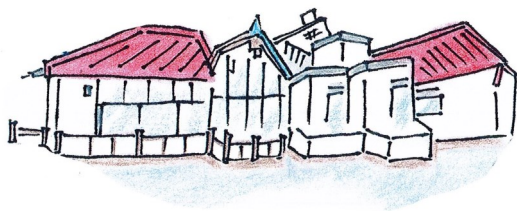




銘琪癌症關顧中心 2020 第二期通訊

Maggie's Cancer Caring Centre
Newsletter – 2nd Issue 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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琪其的故事

Kei-ki's Story

安心與安穩 Relieved



疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

到訪中心前，確診的琪其充斥著滿腦的疑問，除了擔心自己的病情會否好轉，其對化療知識的不理解及金錢上的顧慮也讓她感到非常徬徨。可幸的是她認識了銘琪中心，雖然由於疫情關係，當她第一次到訪中心時門外已張貼告示，表示中心暫停面對面活動以減低傳播風險，但是中心的姑娘看到無助的她便邀請她進來傾談，好讓她了解中心的資源及服務，讓她嘗試放下心中的枷鎖。

Kei-ki had a lot of questions and doubts about cancer before visiting Maggie's Centre. She was not only worried about her health condition, but she was also troubled by her lack of cancer knowledge and the financial burden. When she first visited Maggie's Centre, she saw a notice at the door that the Centre had temporarily suspended face-to-face activities to reduce the health risk under the Coronavirus outbreak. However, the Centre's nurse saw the fear on her face and, therefore, invited her to come into the Centre anyway, introducing its cancer support resources and services.

疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

儘管中心於疫情期間只能提供有限度的服務，但中心仍積極透過電話及電郵分享實用的資訊。而當琪其遇到疑問或感到困擾時，她也能致電給中心姑娘傾訴及諮詢。對琪其而言，這是一通很珍貴的電話，她說：「中心職員使我感到安心及安穩。」。琪其也因此放下心中許多的顧慮，把所有不安的情緒一一抹走。

另一方面，當琪其得知其病情後，因種種的不確定性及家人年事已高，為了不讓她們費心而於家人面前難以啟齒。可是，當她聽從銘琪中心的姑娘細心解釋後，便勇於向家人訴說病情。不僅琪其，連她的家人也同樣感到安心及支持。

縱使患上了癌症，但是琪其也積極面對並認為這是一個學習成長的機會。她勉勵其他患者需要時常保持開朗並進食有營養的食物，才能夠有效幫助病情。

Although the Centre can only provide limited cancer support services during this difficult time, it continues to share practical information to our users through phone and email correspondence. So, when Kei-ki had any doubts or discomfort, she could still contact our nurses for useful advice. Without fail, the calls always brought her some relief. She said, "Maggie's Centre's staff always made me feel relieved."

Moreover, when Kei-ki was newly diagnosed with cancer, she found it difficult to open up to her family because she did not want her elderly parents to worry about her — especially when there were still so many uncertainties. Nevertheless, she finally got the courage to tell her parents after consulting the nurse at Maggie's Centre. In this way, not only Kei-ki, but also her family were put at ease upon receiving support from Maggie's Centre.

Even though Kei-ki was diagnosed with cancer, she faces it positively and believes that it is an opportunity to learn and grow. She also encourages other cancer patients to remain positive, as well as consuming nutritious food for the sake of their overall well-being.

順子的故事

Iris's Story

支持 Support



疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak



在疫情下，順子經歷了不少事情，使她感到被所有人遺棄。那時，順子的家中出現了問題，幸好銘琪中心的臨床心理學家細心聆聽她的情況並給予分析，讓她明白所有事情總有解決的方法。

During the Coronavirus outbreak, Iris experienced a lot of feelings of isolation and abandonment. At the time, she also experienced some family challenges which further frustrated her. Luckily, upon receiving useful advice from the clinical psychologist at Maggie's Centre, she started to believe that there is always a light at the end of the tunnel.

疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

儘管如此，順子也曾因誤以為自己染上了新型冠狀病毒而再次感到無助。她曾兩度向私家醫生求診，他們都勸籲她進行病毒檢測。在這徬徨之際，恰巧中心當天舉行網上靜觀工作坊，順子便在工作坊的聊天室留言：「對不起，我不能參加，因為我的情緒和健康都不太好。」。這時候，導師及各參加者都不忘問候順子，而中心的職員和心理學家也在工作坊完結後分別致電給順子慰問和跟進。這使情緒低落的順子頓時感到備受關心及支持，她再也不是自己一人面對生活的挑戰。

在這段困難時間，順子也十分慶幸能夠透過中心的網上平台與中心職員和同行者交流及分享，例如她可從網上營養工作坊學習不同的烹調心得，讓她活到老學到老，不斷在學習中成長。順子盼望疫情結束後，她能夠昂首闊步地走到中心，與同行者及中心職員再次碰面、彼此問候與關懷。

At one point Iris mistakenly believed that she had been infected by the Coronavirus and thus felt so helpless. She had sought medical consultation from private clinics twice and both times doctors advised her to do a test for Coronavirus. It so happened that, around the same time, the Centre held an online meditation workshop. Before starting the workshop, Iris voiced her concerns at the chatroom and said “Sorry, I am worried about my health and am feeling a bit upset, so please excuse me from the workshop.” The instructor and users showed their care to her so she felt empowered to join in anyway. After the workshop, the Centre’s staff and clinical psychologist also followed up with a call to comfort her. It made Iris feel great warmth and that she was cared for, and she did not feel lonely when she faced difficulties.

Iris was so glad that she could share her thoughts with the Centre’s staff and fellows through the Centre’s online platform during this difficult time. She was also able to learn different nutrition tips from their online nutrition workshop, enabling her to keep learning during the journey. Iris is looking forward to meeting the staff and fellows at Maggie’s Centre again to share love and care when the Coronavirus subsides.

國友的故事

Kwok-yau's Story

鼓勵 Encourage



疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

在疫情霧霾下，國友因口罩數量不足而感到驚惶失措。就在此無助之時，她收到銘琪中心的信息，歡迎中心使用者索取抗疫物資。不消數天，她便收到了中心寄來的口罩及增強身體的保健飲品。這刻，中心的關懷讓國友感到如家人般溫暖外，她的家人也替他感到很開心。

另一方面，國友在這段時間總感到渾渾噩噩、百無聊賴。但是當中心姑娘主動致電問候她的近況時，她的心已安穩了不少，更因聽到姑娘熟悉的聲線及主動的關心而感到格外高興。國友表示中心的姑娘值得信賴，所以當姑娘在電話中教導、提醒及鼓勵她需要做適當運動時，能給予她無比的推動力，使她也積極為自己打氣。這些電話的慰問和鼓勵無疑令國友獲得精神寄託，就如一枝拐杖於她軟弱無力時為她攙扶，讓她的內心感到踏實。

Under the Coronavirus outbreak, Kwok-yau was extremely anxious due to the inadequate supply of surgical masks. But right away, she received a message from Maggie's Centre that they would offer anti-epidemic supplies to Centre users. In just a few days, Kwok-yau received some surgical masks and healthy drinks from the Centre. It made her feel cared for and her family was also happy for her.

During this time, Kwok-yau felt very bored at home. However, when she received a call from the oncology nurse of Maggie's Centre, she was so delighted as she heard a familiar voice which was friendly and caring. Furthermore, Kwok-yau regarded the nurse as a reliable and trustworthy person. Thus, when the nurse instructed, reminded, and encouraged her to do exercise regularly, it was indeed a powerful motivator for her and helped to cheer her up. The call was definitely "a shot in the arm" for Kwok-yau, making her feel at once energised and at ease.

疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

此外，國友於疫情下比往常更擔心自己的身體狀況，其壓力之大不言而喻。幸好，她以前在中心參加過不少課程，例如鬆弛課程和靜觀練習等，這些都能幫助她舒緩壓力。她說道，雖然中心的資源有限，但中心的每位職員都盡心付出，已讓她精神得到支柱、心靈得到慰藉，助她度過這艱難的時刻。

More than ever, Kwok-yau was concerned about her health, especially in the face of the Coronavirus outbreak. She was fortunate to enroll in some of the online workshops held by Maggie's Centre. For example, when she participated in the online meditation and relaxation course, it helped to reduce her stress and anxiety significantly. Kwok-yau reported that "Every staff at Maggie's Centre was remarkably supportive and devoted, empowering people affected by cancer to live positively even when resources are limited during this challenging time."

美玲的故事

Mei-ling's Story

傾訴 Confide



疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

在疫情下，美玲雖然對病毒不太恐懼，但是由於她需要再次接受新的癌症療程，所以她很害怕再次拖累家人，加上早前她的身體也感到不適，擔心如需入院便不能與家人見面。儘管美玲打從心底接受患病的事實，可是她無論在心理或生理層面上都承受著不少壓力，令她再次感到忐忑不安，也擔憂治療的成效。幸好，中心現時雖然暫停面對面的活動以減低傳播風險，但若然真的有急切需要，中心姑娘也會邀請她個別進來面談。而且，中心在這段困難時期仍為中心使用者提供電話諮詢服務，讓美玲能夠及時向中心姑娘尋求意見。因此，當她到醫院覆診時，便能更好地理解醫生對其病情的闡釋。她說：

「如果這段時間沒有中心的幫忙，我一定會感到十分害怕。」。

In the face of the Coronavirus outbreak, Mei-ling was not extra concerned. What did worry her was that she needed to start a new cancer treatment during that time. Not only was she concerned that her situation would bring additional burdens to her family, but she also worried that, given the social distancing measures, she would not be able to see her family if she had to be hospitalised. Although Mei-ling could accept this fact, it added unto psychological stress on top of the usual concerns cancer patients have about the effect of their cancer treatments. Fortunately, even though Maggie's Centre had temporarily suspended face-to-face activities in general to minimise the health risks, the Centre's nurses were still open to meeting in person to discuss any urgent fears. Moreover, the Centre still offered phone consultations during this period, so Mei-ling could seek timely advice from the nurses before she went to the hospital for a follow-up consultation with her doctors. For Mei-ling this meant, "If I did not have the support and help provided by the Centre during this period, I would have felt very hopeless and afraid."

疫情下，中心使用者的故事

Cancer Story - How they face the Coronavirus outbreak

美玲認為中心是一道重要的橋樑，雖然哭泣能夠幫助情緒抒發、暫時舒緩壓力，然而與同路人和銘琪中心傾訴才能真正讓她在心理上得到切實的幫助。儘管她亦讚揚醫院的醫護人員能在生理上給予幫助，她也鼓勵患者向前踏出多一步，主動到中心尋找心理上的支援，讓身、心、靈得到全面的照顧。

Mei-ling believes that Maggie's Centre is a vital communication bridge. Although crying is one way to express and reduce distress temporarily, confiding to the peers and staff at Maggie's Centre is a longer term solution for psychological well-being. Mei-ling appreciates that healthcare professionals at the hospitals help reduce her physical discomfort, but she encourages other cancer patients to seek psychological support, enabling themselves to improve their overall quality of life.

活動及服務

Programme and Service

為癌症患者、康復
者及其家屬而設

For People affected
by cancer

在疫情下，雖然中心暫停對外開放，但是中心的專業團隊 (包括護士、社工、營養師及心理學家) 仍繼續為癌症患者、他們的家庭、朋友及照顧者提供電話和電郵的諮詢及心理輔導服務。

In response to the Coronavirus outbreak, our Centre has temporarily suspended face-to-face services. However, our multi-disciplinary team (oncology nurses, social workers, dietitian and clinical psychologists) continues to offer phone and email consultation for people affected by cancer, including patients, their family, friends and caregivers.

- ◆ 癌症資訊、情緒及心理支援
- ◆ 護士諮詢、有關癌症化療及電療副作用的護理
- ◆ 營養師諮詢服務
- ◆ Informational, Emotional & Psychological Support
- ◆ Managing Symptoms and Side Effects
- ◆ Dietitian Consultation



活動及服務

Programme and Service

為癌症患者、康復
者及其家屬而設

For People affected
by cancer

我們亦會定期於網上舉行不同類型的工作坊，包括：

We also regularly hold different online workshops, including :

- ◆ 營養工作坊 Nutritional Workshop
- ◆ 心理教育講座 Psycho-educational Course
- ◆ 運動工作坊 Exercise Workshop
- ◆ 抗疫香薰治療講座 Anti-epidemic Aromatherapy Talk
- ◆ 支援小組 Support Groups for People with Cancer / Carers



追蹤我們
獲得最新資訊

Follow us
to stay tuned

錯過了我們的網上講座？不用擔心！

你可以追蹤我們的 Facebook (/銘琪癌症關顧中心)或掃描下列的二維碼，隨時隨地重溫我們的網上講座及查閱最新資訊。

現在就來重溫剛舉行的網上營養工作坊及盤底肌肉運動班。

Missed our online workshops?

Follow our Facebook (/maggiescentrehongkong) or swipe the below QR code to find the past clips on our website.

Let's revisit the nutrition workshops and the exercise workshops NOW.

網上資源
Online Resources



中文版本



English Version

重溫網上工作坊

Revisit our Online Workshops



秋葵可以降血糖？

煮食示範：秋葵炒蛋

Can okra lower the blood sugar level?

Cooking demo: Stir-fry okra with eggs

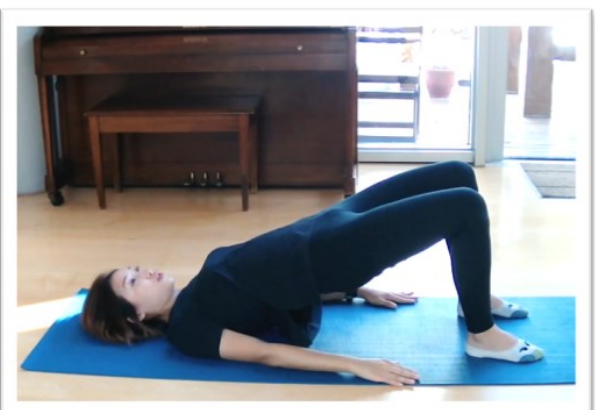


吃素可以預防甚至醫好癌症？

煮食示範：日式炒牛蒡絲

Can becoming a vegetarian help prevent or even cure cancer?

Cooking demo: Japanese Stir-fried Burdock



盤底肌肉運動班

導師：香港體魄健身教練

Pelvic Floor Exercise Workshop

Tutor: Hong Kong Corporis



每月捐款 – 盡顯愛與關懷

A Monthly Donation that keeps us going

由食物及衛生局公佈的《香港癌症策略 2019》指出在過去五年，平均每日有 **35 人** 被癌症奪去寶貴的生命。

在 2019 年，銘琪中心錄得**超過 28,000 到訪的人次**，意味著有更多受癌症影響人士需要我們的資訊、情緒及心理支援服務。

According to The Hong Kong Cancer Strategy Summary Report 2019 published by the Food and Health Bureau, cancer took the lives of an average of 35 individuals from their loved ones every day in the past five years.

In 2019, Maggie's Centre received over 28,000 visits. It reflects the increasing demand for our informational, emotional and psychosocial support services from the cancer population.

你的每月捐款可以幫助中心持續地為癌症患者及其家人提供一系列免費的癌症支援服務，包括 ——

Your regular gift will enable us to sustain the ongoing running of a series of cancer support programmes, including -

立即行動！

Support NOW!



- 表演藝術治療 **Expressive Arts Heals**
- 營養飲食支援 **Eating Well Through Cancer**
- 運動工作坊 **Get Active and Positive**
- 銘琪之友 **Maggie's Friend**



助人・自助
Help yourself
while
Helping us



歡迎登記
BOOK A SPOT AT OUR

網上法律諮詢
VIRTUAL LEGAL CLINIC

取得快捷且專業的法律意見，同時在疫情下助人自助！
Get preliminary legal advice and contribute to our COVID-19 relief efforts!

法律諮詢提供
Presented by

jc legal
hospital solutions

社區夥伴
Community Partner

銘琪
癌症關懷中心
Cancer Caring Centre

香港律師事務所 **JC Legal** 推出網上法律諮詢服務，透過加密且一對一的電話及視像會議，註冊律師會為客戶提供快捷及專業的法律諮詢服務。感謝 **JC Legal** 指定銘琪中心為是項服務的受惠伙伴，部分諮詢費用收益將會撥捐予我們，惠及受癌症影響人士。

JC Legal, a dynamic law firm, has launched the "Virtual Legal Clinic" for anyone needing quick legal advice from a qualified lawyer by phone call or secure video conferencing.

We are grateful for being designated the community partner of this service. Part of the consultation fee will go to Maggie's Centre to support people touched by cancer.

了解更多
More information



中文版



English version

助人 · 自助
Help yourself
while
Helping us

慈善香水酒精搓手液工作坊

Charity Perfume Scented Hand Sanitiser Workshops

日期 Date : 19, 26/6/2020 , 17, 24, 31/7/ 2020 (五/Friday)

時間 Time : 5:30p.m. - 6:15p.m.

地址 Address : 上環差館上街 18 號地下

G/F, 18 Upper Station Street, Sheung Wan

費用 Price : 港幣 200 元正 (只收現金)

HK\$200 per head (Cash only)

如有興趣參加者，請 – | If you are interested, please –

電郵 Email: info@parfumerietresor.com

電話 Tel: 2711 5952

WhatsApp: 6510 0922

銘琪中心也很榮幸獲 **Parfumerie Trésor** 指定為受惠伙伴。

Parfumerie Trésor 將於 6 月至 7 月期間舉行 5 場**香薰酒精搓手液工作坊**，讓參加者學習香水知識及親手製作一枝獨一無二的酒精搓手液。

工作坊的報名費用將全數撥捐予我們，幫助受癌症影響人士。

We are also thankful for being designated the community partner of Parfumerie Trésor.

Parfumerie Trésor will be holding 5 **Perfume Scented Hand Sanitiser Workshops** in June and July. Participants will learn the basics of what artistic perfumes are and make their own perfume scented hand sanitiser.

100% of the attendance fee raised from the workshops will go to Maggie's Centre in support of people affected by cancer.

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



活動將於 27/7/2020(一)在清水灣鄉村俱樂部舉行。

The event is rescheduled for **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



銘琪開講—肺癌系列：痛症管理

Online Lung Cancer Public Seminar — Pain Management



銘琪中心於 2020 年 5 月 30 日舉行網上健康講座。是次講座邀得註冊藥劑師謝綺雯女士及本中心的高級臨床心理學家陳俊雄博士為大家講解慢性痛症管理。

如您錯過了今次講座，又希望獲得臨床心理學家的專業諮詢，歡迎致電 **2465 6006** 與我們聯絡。

Maggie's Centre held an online health talk on 30th May 2020. Dr. Albert Chan, Senior Clinical Psychologist of Maggie's Centre, and Ms. Iris Chang, Registered Pharmacist, had shared practical tips on pain management.

If you missed the talk and want to get advice from our clinical psychologists, please call us at **2465 6006**. Our colleagues will be here to assist you.

銘琪開講—肺癌系列：痛症管理

Online Lung Cancer Public Seminar – Pain Management

慢性痛症管理及改善睡眠質素

Chronic pain management and tips
of improving sleep quality



疼痛管理及正確藥物使用

Pain management and proper use
of medicines

