

## Activities Schedule | May – June 2019

### Informational, Emotional & Psychological Support

Visitors may just drop in or make an appointment to see one of our professional staff (cancer support specialist, clinical psychologist or social worker) to get support and learn strategies in dealing with a diagnosis of cancer and its consequences.

- **Monday to Friday 9:00a.m. – 5:00p.m.**

### Managing Symptoms and Side Effects (Oncology Nurse Consultation)

Meet with an oncology nurse to receive accurate and in-depth informational support to know more about what cancer is, what the treatment options are, how to manage side effects, and other practical ways to help yourself cope better during your cancer journey.

- **Monday to Friday 9:00a.m. – 5:00p.m.**

### \*Dietitian Consultation

Meet with a registered dietitian to get diet tips and practical nutrition advice. Come set your goals with us and we are here to help you eat right and stay healthy!

- **Date and time to be arranged by Centre staff**

### @ Relaxation – Individual and Group

Relaxation and stress management techniques can significantly reduce emotional distress and promote healthy psychological and physical adjustment to a cancer diagnosis. There are individual and group sessions to meet different needs.

**Group: Every Monday, Wednesday and Friday 2:00p.m. – 3:00p.m.**

**Every Friday 11:00a.m. – 12:00p.m.**

**Individual: By appointment**

### @ Meditation

Meditation enhances awareness of physical sensations and emotional feelings. Regular practice also promotes relaxation, creates a sense of well-being and helps reduce problems such as pain, sleeping difficulties and other challenges associated with cancer.

- **Practice: Every Tuesday, 9:15a.m. – 12:15p.m. (20 – 40 minutes per session)**
- Class (8 sessions): 8 sessions, 10 May – 5 July, 2019 (Fri) 9:30a.m. – 12:30p.m. (except 7 June 2019)**
- **Day Camp: 8 June, 2019 (Sat) 9:30a.m. – 8:30p.m.**
- **Evening Camp: 2 May & 6 June, 2019 (Thu) 5:00p.m. – 8:30p.m.**

### Chinese Tea Tasting Workshop

Are you interested in Chinese tea or traditional tea art and culture? You may come along for an amazing tea appreciation session hosted by our befrienders, where you may gladly indulge in a relaxing and enjoyable tea tasting experience for yourself, and interact with other participants affected by cancer.

- **Every Thursday, 2:00p.m. – 4:00p.m.**

## Psycho-educational Courses

Courses are designed by our clinical psychologists to meet particular needs of people affected by cancer.

### **@ Relaxation Workshop - Progressive Muscle Relaxation Exercise and Mental Imagery Relaxation**

Relaxation can ease depression and anxiety. Join our relaxation workshop led by our clinical psychologist and learn the relaxation techniques to ease your body's tension.

- **17 May, 2019 (Fri) 2:00p.m. – 3:15p.m.**

### **@ Relaxation Workshop for Improving Sleep Quality**

People who are going through cancer treatment may often feel depressed, anxious and this can affect their sleep quality. Our clinical psychologist will introduce the how relaxation can contribute to a better sleep cycle and improve insomnia.

- **10 - 24 June, 2019 (3 consecutive Mondays) 3:30p.m. – 5:00p.m.**

### **# Where Now?**

Where Now? is a course for people who have finished cancer treatment. The course offers different aspects of support including exercise and nutrition advice, emotional management and tips for the transition back to work.

- **Day Course: 2 May - 13 June, 2019 (7 consecutive Thursdays) 2:00p.m. – 4:00p.m.**
- **Evening Course - Class A: 3 June - 29 July, 2019 (7 consecutive Mondays) 7:00p.m. – 9:00p.m. (Except 1 and 8 July)**
- **Evening Course - Class B: 17 July - 28 August, 2019 (7 consecutive Wednesdays) 7:00p.m. – 9:00p.m.**

## Health Talk

### **Pharmacist's Talk – Correct Usage of Painkiller**

You may be hesitant on taking painkiller because of its side effect. Join this pharmacist's talk to learn the proper way of using painkiller and avoid drug abuse.

- **26 June, 2019 (Wed) 9:30a.m. – 11:00p.m.**

### **Safe Disposal of Medicines**

Save the environment by disposing your leftover medicine in a right way! Flushing medicines may bring sea pollution and affect eco food chain. Come over to our Centre, the pharmacist from College of Pharmacy Practice will help to collect and dispose your leftover medicines.

- **26 June, 2019 (Tue) 9:30a.m. – 11:00a.m.**

### **Head and Neck Cancer Talk: Swallowing and Head and Neck exercise**

Maggie's Centre invites experienced speech therapist to share practical tips on swallowing, head and neck exercise before and after radiotherapy, as well as diet tips after completing radiotherapy.

- **28 May, 2019 (Tue) 11:00p.m. – 12:30p.m.**

### **Doctors Talk – Fight against lung cancer**

Maggie's Centre invites experienced oncology doctor to share the cause of lung cancer and its related therapy. Feel free to join the talk and raise out your concern on lung cancer!

- **27 May, 2019 (Mon) 3:30p.m. – 5:00p.m.**

### **Chinese Health Talk**

Registered Chinese medicine practitioners share knowledge on Chinese nutrition and the use of different combinations of seasonal herbs and foods to help improve general health.

- **30 May, 2019 (Thu) 9:30a.m. – 10:30a.m.** summer regimen
- **6 June, 2019 (Thu) 9:30a.m. – 11:00a.m.** health care in summer
- **27 June, 2019 (Thu) 9:30a.m. – 10:30a.m.** nutrition tips during the rehabilitation

### **Exercise Workshop**

#### **Exercise on strengthening the lungs**

Led by physical instructor from Hong Kong Corporis, participants can train their balance of body in order to reduce the risk of getting hurt when doing exercise. It can also enhance the connection of nervous system and improve physical well-being.

- **Class A: 22 May, 2019 (Wed) 11:00a.m. – 12:00p.m.** (Priority goes to lung cancer users)
- **Class B: 22 May, 2019 (Fri) 12:00p.m. – 1:00p.m.**

### **Soft Yoga Workshop**

*(For Tuen Mun Hospital oncology nurses and Maggie's Centre staff, Centre users are welcomed if any vacancy left)*

Do you feel physically and mentally exhausted recently? Maggie's Centre tailored a soft yoga workshop for beginners. This workshop will teach you stretching, asanas and relaxation. It helps to ease your stress and improve overall well-being. Join us for a detox and keep fit.

- **The 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month,  
3 & 17 May, 14 & 21 June, 4:00p.m. – 5:30p.m.**  
**Reminder: Please wear sportswear and bring a towel if needed. Avoid full stomach or have a light meal 1 hour before the class.**

### **Chinese Painting Workshop**

Come learn the fundamental techniques in this Chinese painting workshop – relax and enjoy yourself and let your creativity flow free!

- **Every Wednesday, Date TBC (4 sessions), 3:30p.m. – 5:00p.m.**

## \*Eating Well

### Nutrition Talk

Choosing fresh ingredients and using low fat cooking method are great ways for people to stay healthy. The talk will introduce nutritional recipes and tips to eat healthy.

- **2 May, 2019 (Thu) 9:30a.m. – 11:00a.m.** Mediterranean diet
- **16 May, 2019 (Thu) 9:30a.m. – 11:00a.m.** DASH diet – reducing blood pressure
- **13 June, 2019 (Thu) 9:30a.m. – 11:00a.m.** Nutrition Label
- **27 June, 2019 (Thu) 2:00p.m. – 3:30p.m.** Eat well, sleep well!

### Nutrition Q & A

We know there are lots of myths and false information around the internet. Why not join our Nutrition Q& A and talk to our dietitian about your nutrition concerns.

- **8 May, 2019 (Wed) 10:30a.m. – 11:30a.m.** Does consuming suitable amount of alcohol and red wine good for health ?
- **23 May, 2019 (Thu) 10:30a.m. – 11:30a.m.** Can we drink tea or coffee?
- **10 June, 2019 (Mon) 2:00p.m. – 3:00p.m.** Do handmade fruit vinegar and enzyme food good for our health?
- **20 June, 2019 (Thu) 10:30a.m. – 11:30a.m.** Can we eat dessert and high carbohydrate food?

### Consultation Sessions

Our dietitian Sally will be stationed at Maggie's Centre to offer free individual or family nutrition advice and diet tips for anyone affected by cancer. Book in advance with our Centre staffs now.

- **Date and time to be arranged by Centre staff**

## Mindful Yoga

Our professional Yoga instructors teach participants different poses that are best for people with cancer. Through practising these poses and focusing on their breathing, participants become more relaxed, experience greater inner calm and can gain physical, mental and spiritual benefits.

- **Introduction Talk: 29 May, 2019 (Wed) 11:00a.m. – 12:30p.m.**

## Music Therapy

Led by a professional Music Therapist, Maggie's Choir and other MT programmes allow participants to become healthier in mind and body by encouraging them to express their thoughts and feelings in a musical, fun, creative and therapeutic way. These programme activities, which are especially helpful in easing side effects of Head and Neck cancer treatments, include choral singing, song writing, and instrument learning.

➤ **Maggie's Music Therapy Choir: Every Tuesday 3:15p.m. – 4:45p.m.**

(Funded by The D. H. Chen Foundation)



➤ **Talk: Music Therapy Well-being Group** (Funded by The D. H. Chen Foundation)

Music brings us lots of joy and is a natural remedy, which can help us relax and reduce feeling of pain. Through listening to music, singing, learning music rhythms, analysing melody and lyrics, instrumental ensemble, musical drawing and song writing, participants can better understand themselves, learn to relax and manage complications from treatment, improve physical and emotional health, release emotions and share support and encouragement among the group. No prerequisite for enrolment.

**Class A: 4 June, 2019 (Tue) 11:00a.m. – 12:30p.m.** (for breast cancer patients)

**Class B: 25 June, 2019 (Tue) 11:00a.m. – 12:30p.m.** (for head & neck cancer patients)

➤ **Individual Music Therapy Session** (Funded by The D. H. Chen Foundation)

Cancer fighting experience varies from person to person. During one-on-one individual music therapy sessions the music therapist would help participants set their personal therapeutic goals. Various music therapy techniques will be introduced to them and through which they are facilitated to see things with different perspectives and to better cope with their challenges and difficulties, such as handling emotional issues, reduce depression and anxiety and improve quality of life, in their cancer journey.

**Date and Time to be arranged by staff**

## @ Aromatherapy Workshop

Through demonstrations of simple massage techniques and exercises, family members and carers, or even yourself, can learn to ease muscle pain and discomfort, improve circulation, reduce stress and promote overall relaxation right in the comfort of your own home.

**Massage Workshop:**

- **2 May, 2019 (Thu)** Stress Relief
- **16 May, 2019 (Thu)** Head, shoulder and neck
- **23 May, 2019 (Thu)** Pain Relief
- **6 June, 2019 (Thu)** Stomach Discomfort
- **13 June, 2019 (Thu)** Discomfort from chemotherapy
- **20 June, 2019 (Thu)** Numbness in hands and feet

Remarks: The workshop will have 3 sessions and will be held in the morning, our staff will contact participants individually once the time is confirmed.

### **Relieve Side Effect Workshop**

- **Class A: (Breast Cancer) 7 May, 2019 (Tue) 11:00a.m. – 12:30p.m.**
- **Class B: (Colorectal Cancer) 11 June, (Tue) 11:00a.m. – 12:30p.m.**

### **Aromatherapy DIY Workshop:**

- **9 May, 2019 (Thu) 9:30a.m. – 11:00a.m.** DIY cleansing gel
- **26 June, 2019 (Wed) 9:30a.m. – 11:00a.m.** DIY Mosquitoes Repelling Block

### **Laughter Yoga**

A non-religious and non-political mind-body activity and technique that combines laughter exercises and yogic breathing for anyone to bring laughter and happiness into their lives.

- **Club: Every Tuesday 10:00a.m. – 11:00a.m.**

### **Tai Chi**

Our Tai Chi instructors teach a low-impact form of exercise that is especially fit for people with cancer in improving their overall health, promoting relaxation and relieving tension. Our small classes ensure that each participant is provided with sufficient attention and encouraged to share and communicate.

- **Lessons:**
  - ✧ **Tai Chi Chuan**  
Every Monday, 2:00p.m. – 3:00p.m.  
Book in advance and our staff will further confirm lesson dates.
  - ✧ **Six Healing Sounds**  
Every Monday, 1:00p.m. – 2:00p.m.  
Book in advance and our staff will further confirm lesson dates.
  - ✧ **Gui Yuan Yang Sheng Gong**  
Every Monday, 1:00p.m. – 2:00p.m.  
Book in advance and our staff will further confirm lesson dates.
- **Practices:**
  - ✧ **18 Movements**: Every Tuesday and Friday, 9:30a.m. – 11:00a.m.
  - ✧ **Yijin Jing**: Every Friday, 11:00a.m. – 12:30p.m.

### **Gong Bath**

The gong is one of the oldest musical instruments in the world. Based on ancient wisdom, the gongs vibrate at the same frequency as the body allowing the body to heal itself. The sounds and vibrations of the gong create relaxation and state of meditation by altering brain waves from a waking state to deep meditation. Join this gong healing workshop that allows your entire body to relax, renew and rejuvenate!

- **23 May, 2019 (Thu) 9:30a.m. – 11:15a.m.**
- **20 June, 2019 (Thu) 9:30a.m. – 11:15a.m.**

### Zentangle Workshop

Join us for a calming, self-soothing and empowering experience in our Zentangle Workshop, which focuses on an easy-to-learn, relaxing and fun way of creating beautiful images by drawing structured patterns.

- **20 June, 2019 (Fri) 2:00p.m. – 4:00p.m.**

### Qi Gong

Exercise is a very important element towards the road of recovery. People affected by cancer can join Qi gong class to enhance their cardiovascular health and improve balance and stability, as well as reduce pain and relieve stress, supporting them physically and psychologically when combating cancer.

- **Talk: 20 June, 2019 (Thu) 2:00p.m. – 5:00p.m.**

### Bra Giveaway for Breast Cancer Users

A professional innerwear company specially designed bras for breast cancer patients, where pads and prosthesis can be inserted into these bras. A comfortable bra can improve patients' self-confidence and empower them to live beyond cancer.

- **10 May, 2019 (Fri), Time TBC**

### Hair Cutting Service

Come join our special hair cutting service, which includes wig cutting and shaving. The service will be provided by professional hairdresser.

- **9 May, 2019 (Wed) 9:30a.m. – 12:30p.m.**
- **15 May, 2019 (Wed) 10:00a.m. – 11:30p.m.**
- **27 June, 2019 (Thu) 9:30a.m. – 12:30p.m.**

### Natural Hair Dyeing Workshop

Let's give a try on natural hair coloring with grinded herbs. Participants can learn how to dye hair with organic products and learn how to strengthen their hair by treatment.

- **15 May, 2019 (Wed) 12:00p.m. – 1:30p.m.**

### Mandala Workshop

Mandala can reflect our soul and creating a mandala can allow ourselves to rest our mind, discover and reorganise our thoughts. This workshop will teach participants to create an 8" x 8" mandala using colour pencils and technical pens. No prerequisite.

- **31 May, 2019 (Fri) 2:00p.m. – 4:30p.m.**

### Chinese Tea Tasting Class

Please join our Chinese tea appreciation session led by professional teacher, where you may learn more about the background and spirit of traditional tea tasting, as well as share your thought or stories with the participants.

- **14, 21, 28 June & 5 July, 2019 (Fri) 1:30p.m. – 3:30p.m.**



### Baking Workshop

Bread contains proteins, carbohydrate, Vitamin E and many other nutrients, it is a great energy and immunity booster. Bread baking is a relaxing activity and simple to do at home. Join us and learn to DIY your own!

- **22 May, 2019 (Wed) 9:30a.m. – 12:30p.m.** Cashew Nut Cake and wheat bread
- **29 May, 2019 (Wed) 9:30a.m. – 12:30p.m.** Healthy Bread
- **26 June, 2019 (Wed) 9:30a.m. – 12:30p.m.** Healthy Bread

### Paper Craft Flower Workshop

Art crafting workshop can help us to relax our mind and relieve stress. Repetitive folding and crafting techniques will help participants to focus and temporarily forget about their worries and anxiety. By showing their artwork to their friends and family, they will receive encouragement and empowerment, helping them to tackle any challenges ahead along their cancer journey.

- **13 June, 2019 (Thu)**  
**a) 1:30p.m. – 3:30p.m. OR b) 3:30p.m. – 5:00p.m. (advance class)**

### Support Groups for People with Cancer / Carers

Many people are greatly relieved to realise that there are others in the same boat with whom they can share their experiences on a regular basis. With the support and encouragement of our professional staff and of each other, group members learn to develop strategies for coping with their practical and emotional concerns.

#Generic Support Group	11:30a.m. - 1:00p.m.	Every Thursday
#Men's Support Group	9:30a.m. - 11:00a.m.	Every Monday
#Working Women's Support Group	1:30p.m. - 5:30p.m.	18 May & 15 June, 2019 (Sat)
#Breast Cancer Support Group	11:00a.m. - 12:30p.m.	7 May & 4 June, 2019 (Tue)
Colorectal Cancer Support Group	11:00a.m. - 12:30p.m.	14 May & 11 June, 2019 (Tue)
#Gynaecology Cancer Support Group	11:00a.m. - 12:30p.m.	6 May & 3 June, 2019 (Mon)
#Lung Cancer Support Group	11:00a.m. - 12:30p.m.	21 May & 18 June, 2019 (Tue)
#Head & Neck Cancer Support Group	11:00a.m. - 12:30p.m.	28 May & 25 June, 2019 (Tue)
#Getting Started	11:00a.m. - 12:45p.m.	27 May & 10 June, 2019 (Mon)
#Young Women's Support Group	7:00p.m. - 9:30p.m.	20 May (Mon) & 14 June, 2019 (Fri)
Family Support Group	TBC	TBC
Leukemia and lymphoma Cancer Support Group	11:00a.m. - 12:30p.m.	TBC
Fight for Life Support Group (For Stage 4 breast cancer patients or anyone affected by breast cancer recurrence.)	3:00p.m. – 4:30p.m.	TBC
Bereaved Family Support Group	TBC	TBC



## The Location of Maggie's Cancer Caring Centre

Please follow the below green signage for direction within Tuen Mun Hospital.



**Opening Hour:** Monday to Friday  
9:00a.m. - 5:00p.m. (except public holidays)  
**Phone:** 2465 6006  
**Fax:** 2465 6063  
**Website:** [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk)

Our activities and programmes are completely **free of charge**, please come along to our Centre or call 2465 6006 for sign up.

### **Weather Arrangement:**

Centre will be closed when Black Rainstorm warning signal or Typhoon signal no. 8 is hoisted.

If the above signals are lowered or cancelled at or before 2p.m., our Centre will reopen within 2 hours. If the above signals persist after 2p.m., our Centre will remain closed.

Activities will be cancelled when Red/ Black Rainstorm warning signal or Typhoon signal no.8 is hoisted 3 hours before the sessions start.

