



銘琪癌症關顧中心年報

MAGGIE'S CANCER CARING CENTRE  
ANNUAL REPORT

2023



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## 主席獻辭 MESSAGE FROM OUR CHAIRMAN

2023 年是銘琪癌症關顧中心成立 10 周年，我們不僅秉承著一貫的服務理念，為受癌症影響的人士及其親友提供免費支援服務，同時也與時並進，開拓了更多創新的服務和合作模式。

今年 2 月，中心在疫情後得以重新對外開放，恢復了即時癌症支援服務。為讓中心使用者得到更方便及適切的支援，我們同時提供網上及實體服務，以滿足不同人士需要。在混合服務模式下，我們共服務了超過 26,500 人次，是繼 2019 年以來第二高。

根據最新統計數據顯示，2022 年本港新增癌症個案錄得 35,373 宗。與 2021 年相比，癌症新增個案按年下跌 8%，跌幅似乎受第五波新冠疫情時，對相關癌症評估及診斷模式帶來的異常影響有關。而女性的發病率則呈上升趨勢，持續超越男性。同時，隨着人口老化和增長，預料癌症的新增個案將會持續增加，意味著社會上有更多癌症患者需要得到銘琪中心的服務。

在此衷心感謝醫院管理局、屯門醫院，以及各慈善基金會包括香港賽馬會慈善信託基金、香港公益金和凱瑟克基金的鼎力支持。同時向各贊助商和所有捐款者，特別是支持了我們多年的友邦慈善基金和清水灣鄉村俱樂部，以及慈善高爾夫球日和聖約翰座堂聖誕音樂會的參加者致以最誠摯的謝意。今年我們亦有幸首次得到 Sun Life 永明冠名贊助「為銘琪感動」籌款活動，及香港歐萊雅的全力支持，合作協辦銘琪中心首個慈善跑，兩家企業不遺餘力，為癌症患者及其家人提升身心健康和生活質素。另外，我們必須感謝各籌款大使、義工們、董事會成員及員工以不同形式為中心付出，幫助中心推廣及籌募經費。

最後，再次感謝與我們並肩走過 10 年的每一位。您們的支持和信任，成就銘琪的成長。展望將來，請繼續與受癌症影響的人士同行，幫助他們重拾希望，迎接抗癌路上的各種挑戰，攜手超越更多 10 年。



梁智鴻醫生 GBM · GBS · OBE · JP  
董事會主席

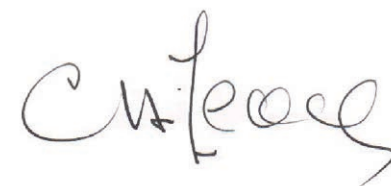
Maggie's Cancer Caring Centre celebrated 10 years of supporting people with cancer in 2023. Since our permanent centre opened in 2013, we have not only upheld our longstanding service philosophy in providing free cancer caring services, but also kept pace with the times, developing more innovative services and collaborative models.

In February, we were able to reopen our doors and resume drop-in services after the pandemic. To better cater to our users' needs, we offered both online and offline activities and services, leading us to receive over 26,500 times of services under a hybrid service model, the second-highest number of services delivered only after 2019.

According to latest statistics, Hong Kong recorded 35,373 new cancer case in 2022, the number of new cases decreased by 8% compared to 2021, likely due to unusual patterns in cancer testing and diagnosis during the fifth wave of COVID-19. An increasing trend of overall cancer incidence has also been observed among women over the past decade. With the ageing and growing population, the number of cancer cases is expected to rise substantially in the near future, suggesting that more individuals than ever before require the support that Maggie's serves.

We are immensely thankful for the enduring support of the Hospital Authority, Tuen Mun Hospital, and various charitable foundations, including the Hong Kong Jockey Club Charities Trust, the Hong Kong Community Chest, and the Keswick Foundation. Our corporate sponsors and individual donors, particularly the AIA Foundation and the Clearwater Bay Golf and Country Club, along with all participants in events like the Charity Golf Day and the Fayre of St. John's, have our sincerest appreciation. Special thanks go to Sun Life Hong Kong, the title sponsor of the "Move for Maggie's" campaign, and L'Oréal Hong Kong, the driving force behind Maggie's first-ever charity run. We also extend our gratitude to the fundraisers, volunteers, Board of Governors, and staff, who played a pivotal role in promoting and raising funds for Maggie's Centre.

My final thanks to each and every one of you who have stood by our side, contributing to the growth and success of Maggie's over the past decade. Your unwavering support and dedication have been instrumental in our journey. As we look towards the future, we shall need your continued support as we embark on the next chapter together. Let us join hands and march forward to pave the way for the next 10 years and beyond, striving to cultivate a more hopeful and brighter future for all those impacted by cancer.



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

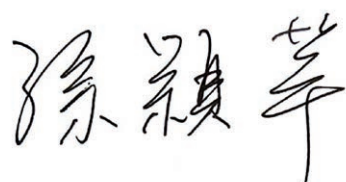
## 總幹事的話 A WORD FROM OUR GENERAL MANAGER

銘琪癌症關顧中心不經不覺已投入服務超過 10 年。2023 年，我們終於走過疫情，再次敞開中心大門，為有需要的朋友提供支援，並與中心服務使用者及社會各界共同慶祝永久中心成立 10 周年，見證銘琪中心的發展及成就。

為歡度這個重要的里程碑，我們以「重拾希望」為 10 周年的主題，籌劃了一系列別出心裁的慶祝活動。我們舉辦了首個「銘琪中心開放日」，邀請捐款者及公眾親身體驗我們的身心靈工作坊，進一步了解我們的工作和服務。我們亦舉辦了「花園派對」以答謝董事會成員和合作夥伴多年來的貢獻，一同回顧銘琪中心 10 年來的點點滴滴，並展望未來的發展方向。另外，我們在陳廷驊基金會的贊助下，於中心舉辦了一場「銘琪中心音樂治療合唱團 10 周年音樂會」，憑歌寄意與在場觀眾分享合唱團成員們的抗癌心路歷程。此外，亦藉著聖誕，邀請屯門醫院的醫生、護士們和合作夥伴，與我們的中心使用者一同分享佳節祝福。

我們一直致力為不斷增多的癌症患者及其家屬提供支援。今年我們除了在 10 月舉辦恆常的「乳癌關注月」外，更首次推行「淋巴瘤關懷月」，希望透過不同活動，讓公眾對本港常見的癌症有更深入的認識和理解，及早為他們提供適切的協助。疫情後，我們重新啟動於屯門醫院臨床腫瘤科門診及綜合化療及日間護理中心的外展服務，並加強與屯門醫院的合作，更希望與各區的醫院和臨床腫瘤科建立長期的夥伴合作關係，今年我們將外展服務擴展至博愛醫院乳腺專科服務中心，為屯門區以外的癌症患者及家人提供最貼心的癌症支援。

衷心感激過去 10 年每一位支持者的無私付出，讓銘琪中心能夠陪伴受癌症影響的朋友，與他們同行成長。我誠邀大家繼續「為銘琪感動」，以各種方式支持我們的服務，傳承銘琪中心的理念，與更多癌症患者共創新希望。



孫穎萃  
總幹事

Maggie's Cancer Caring Centre saw a significant milestone this year – we mark our 10th anniversary! 2023 has undoubtedly been another memorable year for us. Following the pandemic, we were finally able to reopen our Centre and recognise our decennial with the Centre's users and stakeholders.

As part of the celebration of our 10-year achievements, we organised a series of events themed "Rebuild Hope" throughout the year. We invited donors to our Open Day, where they could enjoy a day at the Centre and participate in workshops alongside our users to better understand how our services can make a difference. Additionally, we hosted a Garden Party to express our gratitude to the board members and corporate partners for their dedication and contributions. With sponsorship from the D. H. Chen Foundation, our Maggie's Centre Music Therapy Choir held a 10th anniversary mini concert at the Centre, allowing members to express their emotions and share their journey through melodies. The Christmas gathering at the Centre also brought together doctors, nurses, and collaborative partners to celebrate the festive season and share blessings with our Centre's users.

Our ambitions are driven by the ever-growing need for cancer support. This year, we organised Breast and Lymphoma Cancer Awareness Months, with the goal of enhancing public awareness and understanding of different types of common cancers in Hong Kong, and reaching more individuals at the early stages of cancer diagnosis. Furthermore, we reinstated our outreach services at the Tuen Mun Hospital Oncology Outpatient Clinic and Integrated Chemotherapy and Day Care Centre. Additionally, we have expanded our outreach to include the Breast Services Centre at Pok Oi Hospital, reaching out to cancer patients and their families with the aim of extending our support beyond the Tuen Mun area. Looking ahead, our plan involves not only enhancing our collaboration with Tuen Mun Hospital but also establishing partnerships with additional hospitals and clinical oncology departments to provide vital cancer support to a larger number of individuals in need.

I am deeply moved by the dedication and passion of everyone who has contributed to our past 10 years. The collective commitment has been instrumental in shaping 2023 into a truly remarkable year for us. May I invite each and every one of you to continue to "Move" for Maggie's, building another decade of hope for cancer patients.



Catherine Suen  
General Manager

## 銘琪中心 2023 年服務概覽 MAGGIE'S CENTRE 2023 AT A GLANCE

**26,500+** 總服務使用人次(包括網上和線下)  
Total number of services (online and offline)

**7,500+**

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

**2,000+**

首次來訪的中心使用者  
New Centre users



**98.1%**

中心使用者對銘琪中心的服務表示滿意。  
Centre users are satisfied with Maggie's Centre's services.



**93.3%**

中心使用者表示銘琪中心能使他們的飲食習慣變得更健康。  
Centre users expressed that Maggie's Centre made healthy changes to their diet.



**93.3%**

中心使用者表示銘琪中心能夠減少他們的孤獨感。  
Centre users reflected that Maggie's Centre helped them feel less alone.

以上數據取自銘琪中心 2023 年服務調查問卷，共訪問了 159 位中心使用者。  
Above figures from service survey of Maggie's Centre in 2023, 159 Centre users were interviewed.

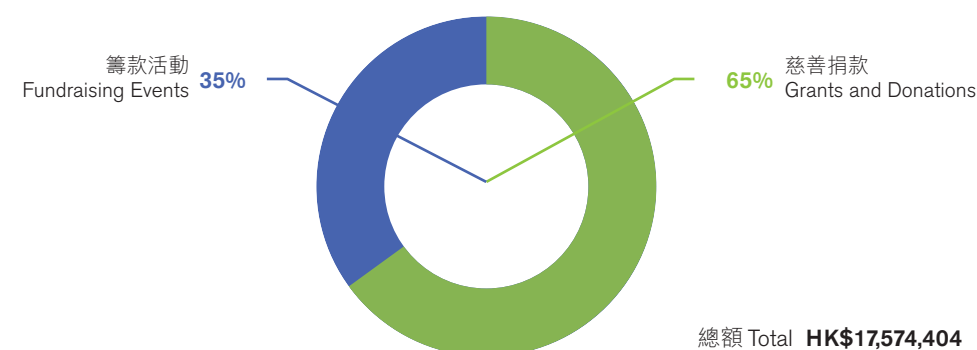
## 財務報表 FINANCIAL STATEMENT

### 我們 2023 年的收入來源

感謝社會各界的慷慨解囊，本年度中心共籌得超過港幣 1,700 萬元善款，讓我們能夠持續拓展銘琪中心的服務，為香港受癌症影響的人士提供支援。

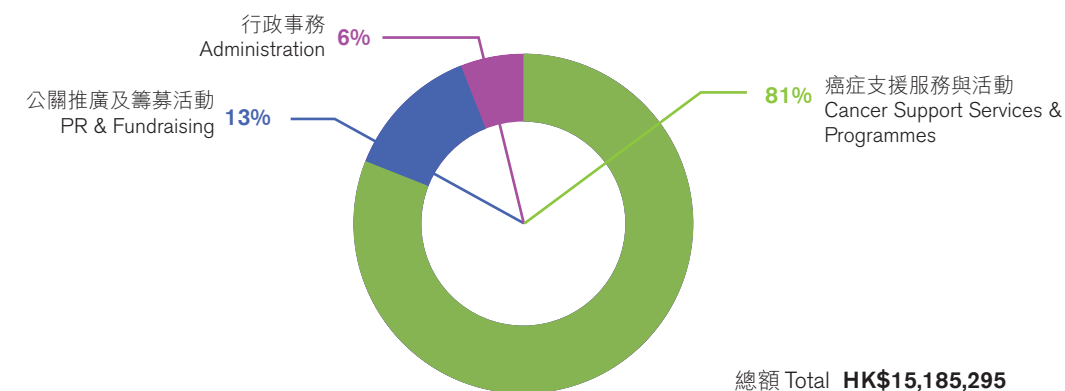
### How we raised our funds in 2023

Thanks to the generosity and contribution of our supporters, we raised over HK\$17 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 2023 年的支出

### How we spent in 2023



## 您的捐款如何幫助我們 HOW YOUR DONATIONS CAN HELP

隨着人口老化和增長，癌症的新增個案一直持續增加。於 2022 年，本港新增癌症個案錄得 35,373 宗，平均每日有 97 人確診癌症。如今，本港現存人口中，大約每三十人就有一人曾於過去二十年間罹患癌症，因此癌症患者對醫療及關顧服務的需求將進一步增加。

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。

銘琪癌症關顧中心一直致力為癌症患者提供全面的癌症關顧服務。中心療愈的環境為尋找盼望、支持和安寧的需要人士提供適切的支援。所有服務一律免費，無須預約或轉介。中心服務主要有三大範疇：資訊支援、情緒、社交及心理支援、鬆弛治療及壓力管理，讓不同階段的癌症患者及其家人、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獲得適切的服務。

With the ageing and growing population, the number of cancer cases is expected to increase. In 2022, Hong Kong recorded 35,373 new cancer cases, meaning that 97 people were diagnosed with cancer every day. Today, about one in every 30 people in Hong Kong is living with or has survived cancer in the past 20 years, reflecting the rising demand for medical and cancer care service.

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 if the cancer is under control or in remission, the uncertainty of the future and the fear of recurrence can be incredibly distressing.

Maggie's Centre is here to help people regain control when cancer turns life upside down. We offer a peaceful yet uplifting environment for people to feel inspired, special and in taken care of. All services at Maggie's Centre are free of charge, no referral or appointment is needed. Our services have three main components: Information and Practical Support; Emotional and Psychosocial Support; and Relaxation and Stress Management, allowing people affected by cancer at any stages to seek support from our multidisciplinary team.

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

銘琪癌症關顧中心沒有政府資助，一直全靠社會各界的慷慨支持，並為更多有需要的人士及家庭免費提供專業協助。結集大家的捐款，我們可以幫助更多正受癌症影響的家庭走出癌病的陰霾，重拾希望。

As a charity without Government funding, we are entirely funded by the generosity of supporters. Continuing to provide our programme of support would not be possible without your help. Your kind contribution can empower more people and their families to rebuild hope and live with, live through and live beyond cancer.

**\$100**  
HKD 港幣

讓癌症患者或其家人免費參與身、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 mind, body and spirit workshops 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 港幣

為癌症患者提供不受時限的即時支援服務，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, prosthetic breasts and nutritional milk

**\$500**  
HKD 港幣

幫助癌症患者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 港幣

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

## 服務概覽 SERVICE OVERVIEW

銘琪癌症關顧中心致力協助受癌症影響的人士，陪伴他們尋求最適合自己的抗癌之道。我們鼓勵患者發揮自身優勢，學習與癌共存，克服各種挑戰，重拾對生活的熱情和樂趣。在銘琪中心、家人和同路人的支持下，重塑更精彩的人生，甚至乎超越癌症。

我們提供專業及全面的免費癌症支援服務，其中包括：



即時癌症資訊服務  
Drop-in Information Service



實用支援  
Practical Support



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



心理教育課程  
Psycho-educational Programme



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



煮食工作坊  
Cooking Workshop



鬆弛運動  
Relaxation Exercise



營養諮詢  
Nutrition Consultation



音樂治療  
Music Therapy



身·心·靈課程  
Mind-Body-Spirit Programme



靜觀步行  
Mindful Walking



舒適療癒的環境  
Healing Environment

Maggie's Cancer Caring Centre is dedicated to supporting those affected by cancer, walking alongside them to discover the most suitable approach to fighting their illness. We encourage patients to utilise their strengths, learn to coexist with cancer, and overcome challenges, rediscovering their passion for life. With our support, as well as that of their family and fellow patients, they are ultimately able to transcend cancer and reshape their lives in a more vibrant way.

We provide free, professional and holistic cancer support services including:

## 銘琪中心 10 周年 MAGGIE'S CENTRE 10TH ANNIVERSARY



銘琪癌症關顧中心位於屯門醫院的永久中心於 2013 年正式投入服務，在過去 10 年獲得各界的鼎力支持，得以為癌症患者及其家人和照顧者提供全面的關顧服務。為慶祝 10 周年這個重要時刻，中心舉辦了多項精彩活動，與大家共同回顧和展望未來。

The permanent centre of Maggie's Cancer Caring Centre, located adjacent to the Tuen Mun Hospital, commenced service in 2013, devoted to offering free and comprehensive services to individuals affected by cancer. With abundant love and hope throughout the decade, we were commemorating our 10th anniversary this year.

*10 years ago...*



### 銘琪中心音樂治療 10 周年音樂會《銘琪與您常在》

與中心一同成長的銘琪中心音樂治療合唱團特別在 10 周年期間舉辦《銘琪與您常在》音樂會。感謝陳廷驊基金會的資助，讓我們能夠以歌會友，與大家分享及回顧過去 10 年的音樂旅程。當日，合唱團用心演繹了多首原創歌曲及流行曲，以歌聲向在場觀眾表達出由音樂賦予他們的力量，讓他們樂觀積極面對癌症帶來的各種難關。

### Maggie's Centre Music Therapy 10th Anniversary Concert "Maggie's by Your Side"

The Maggie's Centre Music Therapy Choir, which has grown alongside the Centre, held a special 10th anniversary concert themed "Maggie's by Your Side". Thanks to the funding from The D. H. Chen Foundation, Choir members shared their past 10 years' journey by performing their original composed songs as well as reinterpretations of contemporary songs. Each song resonated with the experiences and sentiments of those affected by cancer, empowering them to face the various challenges on their cancer journey with positivity.



### 開放日及花園派對

銘琪中心於 8 月和 11 月舉辦了「開放日」及「花園派對」，吸引了過百名支持者及其親友踴躍參與。「開放日」分別以甜睡香薰蠟燭、抹茶芝士撻和鮮花花束工作坊為主題，讓參加者實地體驗銘琪中心的身心靈工作坊，同時我們亦安排了導賞團，介紹中心的環境和服務，讓參加者與中心使用者交流，深入了解中心的服務和對癌症患者和照顧者的支援。而「花園派對」上，我們則邀請了董事會成員、贊助商、合作夥伴等，藉著派對感謝各界多年的支持，並與大家一起回顧中心過去 10 年的發展，並一起展望未來，繼續攜手為更多有需要的人重拾希望。



## Open Day and Garden Party

Maggie's Centre held a few Open Days and a Garden Party in August and November, attracting hundreds of supporters and their families to participate enthusiastically. During the Open Days, participants engaged in various workshops, including making soothing aromatherapy candles, matcha cheesecakes, and fresh flower bouquets, experiencing how these activities can benefit cancer patients. Guided tours with users' sharing were also arranged to introduce the Centre's environment and services. At the Garden Party, board members, sponsors, and partners were invited. It was an opportunity for us to express our gratitude for their longstanding support, and to collectively review the Centre's development over the past 10 years.



## 銘琪聖誕派對

疫情過後中心重新開放的首個聖誕派對，誠邀屯門醫院的醫護人員及多間合作夥伴參與，與中心使用者共享節慶時光。特別感謝薛小姐慷慨贊助是次聖誕活動，為中心使用者帶來最窩心的節日禮物。

在派對上，中心使用者與來賓分享他們抗癌路上的堅強意志，以及患癌後重過新生、超越癌症的經驗，為我們的 10 周年慶祝活動增添了更深刻的意義。

## Maggie's Christmas Party

The first Christmas Party since the Centre's reopening following the pandemic brought together doctors and healthcare professionals from Tuen Mun Hospital, along with representatives from our partner organisations, to celebrate the festive season with our users. We would like to express our sincere gratitude to Ms. Sit for sponsoring this special event and for providing thoughtful Christmas gifts to the Centre's users.

Through sharing of our users' stories, we once again inspired by their perseverance on the journey of fighting cancer, as well as how they regain hope and live beyond cancer. These stories have added tremendous significance to our tenth-year milestone.



我們製作了兩段影片作為送給大家的 10 周年小心意。其中一段介紹銘琪中心及其服務，另一段由三位服務使用者訴說他們的故事，分享他們如何與癌共處、找到新生及超越癌症，請細心欣賞。

As a token of thanks to everyone on our 10th anniversary, we prepared two videos. One introduces Maggie's Centre and its services, while the other beautifully captures the stories of three users as they navigate living with, living through, and living beyond cancer. Please enjoy.



為癌症患者和照顧者  
提供一個心靈綠洲  
An Oasis for Cancer Patients  
<https://youtu.be/1-OlpNUgRSk>



助癌症患者 重拾希望  
Rebuild Hope for Cancer Patients  
<https://youtu.be/BXUZPxUpC6U>

## 服務資助計劃 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

有賴賽馬會慈善信託基金的贊助，我們可以繼續推行銘琪「以心療心」癌症支援計劃。計劃讓癌症患者及其家人在銘琪中心接受免費及全面的癌症支援服務，包括不同類型的癌症支援小組及心理講座，提供實用資訊、情緒及社交的支援，幫助他們積極面對癌症。

計劃今年更擴展至社區，我們在 2023 年 8 月下旬於屯門醫院主座舉辦公眾健康教育展覽，向大眾推廣十大防癌建議，提高預防癌症的認知。透過計劃，我們能夠更有效地為患者及其家人提供全方位且免費的支援服務，協助他們度過最困難的時刻。

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

With the support of the Hong Kong Jockey Club Charities Trust, we could continue to operate the "Maggie's Emotional & Psychosocial Cancer Support Programme", enabling cancer patients and their families to access free and comprehensive cancer support services at the Maggie's Centre, including various cancer support groups and psychosocial talks.

This year, we have expanded our community outreach activities. In late August 2023, we hosted a public health education exhibition at Tuen Mun Hospital, presenting the top 10 cancer prevention tips to enhance public awareness and cancer prevention efforts. Through this comprehensive cancer support programme, we were able to deliver full-spectrum and free support services for patients and their families, assisting them in navigating this challenging period.

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

銘琪癌症關顧中心很高興能繼續成為香港賽馬會「攜手同行」癌症患者支援計劃的夥伴機構之一。通過計劃，我們為受癌症影響的人士提供實用的復康及營養支援，舒緩患者和照顧者生活上的憂慮，逐步提升他們的生活質素。

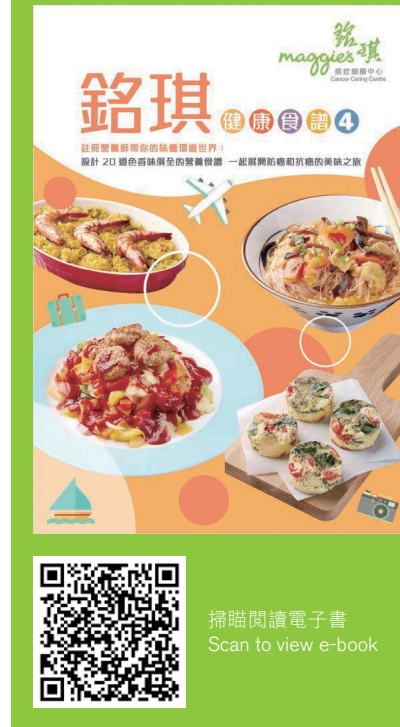
計劃資助我們推出新一期《銘琪健康食譜 4》，由註冊營養師精心設計 20 道涵蓋世界各地、色香味俱全的營養食譜，包括甜品及輕食等。食譜還附有實用的營養小貼士，解答癌症患者在治療期間和康復過程中常見的飲食謬誤，希望能夠幫助癌症患者和康復者好好享受進食的樂趣，重拾健康和生活的快樂。

### Jockey Club Cancer Survivorship Care Project

Maggie's Cancer Caring Centre was pleased to continue being a partner organisation of "Jockey Club Cancer Survivorship Care Project". Through this initiative, we provided practical rehabilitation and nutritional support for individuals affected by cancer, alleviating the challenges faced by patients and carers to enhance their quality of life.

As part of the project, we launched the latest edition of "Maggie's Healthy Receipt 4". Designed by our Registered Dietitian, she crafted 20 nutritious recipes spanning global flavours, including desserts and light bites. The recipes came with practical nutritional tips, addressing common dietary misconceptions during treatment and recovery for cancer patients. The aim is to let cancer patients and survivors enjoy the pleasure of eating through nutritious and delicious meals, helping them rediscover health and joy in life.

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



掃描閱讀電子書  
Scan to view e-book

### 銘琪中心即時癌症支援服務

感謝香港公益金繼續撥捐贊助「即時癌症支援服務」，讓我們能繼續為不同階段的癌症患者提供免費及全面的癌症資訊及實用支援。服務包括與腫瘤科護士或註冊社工進行個人化諮詢，以及物資送贈。

2023 年，我們為剛患癌症的朋友增添了「新症關懷物資包」送贈服務。物資包內有壓力波、頭巾、香氛精油、冰包及文件袋等，幫助患者更有效地應對治療所產生的副作用，同時給予他們關愛與支持。

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

With gratitude to the Community Chest of Hong Kong for their continued funding to support our Drop-in Service, allowing us to provide free and holistic cancer information and practical assistance to cancer patients at different stages. This includes personalised consultations with our Oncology Nurses or Registered Social Workers as well as the free giveaways.

In 2023, we introduced the "Loving Care Gift Set" free giveaway for newly diagnosed cancer patients. The Gift Set includes practical items such as stress ball, headscarf, aromatherapy oil, ice pack and folder, aiding patients in more effectively coping with treatment side effects while offering them care and support.

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



## 服務亮點 SERVICE HIGHLIGHTS

### 淋巴瘤關懷月

銘琪中心特別於3月和4月舉行「淋巴瘤關懷月」，透過各種活動，例如中、西醫生講座，向公眾分享淋巴瘤病徵、診斷和治療方法，更有和諧粉彩手指畫和香薰工作坊等，旨在喚起大眾對淋巴瘤的關注。淋巴瘤為香港10大癌症殺手之一，我們特設「淋巴瘤支援小組」，由腫瘤科專科護士帶領，向患者提供正確的淋巴瘤資訊、治療知識、鬆弛技巧等。同時也有同路人分享經驗，共同克服患癌後生活中遇到的各種難關。

### Lymphoma Cancer Caring Month

Maggie's Centre held a "Lymphoma Cancer Caring Month" in March and April, organising various activities to raise awareness about lymphoma among the public. These activities included Cancer talk by both Western and Chinese Doctors about lymphoma symptoms, diagnosis, and treatment, and also workshops like Pastel Nagomi Art and aromatherapy. As lymphoma is one of the top 10 cancer killers in Hong Kong, we established a "Lymphoma Support Group" led by Oncology Nurses, providing accurate information on lymphoma, treatment knowledge, relaxation techniques, and peer sharing experiences to help navigate the various challenges of cancer patients.



### 義工及同行者服務

中心的義工和同行者服務在疫情後再次啟動。我們的義工團隊以癌症患者和康復者為主，為中心提供多元化的服務，包括編織、園藝、烹飪和營養、手工藝等。同行者團隊則由中心服務使用者組成，經過培訓後，他們從受助者變為同行者，在中心內擔任不同的角色，例如向初次到訪的癌症患者介紹服務，協助推廣外展活動等，為同路人提供更親切的支援。適逢中心10周年之際，我們於10月舉行了義工同樂日，以感謝義工和同行者們的辛勤付出和貢獻。

### Volunteer and Befriender Service

We resumed volunteer and befriender services after the pandemic. Our volunteer teams are mostly composed of cancer patients and survivors, offering a variety of services such as knitting, gardening, cooking and nutrition, art and craft, and more. We also actively invite our service users to become befrienders, taking on a more elevated role after receiving specific training. Befrienders will act as ambassadors, introducing our services to newly arrived cancer patients or assisting in outreach activities to promote awareness. In conjunction with our 10th anniversary, we held a Volunteer Appreciation Day in October to express gratitude for the dedication and contributions of volunteers and befrienders.



### 外展服務

疫情後我們重新啟動於屯門醫院臨床腫瘤科門診及綜合化療及日間護理中心的外展服務。此外，我們亦在博愛醫院乳腺專科服務中心進行外展，讓屯門區以外的癌症患者及家人認識銘琪中心。多元化的外展服務讓我們能夠更主動接觸正接受治療的癌症患者，為他們提供即時的幫助和支援，減輕治療所帶來的壓力，讓他們有更多的力量積極面對癌症。

### Outreach Service

We resumed our physical outreach services at the Tuen Mun Hospital Oncology Outpatient Clinic and Integrated Chemotherapy and Day Care Centre following the pandemic. Additionally, we have extended our outreach to the Breast Clinic at Pok Oi Hospital to reach cancer patients and their families, aiming to reach more people in need beyond Tuen Mun area. Through these outreach services, we strive to proactively engage with cancer patients undergoing treatment, providing them with immediate assistance and support to alleviate the pressures of treatment and help them face cancer more positively.



### 活在當下課程

銘琪中心的「活在當下課程」旨在協助完成癌症治療的康復者重新投入正常生活。課程內容包括運動和健康飲食、情緒管理、治療後副作用處理等，提供參與者全面的康復知識，以幫助他們更好地調理身心，處理治療後的種種挑戰。此課程今年首次與屯門醫院癌症病人資源中心合作，為參與者提供全方位支援。我們期望這個課程能幫助康復者找到最適合自己的方法，以克服各種困難。

### Where Now Programme

Maggie's Centre's "Where Now Programme" aimed to assist cancer survivors in regaining their normal lives after completing treatment. The programme covered topics such as physical exercise, healthy diet, emotional well-being, and managing treatment side effects, helping participants gain relevant knowledge and better nurture their body and mind to cope with various post-treatment issues. This year, the programme for the first time collaborated with the Cancer Patient Resource Centre of Tuen Mun Hospital, providing a more comprehensive support for the participants. Through the programme, we hope survivors can find the most suitable ways to overcome challenges for themselves, becoming their own active partners.



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

感謝銘琪中心在我治療期間的悉心幫助與熱心支持。寧靜舒適的環境總能讓我內心更平和放鬆，職員耐心的指導和正能量滿滿的安慰，也一直激勵著我。

在病友分享活動中，大家坦誠交流治療過程中遇到的問題和應對方法，這些寶貴的經驗分享，成為我走過治療路途的重要參考。

這一切減輕了我在治療路上的徬徨，令我深感感恩。

I am deeply grateful for the attentive assistance and enthusiastic support from the Maggie's Centre during my treatment. The serene, comfortable environment has allowed me to feel more at peace and relaxed. The staff's patient guidance and positive encouragement have been a constant source of inspiration.

In the patient-sharing sessions, everyone openly discussed their treatment experiences and coping strategies, providing invaluable insights that have been an important reference for me.

These factors have helped to alleviate the unease I have felt along the way, and I am truly thankful for the care and support I have received.

雯 Sharon

經歷了漫長的癌症治療過程，如今我重拾健康，再次擁抱生活。在這充滿挑戰的日子裡，銘琪中心專業團隊一直悉心照顧我，給予我無比支持和關懷，讓我感受到溫暖和希望。

中心工作人員不僅提供貼心的諮詢服務，更細心傾聽每位患者的需求。他們以細緻入微的態度，讓我感受到被重視和理解。他們安排豐富的康復活動給我，如正念瑜伽和音樂治療，幫助我放鬆身心，重拾對生活的熱情，更感受到生命的可貴。

我衷心感謝銘琪中心每位職員的耐心關懷和專業服務，是你們支持我度過了最艱難的時期。我會活在當下，珍惜現在的幸福，為身邊的人帶來祝福和希望。

After enduring a prolonged cancer treatment, I have regained my health and embraced life again. During these challenges, the dedicated team at Maggie's Centre has diligently cared for me, providing unwavering support and compassion, restoring my sense of warmth and hope.

The staff listens attentively to each patient's unique needs, ensuring I feel valued and understood. They have arranged rehabilitative activities like mindfulness yoga and music therapy, helping me relax physically and mentally, reigniting my passion for life.

I am deeply grateful for Maggie's Centre's patience, care, and professionalism. It is through their steady support that I navigated the most difficult period. I will now live in the present, cherishing my happiness, and endeavour to bring blessings and hope to those around me.

佩貞 Lily

感恩在抗癌道路遇上銘琪中心，專業團隊在醫療、健康、飲食、心理等各方面都提供實用意見，同時給予同路人大量的支持、鼓勵和關心。銘琪讓我明白，第二人生也可以活得美麗充實。謝謝銘琪中心團隊的付出。

I count my blessings for having crossed paths with Maggie's Centre during my cancer treatment. Their expert team provided practical guidance across medical, wellness and emotional realms. Equally vital was the steadfast support and encouragement they extended to fellow patients. Maggie's Centre has instilled in me the belief that a second chance at life can be embraced with vibrancy. I'm deeply thankful for the dedication and compassion of the Maggie's Centre staff, who have been invaluable source of succour on my journey.

敏 Mandy

在我最無助和失落的時候，銘琪中心就像一位貼心的朋友出現在我身邊。當我第一次走進中心，感受到了無比的溫暖和安全感。

中心職員耐心聆聽我的憂慮和擔心，細心地與我分析問題，陪伴我走過幽暗的日子。在這裡，我認識了很多同路人，他們可能帶著擔心走進中心，但都可以帶著歡笑走出中心。

在銘琪中心我學懂活在當下，與癌共存。銘琪中心，感謝你與我們同行，給了我重拾生活力量的勇氣和智慧。

In my most helpless and despondent moments, Maggie's Centre appeared like a caring friend by my side. Upon first stepping into the Centre, I was enveloped by a profound sense of warmth and safety.

The staff patiently listened to my concerns, meticulously analysing the issues with me and accompanying me through the dark days. Here, I met fellow patients who may have arrived anxious, but departed with smiles.

At Maggie's Centre, I learned to live in the present and co-exist with cancer. Maggie's Centre, thank you for walking this challenging path with us. Maggie's Centre has empowered me with the courage and wisdom to reclaim my zest for life.

霞 Maggie



## 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 2023

#### Maggie's Cancer Caring Centre and AIA Foundation Charity Golf Day 2023

「銘琪癌症關顧中心及友邦慈善基金慈善高爾夫球日 2023」於 2 月 23 日（星期四）於清水灣鄉村俱樂部順利舉行。今年賽事共吸引 28 支隊伍參加，並成功籌得港幣 150 萬善款。活動能順利舉行，實在有賴活動冠名贊助商 — 友邦慈善基金、全力協辦 — 清水灣鄉村俱樂部，以及所有贊助商和參加者的鼎力支持，令銘琪中心能持續為受癌症影響的人士提供適切及個人化的支援服務。

當日天朗氣清，球手們一早到場以推桿比賽熱身。中午後，嘉賓們出席啟動儀式，為球手們加油打氣，比賽隨即展開。比賽過程中，球手們不僅盡情揮杆，更參與了與高爾夫球大使對戰（Beat-the-Golf Ambassador）、果嶺挑戰（Challenge on the Green）和一桿入洞（Hole-in-One）等有趣的遊戲，為比賽增添樂趣。頒獎禮和晚宴隨後舉行，除了頒發獎項予得獎者和隊伍外，更有慈善拍賣和抽獎環節，繼續為銘琪中心籌務經費，展現球手們、捐款者和贊助商的熱心和善心。

Maggie's Cancer Caring Centre and AIA Foundation Charity Golf Day 2023 was successfully held on Thursday, 23rd February at the Clearwater Bay Golf and Country Club. The event attracted 28 teams and raised HK\$1.5 million. The event was made successful thanks to the title sponsor, AIA Foundation, and the full support in association with the Clearwater Bay Golf and Country Club, as well as all the sponsors and participants, allowing Maggie's Centre to continue providing timely and individualised cancer care services to people affected by cancer.

The weather was bright and sunny on the day, with players arriving early to warm up with a putting competition before the launch ceremony to cheer them on. The competition then commenced, with players not only enthusiastically swinging their clubs, but also participating in fun challenges such as 'Beat-the-Golf Ambassador', 'Challenge on the Green', and 'Hole-in-One', adding to the enjoyment of the event. The prize presentation and gala dinner followed, where awards were given to winning participants and teams, and further fundraising took place through a charity silent auction and raffle, demonstrating the enthusiasm and generosity of the players, donors, and sponsors in attendance.

#### 籌備委員會 Organising Committee

Dr. Ronald Lu (Chairman)  
Ms. Susan Ho (Co-chairman)  
Mr. Stanley Sun (Co-chairman)  
Mr. Adrian Lee  
Mr. Andrew Lawson  
Mrs. Audry Ai Morrow

Mr. Elmer Cheng  
Mr. Mark Chan  
Mr. Peter Brannan  
Ms. Phyllis Tang  
Mr. David Hui (Honorable Advisor)



## 主要籌款活動 SIGNATURE FUNDRAISING EVENTS

### 銘琪癌症關顧中心呈獻 – 聖約翰座堂聖誕音樂會 2023

#### Maggie's Cancer Caring Centre Presents – The Fayre of St John's 2023

我們於 12 月 14 日（星期四）在中環花園道聖約翰座堂舉行了「銘琪癌症關顧中心呈獻 – 聖約翰座堂聖誕音樂會 2023」。隨後於置地文華東方酒店 MO Bar 舉行聯歡派對及慈善拍賣，為銘琪中心籌款。

當晚，座堂外設有聖誕香料酒和小吃，教堂內展現了精彩的聖誕節目，營造了濃厚的節日氛圍。今年一班由籌備委員子女及年青人組成的活動大使，充滿活力，於座堂外為銘琪中心義賣慈善抽獎券，鼓勵更多來賓共襄善舉。音樂會節目豐富，包括聖誕報佳音、聖經誦讀、無伴奏合唱、銘琪音樂治療合唱團表演及感人的使用者分享，令在場觀眾度過了一個難忘的夜晚。音樂會後，大家隨即移師到 MO Bar，繼續歡聚並參與慈善拍賣。

衷心感謝所有善長、贊助機構及支持者的參與和支持，使這個溫馨的年度籌款活動圓滿舉行，並為銘琪中心籌得逾港幣 110 萬元善款，以支持中心為更多受癌症影響的人重拾生命的喜樂。

The “Maggie's Cancer Caring Centre Presents – The Fayre of St John's 2023” was held on Thursday, 14th December at St. John's Cathedral in Central, Hong Kong. This was followed by a festive party and charity auction at the MO Bar in the Mandarin Oriental Hotel, to raise funds for the Maggie's Centre.

The Cathedral was filled with the spirit of Christmas that evening. Guests enjoyed mulled wine and festive treats before being entertained by a wonderful programme. This year, we had a team of enthusiastic young ambassadors, comprised of children and youth from the organising committees, who passionately sold charity raffle tickets to encourage wider participation. The concert programme was rich, including Christmas carols, bible readings, a cappella performance, Maggie's Centre Music Therapy Choir, and moving testimonial from a service user, making it a memorable night for all in attendance. Afterwards, everyone continued the festivities and charity auction at the MO Bar.

Deeply grateful to all the generous donors, sponsors and supporters whose participation and support made this annual fundraising event a resounding success, enabling us to raise over HK\$1.1 million for the Maggie's Centre to continue supporting those affected by cancer to rediscover the joys of life.

### 籌備委員會 Organising Committee

Alison Falloon

Anne Wang Liu

Anne Witt

Audry Ai Morrow

Bertram Weatherall

Diana King

Ellen Bradstock

Joansa Lam

Junwei Lu

Justin Ng

Kara Anglin

Leigh Tung Chou

Martha Keswick

Ming Chen

Nadia Harilela

Tori Kelly



## 癌症故事 – 凱珊 CANCER STORY – HOI SHAN



「生命不在乎長短，更重要的是生命當中的意義。」

### 確診後的迷茫

在 2018 年的自我檢查中，我發現了一些異常情況，並被診斷為乳癌。我隨即接受了一連串的治療，手術、化療、電療、服用抗荷爾蒙藥物等。面對無數的檢查、等待每一個治療結果、一時間要作出對人生重要的決擇，並同時接收各方的大量資訊，都讓我感到困惑、迷茫和無助。

### 銘琪中心的全人關顧

慶幸朋友介紹我到銘琪癌症關顧中心，那裡舒適的環境和周圍的花草樹木很快就撫慰了我。特別在腫瘤科護士的幫助下，我得到了專業的資訊，讓我能夠為自己作出最合適的選擇。中心職員亦非常關注患者的身心靈需求，特別為治療時剃光頭髮的我準備漂亮的頭巾，這讓我感到非常窩心。

癌症旅程不僅是醫學上的治療，還包括心理和情緒上的挑戰。每年的檢查都讓我感到焦慮和恐懼，幸好有銘琪的臨床心理學家的專業指導和關懷，幫助我面對和處理這些情緒。

### 重新發現生命的意義

參加銘琪中心不同的工作坊和活動，如合唱團、紙捲花班和空手道等課堂，讓我重新找回了生活的樂趣和力量。其中，音樂治療對我影響最深，在等待檢查時和徬徨時，我會聆聽屬於自己的歌單，音樂給予我鼓勵和支持。

這段經歷讓我深刻明白到，生命不在乎長短，更重要的是生命當中的意義。如今我已經康復了 5 年，仍需要服藥控制病情，但我會以平常心去面對每一次檢查。同時，我會繼續擁抱慢活，隨心、隨緣多一點，做自己喜歡的事情，例如到不同國家旅遊、幫助有需要的人，讓我明白到自己不是一個病患者，而是一個有價值的人。

希望所有同路人知道，您並不孤單，有我、銘琪中心和其他病友都在與您同行。

*“I learned that the meaning of the journey is what truly matters, not just the length of life..”*

### Facing Unexpected Challenges

During a self-examination in 2018, I discovered some abnormalities and was soon diagnosed with breast cancer. I immediately underwent surgery, chemotherapy, radiation therapy, and hormone therapy. I faced numerous waiting periods and important decisions, and the overwhelming amount of information left me feeling confused and helpless.

### The Holistic Support of Maggie's Centre

A friend introduced me to Maggie's Centre, where I found immense in the supportive environment. The oncology nurses were always available to assist me and help me make informed decisions. The team also provided emotional and psychological support, such as helping me choose headscarves when I lost my hair due to treatment. I felt so cared for and warm by the Maggie's Centre's team.

The cancer journey involves not just pathological treatment, but also psychological and emotional challenges. The annual check-ups filled me with anxiety, but the clinical psychologist of Maggie's Centre helped me cope with these emotions.

### Embracing Life's Meaning Amidst Adversity

Participating in activities at Maggie's Centre, like Maggie's Choir, paper flower and karate classes, brought back the joy in my life and gave me strength. Music therapy had a profound impact, with a personalized playlist that provide encouragement during moments of waiting and confusion.

I learned that the meaning of the journey is what truly matters, not just the length of life. Now in remission for five years, I still require medication, but I approach my annual check-ups calmly, viewing them as checkpoints to cross. I continue to embrace the art of slow living, doing things I love, such as traveling and helping those in need. I see myself not just as a patient but as a valuable person.

Let us continue supporting and uplifting one another on this journey of life.



## 企業合作 CORPORATE COLLABORATIONS

### Sun Life 永明冠名贊助：為銘琪感動 2023

#### Sun Life Presents: Move for Maggie's 2023

Sun Life 永明一直致力建構一個可持續和更健康的社區，2023 年首次冠名贊助銘琪癌症關顧中心的年度籌款活動「為銘琪感動 2023」，旨在透過宣傳推廣以喚醒大眾對是次籌款活動的關注。這次合作標誌著一個重要的里程碑，讓我們能夠提升籌款活動的曝光率，並吸引了更多有相同信念的人士參與。募集所得善款將用於支持銘琪中心提供免費的專業癌症關顧服務予癌症患者及其家人。

Sun Life has been dedicated to creating a more positive, sustainable, and healthier world. We were grateful for having Sun Life as the title sponsor for "Move for Maggie's 2023" for the first time. The sponsorship aimed to arouse public's attention towards the fundraising activity through promotion. It also marked a significant milestone for us, allowing us to elevate the visibility of our annual fundraising event and engage a wider audience of the same mission. The funds raised will be used to support the provision of free and professional cancer care services to cancer patients and their families.



### 馮醫生越野跑挑戰為癌症患者籌款

馮醫生挑戰自己再創高峰，於 11 月 10 至 12 日以 33 小時 59 分 42 秒 - 年齡組別第 4 名順利完成了飛越大嶼 Translantau 140 越野跑，為銘琪中心籌款。縱使天氣不似預期，比賽過程艱辛、沿途環境惡劣，但仍無阻馮醫生突破自己挑戰極限，為癌症病人籌款的決心。馮醫生的參與充分體現了他對銘琪中心使命的支持和認同。

#### Dr. Fung Races TransLantau140 for Cancer Patients

Dr. Fung successfully completed the Translantau140 by UTMB and secured 4th place in the Age Group with a time of 33:59:42 from 10th to 12th November. Dr. Fung not only challenged himself to reach new heights but also raised funds for Maggie's Centre. Despite the unexpected rainy weather and challenging conditions along the way, Dr. Fung's determination to push beyond personal limits and raise funds for cancer patients remained unwavering. Dr. Fung's participation fully demonstrates his support for and alignment with the mission of Maggie's Centre.



### Char 老師以頌鉢療癒助癌症患者重拾希望

Char 老師與她的團隊於 12 月在銘琪中心舉辦了一場「頌鉢療癒聲頻浴分享及體驗」慈善活動，得到近 40 人參與和支持，並為銘琪中心籌款。Char 老師先講解頌鉢療癒的好處及原理，然後讓參與者親身體驗頌鉢的聲頻浴，得到深層放鬆，舒緩生活中壓力、釋放負面情緒，並改善睡眠質素。

#### Char cheers Cancer Patients with Singing Bowl

In December, Miss Char and her team held a charity event "Singing Bowl Sound Healing Workshop" at Maggie's Centre, which attracted nearly forty participants, raising funds for cancer patients. Miss Char explained the benefits and principles of sound healing with singing bowls, and allowed participants to experience the sound bath of the singing bowls. Participants were able to achieve deep relaxation, alleviate stress in their lives, release negative emotions, and improve the quality of their sleep.





## 為銘琪感動「SKYoga」慈善瑜伽班

Susan 一直熱心公益，今年再接再厲，以國際認證瑜伽導師的專業身份，在銘琪中心開設一場慈善瑜伽班，將所有報名費用捐贈予銘琪中心，希望推廣瑜伽之餘，同時幫助中心籌募經費，讓更多癌症患者及照顧者受惠。

## Move for Maggie's with SKYoga

Susan has always been enthusiastic about supporting the community. This year, she continued her dedicated efforts by leveraging her expertise as a certified yoga instructor. Susan organised a "SKYoga Charity Class" at Maggie's Centre, with all proceeds being donated to support cancer patients and their families in accessing free and personalised cancer care support services.



「為銘琪感動」是一個無地域、時間、形式所限的籌款活動，只需發揮您的所長或喜好，例如「動」態的行山、跑步，或者以靜態活動如瑜伽、靜觀「感」受心靈，都可以成為「為銘琪感動」籌款大使，用行動「感動」更多人支持銘琪癌症關顧中心。

感謝「為銘琪感動 2023」冠名贊助商 Sun Life 永明，及所有籌款大使的善舉，攜手為癌症患者及照顧者創造希望。

"Move for Maggie's" is a fundraising campaign without geographical, time, and format constraints. You can leverage your unique talents and engage in activities you love, such as hiking, running, or practicing yoga, to help us "MOVE" and inspire more people to support our free and holistic cancer caring services for anyone affected by cancer, to create a powerful ripple effect of positive change.

Heartfelt thanks to Sun Life Hong Kong, the title sponsor of "Move for Maggie's 2023" and all the fundraisers for "moving" with Maggie's to build hope for people affected by cancer.



## AEON「幸福的黃色小票」活動

銘琪中心很榮幸成為永旺百貨第 21 屆「幸福的黃色小票」活動的受惠機構之一。衷心感謝永旺百貨及每一位投票支持我們的善心人，同時感恩中心義工們每月 11 號都努力到不同地區的永旺百貨宣傳我們的服務，讓更多人認識銘琪中心。透過為期半年的黃色小票活動，我們共獲得價值港幣 68,011 元的物資，讓受癌症影響的人在到訪我們舒適療癒的中心時，能享用更新、更完善的設施。

## AEON Yellow Receipt Campaign

Maggie's Centre is honored to be one of the beneficiaries of the AEON "Yellow Receipt Campaign" Phase 21. We sincerely thank AEON Stores and every kind-hearted person who casted your vote to Maggie's Centre. We were also grateful to our Centre's volunteers, who promoted our services at different AEON outlets on the 11th of each month, letting more people outside Tuen Mun District to learn about Maggie's free services. Through the six-month campaign, we received goods valued at HK\$68,011 from AEON, allowing individuals affected by cancer to enjoy enhanced facilities when visiting our comforting Centre.



## 與香港歐萊雅合作

### Collaborations with L'Oréal Hong Kong

感謝香港歐萊雅在 2023 年邀請了銘琪中心參與其年度「健康日」及「全球義工日」活動。銘琪中心註冊營養師於「健康日」向歐萊雅團隊分享癌症常見的飲食謬誤，以及預防癌症的飲食習慣和生活方式，並示範製作簡易健康飲料，希望透過活動令大家吃得更健康，亦同時提高社會各界對癌症的關注。另外，歐萊雅團隊在「全球義工日」召集了一眾員工，齊齊到銘琪中心進行綠化工程，將經歷風吹雨打的花園重新種上接近 1,600 棵翠綠的植物，為受癌症影響的人士帶來更美麗的環境，增添關愛和力量。

We would like to express our sincere gratitude to L'Oréal Hong Kong for inviting Maggie's Centre to participate in their annual Wellness Day and Citizen Day events. During Wellness Day, our Registered Dietitian engaged the L'Oréal team by addressing common dietary myths related to cancer and discussing various diets and lifestyle choices that can aid in cancer prevention. Additionally, we conducted a demonstration of simple, healthy drink recipes, aiming to inspire healthier lifestyle choices while raising awareness about cancer within the community.

On Citizen Day, L'Oréal colleagues joined us at Maggie's Centre in Tuen Mun for a greening project, where we revitalized the garden with nearly 1,600 plants under the summer sun. This collaborative effort not only demonstrates their commitment to community service but also creates a comforting and uplifting environment for those affected by cancer. Thank you once again to L'Oréal for their support and dedication to making a positive impact.



由香港歐萊雅與銘琪癌症關顧中心共同舉辦的「讓美·改變生命」慈善跑 2023 於 11 月 26 日在太平山山頂圓滿舉行。這次慈善跑吸引了 200 多名跑手參加，包括歐萊雅和銘琪中心團隊、癌症患者、康復者和他們的親友，共同為中心籌款。這是銘琪中心首次舉辦的慈善跑，對我們別具意義。

特別感謝香港歐萊雅專業統籌整個活動，他們的支持和協助使活動順利進行。希望這次慈善跑能夠凝聚大家的力量，為社區、癌症患者和照顧者共同邁出有意義的每一步。讓美·改變生命！

L'Oréal Hong Kong, in collaboration with Maggie's Cancer Caring Centre, successfully hosted the "Beauty Changes Lives" Charity Run 2023 on November 26th. This event, held at The Peak, marked the inaugural charity run for Maggie's Centre and carried significant meaning for our mission. The initiative attracted over 200 participants, including teams from L'Oréal Hong Kong, as well as cancer patients, survivors, and their families, who came together to raise funds for the Centre.

We extend our sincere gratitude to L'Oréal for their exceptional coordination of this event. We hope that this charity run fosters unity and inspires collective action, making a positive impact on the community, cancer patients, and their caregivers, while empowering individuals through the transformative power of beauty.



## 其他籌款活動 OTHER FUNDRAISING ACTIVITIES

### 耀林 75 歲 環觀心徑 75 回挑戰

腸癌康復者耀林是銘琪中心的服務使用者，多年來深深認同中心的理念，後來更成為中心的同行者，致力向大眾推廣銘琪中心的服務，希望讓更多受癌症影響的人士得到中心的幫助。為慶祝銘琪中心成立 10 周年，耀林在自己的 75 歲生日當天，在中心舉行了「環觀心徑 75 回挑戰」籌款活動，用實際行動回饋中心多年來的支持與陪伴。他花了一個多月的時間做準備和認真練習，在挑戰當天，許多親友到場支持，見證了他成功完成挑戰的一刻。耀林希望透過自己的行動激勵他人，讓更多人知道在抗癌的路上雖然充滿挑戰，但有他和銘琪中心與大家同行。

### Yiu-lam 75th Birthday Blessing: Loop the Mindfulness Path 75 times

Yiu-lam, a colorectal cancer survivor, has been a Centre's user for many years. He strongly identifies with the Centre's vision and has since become a befriender, promoting Maggie's services to benefit more individuals affected by cancer. To celebrate the 10th anniversary of Maggie's Centre, Yiu-lam, on his 75th birthday, initiated a fundraising challenge - "Loop the Mindfulness Path 75 times" at the Centre. On his birthday, many of his family and friends came to support and witness his success. Yiu-lam hoped to let all cancer fellows understand that their cancer journey will never be alone.



### 抗癌勇士黃婆婆步行籌款挑戰

黃婆婆是一位 80 多歲的抗癌勇士，多年前認識到銘琪中心後，讓她積極面對癌後人生。為了表達對銘琪中心的感激，黃婆婆決定發起每星期至少行走 42,000 步的步行籌款挑戰。這個挑戰不僅提醒大家要多運動，關注身體健康，也希望透過自己的努力向身邊的人宣傳銘琪中心，讓更多同路人得到中心全面的癌症關懷服務。

### Cancer Warrior Granny Elaine's Walking Fundraising Challenge

Granny Elaine, an over 80-year-old cancer warrior, met Maggie's Centre many years ago. She gained invaluable advice and emotional support from the Centre during her treatment. Granny Elaine undertook a fundraising challenge to walk at least 42,000 steps every week, hoping to encourage everyone to do more exercise, and also promoting Maggie's Centre to more people affected by cancer.



### 麗馨將心意轉化為支持

銘琪中心陪伴麗馨走過抗癌路上的人生低谷，在康復後她更成為中心義工，一直出心出力回饋中心。早前，麗馨將其父母留下的珍貴禮物——一幅嶺南畫派創始人之一高劍父先生的草書五言聯，以慈善拍賣形式將善款捐贈予銘琪中心，希望將心意化成力量，讓中心有更多的資源為更多受癌症影響人士提供全面又貼心的支援。

### Warmest gift from User Lai-hing

Maggie's Centre has been accompanying Lai-hing throughout her cancer journey. After recovery, she became a volunteer at the Centre, dedicating her time and effort to giving back to the community. Earlier, Lai-hing donated a precious gift left by her parents - a Five-character Calligraphic Couplet in Cursive Script by Gao Jianfu - to Maggie's Centre through a charity auction. Lai-hing hopes to share this warmest gift with more individuals affected by cancer, empowering them with strength and love.



## Angie 為銘琪挑戰 UTMB® 越野跑

淋巴瘤康復者 Angie 今年再為銘琪籌款，挑戰一個總長度 171 公里，總攀升 9,963 米的國際越野跑比賽。賽事由法國出發，途經意大利、瑞士、再跑回起點，挑戰度極高。Angie 成功以 33 小時 12 分 57 秒的時間完成，獲得女子第 35 名，更同時為銘琪中心籌得港幣 113,300 元的善款。「跑步」讓 Angie 在治療癌症期間的壓力得到紓緩，同時亦於康復期間幫助她增強體力。她寄語同路人，生活上總有些事情無可避免或者超出自己控制，但大家可以選擇面對時的態度，培養自己的興趣，讓自己帶著笑容，走得更高更遠。

## Angie races UTMB® for Maggie's

Lymph cancer survivor Angie Yan took on UTMB® (Ultra-Trail du Mont-Blanc) challenge to raise fund the Maggie's Centre again this year. Covering a total distance of 171km with a 9,963m elevation gain on foot, it required significant training effort and determination to complete. She finished the epic journey in 33:12:57, securing 35th place in the women's category and raising an amazing HK\$113,300 for us. Angie shared that running played a critical role in her discovery of cancer, helping her to release stress during chemotherapy and rebuild her fitness afterwards. She encourages everyone to stay positive and walk with smiles towards greater heights when facing situations beyond their control.



## Wellesley College Club of Hong Kong 慈善活動

Wellesley College Club of Hong Kong 分別在 2 月聯同專業普拉提導師 Chiva 舉辦慈善墊上普拉提班，和在 3 月邀請到乳癌康復者及有機護膚品牌 GLOHS 創辦人 Giselle Lee 舉辦講座。這兩個活動不單提升了參加者的身心健康，也為銘琪中心籌得善款，支持中心為受癌症影響的人士提供免費的專業營養諮詢及健身課程等服務。

## Wellesley College Club of Hong Kong Charity Activities

Wellesley College Club of Hong Kong held a Charity Mat Pilates Class led by certified instructor Chiva in February, and invited Giselle Lee, and a breast cancer survivor and founder of Natural Beauty Brand GLOHS for a health talk in March. The two activities not only allow participants to enhance wellbeing, but also raising funds for Maggie's Centre to provide free professional nutritional consultations and exercise classes for those affected by cancer.



## 乳癌關注月

每年 10 月，銘琪中心均聯同多間企業合作，攜手宣傳國際乳癌關注月，望能提高大眾對乳癌的關注。OnTheList 特別推出粉紅環保袋，同時在其網站義賣銘琪中心的電話背帶，賦予購物多一層美麗的意義。珠寶品牌 TAYMA Fine Jewellery 則舉辦「粉紅派對 - 第 13 屆年度乳癌籌款活動」。另外，我們亦得到護膚品牌 GLOHS 支持，將部分收益撥捐中心。

## Breast Cancer Awareness Month

Every October, Maggie's Centre partners with various corporates to promote International Breast Cancer Awareness Month, aiming to raise public awareness of breast cancer with our joint efforts. OnTheList has launched a special edition PINK BAG and held online charity sales of Maggie's phone lanyard set, creating a meaningful cause through shopping. Additionally, TAYMA Fine Jewellery hosted its 13th Annual Breast Cancer Fundraiser "Pink Party" at its outlet in support of the cancer community. We also collaborated with GLOHS, a Natural Beauty brand, with a portion of its proceeds going to Maggie's Centre.



### 4.30 姜濤誕 慈善應援癌症病人

一班充滿愛心的「姜糖」藉著偶像姜濤的生日，飯隨偶像關心弱勢社群，希望以愛傳愛，製作 430 慈善水晶畫為受癌症影響人士籌款。每一幅畫作都是由「姜糖」將一粒一粒水晶貼上，拼成非常珍貴的姜濤畫。所有義賣的手工畫，不扣除任何成本，將所得善款全數捐予銘琪中心。

### Keung To 430 Birthday Fundraiser

A group of kind-hearted "Ginger Candies" celebrated their idol Keung To's birthday with love and care. They organised a charity sale of their handcrafted crystal paintings to fundraise for cancer patients, all proceeds, without deducting any costs, will be donated to Maggie's Centre.



### 裕德素食慈善義賣

銘琪中心有幸得到蘇女士及裕德素食繼續支持，舉行慈善素食義賣，今年善款更超過港幣 5 萬元。義賣當日聚集眾多義工們和捐款者的心意，讓中心得到更多資源和力量為受癌症影響的人提供更全面的身心靈關顧服務。

### Yuk Tak Vegetarian Charity Sale

Maggie's Centre was glad to have continued support from Ms. So and Yue Tak Vegetarian, holding a charity vegetarian sale again this year, with donations exceeded HK\$50,000. The charity sale day brought together many volunteers and donors, allowing the Centre to receive more resources to provide more comprehensive cancer care services for people in need.

## 支持銘琪中心 SPARE A THOUGHT FOR MAGGIE'S

### 網上捐款 Online Donation

於網上以 Visa, Mastercard 或 American Express 進行單次或每月捐款。

Make one-off or monthly donation by Visa, Mastercard or American Express through online.

\*捐款平台由 GIVE.asia 提供 \*Powered by GIVE.asia



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

### 透過手機應用程式捐款 Donation via Mobile App



掃描 QR Code 並登入手機應用程式進行捐款。Scan the QR code and log-in to corresponding Mobile App to make donation.

### 其他捐款方法 Other Donation Methods

#### 劃線支票

港幣支票抬頭請寫上「銘琪癌症關顧中心」

#### Crossed Cheque

Please make the cheque in HKD payable to "Maggie's Cancer Caring Centre"

#### 直接存款

滙豐銀行戶口：808-327399-292 (轉數快：109334839)  
戶口名稱：「美琪凱瑟克癌症關顧中心基金有限公司」

#### Direct Transfer

HSBC Bank Account no.: 808-327399-292 (FPS:109334839)  
Account name: "Maggie Keswick Jencks Cancer Caring Centre Foundation Limited"

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Please post cheques to: Fundraising and Communications Team, Maggie's Cancer Caring Centre, Tuen Mun Hospital, Tsing Chung Koon Road, Tuen Mun, N.T., Hong Kong. For other donation methods, please send the screenshot of the receipt to fundraising@maggiescentre.org.hk. Please include your name and contact details for the donation receipt.

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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 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.

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