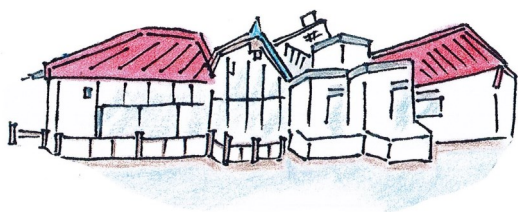


銘琪癌症關顧中心 2020第一期通訊

Maggie's Cancer Caring Centre Newsletter – 1st Edition 2020



銘琪癌症關顧中心為受癌症影響人士提供適切的資訊、情緒及心理社交方面的支援服務，讓他們能在獨特療癒的環境中，積極面對和超越癌症。

Maggie's Centre provides free practical, emotional, and psychosocial support within a unique healing environment to empower those touched by cancer to live through and beyond the illness.

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中心使用者故事 — User's Story —

Raymond



在2017年，前列腺癌在男性最常見的癌症中排第三位，佔男性癌症新症總數的13.3%

In 2017, prostate cancer was the third most common cancer in men and accounted for 13.3% of all new cancer cases in males.

來源：衛生署衛生防護中心

Source: Centre of Health Protection, Department of Health



我在2011年患上腸癌，我比起其他人更為幸運，因為我知道癌症能為我帶來的痛楚，可以比我經歷的更為嚴重。在八年前，我只需要進行手術，不需要接受化療及放射治療。在完成治療後，我一直想辦法回復健康的體態，當我發現了銘琪癌症關顧中心後，我決定到訪一趟。

銘琪中心當時只是在鐵貨櫃屋裡營運，中心環境雖小，卻像家一般溫馨，提供的癌症支援服務亦甚為全面。我參與了不少活動，例如音樂治療小組、太極、氣功、靜觀及男士支援小組。能在復康路上得到銘琪中心的協助，我感到非常幸運。我也樂於跟新到訪中心的人分享我的經歷，因此，我參與了同行者訓練課程，成為關懷受癌症影響人士的「同行者」，也成為中心的常客。

I was diagnosed with colon cancer in 2011. I felt I was fortunate because I knew cancer could be much worse. At least I only had to take the surgery but not the chemotherapy and radiotherapy treatments 8 years ago. After recovering, I was desperate to put my body back in shape. There and then I came to know the name: Maggie's Cancer Caring Centre and decided to pay a visit.

As I recalled, Maggie's Centre, in short, was just an iron cabin at that time. The Centre was small, but to my surprise it was very homely inside, and the cancer care services provided there were comprehensive. Therefore I decided to take up a number of the programmes such as music therapy group, Tai Chi, Qigong, meditation and a support group for men. I felt very fortunate to be able to use the Centre which helped a lot in my cancer rehabilitation. I was keen to use my experience to help other new Centre visitors. That's why I took up the Befriender Training Course and became a befriender and a frequent visitor of the Centre.

銘琪的永久中心於2013年落成，迎來更多到訪者，身為同行者的我亦更投入這義務工作。不過，在2017年我得知一個震驚的消息：我患上前列腺癌第四期，並已擴散至骨骼。雖然我是個樂觀的人，不會懼怕任何困難，但化療、放射治療等帶來的痛楚實在令人吃不消。我甚至因為治療的副作用而痛得下不了床。最令人難以接受的是，醫生告訴我現時沒有任何一款標靶治療奏效。

「漫長的治療仍在進行中，慶幸銘琪中心一直給予我支援，令我能忘卻身體的痛楚繼續生活。」

“The treatment process has been long and is still going on. Maggie’s Centre is always my best support! It gives me the motivation to move ahead and do something regardless of the physical discomfort.”

The permanent Centre of Maggie’s was established in 2013. My role as a befriender became a much larger commitment as I noticed more and more visitors coming to the Centre. In 2017, it came as a shock to me that I was stricken again with another disease, namely prostate cancer, stage 4; and the cancer has already spread to my bones. Although I have always been an optimistic person and not that afraid of difficulties, it was still tough to take the physical suffering and many cancer treatments such as chemotherapy, radiotherapy and other medications. The treatment side effects made the pain in my body so intense that sometimes I couldn’t even get out of my bed. To my greatest surprise, I was told by my doctor that there was currently not any available targeted therapy suitable to my case.



銘琪中心音樂治療合唱團於「銘琪癌症關顧中心及勵駿公益關懷基金呈獻－聖約翰座堂聖誕音樂會2019」中表演。
Maggie’s Centre Music Therapy Choir performed at Maggie’s Centre’s annual fundraiser “Maggie’s Cancer Caring Centre & Legend Charity Foundation presents –The Fayre of St. John’s 2019”

我在恬靜的環境中如常參與各種活動，或一邊喝茶，一邊享受悠閒、療癒的时光。當我身體不適或對治療有疑慮，中心的腫瘤科護士可以立刻提供正確、實用的資訊。當我食慾不佳或體重下降，我可以參加營養工作坊，或向註冊營養師諮詢。參加了音樂治療課程後，我在音樂治療師的指導下演奏樂器，暫時忘記疼痛，同時向其他人表達我的心聲。當我感到失落、甚至感到迷茫時，社工及臨床心理學家的支援令我放鬆。我亦遇到了很多跟我有類似經歷的同路人，我們逐漸成為好友，互相扶持。當我住院時他們更每天為我熬湯。雖然我的女兒十分關心我，但她住得較遠，即使想照顧我也力有不逮。銘琪中心就像我第二個家一樣，給予我安全感、歸屬感以及溫暖。

由從前的鐵貨櫃屋，到現時溫馨舒適的永久中心，銘琪中心的外貌雖已煥然一新，但職員依舊不辭勞苦地協助我們。我很榮幸能夠在此向銘琪中心表達我的感激之情。

It provides me with a soothing environment to take part in various activities as 'normal', or just to enjoy a cup of tea in a healing space. When I feel weak or have any doubts about my body and treatment, I can talk with the oncology nurses there immediately to get right and practical information. When I have appetite or weight concerns, I can join a nutrition workshop or see the Centre dietitian for professional consultation. I've joined their music therapy programme. I could temporarily forget the pain I suffered while playing musical instruments with the guidance of the music therapist and sharing my feelings with others at the same time. Whenever I am down, or sometimes feeling lost, the support from a social worker or psychologist would help relieve my stress. I could also meet with a lot of fellow patients who shared similar situations with me, and we become friends gradually and support each other during difficult times. When I was hospitalised, they even came to visit me with a bowl of soup every day. Although my daughter cares about me very much, she lives far away and cannot support me as much as she wants. Maggie's Centre is really my second home which makes me feel safe, warm and that I belong.

The look of the original, temporary Centre is very different from the permanent one, but what remains unchanged is the loving heart of the friendly staff members who continue to devote themselves in serving us. I am very grateful for this opportunity to show my gratitude to Maggie's Centre.

活動及服務介紹 Programme and Service

網上營養講座及煮食示範

Online Nutrition Workshop and Cooking Demonstration

講者：註冊營養師潘仕寶女士

Speaker: Registered dietitian Ms. Sally Poon

25/3/2020 (三 Wed) 11:00a.m. – 12:00p.m.

雞有激素，癌症患者可以吃嗎？

Can we eat chicken that contains growth hormone?

煮食示範: 南瓜粟米肉碎小米粥 Pumpkin, Corn and Minced Meat Millet Porridge

7/4/2020 (二 Tue) 11:00a.m. – 12:00p.m.

進食糖分會促進癌細胞擴散嗎？

Does sugar promote cancer cell growth?

煮食示範: 水果乳酪芭菲 Fruit and Yogurt Parfait

14/4/2020 (二 Tue) 11:00a.m. – 12:00p.m.

秋葵可以降血糖？

Does okra lower glucose?

煮食示範: 秋葵炒蛋 Stir-fried Okra and Eggs

贊助機構

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愛心聖誕大行動

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活動時間表

Activities Schedule



中文版本



English Version

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錯過了我們的網上講座？請追蹤我們的Facebook及Instagram，我們會更新網上講座的最新資料及網上重溫鏈結。

Miss our online workshops? Follow our Facebook and Instagram NOW to get notified whenever we have new clips!



吃甚麼食物有助增強抵抗力？

What kind of food can help build up good body immunity?

煮食示範: 日式三文魚豆腐雜菜鍋

Demonstration: Japanese Salmon Tofu and Vegetable Hotpot



海參有抗癌效果？是否需要日日吃？

Can we eat sea cucumber to prevent cancer?

煮食示範: 海參豆腐羹

Demonstration: Sea Cucumber and Tofu Soup



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每月捐款 盡顯愛與關懷

A Monthly Donation that keeps us going



立即支持
Support us NOW!



鑑於社會各種不利因素，作為一間非政府資助的慈善機構，預料2020年將會為我們的籌募工作帶來更艱鉅的挑戰。因此，您的每月捐款尤其重要，能幫助受癌症影響人士度過難關、重建人生。

2017年，香港的新確診癌症個案逾33,000宗，按年上升5.1%。這意味著更多人士或家庭將受癌症影響，需要面對治療所帶來的痛苦、壓力和負擔。

你的慷慨捐助能讓我們繼續為受癌症影響人士提供免費及專業的支援。

As an independent charity without government subvention, 2020 is a tough year for fundraising given the unfavourable circumstances around us. Joining monthly donation scheme is a way to give a helping hand to people affected by cancer and we believe every dollar counts.

In 2017, the number of new cancer cases reached a record high of over 33,000 in Hong Kong, a 5.1% rise as compared with last year. More individuals and their families are affected and have to deal with exhausting treatment and difficult emotions.

Your generosity can help Maggie's Centre continue to provide FREE comprehensive cancer care to those in need.

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

由清水灣鄉村俱樂部全力協辦

In association with The Clearwater Bay Golf & Country Club

活動已延至27/7/2020(一)於清水灣鄉村俱樂部舉行。

The event is now rescheduled to 27/7/2020 (Monday) at The Clearwater Bay Golf & Country Club.

主辦機構 Organised by



冠名贊助 Title Sponsor



全力協辦 In association with



迷城·城市定向慈善賽2020

Mystery in Town · Charity City Hunt 2020

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



活動延期

偵探主題
城市定向
慈善賽

Detective-theme
Charity City Hunt

路線：屯門
Route: Tuen Mun

鬥智鬥力 解鎖謎題 為受癌症影響人士籌款
A race of wits and energy to raise fund for people affected by cancer

鑑於近日新型冠狀病毒疫情發展，「迷城·城市定向慈善賽」將會延期。我們會持續留意疫情發展及作仔細評估，比賽日期將容後公佈。報名截止日期及善款繳交日期亦會順延。現時比賽仍然接受報名，請支持及參與這個最新的籌款活動！

In response to the coronavirus outbreak, "Mystery in Town · Charity City Hunt" will be postponed. We will continue to review the situation and announce a rescheduled date in due course. Enrollment and payment deadline will be deferred accordingly and we are still open for registration. Come and support our brand new fundraiser!

活動回顧 Events Recap

銘琪癌症關懷中心及勵駿公益關懷基金呈獻 – 聖約翰座堂聖誕音樂會2019

Maggie's Cancer Caring Centre & Legend Charity Foundation presents
The Fayre of St. John's 2019



由銘琪中心主辦的年度重點籌款活動「聖約翰座堂聖誕音樂會」已於2019年12月12日圓滿舉行，並獲得超過350位善長出席支持。當晚於中環聖約翰座堂舉辦音樂會，並於置地文華東方酒店MO Bar舉行演後派對及慈善拍賣。

當晚一共為受癌症影響人士籌得超過160萬元善款。感謝各位善長及贊助商的愛心及慷慨支持！

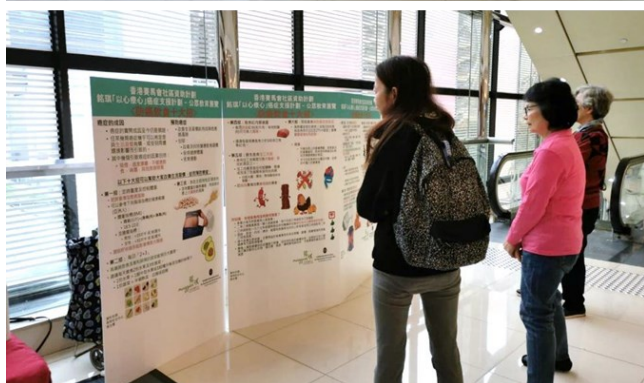
Maggie's Cancer Caring Centre & Legend Charity Foundation presents – The Fayre of St. John's 2019 was a great success on 12 December 2019 with over 350 generous donors in attendance, followed by an after-party and charity auction at MO Bar, The Landmark Mandarin Oriental.

The evening raised above HK\$1.6 million to help those touched by cancer. A big thank you to all donors and sponsors for sharing their love and generosity with us!

活動回顧 Events Recap

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: Jockey Club Emotional & Psychosocial Support Programme

防癌飲食公眾教育展覽 Diet and Cancer Prevention - Public Education Exhibition



銘琪中心於2019年12月21日至22日在屯門市廣場舉辦防癌飲食公眾教育展覽，獲近700多人參與。

我們除了展出防癌飲食的資訊外，腫瘤科護士及註冊營養師亦即場提供免費諮詢服務，並派發防癌飲食書冊。

Maggie's Centre presented a cancer prevention exhibition at Tuen Mun Town Plaza from 21/12/2019 to 22/12/2019. Over 700 participants visited the exhibition.

Not only did our oncology nurse provided practical consultation on-site, our registered dietitian also offered free consultation service and distributed cancer diet booklets.

捐助機構

Funded by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心 同步 同進 RIDING HIGH TOGETHER