

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

2020



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主席獻辭 MESSAGE FROM OUR CHAIRMAN

2020年，新型冠狀病毒疫情持續，為全球人類帶來前所未有的挑戰。我謹此向所有於艱難時期中仍然堅守崗位的醫護及前線防疫人員，致以由衷的感謝。

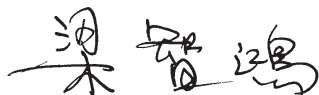
疫情為所有社福機構帶來史無前例的影響。銘琪癌症關顧中心一直為中心使用者提供溫馨舒適的環境、充滿天然光線的空間，可惜自2020年初開始，中心所有的實體活動都因為疫症而取消。感謝中心職員的努力，我們於2020年2月首次開展網上活動。同年已舉辦逾600節的網上課程，包括不同種類的支援小組、心理教育工作坊等。此外，有超過16,000人次(包括線上和線下)使用中心服務，當中的1,190人是首次到訪中心。我衷心感謝為中心提供慷慨支持的機構，包括香港賽馬會慈善信託基金、香港公益金、凱瑟克基金及愛心聖誕大行動等，讓我們在疫情之下仍然得以持續為受癌症影響人士及其親友提供免費支援服務。

安全從來都是我們首要的考量，為顧及嘉賓們、參加者及工作人員的健康，我們作出了艱難的決定，取消了年度的籌款活動「慈善高爾夫球日」，以及首個公眾籌款活動「迷城·城市定向慈善賽」。有見疫情發展持續不穩定，感恩能順利將聖約翰座堂聖誕音樂會轉移於網上舉行，並名為「銘琪聖誕音樂會」。為此，我衷心感謝所有贊助商及捐助者一直鼎力支持。

我更要感謝醫院管理局、各慈善基金、贊助商、捐助者，以及我們的董事會、員工和義工的無私付出，對中心的長遠發展實在功不可沒。

展望未來，銘琪中心將在新常態下繼續迎難而上，無間斷地為受癌症影響的人士提供免費的專業服務。我希望中心的服務能早日回復常規，再次歡迎大家到訪，一起在舒適的環境下享受柔和的陽光。

順祝健康!



梁智鴻醫生 GBM, GBS, OBE, 太平紳士
董事會主席



2020 was indeed a challenging year with the coronavirus outbreak affecting different people in different ways all over the world. Allow me to begin with this omnipresent subject, as I would like to take this opportunity to thank all the healthcare professionals and frontline medical staff worldwide, especially during this trying time.

The pandemic poses unprecedented challenges for every organisation without exception. Maggie's Cancer Caring Centre is accustomed to offering our users a warm and welcoming open space with ample natural light; but regrettably the usual array of face-to-face programmes had to be suspended this year due to the pandemic. Thanks to the concerted efforts of everyone at Maggie's Centre, for the first time ever we kicked off our online services in February 2020. Since then, more than 600 online sessions including support groups, psycho-educational workshops, etc. were offered this year. In addition, we received over 16,000 visits (online and offline) of which 1,190 were first-time users. We are truly thankful to the generous support of our funders, including but not limited to the Hong Kong Jockey Club Charities Trust, the Community Chest, the Keswick Foundation, and Operation Santa Claus, for financing our programmes during this difficult time.

Whilst we made the safety of our guests, participants, volunteers and staff a top priority, it was still a difficult decision to cancel the annual Charity Golf Day, one of our signature fundraising events, and the Mystery in Town · Charity City Hunt, our first themed public event. In view of the COVID-19 developments, we were heartened to be able to move the Fayre of St. John's online as the Fayre of Maggie's 2020. I truly appreciate the support and efforts from all the sponsors, donors and participants.

I would also like to extend our gratitude to the Hospital Authority, funders, corporate sponsors, individual donors, and the unconditional support from our Board of Governors, staffs and volunteers, which are fundamental to our day-to-day work.

Looking ahead, Maggie's Centre will keep up the momentum under the new normal, continuing to provide free professional services to our users, and hope to open our doors soon to welcome you all to enjoy the warmth of the sun together under the red roof.

Stay healthy.

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



署理執行總監的話 A WORD FROM OUR ACTING EXECUTIVE DIRECTOR

「感恩能遇上銘琪中心，就像在漆黑的隧道盡頭見到一點光，令這趟艱難之旅變得輕鬆一點。」中心使用者李氏夫婦的鼓舞說話深深感動我們的團隊，亦道出中心成立的使命。

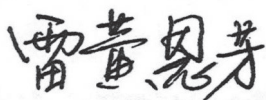
2020年是眾所周知充滿挑戰的一年！當人人的日常生活都受疫情衝擊時，癌症病人及其家屬所面對的便只會更甚。感欣樂見銘琪中心團隊在這期間作出快捷靈活的應對，無間斷地滿足照顧中心使用者的需求。

今年，中心接受服務的人次(包括線上和線下)逾16,000，當中有1,190人首次使用本中心的服務。為配合政府的防疫措施，並確保使用者和員工的安全，我們於1月底暫停所有面談服務，改為提供電話和電郵支援。預期新型冠狀病毒疫情會持續，於2月中旬首次試行網上小組。其間，與使用者共同克服各方面的技術及問題後，將大部分的實體課程轉為網上，包括支援小組、心理教育課程、主題講座和研討會、冥想和瑜伽、音樂治療法等，超過650個節小組及工作坊。儘管超過9成的使用者表示較喜歡面對面的服務，但他們都認同網上平台除了更有利於居住較遠或行動不便的人士外，在疫情下網上平台這仍是令讓他們能與中心和同路人保持聯繫及得到支援的重要途徑。而且，網上課程更有利於居住較遠或行動不便的人士，可以於網上與中心職員和其他同路人溝通。


2020年初，當社會面臨口罩短缺之際，我們多次派發口罩予使用者，與他們共渡時艱。謹此衷心感謝在疫情爆發之時捐贈口罩的善心人士和團體。此外，我們亦出版了《抗疫心理健康小冊子》，與社會大眾分享相關的資訊及小貼士，提醒大家在抗疫的同時，也要照顧好自己的心理健康。

全賴慈善基金、贊助商和捐助者的慷慨支持，讓我們於經濟低迷時，仍能持續為有需要的人敞開實體及網上服務的大門。我謹代表中心和使用者的，向他們致以最衷心的感謝！

最後，我們的團隊將會繼續堅守崗位，保持適切和優質的服務，以應對社會不斷變化增長的癌症關顧需求。



雷黃恩芳
署理執行總監



"We are grateful to have found Maggie's Centre," said Mr and Mrs Lee, two Centre users, "like seeing a light at the end of the tunnel...Maggie's has made this difficult journey a lot easier!" Our team was so encouraged and touched to hear this heartfelt feedback, which is exactly what we strive to achieve.

2020 was definitely a challenging year for everyone! While ordinary life was turned upside down by the COVID-19 pandemic, in many aspects cancer patients and their families were affected even worse. I am most pleased that Maggie's team responded promptly and flexibly in meeting the cancer support service needs continuously, under such unexpected circumstances.

Throughout the year, there were more than 16,000 visitors (online and offline) including 1,190 new Centre users in need of our support. To align with the anti-epidemic measures of the government and to protect our Centre users as well as staff, we had to suspend all face-to-face services at the end of January and provide telephone and email support alternatively. Expecting the COVID-19 situation would last for some time, we had piloted our first online group programme in mid-February. We learnt and overcame technical issues and other problems together with our Centre users at that course, empowering us to offer more than 650 online programmes afterwards, that covered most of our regular programmes, including support groups, psycho-educational courses, practical talks and workshops, meditation and yoga, music therapy and more. Despite the fact that over 90% of our users prefer face-to-face service, they did agree that going online could keep them connected and supported. In fact, online programmes do favour those who live far or are physically challenged, to still be able to meet Centre staff and other peers.

In early 2020, many were confronted with a shortage of face masks. During this difficult time, we distributed face masks to our users, helping them to overcome that challenge. We would like to thank our kind-hearted individuals and organisations for donating masks in response to the coronavirus outbreak. In addition, we also published a "Psychoeducational Tips amidst the Coronavirus Outbreak" booklet, which shared practical information and tips, reminding everyone to take good care of their mental health while fighting against the pandemic.

Even though the pandemic has left the economy and businesses counting costs, we could not keep our doors open for those in need both physically and virtually without the generous support from our funders, sponsors and donors. On behalf of the Centre and users, a big thank you to all of them! Lastly, our team remains as ever committed to continue our timely and quality service in responding to the growing and changing needs of the cancer community.



Helen Lui

Acting Executive Director

銘琪中心2020年服務概覽 MAGGIE'S CENTRE 2020 AT A GLANCE

16,000⁺ 總服務使用人次
(包括線上和線下)
total visits
(online and offline)

1,190 首次來訪的中心使用者
new Centre users

4,800⁺

節專業諮詢服務，為中心使用者提供資訊、心理及情緒支援
professional consultation sessions conducted providing
practical, emotional and psychological support



網上服務 (從2020年2月開始)

Online service (Starting from February 2020)

130

支援小組及工作坊
facilitated support
group sessions

80

心理教育課程及工作坊
psycho-educational course
and workshop sessions

467

其他活動及工作坊
other programme and
workshop sessions

96.3%

中心使用者對銘琪中心的整體滿意程度為好 (22.8%) 或優良 (73.5%)。
Center users rated their overall satisfaction with Maggie's Centre good (22.8%) or excellent (73.5%).

100%

中心使用者表示銘琪中心能夠幫助他們改善處理壓力的能力。
Center users reflected that Maggie's Centre helped them improve their ability to manage stress.

100%

中心使用者表示銘琪中心能幫助他們增加對癌症及其治療的認識。
Centre users expressed that Maggie's Centre helped them improve their understanding about cancer and its treatment.

以上數據取自銘琪中心2020年審計調查報告

Above figures from Maggie's Centre's Annual Audit Report 2020



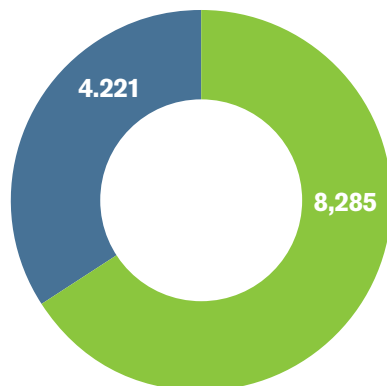
我們在2020年的收入來源 HOW WE RAISED OUR MONEY IN 2020

透過社會各界支持者的慷慨解囊，我們在2020年籌得超過港幣1,200萬元的善款。捐款使我們能夠繼續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。

Thanks to the generosity and commitment of our supporters, we raised more than HK\$12 million in 2020. This extraordinary support has enabled us to extend our programmes of support to meet the needs of the growing number of people affected by cancer in Hong Kong.

慈善捐款 Grants and Donation ■ 66%
籌款活動 Fundraising Events ■ 34%

總額 Total: **HK\$12,506,908**

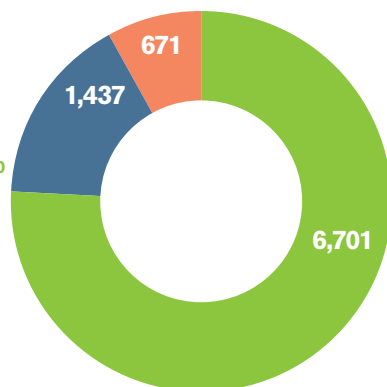


數字以千元為單位 Figures are in thousands

我們在2020年的支出 HOW WE SPENT OUR MONEY IN 2020

癌症支援服務與活動 Cancer Support Services & Programmes ■ 76%
公關推廣及籌募活動 PR & Fundraising ■ 16%
行政事務 Administration ■ 8%

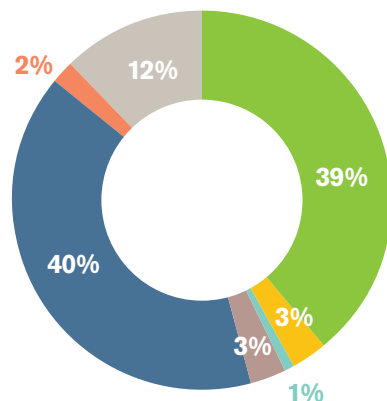
總額 Total: **HK\$8,808,956**



數字以千元為單位 Figures are in thousands

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

即時支援服務 Drop in Service ■ 39%
心理、社交及情緒支援 Emotional & Psychosocial Support ■ 40%
資訊及實用活動 Information & Practical Programme ■ 3%
鬆弛治療 Relaxation Programme ■ 1%
身·心·靈課程 Mind-Body-Spirit Programme ■ 3%
創意表達藝術治療 Creative Expressive Art ■ 2%
其他活動 Other Activities ■ 12%



您的捐款如何幫助我們

HOW CAN YOUR DONATION HELP

本港罹患癌症的新增個案每年遞增。最新報告顯示，一年有超過35,000人新增患上癌症及14,800人被癌症奪去寶貴的生命，佔全港整體死亡人數約三分之一。而預計十年後，每年新增患癌的人數更將會增至逾42,000，數以萬計的家庭深受影響。

銘琪癌症關顧中心一直致力透過專業協助及社交支援，在設計獨特的環境裡為受癌症影響的人士、親友及照顧者提供癌症相關資訊、情緒及心理支援、鬆弛治療及壓力管理等服務，以協助他們改善生活質素，積極面對和超越癌症。

作為一家獨立的慈善機構，全賴公眾的善款，讓銘琪中心能持續為受癌症影響的人士在一個恬靜舒適的環境裡免費得到全面的癌症支援服務。

The number of new cases of cancer in Hong Kong is increasing every year. Latest report shows that more than 35,000 people suffer from cancer every year, and 14,800 are killed by cancer - about one-third of the total deaths in Hong Kong. It is estimated that after ten years, more than 42,000 people will get cancer annually, affecting tens of thousands of families.

Maggie's Cancer Caring Centre is here to provide professional assistance and social support, including practical, emotional and psychosocial services to people affected by cancer and their families, friends and carers in a uniquely designed environment which help improve their quality of life to living with and beyond cancer.

As an independent charity, we rely solely on public donations to keep our door open. It helps Maggie's Centre remain a haven of support to anyone who needs comfort, advice or simply a friendly face in their greatest hour of need.

\$10,000

可為癌症患者及其家人提供一系列身、心、靈支援服務及工作坊，助他們積極面對和跨越癌症。Pays for a whole family to receive a number of mind, body and spirit workshops, in order to empower them to live with, through and beyond cancer.

**\$5,000
/ \$500**

可讓剛確診患上癌症的人士獲取十次或一次的偶到服務，向癌症支援專科護士或註冊社工獲取專業建議和各方面的支援。Pays for ten or one one-off drop-in session(s) to help someone just diagnosed with cancer to get advice and all-rounded support from our Cancer Support Specialist or Registered Social Worker.

\$1,000

可讓癌症患者或其家人與臨床心理學家進行深入面談，幫助他們處理因癌症所帶來的情緒困擾和心理挑戰。Pays for a whole family or an individual to get professional support from our Clinical Psychologist to manage emotional distress and psychological challenges brought by cancer.

\$300

可讓癌症患者及其家人獲得一次註冊營養師的個別諮詢，提升對營養及健康飲食的知識。Pays for one one-off nutrition consultation session to help cancer patients and their families to get practical dietary and nutrition advice from our Registered Dietitian.

2020年服務簡報 SERVICE HIGHLIGHTS IN 2020

香港賽馬會社區資助計劃 - 銘琪「以心療心」癌症支援計劃

The Hong Kong Jockey Club Community Project Grant: Maggie's Emotional and Psychological Cancer Support Programme

感謝香港賽馬會慈善信託基金的支持，讓我們由2019年4月起推行《香港賽馬會社區資助計劃 - 銘琪「以心療心」癌症支援計劃》，向癌症患者及其家人提供適時的情緒、社交及心理支援，在溫馨及舒適的環境中為所有受癌症影響的人士提供支援，鼓勵他們在抗癌之旅積極面對，與之共存、渡過難關和超越癌症帶來的種種挑戰。計劃亦包括社區教育，以提高社會大眾對癌症的認識以及癌症預防。疫情下，我們透過網上平台，無間斷地繼續為有需要的人士提供支援服務。

捐助機構：香港賽馬會慈善信託基金

Thanks to the Hong Kong Jockey Club Charities Trust for supporting the Programme from April 2019, which enabled us to provide free and comprehensive emotional and psychosocial support to cancer patients, their families and friends. The Programme also included community education to raise public awareness of cancer and cancer prevention. During the pandemic, we continued to provide cancer caring services through our online platform.

Funded by: The Hong Kong Jockey Club Charities Trust

銘琪中心即時癌症支援服務

Maggie's Centre Drop-in service - Information & Practical Cancer Support

感謝香港公益金支持我們推行「銘琪中心即時癌症支援服務」，為受癌症影響的人士提供有用、全面而個人化的癌症資訊及實務支援，服務包括腫瘤科護士諮詢。根據服務意見調查，100%服務者均表示提供的資訊有幫助，並且因此而情緒得到舒緩。捐助機構：香港公益金

Thank you to the Community Chest for supporting us in implementing the "Maggie's Centre Drop-in service - Information & Practical Cancer Support", which provided useful, comprehensive and personalised cancer information and practical support to people affected by cancer. Services included oncology nurse consultation. According to the service survey, 100% of the service users said that the information provided was helpful and their emotions were relieved. **Funded by: The Community Chest**



吃得好 - 營養好煮意

"Eating Well" Programme

疫情期間，我們將此計劃轉為網上服務，藉著網上平台的優勢，讓我們可以服務更多受癌症影響的人士，不論他們在治療的任何一個階段，透過個別營養師諮詢、答問會、講座及煮食示範等，均能提升他們有關營養飲食的知識、舒緩治療的副作用及維持健康體重等，從而提升生活質素。

捐助機構：愛心聖誕大行動

We converted this programme to an online service during the pandemic. Through the online platform, we could connect more people affected by cancer and answer their concerns at different stage of treatment, through consultations, Q&A sessions and cooking demonstrations with our dietitian, which enhanced their knowledge of nutritious diet, relieve treatment side effects and improved their quality of life. **Funded by: Operation Santa Claus**



中心節日聯歡會

Maggie's Centre Festival Parties

銘琪中心雖受疫情影響而未能如常在中心舉行節日聯歡會，但我們仍花盡心思，改以網上直播形式舉辦了中秋及聖誕聯歡，並於活動前向參加者分發節日禮物包，希望能將祝福與關愛傳到他們的心中。聯歡會節目豐富，包括嘉賓致詞、做手工、合唱團表演及抽獎等環節。直播時段多達250人參與，網上互動，反應熱烈。

Although we could not organise our festival parties at the Center as usual, we kept our tradition to celebrate the Mid-Autumn Festival and Christmas online, to share our blessings and care with our users. There were various activities, such as guest speeches, handicrafts workshop, choir performances and lottery draw. Over 250 users participated in the live broadcasting, and the online interaction was enthusiastic.

抗疫心理健康小冊子

"Psychoeducational tips amidst the coronavirus outbreak" Booklet

疫情期間大眾為了自身健康，生活習慣有多種改變。此外，如何好好照顧自己的心理需要亦十分重要。中心在疫情初期設計了一本《抗疫心理健康小冊子》，內附各種相關的資訊及小貼士，希望在疫情下仍能幫助大眾好好照顧自己的心理健康。

During the pandemic, many people adjusted their lifestyle to cope with the challenging time. While paying attention to our psychological needs was very much important, we published a "Psychoeducational tips amidst the coronavirus outbreak" Booklet at the beginning of the pandemic, which included some practical information and tips with a hope to help the public to be aware of taking good care of their mental health.



網上運動班

Online Exercise Series

在保持社交距離的情況下，不少癌症病人都減少了戶外運動，中心特意安排不同的網上運動班，例如在家運動工作坊、陰瑜伽班、普拉提班等等，讓參加者足不出戶仍可繼續練習，保持動力。

Many cancer patients reduced outdoor exercises while maintaining social distancing, we specially arranged various online exercise classes, such as at-home workouts, Yin Yoga lessons, Pilates classes, etc., so participants could maintain healthiness and keep motivated even at home.



疫情專題講座

Pandemic Seminars

疫情資訊氾濫往往令癌症患者感到不知所措。我們在疫情高峰期間舉辦了多場相關的網上講座，包括「醫生講座：新冠肺炎疫情中一癌症患者的應對」、「藥劑師講座：疫苗接種知多D」等，並設有互動環節，讓參加者有足夠時間發問及解答心中的疑慮。

Often, too much information about the pandemic could make cancer patients feel additionally overwhelmed. During the peak of the COVID pandemic, we held a series of online seminars to help ease their fears. They included "How Cancer Patients Cope during COVID-19" and "Understanding the COVID-19 Vaccination" and more. Participants were able to ask questions to clarify anything on their minds.

哪些人是新冠肺炎的高危險群

- 50歲以上中老老年致死率及重症的比率高於未滿50歲
- 患有慢性疾病致死率及重症的比率高於未患有慢性病者，如：
 1. 心血管疾病
 2. 糖尿病
 3. 高血壓等慢性病
- 故中老老年及慢性病患者皆是新冠肺炎的高危險群



支援服務概覽 PROGRAMME OVERVIEW

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能力，面對及跨越癌症的挑戰。我們在2020年除了提供個人的諮詢服務外，還提供了不同類型的網上活動，其中包括：



癌症患者支援小組
Support Groups for People with Cancer



資訊及實用支援
Information & Practical Support



心理支援
Psychological Support



心理教育課程
Psycho-educational Course



身・心・靈課程 (1)
Mind-Body-Spirit Programme (1)



身・心・靈課程 (2)
Mind-Body-Spirit Programme (2)

The primary aim of Maggie's Centre is to help people discover and develop their own strength in coping as well as living with and beyond cancer. Besides offering individualised consultations, we also organised various online programmes in 2020 which include:



營養工作坊
Nutrition Workshop



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



音樂治療
Music Therapy



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



其他活動 (1)
Other Programmes (1)



其他活動 (2)
Other Programmes (2)

中心使用者的話 A WORD FROM OUR CENTRE USERS

確診後真是憂心忡忡，慶幸有同路人介紹銘琪癌症關顧中心給我認識。中心不但有護士給予專業意見，還有各類活動、課程、講座等，可以照顧癌症患者身心健康，幫助患者勇敢抗癌，克服重重困難，邁向康復之路。衷心感謝中心、各位姑娘和職員。

I was really worried after the diagnosis and fortunately, a friend introduced Maggie's Centre to me. Not only do the nurses give professional advice, but there are also various activities, programmes and talks which take care of both the physical and mental health of cancer patients, allowing us to overcome difficulties and move on. My heartfelt thanks to the Centre and all staff!

Lisa

我在去年治療後認識銘琪癌症關顧中心，接受中心多方面的服務，感到中心服務多元化，曾參與的包括網上癌症支援小組、心理教育課程、不同系列的講座及工作坊等。令自己更積極面對癌症，最重要是從傾談及課程中，感受到銘琪各位職員的愛及關懷！

I got to know Maggie's Cancer Caring Centre after treatment last year and received various services from the Centre. I participated in online cancer support groups, psychological education courses, series of talks and workshops and so on, I feel that the services were diversified. To make oneself face cancer more positively, the most important thing is to feel the love and care from Maggie's team!

劉敏華 Mary Lau

自從開始這個新旅程，銘琪中心就一直給予我親切的關懷和實質的支持。每次中心職員都會不厭其煩地解答我的問題，讓我深受感動，亦讓我感到安心，幫助我積極面對、奮勇向前。感謝銘琪中心團隊！

Maggie's Centre gave me such kind, caring and helpful support since the beginning of this new journey. I am always so touch whenever colleagues take the time to answer my queries, it reassured me a lot and helped me to keep strong and fight back. Thank you the lovely team.

Elise

初發現癌症，不知所措。後來，認識銘琪中心專業團隊，得悉癌症治療的不同方案，心中壓力舒緩了！中心的網上視像服務，使病友可以分享治療癌症經驗，加強我們對抗癌病的信心，不再徬徨無助。衷心感謝中心姑娘和職員！

I was at a loss when I was first touched by cancer. After getting to know the professional team of Maggie's Centre, I learnt about different cancer treatment plans, and my anxiety was relieved! The Center's online programmes allowed us to share our own experiences, which strengthens our confidence to fight together. A big thank you to Maggie's Centre!

King Chun

患癌並不可怕！我慶幸入了癌病大家庭遇上好多好人好事。尤其是現在有銘琪癌症關顧中心這個龐大專業團隊陪伴著我們。中心有專業同事給予我們無比的關心和照顧！2019年同路朋友首次帶我到銘琪，使我眼前一亮。無論環境設計和工作人員都非常好，好像一家人，和藹可親。中心職員非常親切，他們為我選了一個非常合適的假髮，使我充滿信心！現在我可以重生！再沒有孤獨、徬徨、恐懼和無助感了。可以從新出發，活在當下都有賴整個專業團隊的無私奉獻，關顧我們癌病患者！所有活動對我都非常有幫助！無言感激！

Cancer is not that horrifying! I am grateful that I have met many nice people on my journey, particularly now I am supported by the professional team of Maggie's Centre which gives us incomparable love and care. My friend first introduced Maggie's to me in 2019 and it was eyes opening. Both the environment and the staff are very nice, like a family – warm and amiable. The staff chose a wig suitable for me, which made me full of confidence! And now I am reborn! There is no more loneliness, hesitation, fear, and helplessness, just living in the present moment! All programmes there are so helpful to me! Endless thanks!

陳潤娣 Candy Chan



銘琪與您共同抗疫 MAGGIE'S UNDER THE PANDEMIC

癌症患者口罩送贈

Mask Giveaway for Cancer Patients

2020年初，當新型冠狀病毒剛肆虐香港，大家面對著口罩短缺問題。在這困難的時期，我們向中心使用者贈送了一些口罩，幫助他們在一個口罩都難求的情況下解決燃眉之急。我們衷心感謝社會上的有心人士及機構捐出口罩予癌症患者。

In early 2020 when COVID-19 just hit Hong Kong, people have been confronted with an imminent shortage of face masks. During this difficult time, we sent out some face masks to our users, helping them to overcome the challenge. We would like to thank those kind-hearted individuals and organisations for donating masks in response to the coronavirus outbreak.

迷城·城市定向慈善賽

Mystery In Town · Charity City Hunt

經過多番考慮及審慎評估疫情風險後，原定於3月舉行的「迷城·城市定向慈善賽」經改期後，最終都決定取消。

這項活動是銘琪中心首個公眾籌款活動，旨在邀請中心使用者、大眾市民及企業伙伴為慈善出力，同時參與精心設計的偵探遊戲。雖然對於取消此項活動難免感到可惜，但全體參賽者及工作人員的安全和健康更是我們的首要考量。我們衷心感謝所有參賽者及贊助商對是次籌款活動的支持。

In view of the development of COVID-19 outbreak, Mystery in Town · Charity City Hunt to be held in March was also cancelled, after serious consideration and risk assessment.

As the safety of our guests, participants, volunteers and staff is always our highest priority, it was a difficult decision as the Charity City Hunt was meant to be our first themed public event that aimed at gathering our Centre users, the public and generous corporate partners together to raise funds for a great cause as well as to enjoy the entertaining game. Our heartfelt thanks to all the sponsors and participants in supporting this event.

銘琪中心音樂治療合唱團音樂短片

Maggie's Centre Music Therapy Choir Music Video

為了讓大家在疫情期間舒緩緊張心情，銘琪中心音樂治療合唱團悉心拍製了音樂短片傾力獻唱，一同傳播正能量，希望大家永不放棄，共同抗疫！

Maggie's Centre Music Therapy Choir prepared a music video during the pandemic, the choir team wanted to spread positive energy by singing with a hope to convey the message "Never give up and fight the virus together!"





銘琪癌症關顧中心及友邦保險集團慈善高爾夫球日2020 MAGGIE'S CANCER CARING CENTRE AND AIA GROUP CHARITY GOLF DAY 2020

鑑於新型冠狀病毒疫情發展，我們無奈地取消了年度籌款活動 — 慈善高爾夫球日。

我們衷心感謝是次活動的冠名贊助商友邦保險集團慷慨資助、清水灣鄉村俱樂部撥出場地以全力協辦，以及所有贊助商和參加者對我們的支持。活動雖然取消，但有賴各善長的支持，我們仍籌得逾港幣110萬元以幫助銘琪中心在這困難時期能持續為受癌症影響人士提供適切且個人化的癌症支援服務。

In view of the pandemic situation of COVID-19, we regret that our annual fundraising event, Charity Golf Day 2020, was cancelled.

We would like to express our gratitude to our title sponsor AIA Group, our co-organiser The Clearwater Bay Golf & Country Club, as well as all sponsors, donors and supporters. Though the event was cancelled, we still managed to raise for over HK\$1.1 million which helps Maggie's Centre to continue providing timely and individualised cancer care service to people touched by cancer during this challenging time.



籌備委員會 Organising Committee

Dr. Ronald Lu (Chairman)
Ms. Susan Ho (Co-chairman)
Mr. Stanley Sun (Co-chairman)

Mr. Adrian Lee
Ms. Audry Ai Morrow
Mr. David Hui

Mrs. Eleanor Ling SBS, OBE, JP
Mr. Mark Chan
Mr. Peter Brannan

冠名贊助 Title Sponsor



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銘琪癌症關顧中心呈獻 - 銘琪聖誕音樂會2020 MAGGIE'S CANCER CARING CENTRE PRESENTS - THE FAYRE OF MAGGIE'S 2020



銘琪聖誕音樂會2020於12月10日首次於網上舉行，音樂會的精彩節目包括聖詩獻唱、聖誕頌讀，音樂表演以及慈善拍賣。本年度的慈善音樂會共籌得超過港幣160萬元。

本年度慈善音樂會的表演嘉賓星光熠熠，當中包括世界知名的歌手及作曲家史汀先生(Sting)、殿堂級歌手Rick Astley、英國演員Toby Stephens、香港演藝學校校長及結他演奏家華道賢教授AM (Prof Adrian Walter, AM)、影視紅星李嘉欣小姐、著名歌手及音樂創作人倫永亮先生，及銘琪中心音樂治療合唱團。銘琪中心使用者琪其亦為大家分享了她在患病時的所得所感，並感謝銘琪中心的跨專業團隊。

感謝一眾表演嘉賓、贊助商及善長的支持，在這段疫情反覆的艱難時刻，一同於網上相聚享受聖誕樂韻之際，亦助癌症病人重拾生命的喜樂。

The first-ever virtual Fayre of Maggie's 2020 was held on 10 December 2020. This online event featured heart-warming Christmas carols, festive readings, musical performances and charity auction. It was a great success and raised over HK\$1.6 million for Maggie's Centre.

This year, distinguished celebrities and guests joined hands to perform on the evening: world renowned singer-songwriter Sting; legendary singer Ricky Astley; British actor Toby Stephens; Professor Adrian Walter, AM, Director of The Hong Kong Academy of Performing Arts and classical guitarist; Hong Kong celebrity Ms. Michele Reis; famous singer and songwriter Mr. Anthony Lun; and our very own Maggie's Centre Music Therapy Choir. One of our Centre user, KK shared her cancer experience and how she walked through the difficulties.

We deeply thank you all our performers, sponsors and donors who supported the Fayre of Maggie's, especially in this very difficult period of COVID-19, by sharing festive joy with them.

籌備委員會 Organising Committee

Alison Falloon
Anne Wang Liu
Anne Witt
Audry Ai Morrow
Camilla Lindfors
Esther Ma

Jennifer Cheung
Joansa Lam
Junwei Lu
Leigh Tung Chou
Marie Kohler
Michelle Leung Sulger

Ming Chen
Natalie Caves
Neveen Innerdale
Nicole Cromwell
Peter Cheung
Petrina Steains

Phillip Walker
Samatha Goodman
Simon Martyn
Verna Ho



「沒有銘琪中心的話，
我不敢想像過去一年的
抗癌路會如何捱過…」

2019年聖誕，我確診患上直腸癌第四期。聽到消息後，我的世界崩潰了—「為什麼是我？」我彷彿被外面世界隔離，親友口中的聖誕祝福，聽起來都變成諷刺。曾經，聖誕是我最喜愛的時光，現在卻成為了人生中最黑暗的日子！

銘琪中心拯救了我

確診後，我獨自面對身心靈的巨大挑戰。手術的痛楚與不適，漫長而難辛的治療，把我生命中僅有的力氣都全數掏空，對未來的恐懼和焦慮更是不停來襲。在絕望中，我決定和父母前往友人介紹的銘琪中心。當天，在大門前居然看到告示，所有面談服務都因疫症而暫停。正當我們失望而回時，有位職員帶著溫暖的笑容，徐徐打開了大門。她，是位腫瘤科護士。當她了解我的病歷背景後，隨即給我一些實用建議、資訊小冊子和營養飲品。我回家後，她還按照約定，打電話來與我詳談，使我於瀕死掙扎時看到生命的曙光。

與癌症共存找回人生意義

疫情期間，我很慶幸遇上銘琪中心。這裡的腫瘤科護士、臨床心理學家、社工、營養師等跨專業團隊於疫情下仍堅守崗位與我同行，透過電話及網上服務，讓我可以得到準確的資訊及專業的建議，能夠更清楚了解治療的詳情和副作用，同時學懂照顧自己的身心需求，及與醫護人員溝通的技巧。中心更讓我重新認識自己，重拾唱歌和拍攝短片的興趣，使我的人生好像按下了「重啟」的按鈕。每天呼吸的每一口氣，我都非常感恩！因為銘琪中心讓我相信活在當下，相信愛。我希望可以將這份愛傳遞給受癌症影響的人，讓他們知道，他們並不孤單。

**“Without Maggie’s Centre’s support,
my journey of the year would have
been a lot more difficult!”**

I was diagnosed with stage 4 rectal cancer on Christmas Day, 2019. I heard the news and I almost collapsed - “Why me?”. I isolated myself from the outside world. I felt such irony to receive joyous Christmas greetings from family and friends. Christmas used to be my favourite holiday, but now, it became the darkest day of my life!

Maggie’s Centre saved my life

After being diagnosed, I faced huge challenges physically and psychologically alone. The pain and discomfort of my surgery, and the seemingly endless and intensive treatments left me completely exhausted. I felt extremely worried and fearful for my future and all the uncertainties. I am grateful that my friend introduced Maggie’s Centre to me. I decided to visit the Centre with my parents. Although the Centre had temporarily suspended face-to-face activities, the oncology nurse let us in and provided us practical information, useful booklets and nutrition information. They helped me to get through my challenges and eased my concerns.

A brand new meaning of life

During the coronavirus outbreak, I felt grateful to have all the information and professional advice from Maggie’s. I could connect with the professional team, including the oncology nurse, clinical psychologist, social worker and dietitian through phone and the Internet. They explained what I should expect after my chemo treatment and shared the common side effects experienced by those with similar cases. It helped me feel a lot more secure by having a very clear overall picture of my treatment in advance. Maggie’s Centre also helped me regain my passion for singing and filming, making it like I pressed a “restart” button on my life. I appreciate every breath when I wake up every day. I believe in the power of now and love. I hope I can spread love and care to other families affected by cancer, as Maggie’s Centre did for me, to let them know they are not alone on their journey.

其他籌款活動 OTHER FUNDRAISING ACTIVITIES

JUN - JUL

香水酒精搓手液工作坊

Parfumerie Trésor – Perfume Scented Hand Sanitiser Workshops

香港首家精品香水專門店Parfumerie Trésor於今年六月至七月期間舉行了五場慈善香水酒精搓手液工作坊，讓參加者學習香水知識及親手製作一支獨一無二的香水酒精搓手液。銘琪中心很榮幸能成為Parfumerie Trésor工作坊的指定受惠機構。

Parfumerie Trésor held 5 Charity Perfume Scented Hand Sanitiser Workshops in June and July. Participants learnt the basics of what artistic perfumes are and made their own perfume scented hand sanitiser. Maggie's Centre was grateful for being the designated community partner of Workshops.



OCT

乳癌關注月

Breast Cancer Awareness Month

於乳癌關注月期間，為了提高大眾對乳癌的關注，多間企業伙伴與銘琪中心攜手，進行各類型的慈善活動，支持我們的癌症支援服務。當中包括: nood food 粉紅特飲、PURE Yoga 慈善瑜珈工作坊、購物平台 OnTheList慈善義賣及「以物易物」活動、Tayma Fine Jewellery籌款活動及The Tribe Hong Kong "THINK PINK"籌款活動等。

Aiming at raising public awareness of breast cancer, many corporate partners supported us with various charity sales or events during the Breast Cancer Awareness Month. Supporting programmes included nood food Pink Smoothie and Rooftop PINK Charity Yoga Class by PURE, OnTheList Charity Sale and Swap Party, Tayma Fine Jewellery fundraising activities and The Tribe Hong Kong "THINK PINK" event.



NOV

"QuoTee" x MEA Charity百萬義賣助癌友

"QuoTee" x MEA Charity - \$1 Million Fundraise for Cancer

這一年，QuoTee希冀扭轉逆境，改寫生命意義。透過與M.E.A.合作，QuoTee為銘琪中心協辦籌款活動一「百萬義賣助癌友」，每賣出一件T恤或外套，所有毛利將會撥至銘琪，直至籌達港幣100萬!

This year, QuoTee helped in overcoming adversity together. In collaboration with M.E.A, QuoTee launched a 1 Million Fundraise for Cancer campaign to raise funds for Maggie's Centre. 100% of the gross profits gained from sales of T-shirts and jacket, went to Maggie's Centre until reaching the target "1 Million".

裕德素食五小時素食義賣

Yue Tak Vegetarian Five-hour Charity Sale

裕德素食於11月28日舉行的五小時素食義賣共籌得善款港幣\$8,492。所有收入全數撥捐予銘琪中心，以協助中心持續為受癌症影響的人士提供免費癌症支援服務。

蘇女士曾經是銘琪中心的服務使用者，今天她不但樂意分享她的生命經歷和故事，更主動為銘琪中心籌款。透過她的廚藝分享，讓食客在品嚐美味素菜的同時，又可將善款捐贈予銘琪中心，蘇女士的熱心和行動令人鼓舞。



Yue Tak Vegetarian's five-hour charity sale held on 28th November raised a total of HK\$8,492. All proceeds were donated to Maggie's Center, supporting our free cancer support services to people affected by cancer.

Ms. So was once a service user of Maggie's. Today, she is not only willing to share her life experience and story, but she has also become a Maggie's fundraiser. Through sharing her culinary skills, diners could taste vegetarian dishes and raise funds for Maggie's at the same time, helping other people touched by cancer.



DEC

Amedei - 聖誕慈善義賣 Amedei - Christmas Charity Sales

Amedei在普天同慶的日子，鼓勵其顧客為身邊的親朋摯愛送上精緻且美味的意大利托斯卡巧克力以表心意，並將其30%收益捐贈予銘琪中心，協助我們提供免費及專業癌症支援服務。

Amedei organised a Christmas Charity Sales with the world's finest and most awarded chocolate, masterfully crafted in Tuscany, Italy during the festive season. 30% of the proceeds would support Maggie's Centre to provide free and professional service to people touched by cancer.

Vivienne Tam - Lovfinity S 慈善圍巾義賣活動

Vivienne Tam - Lovfinity S Cancer Fundraising Project

Lovfinity S x Vivienne Tam
Cancer Fundraising Project 慈善義賣
設計Lovfinity S「愛是無限，力量自強」慈善圍巾為了傳遞愛源於心的信息，支持所有患有癌症的朋友，您們要堅持、有信心、愛自己。
Love Yourself, Heal Yourself, Never Give Up!
- Vivienne Tam
Please support us. 請支持我們
Instagram: lovfinitys Facebook: Lovfinity S

Pink Orange Grey

Vivienne Tam - Lovfinity S 慈善圍巾義賣活動，傳遞「愛是無限、力量自強」的信息，支持受癌症影響的人士。慈善圍巾的收益100%撥捐予慈善機構，銘琪中心很榮幸為義賣活動其中一家的指定受惠機構。

Vivienne Tam has launched the Lovfinity S cancer fundraising project, conveying the message of "Love is infinite. Love yourself. Heal yourself, Never Give Up!" and supporting people affected by cancer. 100% of the profits from the stoles will be donated to cancer charity funds and Maggie's Centre is very honoured to be one of the beneficiaries.

捐款支持我們 SPARE A THOUGHT FOR MAGGIE'S

網上捐款 Online Donation



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劃線支票 Crossed cheque

將劃線支票(祈付「銘琪癌症關顧中心」)郵寄至香港新界屯門青松觀路屯門醫院銘琪癌症關顧中心籌募及傳訊部, 請另外標明捐款人名稱、聯絡電話及電郵地址。

Mail the Crossed cheque payable to "Maggie's Cancer Caring Centre" to Fundraising and Communications Unit, Maggie's Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong. Please provide donor's name, contact number and email address.

直接存款 Direct Transfer

匯豐銀行戶口 HSBC Bank Account no. 808-327399-292

將存款單正本郵寄至香港新界屯門青松觀路屯門醫院銘琪癌症關顧中心籌募及傳訊部, 請另外標明捐款人名稱、聯絡電話及電郵地址。

Please return the bank deposit slip to Fundraising and Communications Unit, Maggie's Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong. Please provide donor's name, contact number and email address.

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Scan the QR code and log-in
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In order to be environmentally friendly and reduce administrative cost, you can choose to not receive a donation receipt. Please kindly provide your address, receipt name and mark your request in the mail if you need a receipt.

*捐款總額達港幣一百元或以上可申請扣減稅項。Donations of HK\$100 or above are tax deductible.

感謝各位的慷慨支持
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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。

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

主席 Chairman

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

 香港新界屯門青松觀路屯門醫院
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開放時間 **Opening hour:**

星期一至五早上九時至下午五時

Monday to Friday 9am to 5pm

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)
Maggie Keswick Jencks Cancer Caring Centre
Foundation Limited (Hong Kong Charity Registration
Number: 91/8834)

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