

銘琪  
maggie's  
癌症關顧中心  
Cancer Caring Centre

銘琪癌症關顧中心年報

MAGGIE'S CANCER CARING CENTRE  
ANNUAL REPORT

2024



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## 主席獻辭 MESSAGE FROM OUR CHAIRMAN

2024 年對銘琪中心而言，是一個充滿突破與深化使命的一年。

跨越十週年的重要里程碑，我們見證癌症患者及其家人對支援的需求與日俱增。為了回應不斷增長的服務訴求，我們強化了現有課程、擴展了服務範圍，並推行多項新計劃，確保服務能與時並進，讓更多受癌症影響的朋友，在專業與關懷的陪伴下，看見實際的改變與希望。

我們很榮幸地分享：於 2024 年，中心提供超過 30,000 人次服務。這項創紀錄的成果，見證了公眾對我們的信任與支持——代表著 30,000 多次的用心支援、實用建議與真摯陪伴，也印證了我們「混合服務模式」的價值，將中心人與人之間的「溫度」，與網上支援的「便利」結合，使更多有需要的人得到持續和即時的幫助。

根據香港癌症資料統計中心的數據，2023 年共有 37,953 宗新症個案，較前一年上升 7%。這些數字提醒我們：銘琪的工作比以往任何時候都更具意義。我們每天都懷抱信念，努力成為使用者心中那份堅定的力量與希望。

銘琪得以持續成長，實在有賴各界攜手同行。我們由衷感謝醫院管理局及屯門醫院的緊密協作，並感激慈善基金夥伴長期的承諾與支持，包括香港賽馬會慈善信託基金、香港公益金及凱瑟克基金。

另外，亦要感謝各企業夥伴、贊助商和所有捐款者對我們的信任。特別鳴謝 Sun Life 永明冠名贊助本年度的銘琪聖誕音樂會，於佳節下為癌症患者帶來希望與祝福。同時，誠摯感謝音樂會的籌備委員會聯合主席 Bertram Weatherall 先生、Charlotte Plowman 女士、王明琪女士及艾永玲女士的寶貴領導與貢獻。

我們亦感謝友邦香港及清水灣鄉村俱樂部對年度慈善高爾夫球日的鼎力支持，特別鳴謝呂元祥博士及孫道弘先生分別擔任籌委會主席及副主席，促成這項意義深遠的籌款活動。

銘琪每一步的成就，都源自眾人的同心協力，籌款者的熱誠、捐款者與義工的慷慨付出、董事會的遠見指導，以及團隊成員堅守崗位、全情投入的精神。

最後，感謝每一位銘琪的支持者。

因為有您們的支持，我們才能在 2024 年達至前所未有的服務成果。邁向下一個篇章的路上，您們的同行與信念，將繼續成為我們前行的力量與方向。



梁智鴻醫生 GBM, GBS, OBE, JP  
董事會主席

2024 marked a year of remarkable expansion and deepened commitment to our mission, clearly reflecting the growing demand for our services. Marking our 10th Anniversary last year, we are seeing more individuals and families turn to us for support, we have strengthened our programmes, broadened our reach, and invested in new initiatives to ensure we can respond with compassion, expertise, and impact.

We are honoured to share that this year, we delivered over 30,000 times of services. This historic figure is a testament to the trust placed in us and represents over 30,000 moments of essential support, practical advice, and compassionate care for those facing cancer. It confirms the vital importance of our hybrid model, which thoughtfully combines the warmth of in-person connection at our Tuen Mun centre with the accessibility of online support.

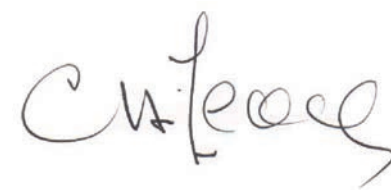
The Hong Kong Cancer Registry recorded 37,953 new cancer cases in 2023, a 7% increase from the previous year. The rising number of cancer diagnoses in Hong Kong is a reminder that our work is more critical than ever. Each day, we strive to be a steadfast source of hope and resilience.

Our achievements are only possible through powerful partnerships. We extend our sincere gratitude to the Hospital Authority and Tuen Mun Hospital for their indispensable collaboration. We are deeply thankful for the sustained commitment of our charitable foundation partners, including the Hong Kong Jockey Club Charities Trust, the Hong Kong Community Chest, and the Keswick Foundation.

To our corporate and individual supporters: your belief in our mission fuels our progress. We are especially grateful to Sun Life Hong Kong for sponsoring our Maggie's Carol Concert this year, helping to bring a message of hope and community during the festive season. We extend our sincere thanks to the Concert's dedicated Co-Chairpersons — Mr. Bertram Weatherall, Ms. Charlotte Plowman, Mrs. Anne Wang Liu, and Mrs. Audry Ai Morrow — for their invaluable leadership. Our thanks also go to the Clearwater Bay Golf & Country Club and AIA Hong Kong for supporting our annual Charity Golf Day. We are deeply appreciative of Dr. Ronald Lu and Mr. Stanley Sun for their roles as Chairman and Vice-Chairman of the Organising Committee in orchestrating this successful event.

The dedication of our fundraisers, the generosity of our donors and volunteers, the guidance of our Board of Governors, and the unwavering commitment of our staff form the very foundation of Maggie's. You are the heart of our Centre.

Finally, to every member of the Maggie's family: thank you. Your support has empowered us to reach this record level of service in 2024. As we embark on the next chapter, your continued partnership is invaluable. The journey ahead requires our shared commitment.



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

延續十年的初心與動力，2024 年的銘琪中心滿載動人故事與真摯連結。

今年我們專注深化支援服務，同時積極創新，以回應社會和使用者不斷變化的需求。其中一項重要的發展，就是與香港大學合作推出「正法治療」輔導服務。這項嶄新的服務進一步完善了我們的全人關顧模式，為需要心理支援的使用者提供以正念和理解為基礎的專業輔導，協助他們處理壓力與情緒困擾，在療癒的過程中尋回心靈的平靜與成長。

同時，我們亦與香港都會大學物理治療學系合作，開展了「運動復康計劃」。這個結合小組學習與個人訓練的系統化課程，幫助癌症康復者在治療期間重建體能、自信與長遠的健康生活。

另一項令人欣喜的成果，是義工計劃的重新啟動。新一批義工包括多位充滿熱誠的癌症康復者，他們以自身經歷與同理心，成為中心不可或缺的一分子，讓中心更具溫度與力量。

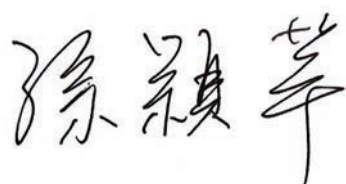
除了服務的拓展，我們的活動亦處處綻放色彩。今年的開放日舉辦了「植物拓印工作坊」及「健康冰皮月餅工作坊」，讓參加者在輕鬆氛圍中認識銘琪，同時進一步拉近人與人之間的互動連結。

更令人感動的，是我們的年度籌款活動「銘琪聖誕音樂會」再次得到 Paul's Kitchen 老闆 Selina 慷慨贊助。Selina 曾陪伴丈夫 Paul 面對癌症，亦曾在銘琪接受中心服務。她形容銘琪是她的「心靈避風港」。在丈夫年初離世後，她選擇以行動延續愛，回饋同路人。她的堅強提醒我們，即使經歷失去，也能找到將思念化為愛與希望的力量。

我們亦感謝每一位參與「為銘琪感動」的籌款大使。特別鳴謝我們的銘琪同行者義工，舉辦別開生面的「銘琪茶餐廳」、還有黃婆婆、Ken 等熱心人士，以行動傳遞關愛，為有需要的人燃點希望之光。

兩度戰勝癌症的藝術家 Helen 同樣深深打動我們。她慷慨捐出逾 90 幅畫作，舉辦《一切唯心造 — 海倫筆下的美麗世界》慈善畫展，為銘琪籌募經費，以藝術傳遞生命力，啟發無數同路人。

迎向新一年，我們滿懷感激。每一份信任與支持，都是銘琪持續前行的力量。憑藉這份同行的信念與勇氣，我們將繼續攜手，為更多受癌症影響的家庭帶來力量與希望。



孫穎萃  
總幹事

2024 has been a year of heartfelt connection. Building on the momentum of our 10th anniversary, we have focused on deepening our support and innovating our services to meet the evolving needs of our community.

A key development this year was the introduction of Dharma Therapy, a pioneering counselling service developed with the University of Hong Kong. This new offering enriches our holistic care model, providing a unique, insightful, and mindfulness-based path to emotional resilience for those who seek it. We also launched a targeted Exercise Rehabilitation Programme in partnership with the Physiotherapy Department of Hong Kong Metropolitan University. This structured programme, featuring group learning and personalised training, helps survivors rebuild physical strength, confidence, and long-term wellness after treatment. Alongside this, we relaunched our Volunteer Programme, empowering a new wave of dedicated individuals, including inspiring cancer survivors, to become integral members of our Maggie's family. Their shared experiences and compassion profoundly enrich the support we offer every day.

Our calendar was brightened by community-focused events, including Open Days: a Leaf and Flower Pounding Tote Bag Workshop in June and a Healthy Snowy Mooncake Workshop in September. These gatherings provided joyful opportunities for creativity, learning, and togetherness, strengthening the bonds within our community.

This year's Maggie's Carol Concert was made especially meaningful through the generous support of Selina of Paul's Kitchen, our caring catering sponsor. After her husband Paul's cancer diagnosis, Maggie's became, in her words, "a sanctuary." Following Paul's passing earlier this year, Selina has shown remarkable strength, choosing to honour his generous spirit by supporting the very community that supported them. Her dedication reminds us that within our community, caregivers and those grieving find not only solace, but also a powerful way to channel love into continued hope for others.

We are also deeply grateful to every supporter of our "Move for Maggie's" campaign. Special recognition goes to our devoted Befrienders for their wonderful "Cha Chaan Teng" initiative, and to passionate individuals like Granny Elaine, Ken, and others, whose efforts have made a significant impact. We were especially moved by Ms. Helen Law, a two-time cancer survivor, who donated over 90 pieces of her artwork for the charity exhibition "Everything is Mind-Created." Her inspiring show raised vital funds, offering powerful hope and tangible support to others on their journey. Your commitment is the driving force behind our ability to serve.

Stepping into the coming year, we are filled with gratitude for every person who makes Maggie's a place of hope. Carrying forward the stories, strength, and shared commitment, we will continue to rebuild hope for those facing cancer.



Catherine Suen  
General Manager

## 銘琪中心 2024 年服務概覽 MAGGIE'S CENTRE 2024 AT A GLANCE



**99.0%**

中心使用者表示銘琪中心讓他們對癌症及其治療有更正確或更多的認識。  
Centre users stated that Maggie's Centre has given them a more accurate information or increased understanding of cancer and its treatment.



**98.9%**

中心使用者表示銘琪中心助他們對治療作更好的準備。  
Centre users expressed that Maggie's Centre helped them prepare better for treatment.



**97.6%**

中心使用者表示銘琪中心助他們在營養及飲食方面得到改善。  
Centre users expressed that Maggie's Centre made healthy changes to their diet.

以上數據取自銘琪中心 2024 年服務調查問卷，共訪問了 560 位中心使用者。  
Above figures from service survey of Maggie's Centre in 2024, 560 Centre users were interviewed.

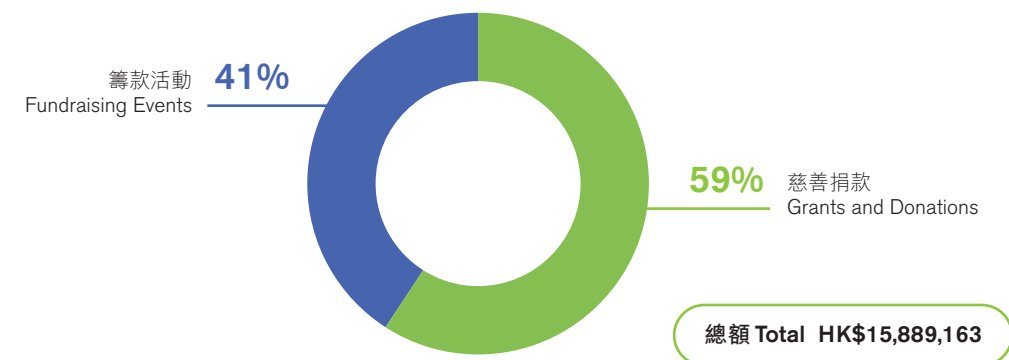
## 財務報表 FINANCIAL STATEMENT

### 我們 2024 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 1,500 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。

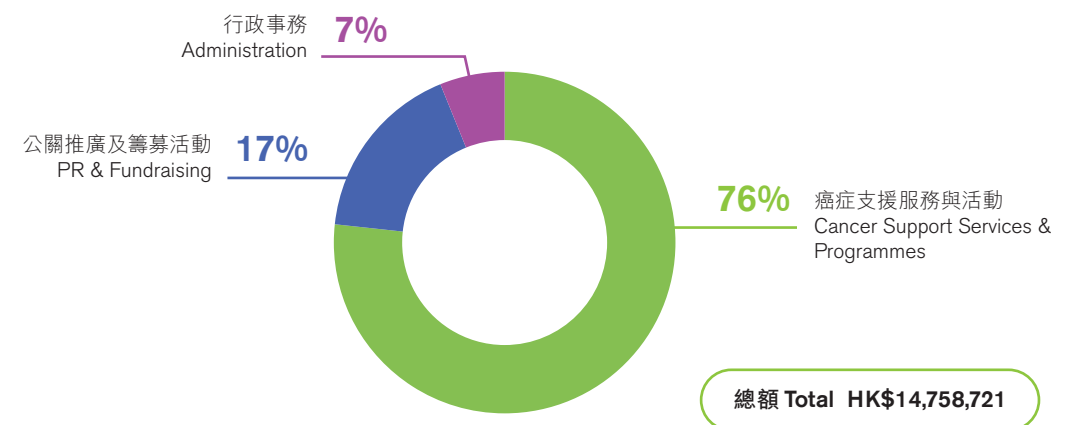
### How we raised our funds in 2024

Thanks to the generosity and contribution of our supporters, we raised over HK\$15 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 2024 年的支出

### How we spent in 2024



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

癌症仍然是社會面對的重大健康挑戰。最新數據顯示，本港癌症新症持續上升，2023 年共有 37,953 宗新確診個案，較前一年增加約 7%。平均每天有 104 人被確診患癌。作為頭號致命疾病，去年錄得 14,867 宗癌症相關死亡個案，佔總死亡人數 26.2%。因此，針對癌症的支援服務實屬刻不容緩。

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。

Cancer continues to be a significant health challenge in our community. The latest data reveals a persistent rise in new cancer cases, with 37,953 new diagnoses in 2023 in Hong Kong, an increase of 7% compared to the year before. This represents an average of 104 individuals received a cancer diagnosis every day. As the leading cause of death, cancer accounted 14,867 registered deaths, accounting for 26.2% of all deaths, underscoring the urgent and ongoing need for dedicated support.

A cancer diagnosis marks the start of a long and tough journey as one defined by complex treatments and profound uncertainty. This path can exhaust one's body, mind and soul. Moreover, even for those whose cancer is in remission, the journey is far from over. The shadow of recurrence and the anxiety of an uncertain future can be a source of immense psychological distress, creating a need for support that extends far beyond the clinical setting.

Maggie's Centre is here to help people take back control when cancer turns life upside down. We offer a peaceful yet uplifting environment for people to feel inspired, special and in good care. 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，服務才能得以維持，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

Allows a cancer patient to participate in mind, body and spirit workshops, including but not limited to sports and relaxation, to keep them 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、義乳及營養補充飲品試飲裝等

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 supplement samples

**\$ 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

**\$ 1,200**  
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

Pays for 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



鬆弛運動  
Relaxation Exercise



身·心·靈課程  
Mind-Body-Spirit Programme

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:



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



音樂治療  
Music Therapy



靜觀與大自然療愈  
Mindfulness and Nature Therapy



營養諮詢及煮食工作坊  
Nutrition Consultation & Cooking Workshop



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



舒適療愈的環境  
Healing Environment

## 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

香港賽馬會慈善信託基金自 2021 年起一直支持銘琪中心的情緒、社交及心理支援服務，使我們能夠為癌症患者、康復者和照顧者舉辦癌症支援小組及教育講座。

我們設有不同種類的支援小組，包括血科、婦科、乳癌、腸癌、肺癌，以及頭頸癌等小組，幫助使用者全面了解其癌症種類，並學習相關資訊、情緒管理及減壓技巧等。

此外，我們還設有獨立的男士及女士支援小組，為患者提供一個安全及舒適的空間，讓他們能夠暢所欲言，暫時放下傳統社會觀念的束縛，自由表達情緒和分享敏感話題。

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

The Hong Kong Jockey Club Charities Trust has supported Maggie's Centre through its funding of the Emotional & Psychosocial Cancer Support Programme since 2021. This support has enabled us to organise cancer support groups and provide educational talks for patients, survivors, and caregivers.

We run several disease-specific support groups including for haematologic, gynaecological, breast, colorectal, lung, and head and neck cancers, helping users gain a comprehensive understanding of their specific cancer type, including related information, emotions management and stress relief skills. Additionally, we offer separate men's and women's support groups. These provide a safe space for participants to express emotions and discuss sensitive topics freely, away from traditional social constraints.



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

### 銘琪中心即時癌症支援服務

腫瘤科護士的即時癌症支援服務是銘琪中心的核心服務。感謝香港公益金的資助，我們為不同階段的癌症患者及其家屬提供即時且無時限的支援。

中心護士會按個別情況提供一對一諮詢，就癌症狀況及治療相關的疑問給予實用及專業建議。此服務完全免費，更無需預約或轉介，任何有需要的人士均可隨時到訪。

為減輕患者於最脆弱時期的負擔，我們更提供各種免費的實用物資，包括假髮、陰道擴張器、壓力球及營養補充飲品試飲裝等，讓患者無須再花時間和金錢四處尋找所需物資。

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

The Drop-in Service provided by our oncology nurses is a cornerstone of Maggie's support. With funding from The Community Chest of Hong Kong, we offer immediate, flexible support without time restrictions for cancer patients and their families at any stage of their journey.

Our nurses provide personalised consultations, offering practical and informational advice tailored to individual cancer and treatment concerns. No referral or appointment is needed, anyone in need is welcome to walk in. To ease the burden on patients during a vulnerable time, we also provide complimentary practical aids. These include wigs, vaginal dilators, stress balls, and nutritional supplement samples, saving patients the time and expense of searching for these items themselves.



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

### 香港賽馬會「攜手同行」癌症患者支援計劃

香港賽馬會「攜手同行」癌症患者支援計劃，資助我們專注為癌症患者及康復者提供營養與復康支援。本年度我們出版了《銘琪健康食譜 5》，收錄由註冊營養師精心設計的 15 款營養均衡食譜。食譜採用易買食材，以簡明步驟提供湯品、主菜至甜品的烹飪指引，同時加入飲食建議與營養知識，幫助大家拆解癌症治療及康復期間常見的飲食謬誤。



今年，我們亦優化了音樂治療服務，以「階梯支援模式」為受癌症影響人士提供更適切的心理和情緒支援。(1) 音樂治療合唱團：持續為輕度壓力使用者提供輕鬆的空間，透過歌唱、團體連結與創意表達，協助成員提升抗逆力、建立同行者之間的連繫並提升整體幸福感；新設的(2) 音樂治療小組：專為中至重度情緒困擾者而設，讓他們能夠在安全的環境中，及在同路人的互助支持下，讓參加者深入處理情緒；(3) 一對一音樂治療課程：持續服務較複雜或有個別需求的使用者。透過有系統的分層服務模式，使音樂治療能更有效針對不同需求程度的使用者，提供更適切的支援。

## 服務資助計劃 SERVICE PROGRAMME SPONSORSHIP

### Jockey Club Cancer Survivorship Care Project

Under the Jockey Club Cancer Survivorship Care Project, we focused on nutrition and rehabilitation for cancer patients and survivors. We launched the 5th edition of "Maggie's Health Recipe", featuring 15 well-balanced recipes tailored by our Registered Dietitian. Designed with simple instructions and accessible ingredients, this cookbook offers practical guidance across soups, main dishes, and desserts. It also includes dietary tips and nutrition knowledge to address common food-related misconceptions during cancer treatment and recovery.

This year, we enhanced our Music Therapy Service by adopting a stepped-care approach to better meet the diverse psychosocial and emotional needs of those affected by cancer. The (1) Music Therapy Choir continued to provide an uplifting space for users experiencing mild stress, helping them strengthen resilience, foster peer bonding, and enhance overall well-being through singing, group connection, and creative expression. For users with moderate to severe emotional distress, a new (2) Music Therapy Group was introduced, offering a safe and supportive environment where participants can process emotions more deeply and receive mutual support from peers facing similar challenges. Meanwhile, (3) one-on-one Music Therapy Sessions continued to cater to users with more complex or individualised needs. Through this structured, tiered approach, the Music Therapy Service is better able to reach a broader spectrum of users with tailored and effective support.

捐助機構 Funded by:

香港賽馬會慈善信託基金 Hong Kong Jockey Club Charities Trust



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## 服務亮點 SERVICE HIGHLIGHTS

### 正法治療

銘琪中心明白每一位面對癌症的人的復元過程都是獨一無二的。為回應使用者的心理與情緒上的需求，我們現提供「正法治療」，讓有需要的患者及照顧者可選擇以更著重慈悲關懷和理解的方式接受輔導支援。

正法治療結合了佛教理念與治療實踐，透過靜觀練習、引導式討論及同理心聆聽，幫助參與者在應對癌症挑戰時培養抗逆力、思路清晰，並在心中找回一份安穩和平靜。銘琪中心是香港首間與香港大學合作推行佛法輔導的慈善機構，進一步加強我們為癌症患者及其家人提供的全人身心靈支援。



### Dharma Therapy

At Maggie's Centre, we recognise that every individual's healing journey is unique. To support the psychological and emotional needs of our service users, we started to offer Dharma Therapy as one of the counselling options available for patients and caregivers who feel ready for compassionate and insightful discussion approach.

Dharma Therapy integrates Buddhist principles with therapeutic practice. Through mindfulness-based exercises, guided discussions, and compassionate listening, it helps participants cultivate resilience, clarity, and inner peace while navigating the challenges of cancer. Maggie's Centre is the first charity in Hong Kong to offer Dharma Therapy in partnership with the University of Hong Kong (HKU). This collaboration enhanced the holistic support we provide to patients and their families.

### 大自然體驗一日工作坊

銘琪中心被樹木和綠意環抱，恬靜環境猶如一片小綠洲，讓服務使用者在抗癌路上也可以稍稍放慢腳步，找回片刻平靜。2024年9月28日，中心舉辦了「Healing with Nature」大自然療癒一日工作坊，由自2004年起在世界各地分享大自然療癒能量的愛樂華博士（Dr. Claire Elouard）主講。工作坊帶領參加者透過不同靜心練習，包括接地（grounding）、連結內心、練習放下，以及從樹木汲取支持與力量等，重新感受大自然的支撐。

這些體驗式練習，鼓勵參加者不再只專注於患病部位，而是重新連結整個身體，細心感受自己內在氣（Chi）的自然流動，從而培養更深的覺察與安穩感，陪伴自己走過治療與康復路。



## 服務亮點 SERVICE HIGHLIGHTS

### Healing with Nature: A One-day Workshop for Cancer Care

The tranquil environment at Maggie's Centre is an oasis to service users who can and find moments of calm during their cancer journey. On 28th September 2024, Maggie's Centre hosted "Healing with Nature", a one-day workshop led by Dr. Claire Elouard, an experienced teacher who has been sharing her knowledge of nature's healing energy worldwide since 2004. The workshop featured mindful practices such as grounding, connecting with the heart, letting go, and drawing support from trees.

These exercises encouraged participants to reconnect with their whole body, rather than focusing only on the parts affected by illness, and to experience the natural flow of energy (Chi) within themselves.

### 重啟義工計劃

新冠疫情過後，我們的服務需求日益增加，因此我們重新啟動義工計劃。計劃的核心目標是鼓勵癌症康復者成為義工。憑着康復者自身的經歷，他們更能以同理心和韌力同行其他患者，他們的故事往往比任何說話更能帶來力量與盼望。

透過參與義工服務，讓康復者可以把自身經歷轉化成集體力量，將脆弱化為互相扶持的能力，同時為仍在抗癌路上的患者帶來希望。另一方面，義工計劃亦吸引社會大眾加入，擴展我們的關懷網絡，讓更多人了解與癌共存的真實處境，並在社區內建立起「同路、同行」的責任感。

中心已舉辦了兩輪有系統的義工培訓，內容涵蓋銘琪的核心價值與理念、服務內容、與使用者的有效溝通技巧、建立健康界線與自我照顧，以及日常崗位上的實務技巧。在這基礎上，有很多義工已經成為中心日常營運和服務中不可缺少的一員，與專業團隊並肩為受癌症影響的家庭提供支援。

### Relaunch Volunteer Programme

With the growing needs of our service especially after COVID-19, we relaunched our volunteer programme. A core objective of the programme is transforming cancer survivors into volunteers. With their personal cancer journey, survivors bring a perspective with empathy and resilience, their experience provide encouragement that goes beyond words. Volunteering allows survivors to turn personal experience into collective strength, transforming vulnerability into empowerment while offering hope to others still navigating cancer. At the same time, by involving members of the wider public as volunteers, we extend the circle of care, raising awareness about the realities of living with cancer and encouraging a sense of shared responsibility within the community.



We provided two rounds of structured volunteer training that covers Maggie's values, service, effective communication with users, boundaries and self-care, and the practical aspects of their roles. With this foundation, more volunteers have become integral to the daily operations and service of Maggie's Centre.

### 度身訂造的運動復康計劃

運動在癌症康復過程中扮演關鍵角色，不單有助強身健體，亦可以重建自信、復原力和提升生活質素。銘琪中心與香港都會大學物理治療學系合作，設計了一套具專業支援、有系統而個人化的運動復康計劃。

計劃包含兩個主要部分：(1) 小組學習與實踐 (2) 個人化一對一評估與訓練。計劃主要是為在過去一至兩年內完成治療的癌症康復者而設。這段時間是康復者重新建立健康的生活的重要階段，對他們日後的復元進程和生活質素有深遠影響。

通過這個合作計劃，我們的目標不僅是幫助癌症康復者回復身體機能，同時希望培養他們重新感受到力量、自主和身心健康。透過教授參與者掌握合適運動的知識和技巧，將運動融入生活，從而支持長遠的癌後生活，活得更積極、更健康。

### A Structured and Individualised Exercise Rehabilitation Programme

Exercise plays a critical role in the cancer rehabilitation journey, not only in regaining physical strength but also in restoring confidence, resilience, and overall quality of life. Maggie's Centre partnered with the Physiotherapy Department of Hong Kong Metropolitan University into designing a structured and individualised exercise rehabilitation programme with strong professional support.

The programme consists of two major components: (1) Group-Based Learning and Practice and (2) Personalised One-to-One Assessment and Training. It is specifically tailored for cancer survivors who have completed their treatment within the past one to two years, a critical period when re-establishing a healthy lifestyle can significantly influence long-term recovery and quality of life.

Through this collaborative initiative, we aim not only to help cancer survivors recover physically but also to foster a renewed sense of strength, independence, and wellbeing. By equipping participants with the knowledge and skills to incorporate appropriate exercise into their lives, the programme supports long-term survivorship and promotes healthy, active living.



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

### 敏 Man

當我第一次踏進銘琪時，已是接近下午五時。義工熱情地接待，並詳細介紹中心的服務，讓我感覺親切。職員未有催促，反而細心聆聽並了解我的困難和需要，迅速為我安排合適的服務，讓我感受到被重視與關懷，同時也非常讚賞職員的高效率與用心服務。

When I first walked into Maggie's Centre, it was nearly 5:00 p.m. The warm welcome from a volunteer, who kindly introduced the services offered by the Centre, immediately put me at ease. The staff didn't rush me, instead, he listened patiently and attentively to my concerns and needs, and swiftly arranged appropriate support. I felt truly valued and cared for. His efficiency, compassion, and attentiveness left a deep impression on me.

### Raymond Wong

在 2024 年 9 月面對癌症復發的陰霾，因復診人數眾多，醫院建議我數小時後再回來。就在這段等待的時光，我在屯門醫院附近散步，偶然發現了銘琪癌症關顧中心。我原本只想獨自散步，卻受到中心同事的熱情接待。

那次的促膝長談讓我展開與銘琪中心的緣分，成為我面對癌症的堅實後盾。每位職員對我的關心，個人音樂治療、合唱團、心理輔導等也療癒我的心靈。銘琪中心成為我放心流下最多眼淚的地方，亦繼續學習「Take a sad song and make it better」。

Facing a cancer recurrence in September 2024, I found myself with a few hours to spare before a busy hospital appointment. A walk near Tuen Mun Hospital led me to Maggie's Centre. I had intended to be alone, but the staff warmly welcomed me.

That initial, deep conversation marked the beginning of my journey with Maggie's, which has since become my rock in this fight. The staff are not only caring and welcoming, but the activities, including music therapy, the choir, and counselling sessions, have also profoundly soothed my soul. Maggie's has become a place where I feel safe to release my emotions and where I continue to learn how to "Take a sad song and make it better."

### 阿叻 Mr. Lee

在我和太太最徬徨的時刻，銘琪中心的專業同事無私地為我們提供幫助與悉心的指導，為我們量身打造了全方位的支援。他們的關懷、愛心和專業成為了我們在無助之中的「精神支柱」。

在我們面對無助與迷茫的時候，給予我們莫大的安慰和力量。正因為有了他們的支持，太太和我才能堅持下去，重拾生活的希望，勇敢地面對未來的挑戰。

During our most uncertain times, the dedicated team at the Maggie's Centre selflessly provided us with assistance and guidance, offering us comprehensive and individualised support. Their care, compassion, and professionalism became our anchor when things were helpless for us.

When we were facing despair and confusion, the Maggie's team offered immense comfort and empowerment, allowing my wife and I to regain hope in our lives and face the challenges with courage.



## 主要籌款活動 SIGNATURE FUNDRAISING EVENTS

### 銘琪癌症關顧中心及友邦香港慈善高爾夫球日 2024

儘管活動當日天氣欠佳，卻無阻 108 位熱心高爾夫球手於 2024 年 2 月 29 日（星期四）齊聚清水灣鄉村俱樂部，參與「銘琪癌症關顧中心及友邦香港慈善高爾夫球日」。是次活動共籌得逾港幣 150 萬善款，用作支持銘琪癌症關顧中心提供免費的癌症支援服務。

活動得以順利舉行，有賴冠名贊助商 — 友邦香港、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。除緊張刺激的賽事外，球手們更踴躍參與多項趣味慈善挑戰，包括推桿挑戰（Putting Competition）、高爾夫球大使對戰（Beat-the-Golf Ambassador）及果嶺挑戰（Challenge on the Green），現場氣氛熱烈。

隨後的頒獎晚宴上，新增現場慈善拍賣環節反應踴躍，加上無聲慈善拍賣與抽獎環節，將善款總額進一步推高，幫助更多有需要人士得到及時且個人化的支援服務。

衷心感謝所有捐款者、參賽球手、贊助商及合作夥伴的慷慨支持。您們的善心，正為受癌症影響的生命帶來希望與改變。

### Maggie's Cancer Caring Centre and AIA Hong Kong Charity Golf Day 2024

Despite challenging weather conditions, 108 dedicated golfers participated in the Maggie's Cancer Caring Centre and AIA Hong Kong Charity Golf Day at The Clearwater Bay Golf & Country Club on 29th February 2024 (Thursday). The event successfully raised over HK\$1.5 million to support free cancer care services at Maggie's Centre.

This achievement was made possible through the generous support of title sponsor AIA Hong Kong, in association with The Clearwater Bay Golf & Country Club, alongside numerous sponsors and participants. In addition to competitive play, attendees enjoyed charity fun games including a "Putting Competition", "Beat-the-Golf Ambassador", and "Challenge on the Green", fostering lively camaraderie throughout the day.

The evening featured a fundraising dinner and prize presentation, highlighted by our inaugural live auction, which generated tremendous enthusiasm alongside silent auctions and raffles. These collective efforts will enable Maggie's Centre to continue delivering timely, personalised care to those facing cancer.

We extend our deepest gratitude to all participants, sponsors, and partners whose unwavering generosity makes our mission possible. This event exemplified how community spirit can triumph over adversity to create meaningful impact for individuals and families affected by cancer.



## 籌備委員會 Organising Committee

Dr. Ronald Lu (Chairman)  
Mr. Stanley Sun (Vice-chairman)  
Mr. Adrian Lee  
Mr. Andrew Lawson  
Mrs. Audrey 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

### Sun Life 永明冠名贊助：銘琪聖誕音樂會 2024

我們於 2024 年 12 月 5 日（星期四）假香港中環聖約翰座堂舉行「銘琪聖誕音樂會 2024」。今年的音樂會加入了多個全新元素，別具意義。

Sun Life 永明首度冠名贊助銘琪聖誕音樂會，並邀請其管理層、員工和客戶共同參與，為當晚增添更多歡樂的色彩。我們亦首次於置地廣場 Cardinal Point 舉辦聯歡派對及慈善拍賣，所有來賓都沉浸於現場愉悅的節日氛圍中。

音樂會當晚節目豐富，除了聖誕報佳音、聖經誦讀和銘琪音樂治療合唱團表演外，還有古箏及歌唱表演。另外，我們還邀請到中心使用者 Selina，為大家分享了她的感人故事，展現了銘琪中心如何在癌症家庭的困境中帶來實際支持與關懷。

感謝贊助商、捐款者、籌備委員會及所有出席的每一位，讓音樂會籌得港幣 190 萬善款。這份支持不單讓我們能夠舉辦一個別具意義的活動，更重要是讓我們能夠有更多的資源，賦予癌症患者及其摯愛更大的力量與癌共存，繼而超越癌症。

### Sun Life Hong Kong Presents: Maggie's Carol Concert 2024

On Thursday, 5th December 2024, we held the "Maggie's Carol Concert 2024" at St. John's Cathedral in Central, Hong Kong. This year's concert featured several first-time elements, making it especially meaningful.

For the first time, Sun Life Hong Kong proudly served as the title sponsor, inviting its management, staff, and clients to join the celebration, adding a vibrant touch to the evening. We also hosted a festive after-party and charity auction at Cardinal Point in Landmark, marking another first, where all attendees enjoyed a lively and joyful atmosphere.

The concert showcased a rich lineup of performances, including Christmas carols, Bible readings, and performances by the Maggie's Centre Music Therapy Choir, alongside Guzheng and vocal performances. Additionally, we were honored to have Selina, a centre user, share her heartfelt story, highlighting the profound impact Maggie's Centre has had on the families of cancer patients.

We extend our deepest gratitude to our sponsors, donors, organising committee, and everyone who attended, helping us raise HK\$1.9 million in donations. All the support not only made this meaningful event possible but, more importantly, empowers us with greater resources to strengthen cancer patients and their loved ones in living with, living through, and ultimately living beyond cancer.



## 籌備委員會 Organising Committee

### Co-chairpersons

Bertram Weatherall  
Charlotte Plowman  
Anne Wang Liu  
Audry Ai Morrow

### Members

Alison Falloon  
Anne Witt  
Danny Zigal  
Jessie King  
Joansa Lam  
Junwei Lu  
Justin Ng  
Kara Anglin  
Leigh Tung Chou  
Martha Keswick  
Ming Chen  
Nadia Harilela  
Sharmini Chetwode  
Susie Hunt



## 癌症故事 – SELINA CANCER STORY – SELINA



「銘琪中心成了我們的避風港 — 讓我無助的靈魂獲得真正的理解。」

### 從餐廳老闆到抗癌戰士

2023年，我和丈夫 Paul 在餐廳忙碌時接到一通電話。是一間慈善機構尋求餐飲贊助，向來樂善好施的 Paul 立刻答應了。當時我完全沒想到，我的生命會與銘琪癌症關顧中心產生如此深刻的連結。

幾個月後，Paul 被診斷出第四期淋巴癌。這個消息如同海嘯般將我淹沒，我陷入無盡的恐懼與迷惘。面對日益虛弱的 Paul 和仍需經營的餐廳，我終於明白自己無法獨自應對這場戰鬥。在絕望之際，我向銘琪中心尋求幫助。

### 黑暗中的那盞明燈

銘琪中心的職員用最溫暖的懷抱接納了我們。他們不僅提供專業建議，更真正「看見」我們的需求：當 Paul 食不下嚥時，註冊營養師精心調配適合的餐單；當恐懼籠罩我們時，他們給予最溫暖的安慰。在那個冰冷的世界裡，他們的關懷就像冬日裡的暖陽。

2024年4月，Paul 永遠離開了我們。心碎欲絕，那種痛苦遠超過任何身體的傷痛。我強忍淚水繼續經營餐廳，在員工和顧客面前強裝堅強，更要在同樣心碎的母親面前撐住最後的勇氣。而銘琪中心，始終是我心靈的避風港。

### 在悲傷中尋找力量

在銘琪中心的支援小組裡，我終於能敞開心扉。工作人員和癌友家屬們讓我明白：悲傷不是軟弱。他們教會我哭泣的權利、迷失的必然，以及最重要的一如何自癒。

透過銘琪中心，我找到了紀念 Paul 的方式。他始終相信行善的力量。如今我分享故事，只願更多香港受癌症影響的家庭能找到面對挑戰的勇氣與方法。

### 誠摯呼籲

在此，我衷心希望各位能繼續支持銘琪癌症關顧中心。您們的每一份善心，都能成為照亮他人黑暗時刻的明燈。每一筆捐款，都在改寫像我們一樣的家庭的生命故事。最後，我要特別感謝銘琪中心，是您們將我的絕望轉化為希望的力量。

*“Maggie’s became a sanctuary for us – a place where my overwhelming feelings of helplessness found understanding.”*

### From Business Owners to Cancer Warriors

My husband, Paul, and I were at our restaurant in 2023 when we received a phone call. A charity was seeking catering sponsorship, and Paul—always generous—immediately agreed. Little did I know how deeply my life would soon intertwine with Maggie’s Cancer Caring Centre.

Months later, Paul was diagnosed with stage 4 lymphatic cancer. The news struck me like a tidal wave. I felt paralysed, drowning in a sea of fear and uncertainty. With Paul weakened by illness and our restaurant still demanding attention, I realised I could no longer face the battle alone. In my desperation, I turned to Maggie’s.

### A Lifeline in the Darkness

Maggie’s welcomed me with open arms. They did not just offer advice, they truly saw us. When Paul struggled with appetite, they helped tailor his diet. When fear overwhelmed us, they offered comfort. Their compassion felt like a warm embrace when the world was so cold.

But in April 2024, Paul passed away. The loss left me shattered. I was emotionally drained — an ache no physical pain could compare to. As I forced myself to keep our restaurant running while grieving, I masked my sorrow behind a brave face — for our staff, for our customers, and for my mother, whose heart was breaking alongside mine. Yet, Maggie’s remained my refuge.

### Healing Through Shared Grief

At Maggie’s support sessions in Tuen Mun, I found solace. I poured out my heart and was met with understanding. The staff and fellow survivors taught me that grief was not weakness. They showed me it was okay to cry, to feel lost, and most importantly to heal.

Through Maggie’s, I also found a way to honor Paul’s memory. He always believed in supporting good causes. Now, I share my story to raise awareness, hoping others in Hong Kong battling cancer will find the same lifeline.

### A Plea for Support

To Maggie’s, my eternal gratitude: you turned my helplessness into hope. To you, I plead: Be the light that guides another lost soul through their darkest valley. Every donation, no matter how small, helps families like mine navigate their hardest days.

From my healing heart: thank you for your kindness that lights the way for those still searching for their strength.



## 為銘琪感動 MOVE FOR MAGGIE'S

### 燕玲愛心編織為銘琪籌款

黃燕玲婆婆在 70 多歲時確診乳癌，並經過手術治療後於 2021 年康復。去年，黃婆婆曾為銘琪中心發起步行籌款活動；今年，她再次以行動展現愛心。在收到同路人親手編織的義乳後，黃婆婆深受感動，於是在中心護士的鼓勵下開始學習編織技巧。為慶祝 84 歲生日，她親手編織象徵希望的蝴蝶頸巾贈送給癌症病友，同時為銘琪中心籌募經費，幫助更多受癌症影響的患者獲得免費的支援，實現她傳遞溫暖的生日願望。

### Knit for Love | Elaine Fundraises for Maggie's

Granny Elaine Wong was diagnosed with breast cancer in her 70s and made a full recovery after surgery in 2021. Last year, she initiated a charity walk fundraiser for Maggie's Centre. This year, she channelled her compassion into another meaningful project. Deeply touched after receiving a hand-knitted breast prosthesis from a fellow survivor, she began learning knitting techniques with encouragement from Maggie's Centre nurses. To celebrate her 84th birthday, Granny Elaine is putting her new skills to use by crafting butterfly-patterned scarves – symbols of hope – for fellow cancer patients while raising funds for Maggie's Centre. This heartfelt initiative will help more cancer patients access free support services, fulfilling her birthday wish to spread warmth and love.



### 一日限定 - 銘琪茶餐廳

銘琪中心的一眾「同行者」於 6 月 20 日身體力行，將中心化身為「一日限定－銘琪茶餐廳」，齊心製作蛋撻、菠蘿包、奶茶、咖啡等港式美食，為中心籌募經費。當日活動獲得各界善心人士支持，除癌症患者及照顧者外，更獲屯門醫院及青山醫院醫護團隊到場參與。在眾人熱心響應下，活動成功籌得超過港幣 2.5 萬元善款，這些款項將用於持續支援有需要的患者及家屬。

### One-Day Limited - Maggie's Cha Chaan Teng

On 20th June, the Befrienders at Maggie's Centre took heartfelt action by transforming the Centre into a "One-Day Limited - Maggie's Cha Chaan Teng". They prepared classic Hong Kong-style dishes including egg tarts, pineapple buns, milk tea, and coffee to raise funds for the Centre's services. The event received tremendous community support, with participation from patients, carers, and medical teams from both Tuen Mun Hospital and Castle Peak Hospital. Thanks to this overwhelming generosity, the initiative successfully raised over HK\$25,000 to help sustain the Centre's vital services for those in need deep relaxation, alleviate stress in their lives, release negative emotions, and improve the quality of their sleep.

### Wellesley College Club of Hong Kong 慈善瑜珈班

Wellesley College Club of Hong Kong 於今年 3 月舉辦了三場別具意義的慈善瑜珈班，為銘琪中心籌得超過港幣 15,000 元善款。活動由日籍瑜珈老師 Anri Shiga 帶領，並獲「自在·間」慷慨借出場地。活動分為兩個主題：包括「瑜珈棒班」幫助修正瑜珈動作，舒緩上背部繃緊肌肉，及「治療瑜珈班」利用瑜珈球緩解全身肌肉痛楚及不適。活動吸引了不少熱心人士參與，大家不僅體驗了瑜珈的療愈力量，更以行動支持癌症患者。

### Wellesley College Club of Hong Kong Charity Yoga Classes

Wellesley College Club of Hong Kong raised over HK\$15,000 for Maggie's Cancer Caring Centre through three charity yoga sessions in March. Led by Anri Shiga, a Japanese yoga instructor, and hosted at CoSpace, the event featured two programmes, including Yoga Bou class, which focus on upper body tension release and posture correction by using a therapy tool; and Active Therapy class, which focus on full body active therapy with a therapy ball to relieve pain and tension in trigger points across the body. The well-attended sessions allowed participants to experience yoga's therapeutic benefits while supporting cancer patients through their generous contributions.



## 為銘琪感動 MOVE FOR MAGGIE'S

### 照顧者 Ken 助癌症患者拍攝珍貴的家庭照

Ken 是一位熱愛攝影的癌症患者家屬。他特別喜歡人物攝影，因為他發現一個平常不苟言笑的人，在鏡頭前都會展露自然的的笑容。這啟發了 Ken 希望透過鏡頭，幫助正在受癌病折磨的朋友重拾笑容。

Ken 親身經歷過家人患癌後生活的轉變，患者及家人在漫長的治療過程中，往往會因疾病的痛苦和沉重的壓力而漸漸失去笑容。這次計劃，他希望透過鏡頭，義務替癌症三或四期患者及其家屬在銘琪中心內拍攝家庭照片，捕捉患者和家人美麗的笑容，並將照片沖曬出來贈送給他們作為留念，同時亦希望激勵他們，讓他們感受到生命的美好和希望。

### Caregiver Ken Helps Cancer Patients Capture Precious Family Moments

Ken is a passionate photographer and a family member of a cancer patient. Specialising in portrait photography, he discovered that even the most reserved individuals naturally brighten up when facing a camera. This insight inspired him to use his craft to restore smiles to those touched by cancer.

Having witnessed how cancer changes lives, he noticed how the illness gradually dims the smiles of patients and their families throughout the long treatment process. Driven by this, Ken would like to devote his photography skills at Maggie's Centre, capturing cherished family moments for stage 3 and 4 cancer patients and their loved ones. Through these portraits, he aims to preserve their joy, uplift their spirits, and remind them of life's enduring beauty and hope.



### 《一切唯心造 - 海倫筆下的美麗世界》慈善籌款畫展

兩度患癌歷盡人間苦痛的海倫 (Helen)，身為康復者同時亦是眾多患癌親友的照顧者，深諳患者和照顧者的身心靈需要，一直身體力行以不同的身份支援同路人。

今年，海倫再次為銘琪中心籌募經費，以《一切唯心造 - 海倫筆下的美麗世界》作主題，捐出超過 90 幅不同風格與主題的畫作，並於 11 月 2 日及 3 日在銘琪中心舉行慈善籌款畫展。活動成功為中心籌得港幣 30 萬元，幫助癌症患者及其家屬，讓他們能像海倫一樣，活出更精彩的人生下半場。



是次畫展主題「一切唯心造」，海倫以細膩的筆觸描畫出她所看見的美麗世界，同時展現出她患癌後內心勇敢堅強的一面，冀以一念善心幫助他人，同時希望透過以畫作勉勵同路人積極面對癌症，並時刻保持正念，活好當下。

## Helen Law's Charity Art Exhibition "Everything is Mind-Created: Helen's Beautiful World"



Ms. Helen Law, a resilient cancer survivor who has personally triumphed over the disease not once but twice, is dedicating her artistry to a noble cause. As a survivor and a compassionate caregiver for family members facing their own cancer battles, Helen has keenly understood the physical and emotional needs of both patients and their caregivers.

This year, Helen once again raised funds for the Maggie's Centre, donating over 90 pieces of her artwork, each reflecting a unique style and tone under the theme "Everything is Mind-Created: Helen's Beautiful World." A charity art exhibition was held at the Maggie's Centre on 2nd and 3rd November, successfully raising HK\$300,000 to help cancer patients and their families live more vibrant lives — just as Helen has done in her own journey.

Titled "Everything is Mind-Created", the exhibition presents Helen's artistic interpretation of the beauty surrounding us, conveyed through delicate strokes that mirror her inner courage and strength gained from her journey with cancer. Helen's artwork embodies a heartfelt message of hope and resilience, aiming to inspire fellow cancer patients to confront their challenges with positivity and mindfulness.



### 籌備委員會 Organising Committee

Dr. Leong Che-hung (Chairman) Ms. Helen Law  
Dr. Anthony Fung Ms. Angie Yan  
Ms. Joansa Lam

## 其他籌款活動 OTHER FUNDRAISING ACTIVITIES

### 植物拓印工作坊

由銘琪中心使用者共同努力下建立，工作坊旨在讓他們能夠在中心展現自己的才華，並實現自助互助的理念。就像植物拓印給予植物新的生命一樣，工作坊同時也為我們的中心使用者帶來生活的動力。

「植物拓印」是一種有趣而簡單的染布方法，由中心使用者授教如何利用敲擊方式把花瓣和葉子的顏色及美麗的形態直接印壓在布料上，設計出獨一無二的環保袋。

### Leaf and Flower Pounding Tote Bag Workshop

Co-created through the collective efforts of Maggie's Centre users, this workshop aims to provide a platform for them to showcase their talents and put the ethos of self-help and mutual support into practice. Just as leaf and flower pounding gives plant a new form of life.

“Leaf and Flower Pounding” is a fun and simple fabric-dyeing method. In this workshop, our users took on the role of instructors, teaching participants how to use a hammer to transfer the colours and shapes of petals and leaves directly onto cloth, designing beautiful and practical eco-bags.



### 健康冰皮月餅工作坊

適逢中秋節，銘琪中心註冊營養師及中心使用者帶領大家齊齊製作低糖健康冰皮月餅，同時為癌症病人送上祝福。

食譜由註冊營養師精心調配，月餅餡料以紅豆及抹茶豆蓉為主，用上羅漢果糖代替白砂糖，食譜份量比一般冰皮月餅更低糖之外，更會額外添加適量乳清蛋白粉增加餡料蛋白質含量，讓月餅有更高纖維和高蛋白質，健康又美味。



### Healthy Snowy Mooncake Workshop

Registered Dietitian of Maggie's Centre, together with Centre users, led a session where participants made low-sugar, healthy snowy mooncakes to send their best wishes to cancer patients during Mid-Autumn Festival.



The recipe was specially crafted by the Registered Dietitian. Not only was the recipe lower in sugar than conventional snowy mooncakes, but it was also enhanced with an appropriate amount of whey protein powder to increase the protein content, resulting in a mooncake higher in fibre and protein and making it a healthy and delicious treat.



### Tayma Fine Jewellery 粉紅派對

10月是全球「乳癌關注月」，希望喚醒大眾對乳癌的關注。乳癌是香港婦女最常見的癌症，Tayma Fine Jewellery 多年來一直支持受乳癌影響的朋友，今年在10月18日舉辦第14屆粉紅派對，將部份收益捐予銘琪中心幫助更多癌症患者及其照顧者。

### Tayma Fine Jewellery Pink Party

October is Breast Cancer Awareness Month, an annual campaign to increase public attention and support for this disease. In Hong Kong, breast cancer is the most common cancer among women. Tayma Fine Jewellery has been supporting people affected by breast cancer for many years, this year, they host the 14th Pink Party, on 18th October, donating a portion of the proceeds to Maggie's Centre to assist more cancer patients and their caregivers.



## 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」



#### 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」

請將支票郵寄香港新界屯門青松觀路屯門醫院銘琪癌症關顧中心籌募及傳訊部。其他捐款方式，請截圖憑據並電郵至：fundraising@maggiescentre.org.hk。請在信件或電郵中註明捐款人名稱、聯絡電話及通訊或電郵地址，以便簽發捐款收據。

#### Crossed Cheque

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

#### Direct Transfer

HSBC Bank Account no.: 808-327399-292 (FPS:109334839)

Account name: "Maggie Keswick Jencks Cancer Caring Centre Foundation Limited"

Please post cheque 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.

### 成為我們的「銘琪籌款大使」Be Our Maggie's Fundraisers

運用您的創意、興趣或專長，舉辦各式各樣的籌款活動，以行動「感動」您的親友捐款支持銘琪中心，齊「為銘琪感動」！

立即創建屬於您的籌款專頁或電郵 fundraising@maggiescentre.org.hk 分享您的籌款計劃，身體力行為受癌症影響的人帶來希望。

Leverage your creativity, interests or expertise to hold fundraising activities. Inspire and "MOVE" your family and friends to support Maggie's Centre and "MOVE for Maggie's"!



Act and create your fundraising page now, or share your fundraising plans to fundraising@maggiescentre.org.hk to make a difference for people with cancer.

捐款總額達港幣 100 元或以上可申請扣減稅項。  
Donations of HK\$100 or above are tax deductible.

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#### HK\$10,000 - HK\$19,999

TAYMA Fine Jewellery

#### HK\$5,000 - HK\$9,999

曾智華慈善同學會  
美國雅培製藥有限公司  
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Shangri-La Bosphorus, Istanbul  
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香港東涌世茂喜來登酒店  
Sheraton Hong Kong Tung Chung Hotel  
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## 鳴謝 ACKNOWLEDGEMENT

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Mr. Alan Tsang  
Ms. Cammie Yip  
Mr. Jonathan Yip  
無名氏 Anonymous

### 籌款大使

#### FUNDRAISERS

Ms. Helen YC Law  
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Crochet Away, Chinese International School  
銘琪中心同行者  
Maggie's Centre Befrienders  
Wellesley College Club of Hong

#### 紀念故人

##### IN MEMORY OF

Ms. Chow Suk Pui Auntie  
Ms. Sara Cheung  
Mr. Fung Lai On  
黃遠容先生  
Ms. Kim Yeoh

## 銘琪中心董事會 MAGGIE'S CENTRE GOVERNANCE

全賴各位賢達的熱心支持及鼎力協助，銘琪中心才能持續為癌症患者、其家人及照顧者提供免費的癌症支援服務。各董事會成員致力幫助我們籌募營運經費，適時給予引導並提供專業建議，為工作團隊帶來莫大的推動力。

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

### 主席 Chairman

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

### 董事會成員 Board of Governors

李澄明先生  
Mr. Adrian Lee

艾永玲女士  
Mrs. Audry Ai Morrow

李羅拉女爵士  
Dame Laura Lee DBE

夏麗芙女士  
Ms. Shahilla Shariff

林李靜文女士 SBS, OBE, JP  
Mrs. Eleanor Ling SBS, OBE, JP


謝秀玲女士 JP (任期至 2024 年 9 月 25 日)  
Ms. Nancy Tse JP (up to 25 September 2024)

王明琪女士  
Mrs. Anne Wang Liu




### 銘琪癌症關顧中心


### MAGGIE'S CANCER CARING CENTRE


 香港新界屯門青松觀路屯門醫院  
Tuen Mun Hospital, Tsing Chung Koon Road  
New Territories, Hong Kong

 2465 6006

 2465 6063

 [info@maggiescentre.org.hk](mailto:info@maggiescentre.org.hk)

 [www.maggiescentre.org.hk](http://www.maggiescentre.org.hk)

 [MaggiesCentreHongKong](https://www.instagram.com/MaggiesCentreHongKong)

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開放時間 OPENING HOURS :  
星期一至五早上九時至下午五時  
Monday to Friday 9am to 5pm

美琪凱瑟克癌症關顧中心基金有限公司  
Maggie Keswick Jencks Cancer Caring Centre  
Foundation Limited

(慈善機構註冊號碼 Hong Kong Charity Registration  
Number: 91/8834)

