense of commitment and vision to empowering anyone affected by cancer to live with, live through and live beyond the illness. With the number of new cancer cases increasing year on year to over 31,000 in 2016, it is foreseeable that the demand for professional cancer care services will surge substantially in the coming years.

In a bid to capture the growing demand for cancer care service, efforts were made in 2018 to further develop and enrich our programmes. We launched the “Fight for Life Support Group” targeting late-stage patients and those with recurrent cancer. Also, we started “Leukaemia and Lymphoma Cancer Support Group” to provide a platform for people in the same boat to share their innermost feelings and experience as they go through life-changing events. Looking forward, the growing trend of cancer diagnosis and advanced medical technology will lead to the increasing numbers of cancer survivors. We therefore conducted a qualitative study on survivors needs. Based on the study result, we will be designing a series of programmes and putting more resources to address their needs. More evening and weekend sessions will also be piloted for those having returned to work.

Besides adding new programmes to respond to the service demand, we have also organised exhibition and public seminars with the support from community partners to raise the awareness of breast and lung cancer and to educate the public with useful knowledge on cancer prevention, common symptoms, treatment options and side-effect management. This year, we were glad to share our service model and clinical experience locally and internationally. In the World Cancer Congress 2018 we did two presentations on “Partnering to Empower People with Cancer” and “What do Cancer patients Value? A Unique Experience at Maggie’s Cancer Caring Centre in Hong Kong.” We also made a poster presentation on “The Hero Stories Positive Narrative Approach” at the IPOS 2018 World Congress.

The number of visits in 2018 was more than double when compared to that of 2013. The substantial growth of our Centre within a 5-year time is a testimony to the dedication and valuable contributions of our Board of Governors, staffs, funders, community partners, donors and volunteers. In particular, we would like to acknowledge the unwavering support from the Hospital Authority and Tuen Mun Hospital throughout the years.

With utmost modesty, we will continue to review and keep up with the service landscape to ensure our cancer support programmes always meet top quality standards and service needs. We look forward to having your joint support in the years to come.



**Kwan Kam Fan**  
Executive Director



**Helen Lui**  
Centre Head



「銘琪中心就像我的第二個家，讓我在治療癌症的路途上找到了愛、勇氣和希望。」還有什麼比聽到中心使用者的這番感言來得更具有滿足感？這正正反映了銘琪中心的服務承諾和願景－患者及其家人同行，幫助他們積極面對難關並跨越癌症。隨著香港的癌症新症數字逐年遞增至2016年的31,000宗，可以預視未來社會對癌症支援服務的需求將繼續大幅增加。

為了滿足社會對癌症支援服務的需求，我們於2018年進一步發展各項服務，例如：為針對癌症復發患者和晚期癌症患者成立「再戰生命癌症支援小組」，亦開辦了「血癌及淋巴癌支援小組」等，為同路人提供平台，讓他們在經歷人生轉變時能坦然地分享內心感受和經驗。與此同時，在可見將來，我們可想像到癌症康復者的數目將隨著癌症確診的上升趨勢及醫療技術的革新而有所增加。因此，我們對癌症康復者的身心需求進行了研究，並將根據研究結果投放更多資源以設計一系列活動，如試行舉辦更多晚間及週末活動予重返職場人士，以滿足他們的需要。

除了增設活動以回應服務需求外，我們還在社區合作夥伴的支持下舉辦了展覽和公眾講座，以提高大眾對乳癌和肺癌的關注，加深他們對癌症預防、常見症狀、治療方案和副作用管理的了解。今年，我們很高興能於本地及國際平台上分享我們中心的服務理念和臨床經驗。例如於「世界癌症會議2018」作演講簡介，題為「Partnering to Empower People with Cancer」(攜手支持癌症患者)及「What do Cancer patients Value? A Unique Experience at Maggie's Cancer Caring Centre in Hong Kong」(患者重視的是什麼？在銘琪癌症關顧中心與別不同的經驗)。另外亦於「IPOS 2018 世界會議」中展出簡報，題為「The Hero Stories Positive Narrative Approach (英雄故事：正向心理及敘述)。

與2013年比較，2018年的到訪人次有超過一倍的增長。中心在5年間的顯著成長印證了董事會成員、工作團隊、贊助人、社區合作伙伴、捐助者和義工們的熱心付出及貢獻。我們在此特別感謝醫院管理局及屯門醫院一直以來的支持。

我們將繼續以謙卑的態度審視及優化中心的服務，以確保我們能提供最優質及適切的癌症支援服務以滿足需求。祈盼來年繼續與您攜手，幫助受癌病影響的人士。

關錦勳  
執行總監

雷黃恩芳  
中心主管

## MAGGIE'S CENTRE 2018 AT A GLANCE

### 銘琪中心2018年服務概覽

**26,700<sup>+</sup>** total visits  
總到訪人次

**2,194** new Centre users  
首次來訪的中心使用者

**5,000<sup>+</sup>**  
professional consultation sessions conducted providing practical, emotional and psychosocial support  
專業諮詢服務，為中心使用者提供資訊、心理、社交及情緒支援



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**100%** service users found that the counselling/psychotherapy service could help them face and handle their cancer challenges, and improve their overall emotional condition.

服務使用者認為輔導及心理治療服務能助他們面對及處理癌症帶來的挑戰，以及改善整體上的情緒狀況。

**96%** service users found that the counselling/psychotherapy service could help both cancer patients and family members adjust to the illness.

服務使用者認為輔導及心理治療服務能夠協助癌症患者及其家人調整心態。

**98.2%** participants found that the support groups were helpful because they could make new friends and gain more cancer information and support through exchanging knowledge and experiences with fellow patients.

參加者認為支援小組具有幫助，因為他們可以認識新朋友，不再感到孤單，而且可以獲取關於癌症的資訊，從同路人的故事、知識及經驗中得到支援。

Above figures from 以上數據取自

"Uncovering the meanings of psychosocial care experience of cancer patients at Maggie's Cancer Caring Centre" by Dr. E. Angela Chan (principal investigator) and her team from the School of Nursing at the Hong Kong Polytechnic University.

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

捐助機構：香港賽馬會慈善信託基金



## A WORD FROM OUR CENTRE USERS

### 中心使用者的話

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**“Music Therapy Choir enables me to practise my throat and voice, as well as speech and swallowing. A big thank you to Maggie’s Centre’s staff team in providing me emotional and psychological support.”**

「音樂治療合唱團能幫助我練習喉嚨和發聲、說話和吞嚥的能力。感謝銘琪中心的團隊給我心理和情緒支援。」

Centre user 中心使用者 - 麥少英 Mak Siu-ying

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**“Nurses are very caring for cancer patients. They explain the related treatments and medicines in details.”**

「護士姑娘對癌症患者十分關心，並詳細解釋有關治療及藥物的問題。」

Centre user 中心使用者 - 曾鑑維 Tsang Kam-wai

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**“Because of the nice environment, caring staff’s dedicated care and frank sharings among buddies, I become more optimistic and recover very fast.”**

「中心環境優雅，而且銘琪中心的工作人員給予我無比的關心，加上能和中心各好朋友互相傾訴，令我變得開朗，身體康復得很快。」

Centre user 中心使用者 - 淑英 Suk-ying

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**“The entire staff and environment of Maggie’s Centre provide us with proper, heartwarming and positive energy for body, mind and soul, enabling us to recover faster. Thank you!”**

「銘琪中心全體職員及其環境都能為我們患者提供適切、窩心的正能量，使我們加速痊癒。謝謝！」

Centre user 中心使用者 - 何佳 Ho Kai

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## SERVICE HIGHLIGHTS IN 2018

### 2018年服務簡報



#### Service Exploration 服務探索

We designed a qualitative study interviewing six semi-structured focus groups to collect the opinion from medical professionals and post-treatment cancer patients regarding the service needs of cancer survivors. Several of The D. H. Chen Foundation Scholars from universities in Hong Kong supported the study by conducting the focus groups and analyzing the data.  
**Supported by: The D. H. Chen Foundation**

我們安排了六個「半結構性焦點小組」進行訪問及研究，向專業醫護人員及癌症康復者收集有關完成治療後的服務需要，並由幾位來自香港不同大學的陳廷驊基金會獎學金學人協助進行有關研究。支持機構：陳廷驊基金會

#### Service Evaluation 服務檢視

A research conducted by the school of nursing, The Hong Kong Polytechnic University, to explore how Maggie's Cancer Caring Centre can help cancer patients to cope with cancer and its treatment. Both qualitative and quantitative approaches were employed to enrich an understanding of the data.  
**Funded by: The Hong Kong Jockey Club Charities Trust**

由香港理工大學護理學院進行研究，探索本中心的服務如何幫助癌症病人面對癌症及治療的挑戰，我們採用了質化及量化研究，更有效掌握數據及進行分析。捐助機構：香港賽馬會慈善信託基金



#### Publication of "A Place to Heal" 《病了·要放假》

Centre users shared their experiences with Maggie's Centre and the impact of the service on them. The Chinese version was published in December 2018. **Funded by: The Hong Kong Jockey Club Charities Trust**

銘琪中心推出新書《病了·要放假》，由中心使用者分享他們在銘琪中心的經歷及服務對他們的正面影響，中文版於2018年12月刊印完成。捐助機構：香港賽馬會慈善信託基金

#### New Support Group for Cancer Recurrence 新設癌症復發支援小組

In view of the growing size of certain support groups and the difference in needs for those with curative cancer diagnosis and recurrence, we started to offer a new support group for cancer recurrence in 2018.

中心常設的支援小組人數漸增，而各癌症小組組員因應不同診斷亦有不同的需要。有見及此，中心在2018年為癌症復發患者開設支援小組。



### Breath of Bliss™ Workshop

#### 開啟心靈 - Breath of Bliss™工作坊

With the support from Kadoorie Farm Botanic Garden (KFBG), a special programme called Breath of Bliss™ Workshop was conducted at Maggie's Centre in July 2018. The programme was run by Mr. Andrew McAulay, the Chairman of KFBG and Mr. Jhon Kwano a tribal elder from New Guinea. The workshop taught the participants a special breathing method to connect with their deep emotions, reduce stress, gain positive energy, and release negative emotions.

有賴嘉道理農場暨植物園的支持，銘琪中心在2018年7月特設開啟心靈 - Breath of Bliss™工作坊。活動由該園主席麥哥利先生及來自新畿內亞的長老 Jhon Kwano 主講，向參加者教授特別的呼吸法，以連繫深層情緒、舒緩焦慮，獲得正能量及釋放負面情緒。



### “Eating Well” Programme

#### 吃得好 - 營養好煮意

A comprehensive programme started in April 2018. Programme includes nutrition workshops, Q&A drop-in sessions, face-to-face consultation sessions and cook book publication. **Funded by: Operation Santa Claus**

這項全面的營養支援服務於2018年4月開展，包括工作坊、問答環節、面談諮詢、製作健康食譜等。資助機構：愛心聖誕大行動

### Gentle Yoga Class for Hospital Oncology Nurses and Centre Staff

#### 輕柔瑜伽 - 為醫院腫瘤科護士及中心職員而設

In a bid to help hospital oncology nurses and the Centre staff reduce stress and stay healthy, Maggie's Centre started to offer Gentle Yoga Class twice a month.

為了讓醫院腫瘤科護士及本中心職員舒緩壓力和保持健康，銘琪中心開設每月兩節的輕柔瑜珈班。



## 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 as well as living with and beyond cancer. Some examples of our programmes in 2018 include:



Information & Practical Support  
實用資訊支援



Psychological Support to Individual, Couple and Family  
個人、夫婦和家庭的心理支援



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



Nutrition Talk and Cooking Demonstration  
營養講座及煮食示範



Music Therapy and Creative Arts Programme  
音樂治療及創意藝術活動



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

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，以面對及跨越癌症的挑戰。我們在2018年提供了不同類型的活動，其中包括：



Psycho-educational Courses  
心理教育課程



Relaxation Programme  
鬆弛課程



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



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



Other Programmes  
其他活動

# “MAGGIE’S CANCER CARING CENTRE AND IN EXPRESS GROUP” CHARITY GOLF DAY 2018 「銘琪癌症關顧中心及凌速集團」慈善高爾夫球日2018

The “Maggie’s Cancer Caring Centre and In Express Group” Charity Golf Day 2018 was held on Friday, 2 February 2018 at The Clearwater Bay Golf & Country Club, which successfully raised over HK\$1.1 million for Maggie’s Centre to provide free cancer care services to those affected by cancer. The event attracted 27 teams of 108 golfers to compete for a great cause.

「銘琪癌症關顧中心及凌速集團」慈善高爾夫球日2018於2月2日在清水灣鄉村俱樂部順利舉行。第二屆賽事吸引27支隊伍共108位球手參加，成功為銘琪癌症關顧中心籌得逾港幣110萬元善款，全數將用作支持銘琪中心為受癌症影響人士提供免費支援服務。

## Guest of Honour 主禮嘉賓

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

## Organising Committee 籌備委員會

Dr. Ronald Lu (Chairman)  
呂元祥博士 (主席)

Ms. Susan Ho  
何志雲女士

Mrs. Eleanor Ling SBS, OBE, JP  
林李靜文女士 SBS, OBE, JP

Mr. Peter Brannan  
彼得·百倫先生

Mr. David Hui  
許震宇先生

Ms. Audry Ai Morrow  
艾永玲女士

Mr. Mark Chan  
陳文傑先生

Mr. Adrian Lee  
李澄明先生

Mr. Stanley Sun  
孫道弘先生

## Special thanks 鳴謝

The Clearwater Bay Golf and Country Club Hong Kong  
清水灣鄉村俱樂部





## THE FAYRE OF ST. JOHN'S 2018 聖約翰座堂聖誕音樂會2018

The annual fundraiser, The Fayre of St. John's returned for the fifth consecutive year and was held on 29 November at the St. John's Cathedral, followed by a charity auction and after party at MO Bar, The Landmark Mandarin Oriental. The evening raised about HK\$2M to help people touched by cancer and their families. During the event, Ms. Windy Pang, a user of Maggie's Centre shared her personal cancer experience and would like to thank Maggie's Centre for providing free practical, emotional and psychosocial support along her difficult journey.

由銘琪中心主辦的年度慈善籌款活動「聖約翰座堂聖誕音樂會」於11月29日假中環聖約翰座堂順利舉行，而演後派對及慈善拍賣亦於置地文華東方酒店MO Bar順利完成，是晚活動共籌得約港幣200萬元，以支持受癌症影響的人士。當晚中心使用者Windy分享了她患癌的心路歷程，她亦感謝銘琪中心在這艱辛旅程中為她提供各種免費的資訊、情緒、社交及心理支援。

### Organising Committee 籌備委員會

Alison Falloon  
Anne Wang Liu  
Anne Witt  
Archie Keswick  
Audry Ai Morrow  
Esther Ma

Francesca Whyatt  
Jennifer Cheung  
Joansa Lam  
Juliet Clark  
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Kirsten Molyneux

Martha Keswick  
Michelle Leung Sulger  
Ming Chen  
Natalie Caves  
Petrina Steains  
Roger Chan

Sarah Dingley  
Simon Martyn  
Stacey Hildebrandt  
Yvonne Cheung Ma

## OTHER FUNDRAISING EVENTS

### 其他籌款活動

#### “Lamma Island Health Experience Workshop”

An extraordinary workshop combining music and training exercises was organised by Hong Kong Corporis on 6 May, part of the proceeds was donated to Maggie's Centre. All participants not only learnt playing didgeridoo and hiking, but they also spread love through doing good!



#### 《體魄善行·南丫島篇》

「香港體魄」於5月6日舉辦了別開生面的慈善活動 - 《體魄善行·南丫島篇》，將音樂結合健康訓練，部分收益捐予銘琪中心以支持我們的癌症支援服務。參加者不單可認識到土著樂器，享受行山樂趣，更透過行善散播愛心！

MAR

MAY

JUL

#### Island School ANAIA Fashion Show

Kind-hearted fashionistas from Island School strutted down the runway on 24 March at their annual event - ANAIA Fashion Show and successfully raised over HK\$50,000 for Maggie's Centre.

#### 港島中學慈善時裝表演ANAIA

來自港島中學的學生再次在年度慈善時裝表演ANAIA中為銘琪中心籌款。是次活動在3月24日晚上舉行，多位學生模特兒盛裝登場，並在時裝天橋上散發明媚活力，成功為銘琪中心籌得逾港幣五萬元。



#### “Magic of Happiness” Charity Book Sale

Aromatherapy consultant and hypnotherapist trainer Kat Lai launched her new book “Magic of Happiness”, sharing ways to transform negativity to positivity. Being one of the beneficiaries, part of the proceeds raised from the book sales was donated to Maggie's Centre, enabling us to provide free cancer care services to people in need.

#### 《開心法術》慈善發佈會

香薰治療顧問及催眠治療導師Kat Lai出版了新書《開心法術》，與大眾分享如何在逆境中把負能量轉化為正能量。銘琪中心為其中一間受惠機構，新書所得之部分收益將捐助予中心作癌症支援服務。



## Dominic's Round-Taiwan Cycling Challenge

Dominic completed his Round-Taiwan Cycling Challenge, sweating his way through the difficult roads within 12 days, starting from Keelung, passing through Taiwan's northern most point, and ending at Guandu. The challenge successfully raised over HK\$30,000 for Maggie's Centre, which helped us continue to provide free cancer care service to more people affected by cancer including their families and caregivers.

### Dominic單車環台挑戰

Dominic於12天內完成單車環台挑戰，由基隆出發，經過台灣北面，以台北關度為終點。是次挑戰為銘琪中心籌得逾港幣30,000元，讓我們繼續為更多受癌症影響人士，包括患者、其家人及照顧者提供免費支援服務。



## Nood Food

To align with the theme colour of breast cancer awareness, Nood Food presented the pink smoothie drink for charity sale and part of the proceeds in the amount of over HK\$13,000 was donated to Maggie's Centre.

### Nood Food

#### 「粉紅特飲」

為配合乳癌關注月的主題色調，Nood Food特別調製粉紅健康奶昔作慈善義賣。活動把部分銷售額捐予銘琪中心，為我們籌得超過港幣13,000元善款。



SEP

## BGC Charity Day 2018

BGC Charity Day has been running every year on 11 September in remembrance of the 9/11 attacks. Maggie's Centre was pleased to be chosen as one of their beneficiaries fourth in a row and the day raised HK\$369,531.28 for us.

### BGC慈善日2018

BGC慈善日於每年的9月11日舉行以紀念在911世貿事件中罹難的員工，銘琪中心很高興能四度成為其受惠機構之一。是次慈善日為我們籌得港幣369,531.28元。



OCT

## Breast Cancer Awareness Month 國際乳癌關注月



### OnTheList

Starting on the 4 October until end of the month, Maggie's Centre partnered with OnTheList for organising Breast Cancer Awareness Month Charity Sale. A collection of chic items donated by OnTheList's partners and handmade plush penguins, lunch box bags and greeting cards created by our Centre users were on offer, the sale raised over HK\$24,000 for Maggie's Centre.

### OnTheList慈善義賣

網上購物平台OnTheList於10月舉行潮流物品慈善義賣，場內擺放一系列的時尚精品及本中心使用者親手製作的毛公仔、餐盒袋、心意咭等供大眾選購，活動為銘琪中心籌得超過港幣24,000元。

## COMMUNITY OUTREACH EVENTS 社區外展活動

### The Caring Company Partnership Expo 2018

Maggie's Centre took part in The Caring Company Partnership Expo 2018 on 16 March to meet with various corporations and charitable organisations, so as to explore future collaboration opportunities.



### 「商界展關懷」社區伙伴 合作展2018

銘琪中心於3月16日參與「商界展關懷」社區伙伴合作展2018，與商業機構及慈善組織探索及商談合作機會。

### “Love Mum” Women Cancer Awareness Campaign – Kick off Ceremony

Maggie's Centre joined the “Women Cancer Awareness Campaign – Kick off Ceremony” organised by Hong Kong Health Care Alliance on 19 May. Apart from introducing our free cancer support programmes and services at our booth, our Music Therapy Choir also performed two songs to raise the public awareness of cancer and health.



### Love Mum「乳」愛同行開幕禮暨講座

我們參加了5月19日由香港醫護聯盟籌辦的Love Mum「乳」愛同行開幕禮暨講座，除了設置攤位介紹中心的免費癌症支援服務，銘琪中心音樂治療合唱團亦現場演繹兩首經典歌曲，以鼓勵大眾關注癌症和健康。

MAR

### Lung Cancer Public Seminar (sponsored by Roche Hong Kong Limited)

Maggie's Centre held a free public seminar on 15 September at The Hong Kong Polytechnic University. While oncologist introduced symptoms and treatment options, registered dietitian provided diet and nutrition tips, physical trainer also demonstrated some easy exercises to help participants strengthen their lung muscles and reduce fatigue, the afternoon was packed with practical information in diverse disciplines to help audience tackle challenges brought by lung cancer.

MAY

### 肺癌公開講座

(羅氏大藥廠香港有限公司贊助)

銘琪中心在9月15日於香港理工大學舉行免費肺癌講座，邀請臨床腫瘤科醫生與註冊營養師分享肺癌症狀、診斷及治療方法、提供肺癌患者營養飲食貼士。運動治療師亦即場示範輕鬆強肺舒展運動，助參加者多方位認識及處理肺癌所帶來的挑戰。

SEP





### Hong Kong Cancer Day 2018

Hong Kong Cancer Day was successfully held on 9 December at the Tsim Sha Tsui Kowloon Park Piazza, people learned about healthy living tips and our free cancer care services through playing simple games at our booth. Maggie's Centre Music Therapy Choir also performed on stage to spice up the event!

### 香港癌症日2018

香港癌症日於12月9日在尖沙咀九龍公園廣場順利舉行，參加者透過輕鬆小遊戲領略健康秘訣，同時認識銘琪中心的免費癌症支援服務。銘琪中心音樂治療合唱團當日亦到場獻唱，為活動增添色彩！

DEC



### Apple Daily Charitable Foundation Charity Walk

Maggie's Centre joined the "Apple Daily Charitable Foundation Charity Walk" on 29 December. We set up a game booth there to introduce our free services while our Music Therapy Choir also performed and walked for a great cause with nearly 500 participants!

蘋果日報慈善基金「與癌友同行」步行籌款  
銘琪中心在12月29日參加蘋果日報慈善基金「與癌友同行」步行籌款。我們透過遊戲攤位介紹中心的免費服務，而銘琪中心音樂治療合唱團亦到場獻唱，更與近500名參加者一同步行籌款，為慈善出力！



## **CANCER STORY – EDDIE CHAU**

### **癌症故事 - 鄒源榮**

**In October 2018, Eddie Chau learned that he had third stage lung cancer. A cancer patient friend took him to Maggie's Centre, where the extraordinary architecture, landscaping and play of light left a deep and lasting impression.**

Sometime later, when Tuen Mun Hospital arranged for him to stay in the hospital for further examination, he was gazing out of the window of a bathroom and was struck yet again by Maggie's Centre. He had the urge to sketch his view. As he did not want to block usage of the bathroom by other patients, he was forced to wait until they were taking their afternoon naps. With his observant eyes and skilled draftsmanship, Eddie seized the moment and swiftly completed his first sketch of Maggie's Centre.

One day, when Eddie returned to the hospital for a medical consultation accompanied by his daughter, she was anxious and sought more information about the recommended treatment. They ended up at Maggie's Centre. He and his daughter gained confidence and information after talking with the oncology nurse there - they were both impressed by her friendly attitude and wealth of professional knowledge.

He also recalls the day that the Centre Head personally introduced him to Maggie's Centre and gave him a copy of the founder's book, "A View from the Front Line." The book allowed Eddie and his daughter to learn more about the mission of the organisation. From the Maggie's Centre website, Eddie came to know even more about the founder, the role of architecture and architects and the design rationale for Maggie's Centre in Hong Kong.

Eddie began drawing at a very young age; he inherited his artistic inclinations from his mother. Upon discovering Maggie's Centre, he was struck by everything about it. He has now completed seven sketches of Maggie's Centre, revealing its breathtaking architecture and careful fusion of East and West to create a unique sanctuary and unconventional healing space.

2018年10月，源榮得知患了肺癌，一位病友親自帶他來銘琪癌症關顧中心，並介紹這裡的癌症支援服務，中心的建築特色及豐富的光線給他留下深刻的印象。

及後，屯門醫院安排源榮留院作進一步檢查，他從病房洗手間往窗外眺望，想不到會看到這座富特色的建築物，想想便提起筆來，用其依舊敏銳的觀察力和嫻熟的素描速寫技巧，把這外形獨特的建築物描繪下來。為免妨礙病房裡的其他病人，他便趁著病人都在午睡而沒人使用洗手間的時候，才走進去動筆，就把握了好幾次的機會，終於完成首幅以銘琪中心為題的畫作。

出院後某天，女兒陪伴他來到醫院覆診。因為她擔心父親的病情，為尋找更多治療資訊，兩人便一起到銘琪中心來看看。他們感受到中心的腫瘤科護士十分專業和知識豐富，諮詢後大大增強了源榮面對治療的信心。中心主管親自介紹這地方時，同時送上中心創辦人美琪·凱瑟克的著作《走在抗癌的前線》。他和女兒讀畢此書後，對機構使命有更多了解。而源榮更在網上了解到香港銘琪中心的建築設計理念，對創辦人、建築設計師和園境師等的匠心更感欽佩。

源榮遺傳了媽媽的藝術細胞，自幼習畫。甫進銘琪中心那天，便察覺到這裡揉合中西建築哲學，座向有利不同時間採光。室內光線豐富多姿，巧妙地透過玻璃和牆壁多重折射，自然採光令室內空間隨光影改變，使心境平靜，對情緒有著正面影響，讓中心使用者在康復道路上得力。他感受到這裡的職員友善真摯，而且運作有效，家具色調精心配搭，多個角落都可成為畫作題材，因此他已繪畫了七幅以銘琪中心為題的素描畫，期盼與人分享這地方不同距離、不同角度的美。



## HOW WE RAISED OUR MONEY IN 2018 我們在2018年的收入來源

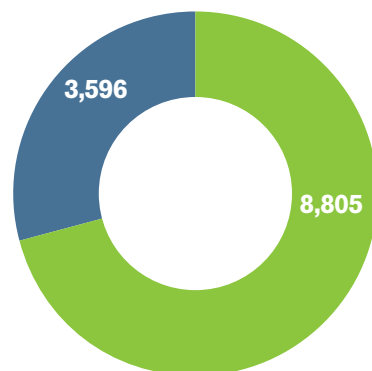
Thanks to the huge generosity and commitment of our supporters, we raised more than HK12 million in 2018. This extraordinary support has enabled us to extend our programme of support to meet the needs of the growing number of people affected by cancer in Hong Kong.

透過社會各界支持者的慷慨解囊，我們在2018年籌得超過港幣1,200萬元的善款。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 ■ 71%

Fundraising Events 籌款活動 ■ 29%

Total 總額: **HK\$12,401,162**



Figures are in thousands 數字以千元為單位

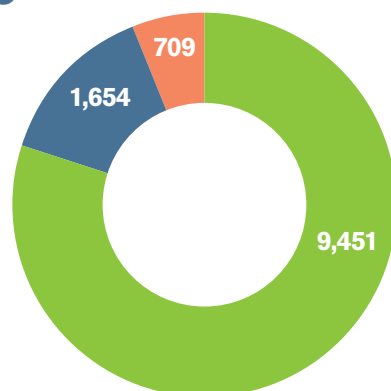
## HOW WE SPENT OUR MONEY IN 2018 TO HELP PEOPLE AFFECTED BY CANCER 我們在2018年的支出

Service & Programme 癌症支援服務與活動 ■ 80%

PR & Fundraising 公關推廣及籌募活動 ■ 14%

Administration 行政事務 ■ 6%

Total 總額: **HK\$11,813,641**



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 ■ 33%

Information & Practical Programme 資訊支援 ■ 6%

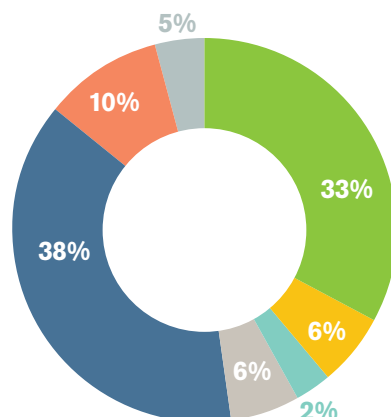
Relaxation Programme 鬆弛治療 ■ 2%

Mind-Body-Spirit Programme 身·心·靈課程 ■ 6%

Emotional & Psychosocial Support 心理、社交及情緒支援 ■ 38%

Creative Expressive Art 創意表達藝術治療 ■ 10%

Other Activities 其他活動 ■ 5%



# OUR THANKS TO YOU

## 感謝各位的慷慨支持

### Programme Sponsors

#### 資助機構



Apple Daily Charitable Foundation  
蘋果日報慈善基金



The American Women's  
Association of Hong Kong Limited  
香港美國婦女會



The D. H. Chen Foundation  
陳廷驊基金會



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



Operation Santa Claus  
愛心聖誕大行動



Roche Hong Kong Limited  
羅氏大藥廠香港有限公司

### 2018/2019 Partners Programme

#### 2018/2019 伙伴計劃



Kitchen Infinity Corp. Limited

### Benefactor's Circle

#### 服務贊助計劃

Mrs. Sabrina Pang Fung  
Mrs. Ingrid Leven

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

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Mr. David Hui

Mrs. Martha Keswick and Mr. Ben Keswick

Mrs. Diana King

Ms. Lydia Kwan

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.





Ms. Kwong Sze Ling	AIA Group	Jardine OneSolution (HK) Limited 怡和科技(香港)有限公司
Miss. Leung Suet Yin	The Alison Lam Foundation	Jardine Pacific Limited 怡和太平洋有限公司
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黃群英女士		

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 CENTRE 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，適時給予引導並提供專業建議，為工作團隊帶來莫大的推動力。

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### Chairman 主席

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

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### Board of Governors 董事會成員

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Mrs. Lily Ahn Riddick  
(retired on 31st March 2018)

Lily Ahn Riddick女士  
(於2018年3月31日離任)

Mr. James Robinson  
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Ms. Shahilla Shariff  
夏麗芙女士

Ms. Nancy Tse JP  
謝秀玲女士 JP

Mrs. Anne Wang Liu  
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### Professional Advisory 專業顧問

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

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

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 [MaggiesCentreHongKong](https://www.facebook.com/MaggiesCentreHongKong)

 2465 6063

 [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

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)

