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主席獻辭 MESSAGE FROM OUR CHAIRMAN

2019年迎來了中心又一年的發展和成長。

根據《2019年香港癌症策略摘要報告》顯示,於過去五年來,癌症每天奪走超過35人的寶貴性命。可想而知,癌症預防及相關支援服務無疑是香港現時最迫在眉睫的議題之一,亦同時推動我們擴展服務範圍,幫助更多有需要的人。今年,我們服務了超過28,000人次,其中2,367人次為首次到訪者。我們還提供了6,000多節的諮詢服務,助患者及其家人度過並跨越癌症。

全賴銘琪中心團隊的共同努力和貢獻,我們獨特且以人為本的服務模式獲得了香港理工大學的評估研究認可,指出我們的服務能增強癌症患者的自信心,並使他們重新獲得生活控制權,以正面的態度面對癌症的各種挑戰。於該研究報告的新聞發佈會上,我們分享了服務經驗,更與醫護業界及社區合作夥伴交流心得。我們相信知識共享可創造學習機會並激發創新思維,因此,我們不單積極與本地學者及業界互動,我們也參與了Maggie's Centres的國際論壇,與來自東京、巴塞羅那、荷蘭和挪威的同事分享我們的服務成果。

我們能夠長足發展及進步,慈善基金、贊助商及捐助者的支持實在功不可沒。我特別感謝香港賽馬會慈善信託基金從2019年3月起資助我們的「香港賽馬會社區資助計劃:銘琪『以心療心』癌症支援計劃」。同時,我也衷心感激董事會、活動籌辦委員會、各同事及義工們對銘琪中心的付出,使我們能夠為受癌症影響的人士提供一片療癒身心的綠洲。

在穩定的發展基礎上,我們仍孜孜不倦、邁步向前,不斷完善服務以滿足社區日益變化的需求。例如,我們正研究善用數碼資源來提供癌症支援服務及舉辦健康講座的可行性,讓更多人能不受地域限制而獲得我們的服務。

我們期待中心的下一個里程碑,並希望您能參與其中,與我們一起實踐共同的願景。請翻到後 頁,了解如何透過各種渠道支持我們。我相信您的熱心與慷慨能為無數的癌症患者及其家人帶 來深遠的影響,改寫他們的人生歷程。

謝謝。



梁智鴻醫生 GBM,GBS,OBE,太平紳士 董事會主席



2019 marked another year of growth for our development.

According to the Hong Kong Cancer Strategy Summary Report 2019, cancer took the lives of over 35 individuals from their loved ones every day in the past five years. Cancer prevention and related support services are in no doubt one of the most significant topics in Hong Kong. The alarming figure is a driving force for us to expand our services to support more people in need. This year, we received over 28,000 visits of which 2,367 were first-time visitors. We also conducted over 6,000 consultation sessions to empower people to live through and beyond the illness.

Thanks to the concerted efforts from everyone at Maggie's Centre, our service model was well-received by an evaluation study conducted by The Hong Kong Polytechnic University. We held a press conference to present its findings which suggested that our unique and people-centred approach has boosted cancer patients' self-confidence and empowered them to regain life control to face their cancer challenges positively. At the event, we shared our experience and exchanged ideas with healthcare professionals and community partners. Knowledge sharing builds learning opportunities and stimulates innovation – we did not only actively engage with the local practitioners, but we also joined Maggie's International Forum to share our service experiences and good practices with colleagues of Maggie's Centres in Tokyo, Barcelona, Netherlands and Norway.

We would not be able to achieve all we have done without the support of our incredible funders, sponsors and donors. In particular, we are grateful to The Hong Kong Jockey Club Charities Trust for funding the project "The Hong Kong Jockey Club Community Project Grant: Maggie's Emotional and Psychological Cancer Support Programme" from March 2019.

Our deepest thanks also goes out to our Board of Governors, event organising committees, staff and volunteers for their unwavering commitment to Maggie's Centre for enabling us to thrive as a healing oasis for people affected by cancer.

While building upon the good work we have done, we feel it is important to keep refining our services to meet the evolving needs of the community. For example, we will explore the possibilities of running our cancer support programmes, workshops and public seminars with the help of digital resources so that more people can receive our services without geographical constraints.

We look forward to the next milestone and we hope that you will be a part of it. If you share our vision, please find out how you can get involved. I am sure your support could make a lasting difference to the thousands of cancer patients and their families that are in need of your help.

Thank you.

Chileon

執行總監及中心主管的話 A WORD FROM OUR EXECUTIVE DIRECTOR AND CENTRE HEAD

正如我們的創辦人所說:「最重要的是不讓死亡的恐懼奪去生命的歡樂」,這正道出了我們服務的初心。我們的團隊一直肩並肩應對各種挑戰,努力地把正能量注入受癌症影響人士的生活當中。

今年,銘琪中心的總到訪人次逾28,000,創下歷史新高。這反映了受癌症影響的人士對我們的 資訊、情緒及心理支援服務的需求日益增長。

令我們鼓舞的是,根據中心的《2019年度服務檢討報告》顯示,100%的中心使用者認為中心的整體服務「優秀」(83.5%)或「良好」(16.5%)。我們衷心感謝中心使用者對我們的信任,而更重要的是,這成果充分反映了中心的服務能適切地滿足用者的需要。我們明白各人的需求因應自身經歷、社會背景及身心狀況而異,因此,我們不斷檢討及評估服務成效,致力優化及發展新項目。

本年度的新項目包括於平日舉行的「善待身心之夜」及周末舉行的「善待身心日營」,專為在治療後重返職場的人士而設。中心還舉辦了一系列「從不同宗教信仰看人生講座」,讓參加者從不同的宗教角度包括中國哲學、佛教、天主教和基督教等探討生命的意義。 此外,中心亦出版了第一本健康食譜,由中心的註冊營養師為大家提供專業的營養建議,讓大家建立均衡的飲食習慣、重塑健康的體魄。

除了在癌症患者治療期間提供支援外,我們還投入更多的資源,幫助他們於手術後重整生活步伐。我們十分榮幸在澳洲悉尼舉行的Cancer Survivorship Conference 2019中作演講,分享我們對癌症康復者服務需求的定性研究。

作為一所獨立的慈善機構,我們全靠公眾捐款來維持及拓展中心的服務。儘管日趨複雜的社會問題及不穩定的經濟局勢為中心下半年度的營運帶來了不明朗因素,但基於團隊於籌募和成本管理方面投放巨大努力,讓本年度財務達至收支平衡。我們有賴每位捐款者的支持,助我們於來年可預見的經濟低迷下保持財政穩健。

全賴每位善心人士的付出,才能讓中心繼續茁壯成長。我們非常感謝各慈善基金、企業贊助者、醫院管理局和屯門醫院的支持及義工們的愛心和無私奉獻,使銘琪中心能繼續為受癌症影響的人士在一個恬靜舒適,猶如避風港的環境裡為他們提供支援。

祝身心安康!

阅绵繁

關錦勳 執行總監

雷董晃芳

雷黃恩芳 中心主管



As stated by our founder, "Above all, what matters is not to lose the joy of living in the fear of dying" — this captures our entire essence of being. Our team collaborated to sail through challenges and work toward bringing positivity into the lives of many people affected by cancer.

This year, the number of total visits marked a record high of over 28,000. It reflected the increasing demand for our informational, emotional and psychosocial support services by Hong Kong's cancer population.

It was very encouraging to us that according to our Service Annual Audit 2019, 100% of our users rated the overall service of Maggie's Centre "Excellent" (83.5%) or "Good" (16.5%). We are grateful for the trust that our Centre's users placed in us but, even more, that their needs were properly met and they felt satisfied. We understand that our users' needs can vary greatly depending on their personal experience, social background, and physical and mental state. Therefore, we constantly reviewed our programmes and continued our endeavours in developing new initiatives.

We launched new programmes including Wellness Night on weekdays and Wellness Day on weekends, to target the service needs of those having returned to work after treatments. We also conducted workshops that allowed participants to explore the meaning of life from different religious perspectives including Chinese Philosophy, Buddhism, Catholicism and Protestantism. Furthermore, we published our first cookbook with useful nutritional advice from our registered dietitian. It served as a practical guide for people to establish balanced eating habits and build a healthier body.

Apart from supporting cancer patients during the illness, we also empowered them to live beyond it. To that end, efforts were made to invest more resources on our cancer survivorship programmes. Based on the findings of our qualitative study on the service needs of cancer survivors, we were honoured to give a presentation at the Cancer Survivorship Conference 2019 in Sydney, Australia.

As an independent charity, we rely solely on public donations to keep our doors open. Despite the increasing complexity of social issues and economic instability in the second half of 2019, the year closed with balanced accounts due to tremendous efforts of fundraising and cost management. We will count on the continued support from our donors to protect us during the foreseeable economic downturn in the coming year.

The support from every kind-hearted individual was the glue that held Maggie's Centre together. We offer immense gratitude to the dedication and generosity of our supporters. A big mention should be given to our funders, sponsors, volunteers, Hospital Authority and Tuen Mun Hospital for enabling Maggie's Centre to remain a haven of support.

With very best wishes.

Kwan Kam FanExecutive Director

Helen Lui Centre Head

銘琪中心2019年服務概覽 MAGGIE'S CENTRE 2019 AT A GLANCE

28,000⁺ 總到訪人次 total visits

 $6,000^{+}$

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



100%

服務使用者認為心理支援服務對他們有幫助,並認為心理支援服務能幫助他 們舒緩壓力及負面情緒。

service users found that the counselling/psychotherapy service helped them to relieve stress and overcome negative emotions.

96%

服務使用者在接受心理支援服務後,表示當日後他們遇上有關癌症及其他生活上的挑戰時,會更正面去面對。

After receiving counselling/psychotherapy services, service users reflected that they wouls face cancer related issues and other challenges positively in future.

100%

服務使用者認為支援小組讓他們對癌症及適應癌症帶來的挑戰及其處理方法有更多了解。

service users found that support groups helped them learn more about their cancer and how to cope with and manage the illness.



2019年服務簡報 SERVICE HIGHLIGHTS IN 2019

音樂治療課程

Music Therapy Programme

透過聆聽音樂、唱歌、創作歌詞或用樂器打拍子,參加者能減輕壓力和焦慮。在治療期間及治療後,呼吸練習對身體亦有好處。根據課程的成效研究,97%參加者認為合唱團對他們十分有幫助,100%參加者指出音樂治療小組及個人音樂治療對他們十分有幫助。

資助機構: 陳廷驊基金會

Through listening to music, singing, writing lyrics, slapping or popping on musical instruments, participants can reduce stress and anxiety. After practising the skills of breathing, their physical wellbeing during and after treatments were also improved. According to our programme survey, 97% of participants found the Choir very helpful. Also, 100% participants found the well-being group and individual session very helpful.

Funded by: The D. H. Chen Foundation



香港賽馬會社區資助計劃-賽馬會「以心療心」癌症支援計劃 Emotional and Psychological Cancer Support Programme

感謝賽馬會慈善信託基金的支持,由2019年3月起繼續撥款支持賽馬會「以心療心」癌症支援計劃。銘琪中心得以提供免費及全面癌症支援服務,包括舉行各類型癌症支援小組和情緒、社交及心理支援等。

捐助機構:香港賽馬會慈善信託基金

Thanks to The Hong Kong Jockey Club Charities Trust for supporting the project "The Hong Kong Jockey Club Community Project Grant: Maggie's Emotional and Psychological Cancer Support Programme" from March 2019. Maggie's Centre is able to provide free and comprehensive cancer care service, such as various support groups as well as emotional and psychosocial support.

Funded by: The Hong Kong Jockey Club Charities Trust

吃得好-營養好煮意

"Eating Well" Programme 根據營養古擇服發的

根據營養支援服務的研究報告,21.3%的癌症患者於接受療程時有營養不良的危機。他們在接受營養師兩次諮詢期間,體重及身高體重指數整體而言有顯著增長。資助機構:愛心聖誕大行動

According to our study for the programme, 21.3% of cancer patients receiving treatments were at risk of malnutrition. Also, those patients who under treatments overall had a significant increase in weight and in BMI between two

Funded by: Operation Santa Claus

dietetic consultations.





新增活動 - 善待身心日營及善待身心之夜 New Programme Initiatives -Wellness Day and Wellness Night

透過參與瑜伽及靜觀練習,參加者能讓自己平靜下來,在寧靜和療癒的環境下放鬆身體、心靈及精神。為切合重返職場人士的需要,活動於星期 五晚上及星期六舉行。

By way of yoga and meditation, a moment of serenity allows body and mind to restore inner peace. The programmes are held on Friday evenings and Saturdays in order to fit in with the needs of those having returned to work after treatments.



《銘琪健康食譜》 Maggie's Healthy Recipe

癌症期間的營養補充十分重要,目標為減少肌肉流失,維持體重和提升身體的免疫力。註冊營養師潘仕寶女士為癌症患者及康復者設計了二十道簡易食譜,讓他們在治療及康復期間也能享受進食的樂趣。資助機構:愛心聖誕大行動

Cancer patients need to get enough nutrients during the cancer treatment, in order to prevent the loss of muscle, body weight and body immunity. Our registered dietitian Ms. Sally Poon designed 20 healthy recipes for cancer patients and survivors, ensuring that they can enjoy healthy diet during and after treatment. Funded by: Operation Santa Claus

新增活動 - 宗教信仰及生死講座系列 New Programme Initiatives -Life Views of Religions Workshops

面對癌症時我們可能會感到灰心、失意,而 宗教信仰和個人信念可讓我們內心重拾平靜 安穩,獲取力量和勇氣,並以積極正面的心 態面對疾病和生死課題。講座分別探討中國 哲學、佛教、天主教及基督教的人生觀。

When we are feeling frustrated and upset along the cancer journey, religious and personal believes may give us peace of mind and courage to overcome adversities, empowering us to cope with and live through the illness. Participants can explore the life views of Chinese Philosophy Buddhism, Catholicism and Protestantism.



Cancer Survivors Conference 2019

銘琪中心很榮幸能參與於澳洲悉尼舉行的癌症復康會議,並發表名為「癌症康復者的需求及需要-香港癌症康復者的聲音」的報告。報告點出四種癌症康復者的需求,包括生理需求、心理需求、實際需求及社交需求,亦顯示跨專業團隊及善終服務對復康發展尤其重要。

Maggie's Centre is grateful to present our study in Cancer Survivorship Conference 2019, which took place in Sydney, Australia. The presentation named "What do cancer survivors need and want? The voices of cancer survivors in Hong Kong" highlighted the four local needs of cancer survivor – physical needs, psychological needs, practical needs and social needs. The study also emphasizes the importance of multi-disciplinary and holistic care for the survivorship service development.

支援服務概覽 PROGRAMME OVERVIEW

銘琪中心成立的主要目的是幫助癌症患者探索和發揮自己的力量,以面對及跨越癌症的挑戰。 我們在2019年提供了不同類型的活動,其中包括:



實用資訊支援 Information & Practical Support



個人、夫婦和家庭的心理支援 Psychological Support to Individual, Couple and Family



癌症患者或照顧者支援小組 Support Groups for People with Cancer or Carers



營養講座及煮食示範 Nutrition Talk and Cooking Demonstration



音樂治療及創意藝術活動 Music Therapy and Creative Arts Programme



身・心・靈課程 Mind-Body-Spirit Programme (太極、氣功、瑜伽、靜觀、正念瑜伽、愛笑瑜伽等) (Tai Chi, Qigong, Yoga, Meditation, Mindful Yoga, Laughter Yoga, etc)

The primary aim of Maggie's Centre is to help people discover and develop the strength of their own resources in coping as well as living with and beyond cancer. Some examples of our programmes in 2019 include:



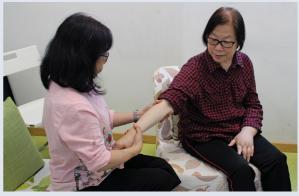
心理教育課程 Psycho-educational Courses



鬆弛課程 Relaxation Programme



中醫營養和健康講座 Chinese Nutrition and Health Talk



香薰舒緩按摩工作坊 Aromatherapy and Massage Workshop



美容工作坊 "Look Good Feel Better" Beauty Workshop



其他活動 Other Programmes

銘琪中心的服務為社區帶來的正面影響 THE POSITIVE IMPACT OF MAGGIE'S SERVICES IN THE COMMUNITY

銘琪癌症關顧中心(銘琪中心)很榮幸自2015年至2018年期間得到香港賽馬會慈善信託基金的支持,推行「賽馬會『以心療心』癌症支援計劃」,為癌症患者及照顧者提供情緒、社交及心理支援服務,內容包括個人及家庭心理輔導、支援小組、心理教育課程和工作坊等服務,並推行社區教育,提升市民對癌症和身心健康的關注。為評估服務成效,我們邀請了香港理工大學就中心的免費癌症支援服務進行研究,並於2019年1月22日在灣仔溫莎公爵社會服務大廈召開記者招待會發表研究結果。

是次研究探討銘琪中心如何幫助服務使用者應對癌症及其治療,研究員透過實地觀察、焦點小組訪談及量性調查收集數據。

中心的服務能讓中心使用者有以下四方面的體現和轉化(以下簡稱4E服務模式):

能力 (Enabling): 在應對癌症的過程中,令使用者有能力保持精神健康

增權 (Empowering): 令使用者增權,以應付過程中的不確定性

增加 (Enhancing): 通過中心的空間和顏色設計,增加有意義和滋養生命的互動

演變 (Evolving): 看到自己有更多的價值,生命從而演變

「4E服務模式」四個特點相輔相成,達至良性循環。中心所提供的服務,例如實用的資訊支援 及心理諮詢、中心使用者之間的互動、鬆弛練習、支援小組、心理教育及營養講座,對中心使 用者的心理健康帶來正面影響。中心使用者在過程間能夠學習新知識及照顧自己的技巧。

結果亦對癌症患者社區支援服務的發展至關重要,特別是針對如何幫助癌症患者重新掌握自己 的生活和如何透過親切的人際互動,以支持心理社交更新,以及如何提供有利於治癒的環境和 空間。

記者會亦請來中心使用者包括癌症患者、照顧者及康復者分享他們的心路歷程,他們均表示中心的身、心、靈支援服務能解開他們對癌症的疑慮,並讓他們的心靈變得強大,活出正面的人生。

"中心為患者提供醫療以外的支援,與醫院是良好的伙伴,共同完善癌症關顧服務,讓患者及家屬 都能得到全面且具質素的照顧。"

銘琪中心董事會主席梁智鴻醫生

"銘琪中心具療癒作用的的建築和園林設計及「以人為本」的服務能提升患者的自信及增強生活管理能力。"

香港理工大學護理學院副教授及副學院主任(本科教育)陳胡安琪博士

Maggie's Cancer Caring Centre (Maggie's Centre) is grateful for The Hong Kong Jockey Club Charities Trust in support of the "Maggie's Centre – Jockey Club Emotional and Psychosocial Support Programme" from 2015 to 2018, enabling us to provide individual and family counselling, support groups, psychoeducational courses and workshops to people with cancer and their carers, as well as launching community education to raise cancer awareness and both physical and psychological health among the public. We invited The Hong Kong Polytechnic University to conduct a study on the effectiveness of our cancer support service model, and the findings were released at the press conference held on 22nd January 2019 at the Duke of Windsor Social Service Building in Wan Chai.



The research explored how Maggie's Centre help their service users to cope with the demands of cancer and its treatments. The researchers had collected data through participant field observations, focus group interviews and quantitative survey.

Four main themes (4E) of Maggie's Centre cancer care service emerged:

- 1. Enabling users to achieve mental well-being on their coping journey,
- 2. Empowering users to deal with their uncertainties,
- 3. Enhancing meaningful nurturing interactions through the design of spaces and colors, and
- 4. Evolving through seeing more value in themselves.

The results showed that the 4Es were correlated with each other and formed a virtuous cycle. Activities at the Centre, such as practical consultations and psychological counseling, interacting with other users, relaxation exercises, support groups, psycho-education, and nutrition talks, had significant positive effects on the users' mental well-being. In the process, the users could learn new knowledge and skills on how to take care of themselves.

It also provides insights on elements that are essential to providing community support services for cancer patients, specifically on how to help cancer patients regain control over their lives, how to support psychosocial renewal by engaging in intimate human interactions, and how to provide the physical environments and spaces that are conducive to healing.

Three Centre users including cancer patients, caregivers and survivors also shared their experience at the press conference. They all mentioned that our cancer support service helped ease their worries and empower them to face challenges positively.

"Maggie's Centre is here to provide cancer support services beyond the clinical scope. The Centre and hospitals are in partnership to ensure that cancer patients and their families can receive comprehensive and quality cancer care services."

Dr. Leong Che-hung, Chairman, Board of Governors

"The healing impact of the architecture and the garden and the people-centred service approach of Maggie's Centre have boosted cancer patients' self-confidence".

Dr. E. Angela Chan, Associate Professor & Associate Head (Pre-service Education) of The Hong Kong Polytechnic University

COMMUNITY OUTREACH EVENTS



Love Mum「乳」愛同行開幕禮

Love Mum「乳」愛同行開幕禮於5月5日順利舉行,銘琪中心音樂治療合唱團為觀眾帶來了精彩演出。我們在場簡介免費癌症服務,當日亦有醫生、醫護團體及病人自助組織分享實用乳癌資訊。

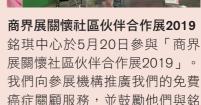
"Love Mum" Breast Cancer Awareness Campaign Kick-off Ceremony

The opening ceremony was held on 5 May. We introduced our free cancer care service at the event and our Music Therapy Choir performed on stage. Doctors, healthcare practitioners and self-help organisations also shared practical breast cancer information with the participants.

MAY



肺癌關注月 - 「肺癌知多少」展覽(香港美國婦女會贊助)



Lung Cancer Awareness Month – Tuen Mun Hospital Exhibition

(sponsored by The American Women's Association of Hong Kong)

To echo the Maggie's Centre's Lung Cancer Awareness Month, we hosted an exhibition at Tuen Mun Hospital Main Block to introduce lung cancer symptoms and treatment information to the public. Special thanks to The American Women's Association of Hong Kong for their support and also our befrienders and volunteers for their time and effort.



Caring Company Partnership Expo 2019

琪中心攜手合作、散播善心,幫 助更多社會上有需要的人十。

Maggie's Centre participated in the "Caring Company Partnership Expo 2019" on 20 May by advocating our free cancer care services, as well as encouraging other institutions to collaborate with us and spread kindness to people in need.

銘琪開講 - 肺癌系列:療程方案及副作用管理 (羅氏大藥廠香港有限公司贊助)

銘琪中心在10月26日於香港理工大學舉辦免 費公開講座。臨床腫瘤科專科醫生林泰忠醫 牛到場分享肺癌療程方案,註冊物理治療師 周杏賢小姐亦即場示範呼吸運動。在場人士 對肺癌的各種療程及處理副作用的方法加深 了不少認識。

Lung Cancer Public Seminar

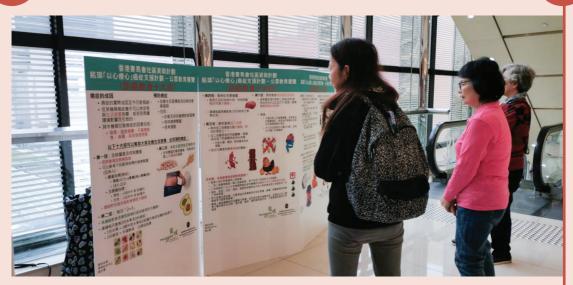
(sponsored by Roche Hong Kong Limited)

Maggie's Centre successfully held a free lung cancer public seminar on 26 October at The Hong Kong Polytechnic University. While clinical oncologist Dr. Lam Tai Chung introduced



lung cancer treatment options onsite, physiotherapist Ms. Chau Hang Yin demonstrated some breathing exercises to help participants strengthen their lung muscles. All the audience found this seminar extremely valuable as it deepened their knowledge on treatment options and side effect management.





防癌飲食公眾教育展覽

(香港賽馬會慈善信託基金捐助)

銘琪中心於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及派發防 癌飲食書冊。

Cancer Prevention Exhibition

(funded by Hong Kong Jockey Club Charities Trust)

Maggie's Centre held a cancer prevention exhibition at Tuen Mun Town Plaza on 21 -22 December. More than 700 people attended the exhibition. In addition to the exhibition, there were oncology nurses and registered dietitian on site to provide free consultation services and distribute booklets on preventive cancer diets to interested visitors.

中心使用者的話 A WORD FROM OUR CENTRE USERS

非常感謝銘琪中心全體工作人員懷着無私奉獻的服務精神,使站 在生命邊緣的人得到鼓舞、支持和希望,再度燃亮人生燦爛的 火花。

I am very grateful to all the staff at Maggie's Centre for their selfless dedication and spirit of service. Their support gives hope and invigorates those at the edge of life, reigniting their hopes and dreams.

蔡國強及家人 Philip Choy and Alice Choy

在生活裡我有時會遇上很多挑戰,透過銘琪中心的幫忙,現在我 學會找回自己的安全感;即使在未找到安全感之前,我亦願意開 放自己找適合的人幫忙,特別感謝銘琪中心裡的有心人。

I have met various challenges in my daily life. With the support from Maggie's Centre, I learnt how to cultivate a sense of security. Even though I am yet to build it up, now I am open to seek help. A big thank you to Maggie's Centre!

順子 Iris

對銘琪中心的感言用筆墨難以形容,只能說銘琪中心能令我從谷底再站起身來,中心各位職員是最大的功勞,無限感激!

My gratitude to Maggie's Centre is beyond words.

Maggie's Centre helps lift me up in my lowest emotional moments. All credit goes to Maggie's staff. Endless thanks!

秀姐 Sau

衷心威謝銘琪癌症關顧中心的全體員工!你們讓害怕和無助的癌症患者與其家屬學懂:以平靜接受無法改變的事,以勇氣去做能改變的事,樂於活在當下。

Heartfelt thanks to all the staff at Maggie's. You have helped those cancer patients and their family members in fear and helplessness to learn how to accept the unchangeable issues with serenity, unchangeable issues with serenity and to work on the changeable matters with courage, being contended with living at the present moment.

林寶榮 Lam Po Wing





銘琪癌症關顧中心及友邦保險集團慈善高爾夫球日2019 MAGGIE'S CANCER CARING CENTRE AND AIA GROUP CHARITY GOLF DAY 2019

「銘琪癌症關顧中心及友邦保險集團慈善高爾夫球日2019」於3月1日在清水灣鄉村俱樂部順利舉行。第三屆賽事吸引26支隊伍共104位球手參加,並籌得逾港幣140萬元,創歷年新高。

比賽於中午正式開始,球手們在球場上盡情享受揮杆行善的樂趣。晚上球手們在會所享用自助餐 及參加頒獎典禮,當中慈善拍賣及抽獎環節更令善款數字飆升。

是次籌款盛事能夠順利舉行,有賴各參賽球手、捐款人士和贊助商的慷慨解囊和鼎力支持。我們亦感謝籌備委員會的用心籌備和帶領,讓善款數字再創新高。我們特別感謝清水灣鄉村俱樂部的全力支持,提供活動場地及高爾夫球場,並負責比賽事宜和全數贊助十八洞果嶺費及球車費。

The "Maggie's Cancer Caring Centre and AIA Group Charity Golf Day 2019" was held on Friday, 1st March 2019 at The Clearwater Bay Golf & Country Club. The event attracted 26 teams of 104 golfers to join, which raised a record high of over HK\$1.4 million for Maggie's Centre.

Shotgun started at noon and golfers enjoyed and supported a great cause on an excellent golf course, followed by a dinner buffet, prize-giving ceremony and charity auction in the evening. The charity auction and raffle session raised even more funds for Maggie's Centre.

Maggie's Centre would like to thank all participants, donors and sponsors for their generous support. Moreover, we are most grateful to the Organising Committee, as well as to The Clearwater Bay Golf & Country Club for providing the venue and golf course, supporting the event operation and tournament management, waiving the green fees and golf carts.

籌備委員會 Organising Committee

名元祥博士 (主席) 何志雲女士 Dr. Ronald Lu (Chairman) Ms. Susan Ho

彼得·百倫先生 許震宇先生 Mr. Peter Brannan Mr. David Hui

陳文傑先生 李澄明先生 Mr. Mark Chan Mr. Adrian Lee 林李靜文女士 SBS, OBE, JP Mrs. Eleanor Ling SBS, OBE, JP

艾永玲女士

Ms. Audry Ai Morrow

孫道弘先生 Mr. Stanley Sun

鳴謝 Special thanks

清水灣鄉村俱樂部 The Clearwater Bay Golf and Country Club Hong Kong





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

MAGGIE'S CANCER CARING CENTRE & LEGEND CHARITY FOUNDTION PRESENTS - THE FAYRE OF ST. JOHN'S 2019

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已於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年度聖誕慈善音樂會,並於置地文華東方酒店MO Bar舉行演後派對及慈善拍賣。活動為我們籌得逾港幣160萬元善款。

當晚最感動人心的環節莫過於由癌症病人及家屬組成的銘琪中心音樂治療合唱團的表演及中心使用者Raymond的分享。Raymond憶述他如何積極地面對困難,並感謝銘琪中心團隊於他的抗癌路上為他提供適切的支援服務。

Maggie's Cancer Caring Centre & Legend Charity Foundation presents – The Fayre of St. John's 2019 was held successfully on 12 December 2019 with over 350 generous donors attended. The charity concert was held at the St. John's Cathedral and followed by a charity auction and after-party at MO bar, The Landmark Mandarin Oriental. The event raised over HK\$1.6 million for us.

The most heart-warming moment of the night were the singing performance by Maggie's Centre Music Therapy Choir and the sharing by our Centre user – Raymond Hung. Raymond shared his cancer experience and how he walked through the difficulties, he would also like to thank every one at Maggie's Centre for providing timely support during his cancer journey.

籌備委員會 Organising Committee

Alison Falloon
Amy Chien Wong
Angela Cheng Matsuzara
Anne Wang Liu
Anne Witt
Archie Keswick
Audry Ai Morrow
Betty Payne
Camilla Lindfors
Esther Ma

Gillian Wang
Izzy Liang
Jennifer Chen
Jennifer Cheung
Joansa Lam
Junwei Lu
Marie Kohler
Martha Keswick
Michelle Leung Sulger

Ming Chen

Neveen Innerdale Nicole Cromwell Petrina Steains Phillip Walker Roger Chan Sarah Dingley Simon Martyn

Natalie Caves





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,我決定到訪一趟銘琪癌症關顧中心。

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。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,我參與中心舉行的培訓課程,成為關懷受癌症影響人士的「同行者」,也成為中心的常客。

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當中,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。 我在恬靜的環境中如常參與各種活動。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。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。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。 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 paid a visit to Maggie's Cancer Caring Centre.

As I recalled, Maggie's Centre, in short, was just an iron cabin at that time. To my surprise it was very homely inside, and the cancer care services provided there were quite comprehensive. I felt very fortunate to be able to use the Centre which helped a lot in my cancer rehabilitation. I was also keen to use my own experience to help other new Centre visitors. That's why I became a befriender and a frequent visitor of the Centre.

The permanent Centre of Maggie's was established in 2013. My role as a befriender became a much larger committment 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 so 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.

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. It provides me with a soothing environment to take part in various activities as 'normal'. 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. 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. Maggie's Centre is really my second home which makes me feel safe, warm and that I belong.

其他籌款活動 OTHER FUNDRAISING EVENTS

陳廷驊基金會「小豬撐愛大行動」

要從小培養小朋友,讓他們學會分享,可以由捐贈利是做 起!陳廷驊基金會於2月17日舉辦了「小豬撐愛大行動」教 育活動,透過攤位遊戲培養幼稚園和初小學生的善意及同理 心。銘琪中心亦在場擺設攤位,向一眾參加者介紹中心服 務。

The D. H. Chen Foundation - "Loving Piglets" Event

Donating Red Packets might be a good way to foster giving spirits among children! The "Loving Piglets" event organised by The D. H. Chen Foundation was successfully held on 17



February. The event welcomed children from kindergartens, lower primary schools and their families to participate and enjoy together. Maggie's Centre also set up a booth to introduce our cancer care service.

Emmanuel Church 為銘琪中心 籌款

Emmanuel Church於6月為我們 籌募善款,勉勵中心使用者積 極面對癌症。感謝Emmanuel Church與一眾捐款者的熱心 支持!

Emmanuel Church

In June. Emmanuel Church successfully raised fund for Maggie's Centre to empower people affected by cancer to face challenges proactively. A big thank you to Emmanuel Church and all donors for the support!

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"YogaForAll" 戶外瑜伽體驗

Pure Yoga 及瑜伽導師Will在中環 海濱活動空間舉行"YogaForAll"戶 外瑜伽體驗,各參加者在享受瑜 伽的樂趣之餘,亦能一同為銘琪 中心籌款。是次體驗為我們籌得 近港幣五萬元善款。

"YogaForAll" Vitality Session

Pure Yoga and Teacher Will organised "YogaForAll" Vitality Session in which the participants enjoyed the fun of outdoor yoga while raising funds for a great cause. The event raised nearly HK\$50,000 for Maggie's Centre.



港島中學年度慈善時裝表演 ANAIA

港島中學年度慈善時裝表演ANAIA於3月16日 順利舉行,連續第四年將門票收益捐予銘琪 中心。我們很高興能夠欣賞到學生模特兒、 設計師和表演者在舞台上展現時尚觸覺和自 信。活動為我們籌得逾港幣六萬元善款!



The Island School Annual Fashion Show ANAIA

Island School's annual charity fashion show, ANAIA, was successfully held on March 16, and raised HK\$60,000 which had been donated to Maggie's Centre for the fourth consecutive year. We were glad to see that all student models, designers and performers were able to show their fashion sense and confidence on stage.

哈羅香港國際學校慈善長跑

感謝哈羅香港國際學校邀請我們參與學校年度最大型的籌 款活動 - The Long Ducker慈善長跑。當日各位參加者均充 滿熱情,我們亦感謝到訪銘琪中心攤位以及支持慈善義賣 的人十!

Harrow International School - The Long Ducker

Thank you for Harrow International School Hong Kong's invitation to join The Long Ducker - their biggest charitable event of the year. We were delighted to see so many enthusiastic participants, as well as those who dropped by our booth and supported our charity sale!

BGC慈善日2019

BGC慈善日於每年9月11日舉行,當日收益 將會捐予慈善機構,以紀念於911事件中罹 難的員工。銘琪中心很榮幸能第五度成為受 惠機構之一,我們的中心使用者也到場分 享其患病經歷及正面的人生觀。是次活動 為受癌症影響人士籌得逾港幣十九萬元。



BGC Charity Day 2019

BGC Day is hosted annually on September 11 in remembrance of the colleagues killed in the 9/11 attacks.

Maggie's Centre was honoured to be chosen as one of the beneficiaries for the fifth consecutive year. Our Centre user also joined the event to share her experience of how to cope with cancer positively. The event raised nearly HK\$190,000 for people touched by cancer.

Nassera Lacarne 聖誕曲奇慈善義曹

Nassera Lacarne女士與其好友到訪銘琪中 心,和中心使用者製作聖誕曲奇作慈善義

賣,同時分享 節日喜悦。慈 善義賣的所有 收益捐予銘琪 中心,為受癌 症影響人士帶 來溫暖。



Nassera Lacarne Christmas Cookies **Charity Sale**

Ms. Nassera Lacarne and her friends visited Maggie's Centre and prepared a Christmas Cookies Charity Sale while sharing festive joy. The income raised from this event was donated to Maggie's Centre to bring warmth to people affected by cancer.

MANUEL AUG

Breast Cancer Awareness Month

NOV DEC

OnTheList 慈善義賣

於乳癌關注月期間,銘琪中心在購物平台 OnTheList店內舉行慈善手環義賣及擺放捐 款箱,顧客同時亦可在網上付款時一併捐 款,支持我們的癌症支援服務。

OnTheList Charity Sale

During Breast Cancer Awareness Month, Maggie's Centre had partnered with OnTheList, a shopping platform, for a charity sale and placement of donation boxes. Customers donated to our cancer support services while shopping on-line.

Nood Food 粉紅特飲

為了提高大眾對乳癌的關注, Nood Food 再度為乳癌關注月推出粉紅特飲,同時為 我們籌款,將部分銷售額捐予銘琪中心。

Nood Food

To raise breast cancer awareness, Nood Food launched their pink smoothie drink again this year and part of the revenue was donated to Maggie's Centre.

The Cecilian Singers 慈善聖誕音樂會

The Cecilian Singers為香港歷史悠久的合唱團, 每年均會舉辦音樂會為慈善機構籌款。今年 The Cecilian Singers舉行了兩場聖誕音樂會,並 將港幣十一萬元收益捐予銘琪中心。 銘琪中心衷 心感謝The Cecilian Singers及各善長人翁的鼎力 支持。

The Cecilian Singers Christmas Concert

The Cecilia Singers, a long-established choir, hosted their annual concert for charities. The two performances this year raised a total of HK\$110,000 for Maggie's Centre. We were grateful for their support and generosity.



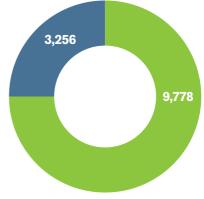
我們在2019年的收入來源 HOW WE RAISED OUR MONEY IN 2019

透過社會各界支持者的慷慨解囊,我們在2019年籌得超過港幣1,300萬元的善款。捐款使我們能夠擴展銘琪中心的服務計劃,以支援香港愈來愈多受癌症影響的人士,並配合他們的需要。

Thanks to the huge generosity and commitment of our supporters, we raised more than HK13 million in 2019. This extraordinary support has enabled us to extend our programme of support to meet the needs of the growing number of people affected by cancer in Hong Kong.

慈善捐款 Grants and Donation ■ 75% 籌款活動 Fundraising Events ■ 25%

總額 Total: HK\$13,034,383



數字以千元為單位 Figures are in thousands

我們在2019年的支出 HOW WE SPENT OUR MONEY IN 2019

癌症支援服務與活動 Cancer Support Services & Programmes ■ 81% 公關推廣及籌募活動 PR & Fundraising ■ 12%

總額 Total: **HK\$12,393,091**

行政事務 Administration ■ 7%

1,466

數字以千元為單位 Figures are in thousands

各項癌症支援服務與活動經費之詳細資料 Further breakdown into cancer support services & programmes

即時支援服務 Drop in Service ■ 34%

心理、社交及情緒支援 Emotional & Psychosocial Support ■ **34%**

資訊及實用活動 Information & Practical Programme = 6%

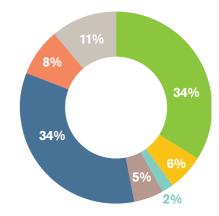
鬆弛治療 Relaxation Programme ■ 2%

身·心·靈課程 Mind-Body-Spirit Programme ■ 5%

心理、社交及情緒支援 Emotional & Psychosocial Support ■ **34%**

創意表達藝術治療 Creative Expressive Art ■ 8%

其他活動 Other Activities ■ 11%



您的捐款如何幫助我們 HOW CAN YOUR DONATION HELP

According to the Hong Kong Cancer Registry, the latest report revealed that there were total 31,468 of new cancer cases diagnosed, and 14,209 deaths recorded. New cancer cases in Hong Kong is also projected to rise by up to 40 per cent by 2030. The Hong Kong Strategy Summary Report 2019 also stressed that cancer took the lives of an average of 35 individuals from their loved ones every day in the past five years.

Many individuals and their families are facing tough challenges, exhausting treatments and difficult emotions related to cancer. Maggie's Centre is here to offer timely and individualised support in a sanctuary, just when they need it most. All services are offered free-of-charge. No referral or pre-registration is needed.

根據香港癌症資料統計中心的最新報告顯示,本港癌症個案共新增了31,468宗,並有14,209宗離世個案。統計中心預料,本港癌症新增個案在2030年將會上升百分之四十。《香港癌症策略2019》也指出在過去五年,平均每日有超過35人被癌症奪去寶貴的生命。

許多患者及家庭正面對各方面的艱鉅挑戰、令人身心俱疲的治療以及隨之而來的困惑和壓力。 有見及此, 銘琪中心致力提供適切且個人化的癌症支援服務, 助受癌症影響人士度過及跨越癌症。所有服務免費, 無須預約或轉介。

\$10,000

可為癌症患者及其家人提供一系列身、心、靈支援服務及工作坊,助他們積極面對和跨越癌症。Pays for a whole family to receive a number of mind, body and spirit workshops, in order to empower them to live with, through and beyond cancer.

\$5,000 / \$500 可讓剛確診患上癌症的人士獲取十次或一次的偶到服務,向癌症支援專科護士或註冊社工獲取專業建議和各面的支援。Pays for ten or one one-off drop-in session(s) to help someone just diagnosed with cancer to get advice and all-rounded support from our Cancer Support Specialist or Registered Social Worker.

\$1,000

可讓癌症患者或其家人與臨床心理學家進行深入面談,幫助他們處理因癌症所帶來的情緒困擾和心理挑戰。Pays for a whole family or an individual to get professional support from our Clinical Psychologist to manage emotional distress and psychological challenges brought by cancer.



可讓癌症患者及其家人獲得一次註冊營養師的個別諮詢,提升對營養及健康飲食的知識。Pays for one one-off nutrition consultation session to help cancer patients and their family to get practical dietary and nutrition advice from our Registered Dietitian.



瀏覽更多中心使用者故事, 了解我們如何協助受癌症影響 人士積極跨越癌症。



Read our Centre User's stories and discover how we can help them to live through cancer.

網上捐款 Online Donation







(English) https://www.maggiescentre.org.hk/en/donation

其他捐款方法 Other Donation Method

劃線支票 Crossed cheque

將劃線支票(祈付「銘琪癌症關顧中心」)郵寄至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,請另外標明捐款人名稱、聯絡電話及電郵地址。

Mail the Crossed cheque payable to "Maggie's Cancer Caring Centre" to Fundraising and Communications Unit, Maggie's Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong. Please provide donor's name, contact number and email address.

直接存款 Direct Transfer

匯豐銀行戶口 808-327399-292

HSBC Bank Account no. 808-327399-292

將存款單正本郵寄至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,請另外標明捐款人名稱、聯絡電話及電郵地址。

Please return the bank deposit slip to Fundraising and Communications Unit, Maggie's Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong. Please provide donor's name, contact number and email address.

為響應環保及減省行政費用,您可以選擇不領取收據。如需收據,請提供地址、收據名稱及於 來函中表明需要寄發收據。

In order to be environmentally friendly and reduce administrative cost, you can choose to not receive a donation receipt. Please kindly provide your address, receipt name and mark your request in the mail if you need a receipt.

*捐款總額達港幣一百元或以上可申請扣減稅項。Donations of HK\$100 or above are tax deductible.

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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 on some extraordinarily dedicated and talented individuals to help us support people with cancer, and their families and friends. They help raise the funds to run our Centre, share their expertise and offer guidance, and are the driving force behind all that we do.

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

② 香港新界屯門青松觀路屯門醫院 Tsing Chung Koon Road, Tuen Mun Hospital, New Territories, Hong Kong

2465 6006 info@maggiescentre.org.hk

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

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