

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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MaggiesCentreHongKong

MaggiesCentreHongKong



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
Maggie Keswick Jencks Cancer Caring Centre
Foundation Limited
(慈善機構註冊號碼 Hong Kong Charity Registration
Number: 91/8834)



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

2022



目錄 CONTENTS

- 4 主席獻辭
Message from our Chairman
- 6 總幹事的話
A Word from our General Manager
- 8 銘琪中心 2022 年服務概覽
Maggie's Centre 2022 at a Glance
- 9 財務報表
Financial Statements
- 10 您的捐款如何幫助我們
How Your Donation can Help
- 12 服務概覽
Service Overview
- 14 服務支助計劃
Service Programme Sponsorship
- 16 銘琪與您共同抗疫
Maggie's Under the Pandemic
- 18 服務亮點
Service Highlights
- 22 中心使用者的話
A Word from our Centre Users
- 24 主要籌款活動
Signature Fundraising Events
- 28 癌症故事 - Keith
Cancer Story - Keith
- 30 其他籌款活動
Other Fundraising Activities
- 38 捐款支持我們
Spare a Thought for Maggie's
- 39 鳴謝
Acknowledgement
- 43 銘琪中心董事會
Maggie's Centre Governance

主席獻辭 MESSAGE FROM OUR CHAIRMAN

2022 年疫情仍然持續，我們已與疫情共存超過三年，這對於公眾健康帶來了令人憂慮的深遠影響。面對這巨大的挑戰，銘琪中心一直堅守使命，不斷求進，以確保能夠全面照顧於疫情期間同時受癌症影響的人，得到適切而專業的支援。

然而，危機中我們總會找到前行的曙光。第五波新冠疫情來得既急且猛，醫療系統不勝負荷。感謝香港賽馬會「新冠肺炎緊急援助基金」的資助，使我們能夠迅速回應病人的需求，即時設立了「癌症抗疫支援熱線」，並聯同屯門醫院編制了《COVID-19 癌症患者須知：有關新冠肺炎資訊及建議》，為受疫情困擾的癌症患者及其家屬提供專業可靠的資訊，同時減輕醫療系統的負擔。

除此之外，我們更進一步加強了與屯門醫院的合作，積極探索更多元化的服務，從接收新症、與癌症病人資源中心協辦實用心理教育工作坊，到共同提供緊急疫情下癌症支援服務，我們的目標是成為癌症患者在治療和康復過程中最可靠的夥伴。

疫情下我們繼續穩步向前，利用各種溝通方式與服務對象保持緊密聯繫。今年，銘琪中心的服務人次已經超越疫情前的水平，為超過 26,000 人次提供實體及網上服務。其中，接受專業諮詢服務的節數更增長近六成，這證明我們受疫情阻隔下仍致力為受癌症影響的人提供實用資訊、情緒、社交及心理支援的決心。

我們衷心感謝醫院管理局、屯門醫院、各慈善基金會，包括香港賽馬會慈善信託基金、香港公益金以及凱瑟克基金等的鼎力支持，以及所有贊助商及捐款者的慷慨解囊。同時，我亦要向董事會成員、工作團隊和義工們對中心無私的付出和貢獻致以無言感激。

最後，再次感謝每一位認同銘琪中心理念的朋友。您的支持鼓勵著我們繼續與受癌症影響的人同行，賦予他們力量，學習如何與癌共存，迎接抗癌路上的各種挑戰，甚至乎超越癌症。



梁智鴻醫生 GBM, GBS, OBE, JP
董事會主席

The COVID-19 pandemic continued through 2022, meaning that we have already been living with it for over three years, which greatly impacted public health. Maggie's Centre is striving to provide the most suitable support to people with cancer in responding to different needs at different stages within the community.

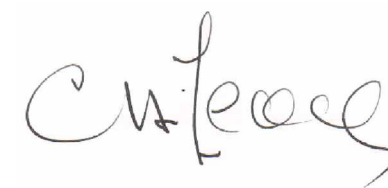
Amidst the challenges there were opportunities. The fifth Omicron driven wave of COVID was rapid and fierce, causing the health system to be stretched to its limits. Thanks to the "COVID-19 Emergency Fund" from the Hong Kong Jockey Club, allowing us to swiftly respond to the needs of patients by setting up a dedicated support hotline and publishing an informative booklet in conjunction with Tuen Mun Hospital. This initiative not only addressed patients' concerns but also alleviated the strain on the healthcare system.

On top of that, we also deepened the relationship with Tuen Mun Hospital. We have been actively exploring service collaboration opportunities through diversified channels, from receiving new cases, organising informative psychoeducational workshops with the Cancer Patient Resource Centre, to jointly providing urgent cancer epidemic support, our goal is to be the reliable partner of cancer patients throughout their treatment and recovery journey.

As we moved on from the crisis of the pandemic, we maintained close contact with our service users through various communication channels. This year, Maggie's Centre received over 26,000 visits, including both online and offline, exceeding the pre-pandemic level. Notably, the number of professional consultation sessions has increased by about 60%, which demonstrated our determination to provide practical, emotional and psychosocial assistance to people affected by cancer.

We deeply appreciated the unwavering support from the Hospital Authority, Tuen Mun Hospital, various charitable funds, including but not limited to the Hong Kong Jockey Club Charities Trust, the Hong Kong Community Chest, the Keswick Foundation, as well as all the sponsors and individual donors. I was also hugely grateful for the continued contributions from the Board of Governors, staff and volunteers for the selfless dedication to the Centre.

Thanks to everyone who shares the philosophy of Maggie's Centre. Your support definitely encouraged us to uphold our mission in empowering people to live with, live through and live beyond cancer.



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

2022 年初的第 5 波疫情，屯門成為重災區之一。我們的中心使用者特別是癌症患者，身體較常人虛弱並需定期到醫院覆診，保護物資的短缺對他們影響重大。在各方的支持下，我們迅速籌集及派發了超過 1,300 份物資包，當中包括口罩、面罩和快速抗原測試套裝，讓有需要的癌症患者得到適切的支援。

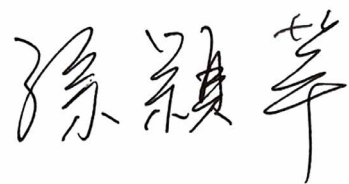
縱然受到疫情影響，我們卻因為疫情與合作夥伴之間建立了更密切的關係。例如與香港防癌會互相配合為有需要的人提供物資；與香港乳癌基金會一起推展「淋巴水腫外展合作計劃」；與香港大學專業進修學院及香港大學佛學研究中心協辦「覺醒訓練課程」，以及與屯門醫院臨床腫瘤科合作為受婦科癌影響的病人提供免費擴張器。

跟據香港癌症資料統計中心 2020 報告顯示，本港癌症新增個案近 20 年來首度下跌，我們相信新增個案數量的減少，只是因為疫情影響減少了人們出外就醫，因此在疫情早期有很多人未有接受篩查和診斷。有見及此，我們加大力度提升公眾對癌症的認識。由於肺癌和乳癌分別是男性和女性最常見的癌症類型，我們今年特別推出了與這兩個癌症相關的關注月，開展了一系列的宣傳活動，旨在提高社區對癌症治療及癌症篩查的了解。

在此我必須衷心感謝參與我們籌款活動的每一位，特別是一眾無懼風雨仍繼續參與支持我們的「慈善高爾夫球日」的球手和夥伴、所有在節日下旅遊限制已解封仍盛裝出席「聖約翰座堂聖誕音樂會」的支持者，以及所有參與「為銘琪感動」網上慈善挑戰的籌款大使、捐款者和參加者。他們來自不同界別及年齡層，用不同的形式挑戰自己，但大家都懷著同一個理念，就是為癌症患者出一分力。

在這艱難的時期，有幸得到各位捐款者和機構的支持，我們才能繼續陪伴癌症患者和他們的照顧者，在抗癌的旅程中找到安慰和力量。

來年請繼續與我們攜手合作，使受癌症影響的人在面對疾病所帶來的高低起伏中，有銘琪中心與他們同行！



孫穎萃
總幹事

The year 2022 began with the fifth wave of pandemic and Tuen Mun District was one of the hardest hit. It has seen a surging demand for medical supplies especially from our users, who were cancer patients mostly and were more vulnerable to disease. With the support from various parties, we swiftly distributed over 1,300 materials packs including facemasks, face shields and rapid antigen test kits to cancer patients in need.

Despite the hit, the pandemic also brought us closer collaborations with our working partners such as Hong Kong Anti-Cancer Society on materials supplies, Hong Kong Breast Cancer Foundation on Lymphoedema Outreach Collaborative Project, the HKUSPACE and Centre of Buddhist Studies at the University of Hong Kong on the Awareness Training Program, and the Tuen Mun Hospital Clinical Oncology Department on free dilator supplies.

The 2020 report from Hong Kong Cancer Registry revealed the number of new cancer cases dropped for the first time in nearly two decades, however it was widely believed that the drop was due to a reduction in number of people seeking health services, with all those social distancing measures in place. In view of this, we were even more committed to raise cancer awareness. As lung and breast cancer remained the leading cancer in men and women respectively, we launched that two focused cancer awareness months this year with series of activities to propagate awareness and promote screening within the community.

I would like to extend my sincere gratitude to everyone taking part in our fundraising events, especially the golfers and partners of the Charity Golf Day who arrived to support us even under the stormy weather; and the supporters of the Fayre of St. John's during festive season when the travel restrictions were about to uplift; as well as the fundraisers and donors of "Move for Maggie's" who were from different backgrounds and age groups, taking diversified forms of challenges, with the same goal – to make an effort in helping those touched by cancer.

Most importantly, we very much appreciated the generosity of all invaluable individuals and corporates throughout the year. Your contributions enabled us to accompany the cancer patients, their families and carers, to find comfort and strength in their cancer-fighting journey.

Moving forward, let us continue to walk with cancer patients together, providing them with confidence in facing their live challenges ahead.



Catherine Suen
General Manager

銘琪中心 2022 年服務概覽 MAGGIE'S CENTRE 2022 AT A GLANCE

26,000+

總服務使用人次(包括網上和線下)
Total visits (online and offline)

8,000+

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

1,678

首次來訪的中心使用者
New Centre users



93.5%

中心使用者對銘琪中心的整體滿意程度為優良(63.7%)或良好(29.8%)。
Centre users rated their overall satisfaction with Maggie's Centre excellent (63.7%) or good (29.8%).



98.9%

中心使用者表示銘琪中心能讓他們的飲食健康作出了正面的改變。
Centre users expressed that Maggie's Centre made healthy changes to their diet.



98.3%

中心使用者表示銘琪中心能夠幫助他們減少感到孤單。
Centre users reflected that Maggie's Centre helped them feel less alone.

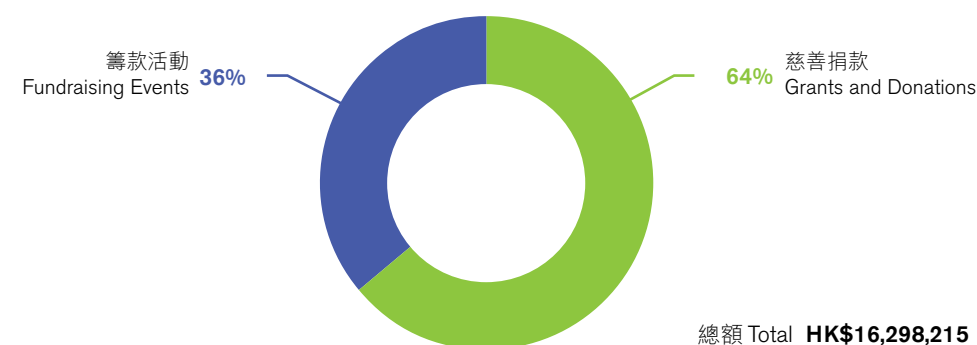
財務報表 FINANCIAL STATEMENTS

我們 2022 年的收入來源

透過社會各界支持者的慷慨解囊，我們本年度共籌得超過港幣 1,600 萬元的善款，讓我們能夠持續拓展銘琪中心的服務，支援香港受癌症影響的人士。

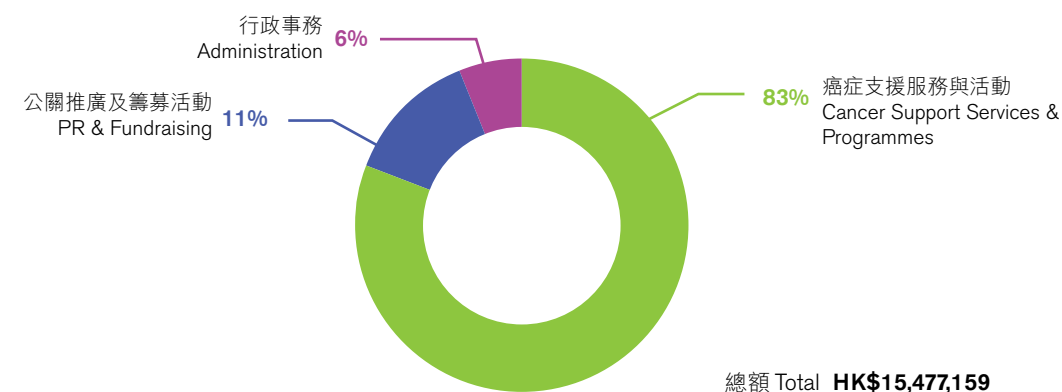
HOW WE RAISED OUR MONEY IN 2022

Thanks to the generosity and contribution of our supporters, we raised over HK\$16 million this year. This extraordinary support enabled us to continue our cancer caring services to meet the growing demand from people affected by cancer in Hong Kong.



我們在 2022 年的支出

HOW WE SPENT OUR MONEY IN 2022



以上數據取自銘琪中心 2022 年服務調查問卷，共訪問了 201 位中心使用者。
Above figures from service survey of Maggie's Centre in 2022, 201 Centre users were interviewed.

您的捐款如何幫助我們 HOW YOUR DONATION CAN HELP

香港癌症個案不斷上升，受癌症所影響的家庭亦都越來越多。根據最新數據顯示，本港新增癌症個案錄得 38,462 宗，平均每日有 105 人確診癌症。

癌症患者由確診一刻，便開展漫長而艱辛的抗癌旅程，經常要穿梭醫院進行不同的治療，身體要承受痛楚不適之外，情緒上更會感到困擾和無助，身體和心靈均被消耗殆盡。即使病情受到控制，或已經痊癒亦會擔憂癌症復發，面對難以預測的未來，更使人焦慮不安。

銘琪中心一直致力為癌症病人提供全面的癌症關顧服務，包括：癌症相關資訊、情緒、心理及社交支援、鬆弛治療及壓力管理等。讓不同階段的癌症病人及其家人、照顧者都可以在親切友善的環境下，向我們的癌症支援團隊，包括癌症支援專科護士、社工、營養師及臨床心理學家諮詢及了解相關資訊，讓他們能夠主動積極參與自己的治療計劃，尋求最適合自己的治療方式。

The number of cancer cases in Hong Kong keep increasing, more and more families are being affected by cancer. According to the latest figures, there were 38,462 cases of new cancer diagnosed, with an average of 105 people were diagnosed every day.

When one is diagnosed with cancer, it marks the beginning of a long and tough journey of struggle and endless treatments; and all these could exhaust one's body, mind and soul. Even the cancer is under control or recovered, the unknown future and fear of cancer return could be extremely miserable.

Maggie's Centre is here to help people take back control when cancer turns life upside down. We provide professional and holistic cancer care services including practical information, emotional and psychosocial support to anyone with cancer, their families and friends, whatever kind of cancer and whatever stage they are at. Our Centre is a healing place for visitors to drop-in anytime they like; it is a place to where cancer patients can meet with our multidisciplinary team including Oncology Nurses, Social Workers, Dietitians and Clinical Psychologists to get practical advice and also talk to people who have gone through the same cancer journey.

作為一家非政府支助的慈善機構，全賴公眾的善款，銘琪中心才能持續為受癌症影響的人士提供全面的免費癌症支援服務。

在 2022 年間，中心服務超過 26,000 人次。您的一分一毫，可以幫助我們為更多受癌症影響的人帶來希望。

Being a charity without Government funding, Maggie's Centre relies solely on public donations to keep our door open, to offer timely and individualised support to anyone who needs comfort, advice or simply a friendly face in their greatest hour of need.

We received over 26,000 visits, providing free cancer care services to our users. Every cent you donate means we can support even more people with cancer and their families.

\$100
HKD

讓癌症患者或其家人享受一次身、心、靈工作坊，包括：運動、鬆弛等，助他們在抗癌路上或康復期間保持身心健康，增強自信，積極面對癌症

Pays for a mind, body and spirit workshop including but not limited to sports and relaxation, to keep cancer patients and their families active and build confidence during and after treatment

\$300
HKD

為癌症患者提供不受時限的偶到服務，向腫瘤科護士或註冊社工獲取專業建議及支援，並免費取得相關的實用物資，例如：假髮、義乳及營養奶等

Offers drop-in services without time limit from our Oncology Nurses or Social Workers for professional advice and get relevant practical materials for free, such as wigs, breast prosthesis and nutritional milk

\$500
HKD

為癌症病人及其家人獲得註冊營養師的個別專業指導，提升對營養及健康飲食的知識

Means a nutrition consultation session to help cancer patients and their family to get practical dietary and nutrition advice from our Registered Dietitian

\$1,000
HKD

讓癌症患者及其家人與臨床心理學家或音樂治療師接受一對一深入面談，幫助他們處理因癌症所帶來的情緒困擾和心理挑戰

Allows an individual or a whole family to get 1-on-1 professional support from our Clinical Psychologist or Music Therapist to manage emotional distress and psychological challenges brought by cancer

資料來源 Source: 香港癌症資料統計中心 The Hong Kong Cancer Registry

服務概覽 SERVICE OVERVIEW

銘琪癌症關顧中心一直致力協助受癌症影響的人士發掘最適合自己的抗癌方法，幫助他們發揮自己的所長，學習與癌共存，克服抗癌路上的挑戰，甚至乎超越癌症。我們提供專業及全面的癌症支援服務，其中包括：

Maggie's Cancer Caring Centre is committed to help people with cancer to discover and develop their own strengths and abilities to live with, live through and live beyond cancer. We provide professional and holistic cancer support services including:



即時癌症資訊服務
Drop-in Information Service



實用支援
Practical Support



鬆弛運動
Relaxation Exercise



醫生及健康專題講座
Doctors' Talk and Health Seminar



情緒、社交及心理支援
Emotional & Psychosocial Support



心理教育課程
Psycho-educational Programme



音樂治療
Music Therapy



身·心·靈課程
Mind-Body-Spirit Programme



癌症患者支援小組
Support Group



營養課程
Nutrition Programme



創意藝術工作坊
Creative Art Workshop



舒適療癒的環境
Healing Environment

服務支助計劃 SERVICE PROGRAMME SPONSORSHIP

香港賽馬會社區資助計劃：銘琪「以心療心」癌症支援計劃

感謝賽馬會慈善信託基金的支持，由 2022 年 3 月起再次撥款支持銘琪「以心療心」癌症支援計劃。銘琪中心得以提供免費及全面的癌症服務，包括舉行各類型癌症支援小組及提供情緒、社交及心理支援等，讓受癌症影響的人士在溫馨及舒適的環境中得到適切的幫助，並鼓勵他們積極面對抗癌之旅，與之共存，從而超越癌症帶來的種種難關。

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

With the support from the Hong Kong Jockey Club Charities Trust since March 2022, we were thankful to once again carry out the Maggie's Emotional & Psychosocial Cancer Support Programme. Under this Programme, Maggie's Centre continued providing free and comprehensive cancer support services to individuals affected by cancer in a warm and comfortable environment. These services encompassed various types of cancer support groups, as well as emotional, social, and psychosocial support. The Centre also encouraged people affected by cancer to actively face their journey, coexist with it, and go beyond the various challenges they came across.

捐助機構 Funded by: 香港賽馬會慈善信託基金 Hong Kong Jockey Club Charities Trust



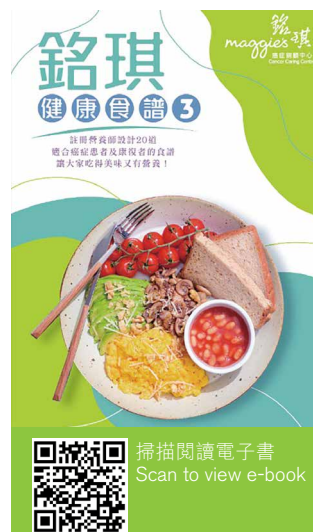
香港賽馬會「攜手同行」癌症患者支援計劃

衷心感謝香港賽馬會慈善信託基金的資助，讓我們繼續推行香港賽馬會「攜手同行」癌症患者支援計劃，向癌症患者及康復者提供全面及個人化的身、心、靈復康活動，包括音樂治療、靜觀、營養及運動課程。更製作了《銘琪健康食譜 3》，與受癌症影響人士分享 20 道簡易食譜，讓他們在治療及康復期間也能享受進食的樂趣。

Jockey Club Cancer Survivorship Care Project

We were grateful to have received funding from the Hong Kong Jockey Club Charities Trust, allowing Maggie's Centre to implement the "Jockey Club Cancer Survivorship Care Project". The project provided comprehensive and personalised body-mind-spirit rehabilitation activities for cancer patients and survivors, including music therapy, mindfulness, nutrition and exercise courses. Furthermore, we released "Maggie's Healthy Recipe 3", sharing 20 simple and easy recipes with cancer patients and survivors, encouraging them to enjoy the pleasure of eating during treatment and recovery journey.

捐助機構 Funded by: 香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust



銘琪中心即時癌症支援服務

承蒙香港公益金贊助，中心於本年度能夠繼續拓展我們的即時癌症支援服務，讓超過3,000名癌症患者及其家屬受惠。不論是剛確診，還是正在接受治療或已完成治療人士，都可在銘琪中心免費接受適切、全面及個人化的癌症資訊及實用支援，其中包括與腫瘤科護士或註冊社工進行面對面或電話的諮詢，以及提供假髮送贈等。

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

Credited to the Community Chest of Hong Kong for funding our Drop-in Service, offering information and practical Cancer support to over 3,000 cancer patients and their families in 2022. These supports included but not limited to consultations with Oncology Nurses or Registered Social Workers, either in-person or over the phone, as well as free giveaways of wigs, whenever the users are in need.

捐助機構 Funded by: 香港公益金 The Community Chest of Hong Kong



疫情與癌症：銘琪即時支援及癌症抗疫支援熱線計劃

在第五波疫情爆發期間，本港有不少醫院面對沉重壓力，很多癌症患者在確診後因無法及時找到適當的求助途徑，而感到徬徨無助。銘琪中心幸得賽馬會「新冠肺炎緊急援助基金」的捐助，通過與屯門醫院合作，在短時間內回應病人的需要。我們共同製作了一份專為癌症病人而設的《COVID-19 癌症患者須知：有關新冠肺炎資訊及建議》小冊子，並設立了「癌症抗疫支援熱線」，為受疫情困擾的癌症患者及其家屬提供專業可靠的資訊。這一舉措不僅能夠解答病人的疑慮，同時更舒緩了公營醫療系統的壓力。

COVID and Cancer: Instant Support & COVID-19 Hotline



Many hospitals in Hong Kong were facing immense pressure when the fifth wave of the pandemic hit, while cancer patients also found it difficult to locate suitable assistance after diagnosis of COVID-19. Maggie's Centre fortunately received the "COVID-19 Emergency Fund" from the Hong Kong Jockey Club, together with the efforts from Tuen Mun Hospital, we managed to swiftly provide imminent support to cancer patients, including the release of "COVID-19 Information and Advice Booklet" and establishment of a dedicated COVID-19 support hotline. This initiative not only addressed patients' concerns but also alleviated the strain on the healthcare system.

捐助機構 Funded by: 香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust

銘琪與您共同抗疫 MAGGIE'S UNDER THE PANDEMIC

疫情下，我們一直心繫受癌症影響的人士！

2022 年初第五波新冠疫情來得既急且猛，我們立即行動，與醫院及各方聯繫，為病人提供實用的抗疫資訊，設立「癌症抗疫支援熱線」、製作《COVID-19 癌症患者須知：有關新冠肺炎資訊及建議》小冊子、舉辦網上講座等，同時積極籌集適合病人需要的防疫物資，幫助每一個有需要的人，與他們共度難關。

We always put cancer patients, their families, and carers' well-being as our top priority!

The fifth wave of the COVID-19 was rapid and fierce in early 2022, we took immediate actions to connect with hospitals and other parties in order to provide practical anti-pandemic information and set up a dedicated COVID-19 support hotline for cancer patients. We published a "COVID-19 Information and Advice Booklet" and organised online talks, etc. To cater the instance needs of cancer patients, we also arranged and distributed anti-pandemic materials packs, to share love and care with those in need.

防疫熱線及網上講座

COVID-19 Support Hotline & Online Talks



超過 Over

1,000+

人次受惠
people benefitted

防疫小冊子

Anti-pandemic Booklet



印製 Distributed

2,000

本於醫院及相關機構免費派發
copies for free at hospitals and
related organisations

防疫物資包

Anti-pandemic Materials Packs



超過 Over

1,300+

份派發予有需要的癌症病人
packs distributed to cancer
patients in need

社交媒體防疫資訊推廣

COVID-19 Information and Advice on Social Media



超過 Over

90,000+

觸及人次
people reached

服務亮點 SERVICE HIGHLIGHTS

淋巴水腫外展合作計劃

由香港乳癌基金會有限公司發起及與其合作的「淋巴水腫外展合作計劃」已於 2022 年 8 月展開。該計劃為罹患淋巴水腫的乳癌患者和康復者提供免費服務。這些服務包括但不限於淋巴水腫講座、間歇性氣動加壓治療、個別繃帶治療和淋巴水腫評估等項目。

Lymphoedema Outreach Collaborative Project

The "Lymphoedema Outreach Collaborative Project", initiated by and in collaboration with the Hong Kong Breast Cancer Foundation Limited, commenced in August 2022. The project provided free services to breast cancer patients and survivors who were suffering from lymphoedema. The services included but not limited to Lymphoedema Talk, Intermittent Pneumatic Compression Device Treatment, Individual Bandaging Treatment and Lymphoedema Assessment.



乳癌關注月

每年 10 月是國際「乳癌關注月」，今年除了舉辦不同的活動包括講座、研討會、工作坊和禮物送贈，以提升公眾對乳房健康的關注外，我們更出版了一本名為《「乳」後晴天》的身心靈健康小冊子，專為乳癌患者而設，內容涵蓋篩查、手術後跟進和日常護理的小貼士。

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. This year on top of talks, seminars, workshops and giveaways, we also published a "Breast Cancer Awareness Booklet", focusing on screening, treatment follow-ups, and daycare tips with mind-body-spirit and wellness prospective, tailored for breast cancer patients.

婦科癌症病人支援計劃

婦科癌症為香港女性常見的癌症之一，而性康復的需求亦日趨上升。患者需接受一連串的治療而感到恐懼和無助，但很多人視這個話題比較敏感而諱疾忌醫。有見及此，我們與屯門醫院臨床腫瘤科合作，提供一系列實用支援，包括免費送贈陰道擴張器，同時給予適當的輔導，例如評估治療後性功能的轉變或與伴侶性生活上的問題等，旨在提升患者個人及與伴侶的生活品質。



Gynecological Cancer Support Programme

Gynecological cancer is one of the common cancers among women in Hong Kong. The patients will face a series of treatments, causing fear and helplessness. The demand of sexual rehabilitation is high but many people are reserved to discuss the topic. In view of this, we collaborated with Tuen Mun Hospital Clinical Oncology Department to offer a wide range of practical supports such as free vaginal dilators provision, as well as informative and psychosocial guidance like assessment of sexual function changes after treatments with appropriate counselling, to enhance the patients' quality of life both individually and with their partners.



肺癌關懷月

肺癌是香港癌症頭號殺手，每年新症超過 5,000 宗，死亡人數約 3,900 人。我們於 6 月至 7 月舉辦「肺癌關懷月」，透過瑜伽、運動工作坊、醫療專家講座、營養煮食示範及小冊子，為癌症患者、康復者及其家屬提供肺癌相關的資訊，支援他們身心靈的需要。

Lung Cancer Awareness Month

Lung cancer is the leading cancer killer in Hong Kong. There were over 5,000 new cases of lung cancer causing approximately 3,900 deaths every year. We therefore designated June and July as Maggie's "Lung Cancer Awareness Month". Through series of workshops, seminars by medical experts, cooking demonstrations, and informative booklet distributions, we aimed to provide lung cancer-related information to patients, survivors and their families.



營養諮詢及工作坊

銘琪中心除了有註冊營養師為癌症患者提供個別專業指導外，今年亦有幸邀請到「素食教煮」主持鄭梓罡 (Ken Kwong) 親臨中心，為大家分享素食對癌症患者益處。身為照顧者的 Ken 特別明白病患者身心健康的重要，於銘琪中心示範了兩道美味又有營養的素菜。另外，Ken 更成為我們的籌款大使，讓更多人了解銘琪的服務並積極籌款幫助有需要的人。

Nutrition Consultation and Workshop

Cancer patients can receive nutrition consultation from our Registered Dietitian at Maggie's Centre for practical dietary advice which they may encounter during treatment. This year, we were honoured to invite Mr. Ken Kwong, the host of "Veggie So Easy", to our Centre for vegetarian dishes demonstration. Being a carer, Ken understood the importance of physical and mental health for cancer patients. He showcased how vegetarian cuisine can be both therapeutic and delicious. Additionally, Ken has also become Maggie's fundraiser, to raise awareness of Maggie's Centre and to help more people in need.

重溫《素食教煮》烹飪示範

Review cooking demonstration from "Veggie So Easy"



粉葛三寶五指毛桃湯
Hairy Fig & Kudzu Soup



南瓜籽純素蒸蛋
Vegan Steamed Egg with
Pumpkin Seed

覺醒訓練課程

銘琪中心聯同香港大學專業進修學院及香港大學佛學研究中心舉辦了「覺醒訓練課程」。該課程由香港大學佛學研究中心設計，以佛教義理和禪修方法為基礎的生命成長工作坊。銘琪中心有幸成為首家慈善機構可以將覺醒訓練應用於癌症患者。二千多年來，學佛修行人相信以融合佛法圓融的智慧和專業輔導技巧，可幫助眾人化解心中的煩惱，從而達致真正的安樂和自在。課程的目的就是透過融合佛法幫助癌症患者反思人生、更深入認識生命、尋找生命的意義，並提高能力去處理內心的煩惱和壓力。

整個課程為期兩個月，包括 6 次工作坊（每週一次，每次 3 小時）及一個為期兩日的禪修日營，於東蓮覺苑港大佛學研究中心佛法輔導舍舉行，讓參加者有機會更深入認識生命和學習到禪修的方法。為了幫助學習和反思，參加者需要做一些習作和工作紙，也需要把他們禪修的經驗記錄下來，並需參與課前及課後問卷以作檢討。是次課程得到使用者的高度評價，我們已與香港大學專業進修學院及香港大學佛學研究中心達成協議，決定來年將這個覺醒訓練課程恆常化，希望有更多癌症患者受惠。

Awareness Training Program

Maggie's Centre, in collaboration with the HKUSPACE and Centre of Buddhist Studies at the University of Hong Kong (HKU), organised an "Awareness Training Program". The Program, designed by the Centre of Buddhist Studies, was a life enrichment workshop based on Buddhist principles and meditation methods. Maggie's Centre is very honored to be the first charity in Hong Kong to apply awareness training to cancer patients. Over two thousand years, Buddhist practitioners believed that integrating the wisdom of Buddhism and professional counselling skills can help people resolve their worries and bring them peace and happiness. The purpose of the program is to help cancer patients search the meaning of life through self-reflection and improve one's ability to deal with stress and emotions.

The "Awareness Training Program" is a two-month program, including 6 workshops (once a week, 3 hours each) with a two-day meditation day camp, held at TLKY-HKUCBS Buddhist Counselling Centre, allowing participants to have a deeper understanding of life and learn how to meditate. As part of this pilot Program, participants were required to do some exercises, worksheets, pre- and post-course evaluation, as well as to record their meditation experiences for review. The Program was very well received, we will make this Program a regular one in coming year with the HKUSPACE and Centre of Buddhist Studies of HKU, allowing more cancer patients to benefit from it.



中心使用者的話 A WORD FROM OUR CENTRE USERS

感謝銘琪，有大家陪我走過人生低谷，重拾勇氣面對人生，積極活下去。祝願大家健康快樂，銘琪繼續幫助癌症病人燃起希望。

Thanks to everyone at Maggie's Centre, accompanying me through my ups and downs, allowing me to regain the courage to live a positive life. Wishing everyone good health and happiness, and Maggie's Centre to continue rebuild hope for cancer patients.

春玉 Chun Yuk

多來銘琪聚聚，這裡會給你家的感覺。雖然經歷醫治漫長的道路，保持心靈喜樂，堅信未來一定會康復。

It is like going home when I come over to Maggie's Centre. Though the cancer journey is tough and uneasy, Maggie's is a place giving you comfort and confidence, and reassuring you that you will overcome the difficulties very soon.

芳 Fong

銘琪癌症關顧中心是一個給予我們重拾生存能量的好地方。

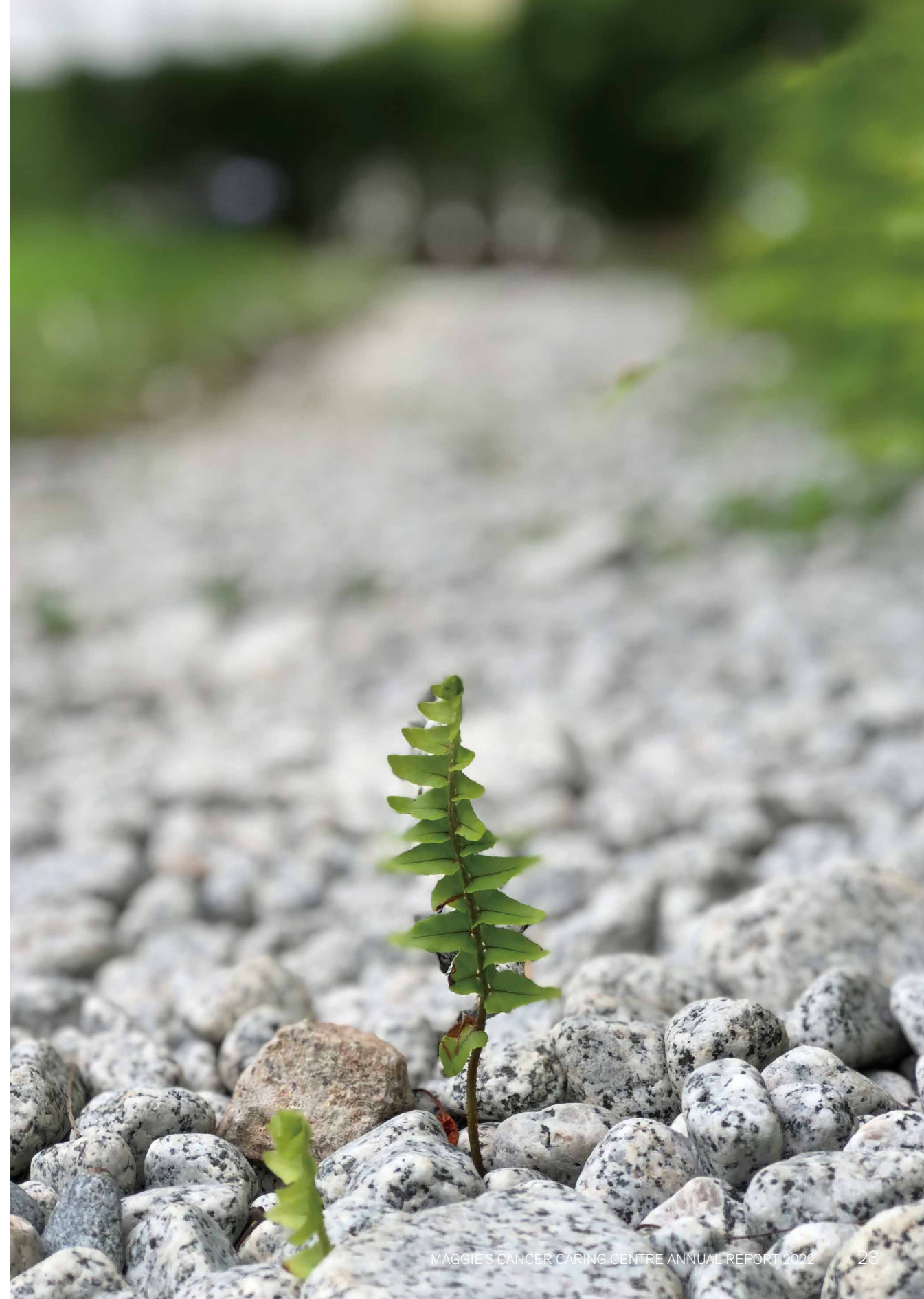
Maggie's Cancer Caring Centre is a place empowering me to regain hope and energy.

麗娟 Lai Kuen

如果說銘琪中心是個療癒身心的地方，那對我來說，銘琪中心的花園就是一顆心靈的良藥。我第一次來到銘琪的時候，那時我剛完成手術一個多月，即將要接受化療，內心再次充滿不安。銘琪中心有種說不出的寧靜，是鬧市中的綠洲、人間的淨土。

If Maggie's Centre is a place to heal, then to me, the garden of the Centre is a good medicine for my mind and spirit. I had just finished my surgery for a month when I first came to Maggie's, and was about to undergo chemotherapy. I was filled with anxiety and worry until I settled myself at Maggie's, a peaceful and comfortable place with tranquillity.

鳳媚 Fung Mei



主要籌款活動 SIGNATURE FUNDRAISING EVENTS

銘琪癌症關顧中心及友邦慈善基金慈善高爾夫球日 2022

Maggie's Cancer Caring Centre and AIA Foundation Charity Golf Day 2022

由友邦慈善基金冠名贊助、清水灣鄉村俱樂部全力協辦，「銘琪癌症關顧中心及友邦慈善基金慈善高爾夫球日 2022」於 6 月 9 日順利舉行。本年度賽事吸引 27 支隊伍參賽，共籌得超過港幣 130 萬元善款。



隨著疫情逐步緩和，慈善高爾夫球日的啟動禮得以再次舉辦，為球手們打氣，鼓勵他們投入賽事、發揮實力，並在球場上盡情享受揮動球杆的樂趣。頒獎典禮和晚宴緊接著舉行，讓球手們、捐款人士和贊助商聚首一堂，通過慈善拍賣及抽獎環節繼續為銘琪中心籌款，展現他們的慷慨和善心。

感謝各球手及贊助商的鼎力支持，讓銘琪中心繼續為受癌症影響人士提供全面及免費的支援服務。

Thanks to the title sponsor AIA Foundation, our Charity Golf Day 2022, in association with the Clearwater Bay Golf & Country Club, was successfully held on 9 June. The day has attracted 27 teams to join, which raised over HK\$1.3 million for Maggie's Centre.

As the pandemic has been gradually brought under control, the Opening Ceremony of the Charity Golf Day was able to be held after 2 years, cheering the golfers on and encouraging them to participate in the tournament, demonstrate their skills, and enjoy the fun of swinging their clubs on the course. Subsequently, the Prize Presentation Ceremony and dinner buffet were held, bringing together golfers, donors, and sponsors to continue raising funds for the Maggie's Centre through charity auctions and raffles, showcasing their generosity and kindness.

We are grateful to have the generous support of all golfers and sponsors, enabling Maggie's Centre to continue providing free and holistic cancer care services for people affected by cancer.



冠名贊助 Title Sponsor

AIA Foundation
友邦慈善基金

全力協辦 In Association With

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HONG KONG

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主要籌款活動 SIGNATURE FUNDRAISING EVENTS

銘琪癌症關懷中心呈獻 – 聖約翰座堂聖誕音樂會 2022

Maggie's Cancer Caring Centre Presents – The Fayre of St. John's 2022

銘琪中心的年度大型籌款活動「聖約翰座堂聖誕音樂會 2022」於 12 月 8 日圓滿舉行，現場超過 200 位善長蒞臨支持。當晚活動於中環聖約翰座堂舉行，隨後在置地文華東方酒店 MO Bar 舉行演後派對慈善拍賣。活動為銘琪中心籌得超過港幣 110 萬元的善款，讓更多有需要人士得到適切的幫助。

當晚節日氣氛濃厚，節目包括聖誕報佳音、聖經誦讀、音樂表演及銘琪中心使用者的感人分享。其中最令人感動的是由癌症病人和家屬組成的銘琪音樂治療合唱團終於可以再以實體形式出席聖誕音樂會，為現場的善長送上祝福。此外，中心使用者 Keith 也分享了自己的抗癌經歷、以及他如何由中心的使用者成為同行者，鼓勵受癌症影響的病友積極面對，重拾生命的喜樂。

衷心感謝所有善長、贊助機構及支持者，使當晚活動圓滿舉行。所籌得的善款不僅讓銘琪中心繼續為更多受癌症影響的人提供全面和免費的支援服務，也為銘琪中心的使用者送上一份最窩心的聖誕禮物。

Our annual fundraising event, the Fayre of St. John's 2022, was successfully held on 8 December with over 200 generous donors attended. The charity concert took place at the St. John's Cathedral, followed by a charity auction and after-party at MO Bar, The Landmark Mandarin Oriental. The event raised over HK\$1.1 million, which enables us to continue providing support to those in need.

The concert was immersed in festive atmosphere, featuring Christmas carols, Bible readings, performances, and a touching story shared by one of our Centre users. The most moving part of the evening was the performance by Maggie's Music Therapy Choir, composed of cancer patients and their families, who could finally participate in person after three years of pandemic. In addition, Keith, our Centre user, shared his own experience of fighting against cancer, and how he changed his role from a user to a befriender, encouraging those affected by cancer to face the journey positively and regain the joy of life.

Special thanks to all donors, sponsors and supporters who made the event a success. The funds raised not only enable Maggie's Centre to continue providing comprehensive and free support services to those touched by cancer, but also delivered the most heart-warming Christmas gift to the Centre users.



籌備委員會 Organising Committee

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癌症故事 – KEITH CANCER STORY – KEITH



“銘琪中心成為我強大的後盾，使我更有動力去尋找最適合自己的抗癌方式。”

黃金時期與絕望無助

2017年，我被意外診斷出晚期肝癌。當年我剛結婚只有一年，正值人生事業的黃金時期。我積極面對這個難關，立即安排進行切除手術和一連串治療以減低復發的機會。

康復路上非常艱辛，正當我開始適應，以為能夠如常生活時，卻發現肝癌再次復發，讓我感到極度無助和絕望。我不得不再次進行治療，這回相比之前的經歷更加痛苦、治療的副作用更大。

絕望中的避風港

有一次到屯門醫院覆診時，偶然發現了銘琪癌症關顧中心。在沒有預約的情況下，腫瘤科護士不單提供實用的治療資訊，亦教導我如何處理症狀不適和舒緩治療所帶來的副作用，更提供了一個猶如避風港的舒適空間，讓我可以抒發內心的鬱結。

梳理情緒 幫助他人

認識銘琪中心之後，我參加了不同種類的支援服務及小組活動。由當初一言不發、只傾聽同路人的分享，到後來得到銘琪戰友們的鼓勵，使我敢於抒發自己因為癌症引來的憂慮和恐懼，讓情緒得到舒緩。現在我更會主動到中心小組分享，希望能夠幫助其他的癌症病友，以自身的經歷鼓勵他們積極面對癌症帶來的種種挑戰。

最強後盾

我很幸運有銘琪中心及家人成為我強大的後盾，陪伴我尋找最適合自己的抗癌方式，走過第二次復發、手術及多次的免疫治療，度過了最艱難的時刻。

“Maggie’s Centre is my strong support, supporting me all along my cancer journey.”

Prime time vs Rock bottom

In 2017, I was diagnosed with late stage liver cancer unexpectedly. At that I had just been married for a year. It was the prime of my life, to both my career and my family. Without hesitation, I had a surgery and also underwent a series of chemotherapy treatment hoping to reduce recurrence.

The road to rehabilitation is long and dreary. When I thought I could live as usual, I was very shocked to learn that the cancer had returned, making me helpless and hopeless. I again had to undergo a series of immunotherapy, but this time, I felt even more painful and the side effects were severe.

Heaven of despair

During one of my check-ups at Tuen Mun Hospital, I found Maggie’s Cancer Caring Centre by chance. Without any appointment, the Oncology Nurses offered me practical support about medical treatments, they taught me how to deal with discomfort and the side effects; and gave me emotional support whenever I felt depressed or worried. The opening space and environment there comforted me when my situation was getting worse.

From receiving to sharing

I participated in various support groups and activities at Maggie’s Centre. At the very beginning, I was quite reserved and quiet but only listening to other fellows’ sharing. Later on, with the encouragement by Maggie’s staff and Centre users, I was more confident and willing to express myself. Nonetheless, I am now always taking initiative to do sharing hoping to influence and encourage other people to face cancer positively.

My strongest support

Maggie’s gave me hope and motivation during my two-time recurrence and countless treatments. I am glad and thankful that I have overcome the toughest period and I am lucky enough to receive Maggie’s support all along my cancer journey.



其他籌款活動 OTHER FUNDRAISING ACTIVITIES

感激各界的支持，以不同方式為銘琪中心籌募經費，同時讓更多人關注受癌症影響人士的需要和認識到銘琪中心的癌症關顧服務。

Thanks to all our supporters who generously contributed to Maggie's Centre through various fundraising initiatives. Their unwavering support not only raised funds for Maggie's Centre but also raised cancer awareness and promoted our cancer care services to the community.

雷太榮休·為銘琪籌款

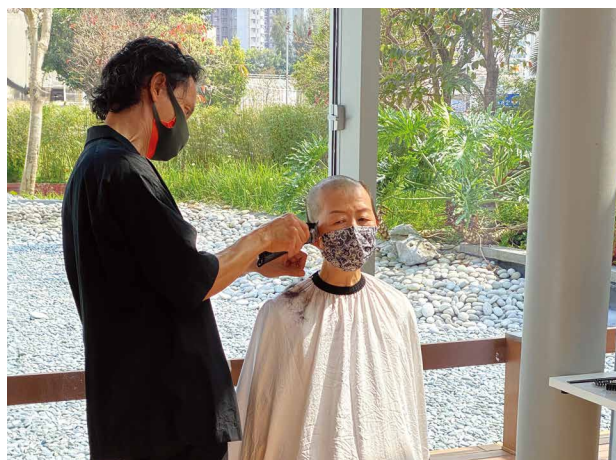
雷太於 2009 年加入銘琪中心，擔任署理執行總監兼首任中心主管一職，一直對工作充滿熱誠。於銘琪中心工作的 13 年，她帶領著銘琪服務團隊，用心關顧中心使用者，與他們一起經歷癌症路上的高低起伏，陪伴他們克服，甚至超越癌症帶來的各種難關。

2022 年 4 月 1 日雷太榮休，並在這特別時刻，揀選了於生日（3 月 21 日）當天「剃頭落髮」以親身感受癌友在治療中常提及的「脫髮」擔憂，為銘琪籌得港幣 120 萬元，向中心使用者送上愛與支持的同時亦希望提高大眾對癌症的關注。

Helen's Retirement Fundraise

Mrs. Helen Lui joined Maggie's Centre in 2009 as Acting Executive Director and the first-ever Centre Head, until her retirement on 1 April 2022. On this special occasion, she pledged to shave her head on her birthday on 21 March to fundraise for Maggie's Centre.

As the cancer patients often express that hair loss is one of the most disheartening side effects of cancer treatment, Helen wanted to experience and walk together with Maggie's community. This activity successfully raised HK\$1.2m to support the cancer caring services of Maggie's Centre and increased public awareness of cancer.



「粽意你」籌款活動

熱愛烹調又喜愛與人分享的 Daisy 趁 5 月端午佳節，義賣自家粽子為銘琪籌款，更開班於網上授教銘琪中心使用者及其親友包粽，於節日下齊齊慶祝。

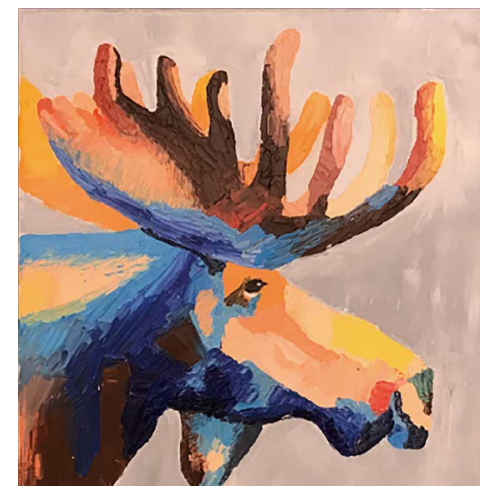
Love Rice Dumping Fundraise

Daisy loves cooking and sharing. Riding on the Dragon Boat Festival, Daisy made rice dumplings and shared with her loved ones to fundraise. She also conducted online cooking demonstration for our Centre users and friends, to celebrate the festival and cheer up people who are fighting cancer.



藝術畫作慈善計劃

Clare Brandler 於 4 月時透過義賣其 7 幅以香港獨特地標建築為題的藝術畫作為銘琪籌款。由於 Clare 有不少家人曾經歷癌症，年紀輕輕的她希望透過慈善義賣作品，幫助更多癌症患者。



Art Charity Project

Clare Brandler, a young teenager, curated 7 different art pieces all inspired by unique landmarks in Hong Kong to fundraise for Maggie's in April. As many people in Clare's family have passed away or have had to suffer because of cancer, she planned this Art Charity Project in supporting people with cancer.

其他籌款活動 OTHER FUNDRAISING ACTIVITIES

乳癌關注月

每年 10 月為「乳癌關注月」，銘琪中心均會與多間企業伙伴合作，共同喚起大眾對乳癌的關注。今年，楷和醫療聯同多個機構舉辦一系列名為「乳．您啓程」活動，包括：講座、晚宴及嘉年華。

此外，亦有不同企業進行各類的慈善活動，包括香港瑰麗酒店 Asaya 的「乳癌關注」活動系列、PURE Yoga x Sweaty Betty 的瑜珈工作坊、TAYMA Fine Jewellery 的 PINK PARTY 籌款活動、Char Yoga and Wellness Studio 的瑜珈班、Green Lemon Atelier 的慈善義賣等，以提升大眾對乳癌及乳房健康的關注，同時為銘琪中心籌款。



Breast Cancer Awareness Month

In supporting the "Breast Cancer Awareness Month" in October, Maggie's Centre collaborated with various corporate partners to raise public awareness about breast cancer. This year, Chiron Medical joined hands with several units to organise a series of activities themed "Unite Against Breast Cancer", including seminars, gala dinner and outdoor carnival.

Additionally, several other partners carried out various charitable activities including the "Cancer Aware Event Series" by Asaya, Rosewood Hong Kong, the "PURE PINK 2022" yoga workshops by PURE Yoga x Sweaty Betty, the "PINK PARTY" fundraiser by TAYMA Fine Jewellery, yoga class by Char Yoga and Wellness Studio and the charity sale by Green Lemon Atelier. All proceeds of these activities went directly to support people affected by cancer.

「裕德素食」慈善義賣

蘇女士和家人經營的「裕德素食」已多年為銘琪中心舉行素食義賣。今年於 11 月 12 日舉行，並籌得港幣 18,808 元。所有收益全數捐予中心，以協助中心持續為有需要人士提供免費癌症支援服務。



Yue Tak Vegetarian Charity Sale

Ms. So and her family, owners of "Yue Tak Vegetarian" have organised vegetarian charity sale to support Maggie's for a number of years. This year, the Charity Sale took place on 12 November and raised HK\$18,808. All the proceeds were donated to Maggie's Centre to support free cancer services for those in need.



「24 味」咖啡掛耳包禮盒慈善義賣

MO7SCOFFEE 於 11、12 月期間與銘琪中心合作，每賣出一盒「24 味」咖啡掛耳包禮盒即捐出港幣 10 元以支持受癌症影響人士，讓咖啡變成一份聖誕的祝福。

Coffee Advent Calendar Gift Set Charity Sale

During November and December, MO7SCOFFEE donated HK\$10 to Maggie's Centre for every Coffee Advent Calendar Gift Set sold to help and support people touched by cancer, making coffee a blessing and warming up the Christmas for others.



其他籌款活動 OTHER FUNDRAISING ACTIVITIES



為銘琪感動 2022

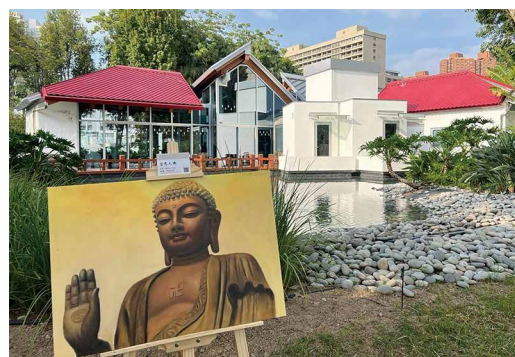
「為銘琪感動」是一個沒有地域、時間、方法限制的籌款活動，只需自訂個人或團隊挑戰目標，成為銘琪籌款大使，就可以以行動為中心籌款。

Move for Maggie's 2022

"Move for Maggie's" is a fundraising campaign without geographical, time and format constraints. Participants, no matter in form of groups or as an individual, can simply set goals for their challenge and become our fundraisers to raise funds for Maggie's Centre.

抗癌路上的正念 — 海倫慈善書畫展

海倫(Helen)是癌症康復者和照顧者，她深諳抗癌路不易走，並了解患者和照顧者的身心靈需要。看到銘琪中心對癌症患者的支援一直體貼全面，令身為過來人的Helen十分感動，亦鼓舞她執起畫筆，以色彩抒懷之餘藉此助人。Helen以「抗癌路上的正念」為題於10月29日在銘琪中心舉辦了一個慈善畫展，冀以畫作勉勵癌症患者，同時不排除任何成本將所籌得的善款贈予銘琪中心。



Helen's Charity Art Exhibition – Mindfulness on the Cancer Journey

As a cancer survivor and carer, Helen YC Law understood the challenges faced by cancer patients and the specific needs they have. Seeing that Maggie's Centre has always been providing holistic and personalised cancer caring services, Helen was very much impressed and decided to hold a Charity Art Exhibition to fundraise for Maggie's. Themed "Mindfulness on the Cancer Journey", Helen hoped to encourage cancer patients through her painting. The Exhibition was held at Maggie's Centre on 29 October with all proceeds being donated to Maggie's.



L'Oréal 千萬步行大挑戰

香港歐萊雅 Dermatological Beauty 團隊履行集團的使命—創造美讓世界為之所動，希望透過步行籌款，凝聚同事的力量，對社區、癌症患者及照顧者帶來正面的影響，共同邁出有意義的一步。

L'Oréal WALK THE WALK

To embody the mission of L'Oréal - Create the Beauty that Moves the World, the L'Oréal Dermatological Beauty division gathered the efforts of colleagues and friends of L'Oréal, to take every meaningful step through daily persistence and perseverance to make a positive impact to the community.



馮樹仁醫生飛越大嶼義跑

多年來，外科醫生馮樹仁一直身體力行，希望以一己之力幫助及感動身邊更多人。馮醫生於11月13日成功挑戰「飛越大嶼 TransLantau100 by UTMB®」，以21小時38分鐘完成賽事。103公里的越野跑就像抗癌路一樣，需要無比毅力和勇氣。馮醫生希望透過義跑與癌症患者同行，一起面對和克服崎嶇的旅程。



Dr. Anthony Fung Challenging Trail Run

Over the years, Surgeon Dr. Fung has been giving back to the community and hoping to help more people in need. On 13 November, Dr. Fung completed the TransLantau100 by UTMB® challenge. This demanding course covered 103km which required adequate training to complete the full route, Dr. Fung hoped to push his limit and overcome the challenging journey together with cancer patients.

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<https://maggiescentrehk.give.asia/>

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將支票或銀行存根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，或電郵至 fundraising@maggiescentre.org.hk。請註明捐款人名稱、聯絡電話及電郵地址。

Crossed Cheque

Please make the cheque payable to
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Direct Transfer

HSBC Bank Account no.: 808-327399-292
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Return the signed cheque or bank deposit slip to Fundraising and Communications Team, **Maggie's Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong**; or email to fundraising@maggiescentre.org.hk. Please provide donor's name, contact number and email address.

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Ms. Esther Fan
Ms. Grace Fung
Mr. Y K Leung
Ms. Mandy Lin
Mr. Geoffrey Siu
鄧春玉
謝對琴
Carol

紀念故人 IN MEMORY OF

Mr. John Chu
Mr. Vincent Connor
Ms. Shiny Kwok
Ms. Alison Lai
Ms. Jennifer Lam
Ms. Carrie YP Lau
盧佩詩女士
黃遠容先生

銘琪中心董事會 MAGGIE'S CENTRE GOVERNANCE

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 very much on the support from some extraordinarily dedicated and talented individuals to continue offering free cancer caring services to people with cancer, and their families and friends. The Board of Governors share their expertise and offer guidance on fundraising to run our Centre, and are the driving force behind all that we do.

主席 Chairman

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

董事會成員 Board of Governors

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Ms. Susan Ho

王明琪女士
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Mrs. Eleanor Ling SBS, OBE, JP

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