



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

2021

銘琪癌症  
關顧中心年報  
MAGGIE'S CANCER  
CARING CENTRE  
ANNUAL REPORT





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## 主席獻辭 MESSAGE FROM OUR CHAIRMAN

經歷變幻莫測的2021年，疫情對社會帶來的打擊影響深遠。我在此謹向所有於抗疫期間無私付出，為人類福祉作出偉大貢獻的無名英雄致以由衷的感謝。

新冠疫情爆發加上與日俱增的癌症個案，對公眾健康所帶來的影響實在令人感到憂慮。跟據香港癌症資料統計中心最新資料顯示，癌症是本港主要的非傳染病之一。於2019年，本港癌症的新增個案高達35,082宗，創下歷年新高。而過往10年，癌症發病個案更以每年約3.1%的比率增長。如此驚人的數字亦同時反映香港對於癌症關顧的需求日增。因此中心雖然受疫情影響，但我們並沒有減少服務規模，反而積極利用網上平台，將我們的服務範疇推廣至新界西以外的地區。於2021年，我們於網上及線下總共服務了超過24,500人次，其中1,477人首次到訪中心。承蒙多間慈善基金鼎力支持，當中包括香港賽馬會慈善信託基金、香港公益金以及凱瑟克基金等，讓我們得以於如此困難的環境下，仍能持續為更多受癌症影響的人提供適切的援助。

非常感恩我們兩個大型籌款活動——「友邦保險集團慈善高爾夫球日」及「聖約翰座堂聖誕音樂夜」於限制社交距離下仍可順利舉行。同時，我亦必須在此特別感謝醫院管理局、屯門醫院、各慈善基金會、贊助商及捐款者的慷慨支持，更要鳴謝董事會成員、工作團隊及義工對中心無私的付出及貢獻，使銘琪中心能夠為有需要的人提供免費而專業的癌症關顧服務。

感激每一位認同銘琪中心理念的朋友，讓我們繼續攜手賦予受癌症影響的人力量，學習如何與癌共存，迎接抗癌路上的各種挑戰，甚至乎超越癌症。



梁智鴻醫生 GBM, GBS, OBE, JP  
董事會主席

2021 began with a degree of uncertainty, as we all wondered how the pandemic development would affect the society. While we have been putting our focus on fighting against the virus, I would like to thank all unsung heroes - who have been working tirelessly on the frontline to care for people in need, and all support staff worldwide working behind the scenes.

While the COVID-19 outbreak has been posing a devastating impact on public health; the rising trend of cancer incidence in Hong Kong is another matter of concern. According to the latest report from Hong Kong Cancer Registry, cancer is one of the major non-communicable diseases in Hong Kong. A total of 35,082 new cancer cases were diagnosed in Hong Kong in 2019, hitting a record high and increasing at an average rate of about 3.1% per annum in the past decade. These striking numbers reflect an increasing demand for cancer care services amongst our community. However hard the situation has been, we have never downsized our services but found ourselves serving even more cancer patients, reaching out beyond New Territories West districts, and expanding our scopes via online services. In 2021, Maggie's Cancer Caring Centre received over 24,500 visits (online and offline), of which 1,477 were first-time users. We were

grateful to continue receiving support from our funders, including but not limited to the Hong Kong Jockey Club Charities Trust, the Community Chest and the Keswick Foundation during this challenging period.

This year, we were very thankful to be able to hold our signature fundraising events, the AIA Group Charity Golf Day and the Fayre of St. John's physically, yet on a slimmer scale, due to social distancing restrictions. I must also express my heartfelt thanks to the Hospital Authority, Tuen Mun Hospital, funders, corporate sponsors, individual donors for the unfailing support which enable Maggie's Centre to continue providing professional services to anyone affected by cancer. Credits also go to our Board of Governors, staff and volunteers for the contribution and dedication.

Thank you once again for sharing our vision, to empower cancer patients to live with, live through and live beyond cancer.



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

隨著香港新冠疫情發展，銘琪中心一直與時並進，於疫情初期已開始將實體活動轉成網上形式舉行，並逐步將不同的支援服務擴展至網上，讓有需要的人於疫情下只需安坐家中，便能獲取我們全面的癌症關顧服務，不再受地域限制。於2021年我們的服務人次比去年上升逾五成，網上及線下總服務人次倍增至24,500，看到更多受癌症影響的人士能夠得到適切支援，實在令人鼓舞。

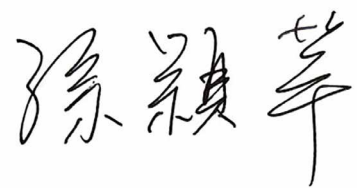
而本年度服務檢討報告中亦顯示，超過99%的中心使用者認為銘琪中心能夠幫助他們了解更多有關癌病及治療的資訊，另外接近97%的使用者更反映中心能夠幫助他們減少感到孤單，這足以證明我們中心的服務能夠切切實實地改善癌症患者及其家人的生活質素，協助他們積極面對癌症。

我們有幸獲得香港賽馬會慈善信託基金支持，成為香港防癌會於賽馬會「攜手同行」癌症患者支援計劃中的其中一個合作伙伴，為受癌症影響的家庭提供個人化的支援服務。

鑑於社交距離的限制，我們首次舉辦網上慈善挑戰「為銘琪感動」，招募籌款大使，訂立「感」或「動」的挑戰目標，為癌症患者出一分力。活動獲得各界正面回響，衷心感謝所有籌款大使、捐款者及參與者的支持。

服務方面，今年我們特意於藝術課程中新增了富創意及感染力的豎琴音樂療養，透過豎琴韻律增強癌症患者的情緒健康。同時，除了恆常的支援小組和身心靈課程之外，我們亦因應「新常態」的轉變，舉辦了全新的「社交媒體心理教育工作坊」，幫助較年長的中心使用者適應新環境。

疫情徹底改變了大家的生活模式，我們的實體籌款活動亦受到防疫措施限制而面對重大挑戰，全賴各位捐款者及機構的鼎力支持，我們才能有足夠的資源，繼續陪伴癌症患者及其照顧者，於艱辛的抗癌旅程中找到慰藉和力量。



孫穎萃  
總幹事

We are very proud to see 24,500 visits (online and offline) in 2021, a 50% increase as compared with last year. When COVID-19 hit Hong Kong last year, Maggie's Centre piloted the online programme and since then, we have been expanding our scopes via online services, enabling people in wider geographics to enjoy our holistic cancer care services with just a click.

It was also encouraging that our annual service survey received satisfying ratings. Over 99% of users expressed that Maggie's Centre helped them improve their understanding of cancer and its treatment; and around 97% of users reflected that we helped them feel less alone. We are grateful that our services meet the needs of people affected by cancer, and our efforts created value to the users.

With the support from the Hong Kong Jockey Club Charities Trust, we are very honoured to be one of the partners of the Hong Kong Anti-Cancer Society under the Jockey Club Cancer Survivorship Care Project, to be a satellite centre providing personalised support to cancer families spanning across Hong Kong.

Considering the limitations of physical interactions, we launched our first ever virtual charity challenge "Move for Maggie's" and it received positive feedback.

This campaign recruited fundraisers to set a "moving" goal and raise funds for cancer patients. I sincerely thank all fundraisers, donors and participants for all the efforts.

On service aspect, we introduced Harp Therapy as part of our creative and expressive art programme, which relied on the inherent healing elements of live harp music to enhance the emotional wellbeing of cancer patients. Also, on top of regular programmes like support groups, and mind-body-spirit classes, we designed some thematic talks in view of the changing lifestyle like "how to use social media", which was totally new and useful to some elder users.

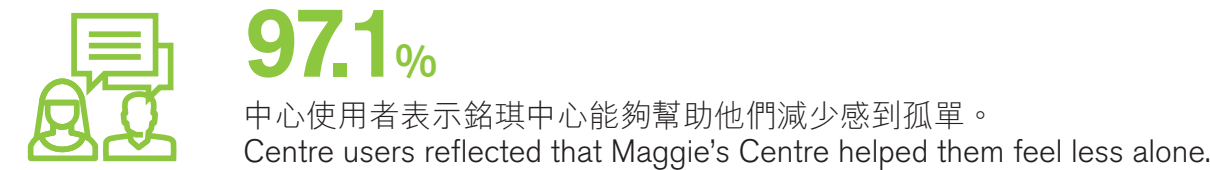
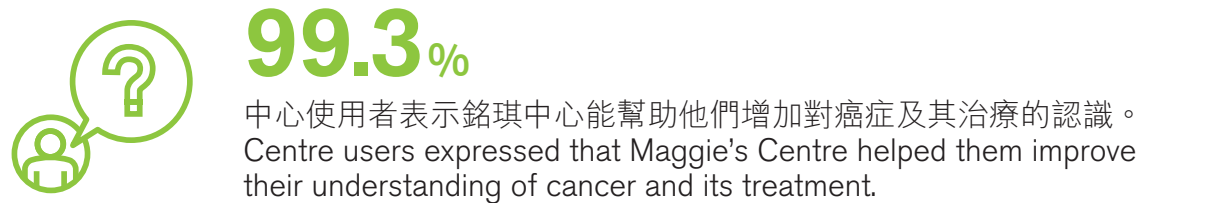
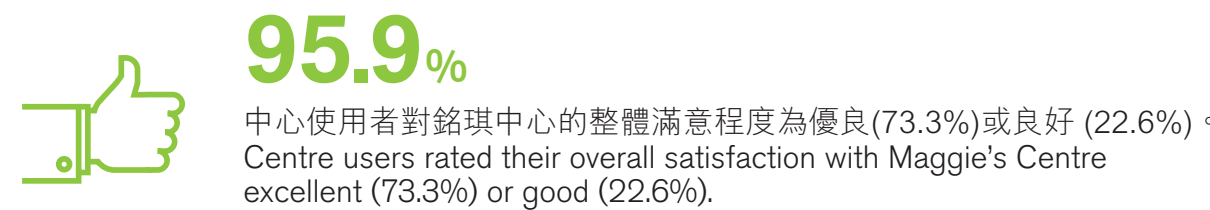
The pandemic has inevitably altered many lifestyles behavior. Although we have been operating under a very challenging fundraising environment with the restriction on many physical fundraising events, the incredible generosity from individual donors and corporate sponsors has been heartening. We would like to say a heartfelt thank you to all those who continue to make our work possible.



Catherine Suen  
General Manager



銘琪中心2021年服務概覽  
MAGGIE'S CENTRE 2021 AT A GLANCE

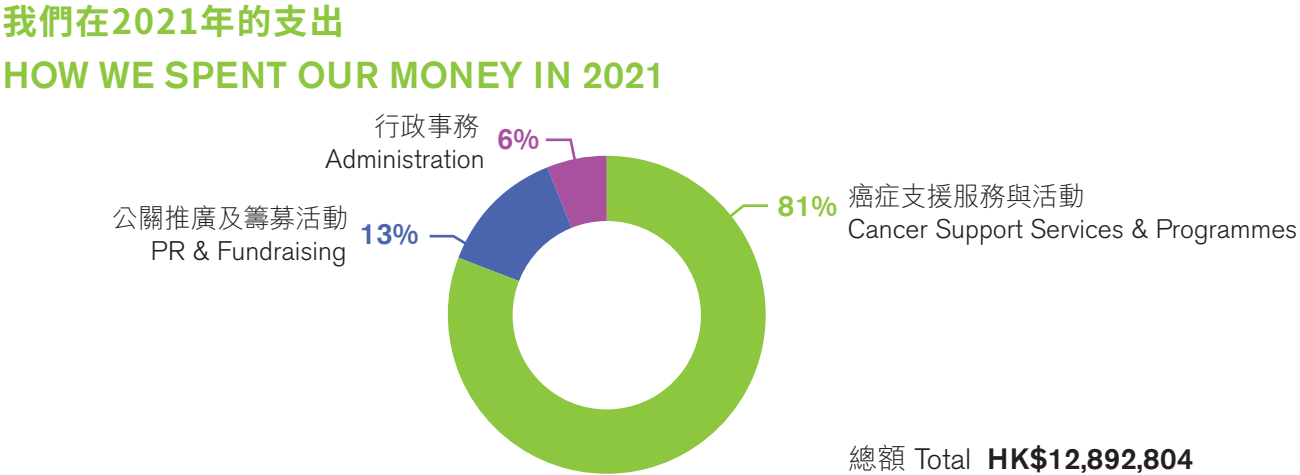
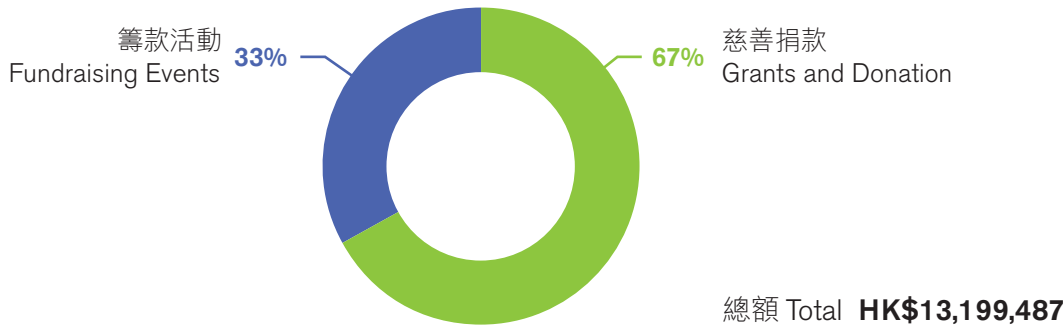


以上數據取自銘琪中心2021年服務調查問卷，共訪問了146位中心使用者。  
Above figures from service survey of Maggie's Centre in 2021, 146 Centre users were interviewed.

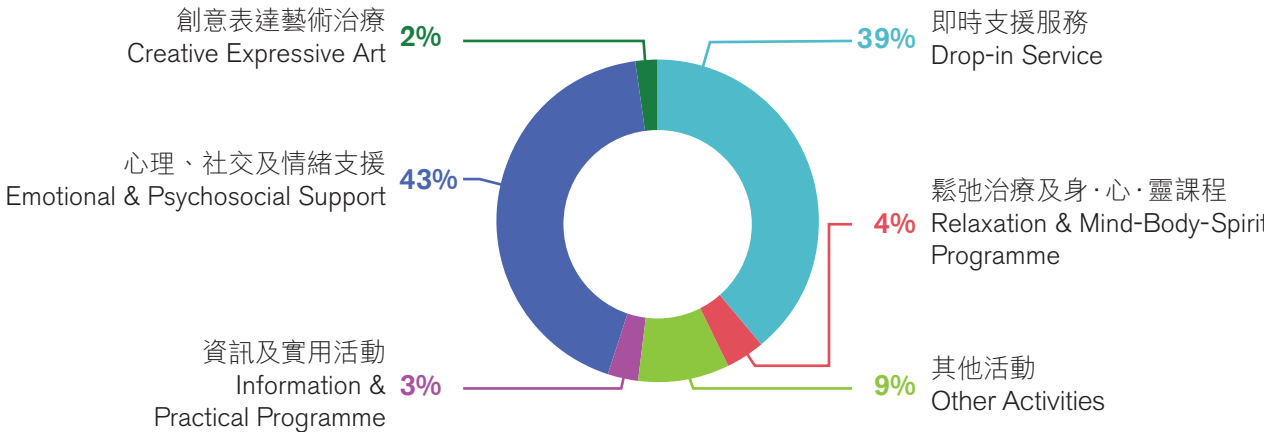
財務報表  
FINANCIAL STATEMENTS

**我們在2021年的收入來源**  
透過社會各界支持者的慷慨解囊，我們在2021年籌得超過港幣1,300萬元的善款，讓我們能夠繼續擴展銘琪中心的服務，支援香港愈來愈多受癌症影響的人士。

**HOW WE RAISED OUR MONEY IN 2021**  
Thanks to the generosity and commitment of our supporters, we raised more than HK\$13 million in 2021. This extraordinary support enabled us to extend our cancer caring services to meet the growing needs of people affected by cancer in Hong Kong.



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





## 您的捐款如何幫助我們

### HOW YOUR DONATION CAN HELP

本港罹患癌症的新增個案每年日趨上升，平均每日有接近100人患上癌症。過往10年，癌症發病個案以每年約3.1%的比率增長。

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。

銘琪中心一直致力為癌症病人提供全面的癌症關顧服務，包括：癌症相關資訊、情緒、心理及社交支援、鬆弛治療及壓力管理等。讓不同階段的癌症病人及其家人、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，包括支援癌症專科護士、社工、營養師及臨床心理學家獲得適切實用的資訊，讓他們能夠主動積極參與自己的治療計劃，尋求最適合自己的治療方式。

The number of new cases of cancer in Hong Kong has been on a rising trend. On average, close to 100 people were diagnosed with cancer every day. In the past decade, the cancer incidence has been increasing at an average rate of about 3.1% per annum.

When one is diagnosed with cancer, it marks the beginning of a long and tough journey of struggle and endless treatments; and all these could exhaust one's body, mind and soul. Even the cancer is under control or recovered, the unknown future and fear of cancer return could be extremely miserable.

Maggie's Centre is here to help people take back control when cancer turns life upside down. We provide professional and holistic cancer care services including practical information, emotional and psychosocial support to anyone with cancer, their families and friends, whatever kind of cancer and whatever stage they are at. Our Centre is a healing place for visitors to drop-in anytime they like; it is a place to where cancer patients can meet with our multidisciplinary team including Oncology Nurses, Social Workers, Dietitians and Clinical Psychologists to get practical advice and also talk to people who have gone through the same cancer journey.

作為一家獨立的慈善機構，全賴公眾的善款，銘琪中心才能持續為受癌症影響的人士提供全面的免費癌症支援服務。

在2021年間，中心為逾24,500人次提供癌症關顧服務。您的一分一毫，可以幫助我們為更多受癌症影響的人帶來希望。

Being an independent charity, Maggie's Centre rely solely on public donations to keep our door open, to offer timely and individualised support to anyone who needs comfort, advice or simply a friendly face in their greatest hour of need.

We received more than 24,500 visits from people affected by cancer in 2021. Every cent you raise means we can support even more people with cancer and their families.

**\$100**  
HKD

讓癌症患者和家人享受一系列身、心、靈工作坊，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

Pays for mind, body and spirit courses to keep cancer patients and their families active and build confidence during and after treatment, and to empower them to live with cancer

**\$300**  
HKD

讓癌症患者在接受治療期間獲得註冊營養師的個別諮詢，提升對營養及健康飲食的知識

Can help support someone during cancer and treatment by providing a greater understanding of the vital role of nutrition from our Registered Dietitian

**\$500**  
HKD

為癌症患者提供不受時限的偶到服務，向癌症支援專科護士或註冊社工獲取專業建議及支援

Means someone diagnosed with cancer can receive drop-in services without time limit from our Cancer Support Specialist or Registered Social Worker for professional advice

**\$1,000**  
HKD

提供一對一音樂治療課程，讓參加者透過療程學習放鬆及紓緩情緒；或讓癌症患者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

Allows us to offer one-on-one music therapy sessions to enhance the emotional wellbeing of cancer patients; or professional support from our Clinical Psychologist to manage emotional distress and psychological challenges brought by cancer



## 2021年服務簡報 SERVICE HIGHLIGHTS IN 2021

### 賽馬會「攜手同行」癌症患者支援計劃

感謝香港賽馬會慈善信託基金支持，讓我們由2021年9月起推行《賽馬會「攜手同行」癌症患者支援計劃》。計劃旨在向癌症患者及其照顧者提供個人化的全方位支援，並集中為年輕癌症康復者提供專項服務，以提升他們的自理能力；有望最終能發展出專業的恆常支援服務模式，讓業界參考及應用，以填補現有醫療主導系統中的社區支援服務缺口。

### Jockey Club Cancer Survivorship Care Project

With the support from the Hong Kong Jockey Club Charities Trust, we were thankful to implement the "Jockey Club Cancer Survivorship Care Project" since September 2021. The project aimed to provide personalised holistic support to cancer patients and their caregivers; and to empower them with self-management skills, with specific service focus in the support to younger cancer survivors and caregivers, ultimately developing a professional generic support service model to be adapted or referenced by others to fill the service gap between hospital and the community.

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

感謝香港公益金繼續支持我們推行「銘琪中心即時癌症支援服務」，讓不論是剛確診、正在接受治療或已完成治療的人士，都可在銘琪中心接受全面而個人化的癌症資訊及實務支援。100%服務使用者均表示此服務提供的資訊對他們有幫助，同時能夠紓緩情緒。另外，相關報導指出配戴假髮能夠讓癌症患者於治療期間，感到自己和以前一樣，增強他們的自信心。因此，我們於2021年新加入了免費全新假髮送贈服務，有超過200名癌症患者受惠。

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

Credits to the Community Chest for funding our Drop-in Service continuously, allowing us to provide holistic and personalised cancer care service to anyone affected by cancer, and their families and friends, with whatever kind of cancer and at whatever stage they are. 100% of the users said that the information provided was helpful and their emotions were relieved. A new wig for free service was first introduced in 2021, benefiting more than 200 cancer patients. Wearing wig provides confidence boost for cancer patients, it gave them a sense of normalcy and consistency during treatment, making them look and feel more like themselves.

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



### 疫情心理專題講座

面對新冠疫情的轉變，癌症患者經常會感到無所適從，形成「持續壓力」。有見及此，我們舉辦了多場與疫情心理專題相關的網上講座，解構如何建設「心理彈性」，有效地管理自身對壓力的反應，學習調適自己的情緒，提升正能量，從容面對疫情帶來的衝擊。

### Pandemic Seminars on Psychological Topics

The pandemic has often overwhelmed cancer patients, creating "sustained pressure". We therefore held a series of online seminars on psychological topics, demonstrating how to build "Psychological Resilience", in order to enable the cancer patient to manage their own stress effectively and at the same time improve their mental health.

### 慈山寺「一念一花」音樂會

疫症使全球人類反思，重新定義生活與生命的比重。慈山寺聯同香港中樂團及3香港，在李嘉誠基金會全力支持下，在11月13日於慈山寺舉辦了「一念一花」音樂會，鼓勵大眾於疫情下轉念前行，樂觀應對逆境。中心有幸獲慈山寺邀請，帶同約三十位中心使用者參與該音樂會。

### Universe in a Flower Concert at Tsz Shan Monastery

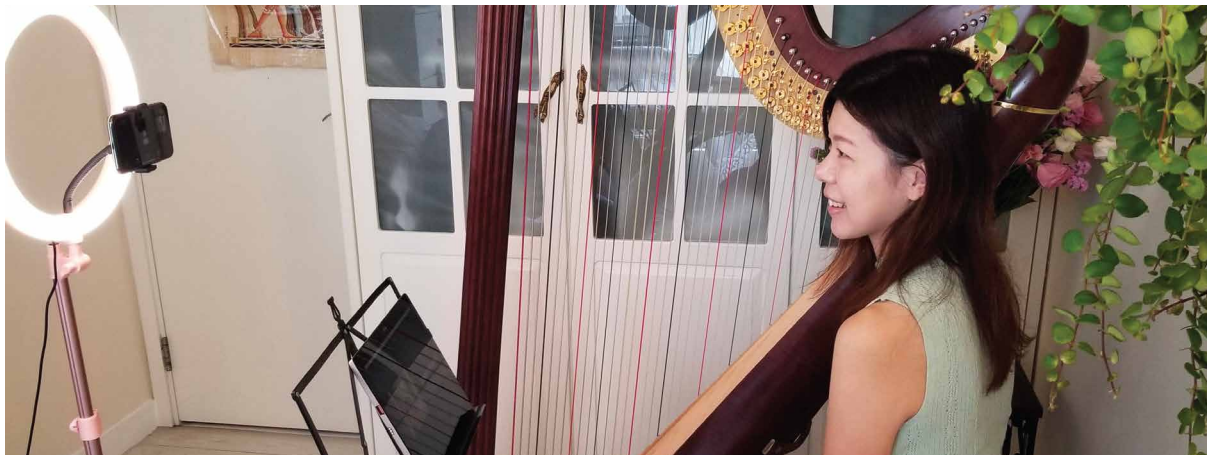
The pandemic urged people around the globe to reflect how to live a better life. With the support from Li Ka Shing Foundation, Tsz Shan Monastery, in association with the Hong Kong Chinese Orchestra and 3HK, organised the "Universe in a Flower Concert" at Tsz Shan Monastery on 13th November, aiming at encouraging everyone to fight against the disease with optimism. We were very honoured to be invited by Tsz Shan Monastery and around 30 users from Maggie's Centre joined the concert.





音樂治療是銘琪中心最受歡迎的課程之一，受新冠疫情所限中心暫停開放，我們將音樂治療轉成網上形式進行，並新增豎琴音樂治療。透過音樂展現創意的藝術，讓中心使用者能夠重新認識自己，以更好的狀態面對癌症。

Music Therapy has been our most well-received programme, though COVID limited physical visits to our Centre, we conducted the Music Therapy sessions online and also introduced Harp Therapy as part of our creative and expressive art programme. Through a creative context of music, users are guided to reflect on and understand their reactions to cancer.



### 豎琴音樂療養

豎琴音樂療養課程內容由美國認可音樂療養師主理，透過豎琴韻律以舒緩疾病所引起的各類不適。療養師會因應服務對象的情況及需要，彈奏最合適的療養性音樂，營造寧靜舒適的療養氛圍，希望幫助參加者，舒緩痛症、改善失眠、安撫憂慮不安的情緒，達至身心和諧。

### Relaxation Harp Therapy

Harp therapy is the use of the inherent healing elements of live harp music and resonating sound frequency to make the environment more conducive to the individual's natural healing process, so as to enhance the total wellness in individuals. Our programme was designed by a certified Harp therapist. The therapist would play the most suitable music according to the situation and needs of the participants, so as to create a peaceful and comfortable atmosphere for pain relief, insomnia improvement, and anxiety soothing.

### 個人音樂治療

個人音樂治療是透過與音樂治療師作一對一的個別面談，訂立輔導目標，以不同類型的音樂治療方式去處理個人面對的挑戰，學習以不同角度去面對生活上的困難。

### One-on-one Music Therapy

Aiming at improving one's quality of life, through individualised consultation, our Music Therapist would base on each personal story and challenge, to tailor-made the most suitable one-on-one Music Therapy session.





## 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能力，學習與癌共存，克服抗癌路上的挑戰，甚至乎超越癌症。我們在2021年除了提供個人的諮詢服務外，還提供了不同類型的網上活動，其中包括：

The primary aim of Maggie's Centre is to help people discover and develop their own strength to live with, live through and live beyond cancer. Besides offering individualised consultations, we also organised various online programmes in 2021 which include:



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



資訊及實用支援  
Information & Practical Support



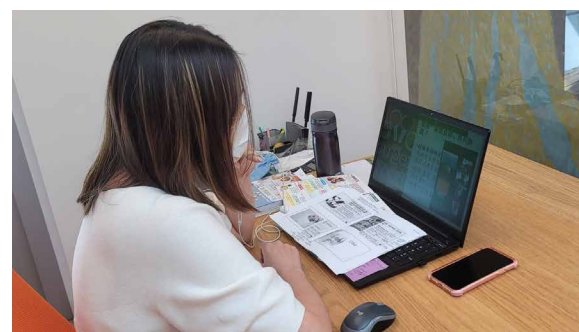
營養工作坊  
Nutrition Workshop



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



心理支援  
Psychological Support



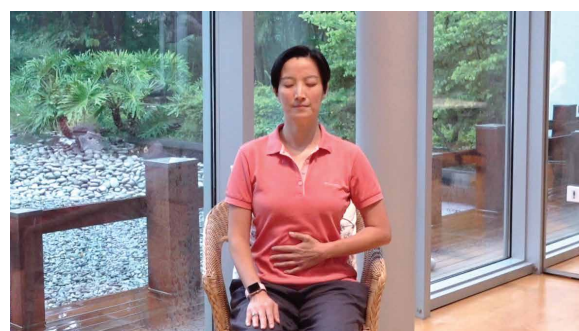
心理教育課程  
Psycho-educational Course



音樂治療  
Music Therapy



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



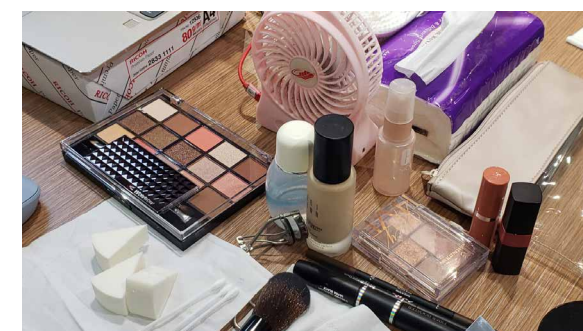
靜觀課程  
Mindfulness Programme



音頻療癒  
Sound Therapy



和諧粉彩手指畫班  
Pastel Nagomi Art Class



美容工作坊  
Look Good Feel Better Workshop



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

認識銘琪中心和團隊成員，得到很大的正能量、愛心、勇氣和鼓勵，令我一個接一個治療療程，都不用害怕，勇往直前，相信我會最終打勝這場仗的。

I received a lot of positive energy, love, care and encouragement from Maggie's Centre and their staff. All these empower me to overcome my worries and move forward courageously.

德哥 Tak

很感激有銘琪中心替癌症病人解困，內心有說不盡對中心服務態度的讚賞。中心環境清靜幽美，很適宜學習及詳談，可惜因疫情關係不能上實體課。在我面對癌症治療期間，每當收到身體檢查報告或看完醫生，我便會到中心求助。因為那裡有一班天使般的護士姑娘，很有耐心及愛心聆聽和解釋給我聽，讓我明白病情的進展，而且她們會按病人需要，給予營養奶和輔助醫療物品，讓我得到鼓勵和幫助。

My heartfelt thanks to Maggie's Centre for helping cancer patients out of trouble, I am truly touched beyond words. The warm and welcoming space of the Centre acts like a refuge from the hospital and suits for relaxation, yet the physical classes has been suspended during COVID unfortunately. During my treatment, I would go to the Centre for consultation whenever I received a medical report, the nurses would always explain the details with patience. The staff there are so supportive and truly give hope and lift people up during the cancer journey.

蓀 Leung

十分感謝銘琪中心所有工作人員，令我生病也感到不孤單！非常有希望地向前看，透過銘琪中心的幫助和工作人員的關心令我和家人也得到安全感。

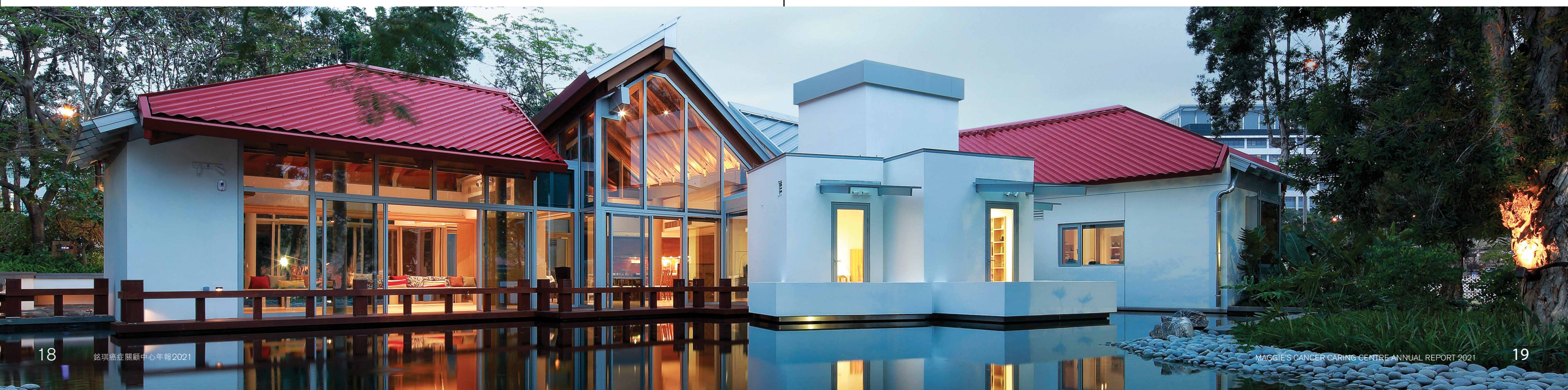
Through the cancer care services and all sources of support from the Maggie's staff, my family and I learnt how to cultivate a sense of security, and move forward with hope. My gratitude to Maggie's Centre and the professional team, I am no longer alone!

梁碧琪 Becky

轉眼間，銘琪中心在我人生的抗癌和康復路上陪伴已7年了。感激中心姑娘的同行和教導，讓我勇敢面對癌症，不再恐懼和畏縮。特別是參加了音樂治療合唱團，在導師教導和同路人分享下，讓我得到很多鼓勵和支持。銘琪中心，謝謝您與癌症病人同行。

Maggie's Centre has been with me during my cancer journey for already 7 years. I am grateful for the companionship and guidance from the staff there, who made me no longer fear in the face of cancer. I received utmost support and positive impact from the Music Therapy Choir. Maggie's Centre, thanks for the support to all people affected by cancer!

秋燕 Chau Yin





銘琪癌症關顧中心及友邦保險集團慈善高爾夫球日2021  
MAGGIE'S CANCER CARING CENTRE AND  
AIA GROUP CHARITY GOLF DAY 2021

由友邦保險集團冠名贊助、清水灣鄉村俱樂部全力協辦，銘琪中心慈善高爾夫球日2021於4月30日順利舉行。本年度賽事吸引27支隊伍共108位球手參加，並籌得逾港幣130萬元。我們感謝各球手及贊助商的支持，善款將協助銘琪中心為受癌症影響人士提供免費的支援服務。



With the generous support from our title sponsor AIA Group and co-organiser the Clearwater Bay Golf & Country Club, our Charity Golf Day 2021 was successfully held on 30 April. The day has attracted 27 teams of 108 golfers to join, which raised over HK\$1.3 million for Maggie's Centre. We would like to express our gratitude to all sponsors, donors and supporters. All proceeds raised will help Maggie's Centre to provide free cancer care services for people affected by cancer.

冠名贊助 Title Sponsor



籌備委員會 Organising Committee

- Dr. Ronald Lu (Chairman)
- Ms. Susan Ho (Co-chairman)
- Mr. Stanley Sun (Co-chairman)
- Mr. Adrian Lee
- Mr. Andrew Lawson

全力協辦 In Association With



- Mrs. Audry Ai Morrow
- Mrs. Eleanor Ling SBS, OBE, JP
- Mr. Mark Chan
- Mr. Peter Brannan
- Mr. David Hui (Honorable Advisor)





## 銘琪癌症關顧中心呈獻 - 聖約翰座堂聖誕夜2021 MAGGIE'S CANCER CARING CENTRE PRESENTS - THE FAYRE OF ST. JOHN'S 2021

假座於中環聖約翰座堂的年度慈善聖誕夜2021於12月9日圓滿舉行，崇拜後並於置地文華東方酒店MO Bar舉行演後派對及慈善拍賣。是次活動得到超過200位善長出席支持，我們亦感謝所有贊助商，包括活動合作夥伴置地文華東方酒店、拍賣合作夥伴佳士得及媒體合作夥伴Tatler等等。是晚活動總共籌得約港幣160萬元，以助銘琪中心為癌症病人重拾生命的喜樂。

當晚最感動人心是我們中心用家 Elise 的分享。在她確診期間，她的家人正身處外地，她分享了銘琪中心如何陪伴她走過這段旅程。Elise更獻唱了在中心的音樂治療課程中為自己寫的一首歌《Return to Yourself》，送給慈善聖誕夜的參加者。

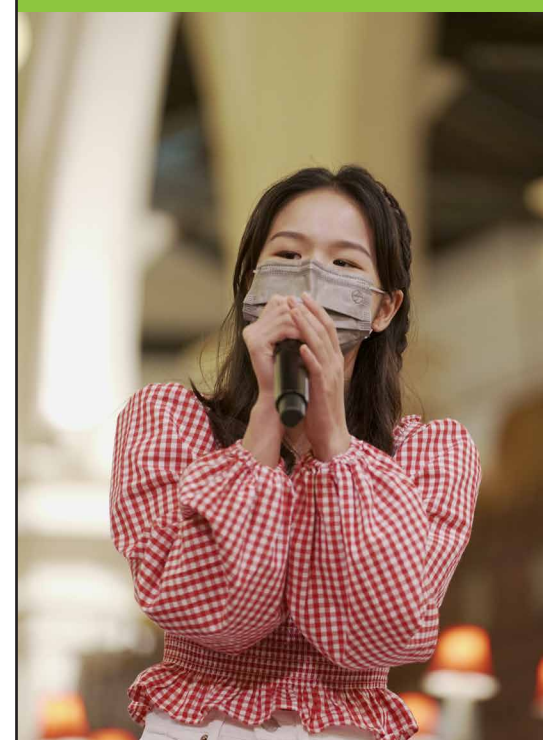
The Fayre of St. John's 2021 was held successfully on 9 December 2021. The charity Christmas service was held at the St. John's Cathedral at Central, followed by an after-party with charity auction at MO bar, The Landmark Mandarin Oriental. With the participation of more than 200 guests and the support from various sponsors, including The Landmark Mandarin Oriental being our event partner, Christie's as our auction partner and Tatler, the media partner. It was a great success and raised over HK\$1.6 million to help our Centre users overcome challenges ahead and regain the joy of living.

The highlight of the night was the sharing by our Centre user – Elise. When her families were not with her during her diagnosis, she shared how Maggie's walked through the journey with her. She also performed her own written song during the Music Therapy Programme at Maggie's – "Return to Yourself".

### 籌備委員會 Organising Committee

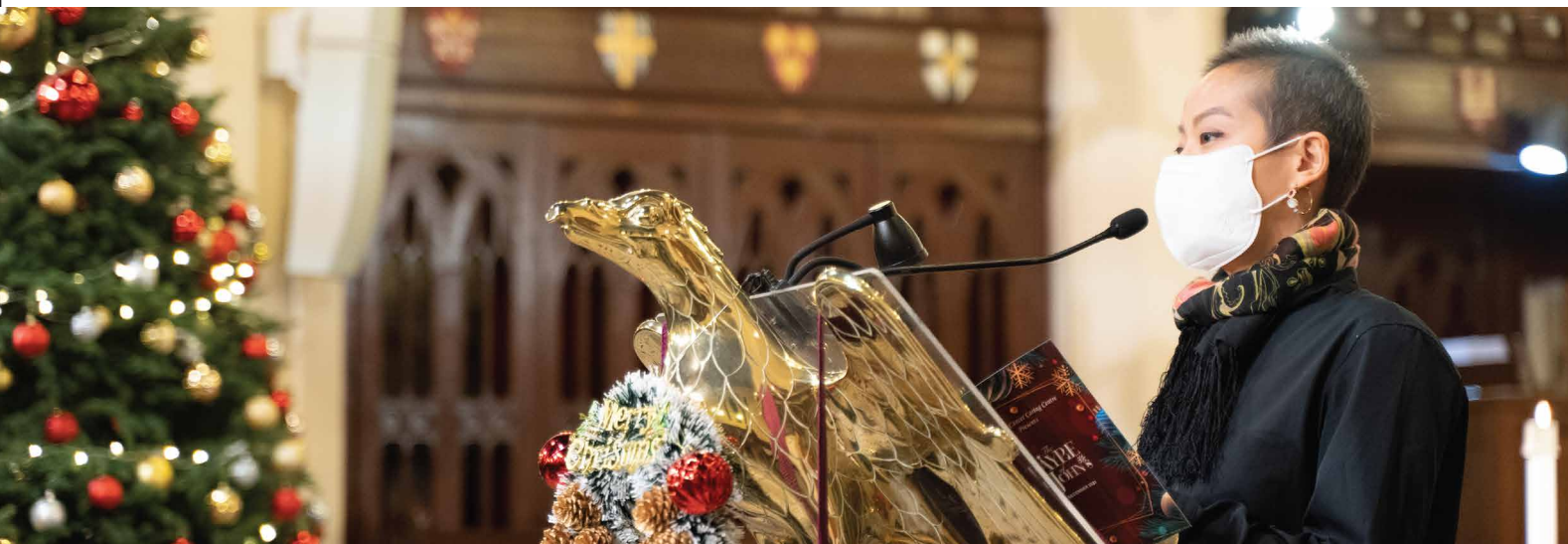
Alison Falloon  
Angela Cheng Matsuzawa  
Anne Wang Liu  
Anne Witt  
Audry Ai Morrow  
Bertram Weatherall  
Diana King  
Jennifer Cheung  
Joansa Lam  
Junwei Lu  
Kara Anglin  
Leigh Tung Chou

Marie Kohler  
Martha Keswick  
Ming Chen  
Nadia Harilela  
Neveen Innerdale  
Patricia Crockett  
Petrina Steains  
Phillip Walker  
Simon Martyn  
Susie Hunt  
Verna Ho





## 癌症故事 – ELISE CANCER STORY – ELISE



“我總會在生活中尋求積極的一面，因此相信癌病是以另一種方式告訴我，以前的生活方式已經再不適合我了。”

### 生命中的重大挑戰

我從來沒有任何健康問題，直至2021年被診斷出患有子宮頸癌第四期。突如其來要面對繁瑣的治療過程，以及癌症所帶來情緒上的焦慮，令我感到無比困擾。我一向獨立行事，但我知道今次再難以獨自面對，必須向他人尋求協助。

非常感恩我能夠得到銘琪癌症關顧中心的幫助。中心的專業團隊非常友善、親切，他們為我提供非常有用的建議，以及實用的資訊，消除了我心中的疑慮。親人的支持當然是非常重要，但銘琪中心於我而言更是安心的存在，是一個讓我能夠得到專業支援，並且盡情分享抒發的地方。

### 幸福由「愛」自己開始

銘琪中心向我介紹了「音樂治療」，這對我應對患病時所衍生的壓力和挫折有很大幫助，我在療程期間甚至寫了一首歌去幫助我對抗癌症！音樂在我的日常生活中一直扮演著重要的角色，但現在我更加體會到音樂的好處，它可以撫慰我的心靈，並即時帶給我快樂，給予我強大的力量！

我已經完成了9節的化療週期，並得到醫生確認我的癌細胞已經受到控制！患上癌症第四期而能夠康復，雖然難以置信，但在這段抗癌的過程中，能夠康復的關鍵，我相信與我一直保持積極的心態有關。加上身邊親朋好友一直的陪伴，給予我無限的愛與關懷，才能使我有足夠的力量去對抗癌症。身邊人以及銘琪中心的「善行」同時在鼓勵我努力去成為一個更好的人，盡我所能去幫助更加多有需要的人。

*“I always try to see the positive in life; I believe this illness is a way of telling me that something wasn't working before.”*

### The Challenge of My Life

I never really had any health issue before, since I was diagnosed with Stage 4 Cervical Cancer in 2021. It was very overwhelming when I had to suddenly deal with all those medical procedures and anxiety. I have always been very independent, but I knew I couldn't do this fight alone, and for the first time in my life, I asked for help.

I am so grateful for reaching out to Maggie's Centre for their support. The team have been providing very useful advises, clearing my queries with practical guidance in a very kind and caring way, always. The support from your loved-ones is essential, but I found reassuring to know there is a place like Maggie's where I could reach out to if I need more professional support, the team is so nice and I feel very comfortable to talk to them, it is really a safe place to share.

### Happiness starts with self-care

Maggie's Centre introduced me to Music Therapy which helped me a lot to cope with some tension and frustrations, I even wrote a song to boost my healing process! Music has always played a big part in my daily life, but now I am more aware of the positive benefits of music, it can soothe me and bring me so much joy instantly, such a powerful tool!

I have completed 9 cycles of chemo and I am officially in remission! I didn't even know it was possible with stage 4 Cancer! I have been quite resilient in this journey; keeping a positive mental was key, but I got this strength because I have never felt alone. I have been surrounded by the most amazing people and everyone's love, care and support fuelled me with this energy to fight back. All this kindness from my own surrounding and charities like Maggie's Centre are inspiring me to try to be a better person, and to help more when I can.





## 其他籌款活動 OTHER FUNDRAISING ACTIVITIES

### Jack 遠足挑戰

Jack Boardman剛來香港，熱衷於挑戰，他走遍了香港，同時為銘琪中心籌款。Jack最初的目標很簡單，就是每天進行步行活動。因疫情的緣故，體育館關閉以配合防疫措施，Jack定立了新的挑戰，開始日常遠足去發掘香港各處。他希望這項挑戰，既可鍛鍊身體，亦可回饋社會。

### Jack Hikes for Maggie's

New to Hong Kong and keen for a challenge, expat Jack Boardman has been traversing the trails of Hong Kong whilst raising funds and awareness for Maggie's Centre. The initial goal was simple: to walk as much as possible every day. With Gyms closed during the pandemic, Jack began to challenge himself beyond the standard daily walks with "Hectic Hikes" to discover Hong Kong, which he wanted this exercise to also be an opportunity to give back to the community.



### 銘琪夏日拍賣

「銘琪夏日拍賣」於2021年夏季順利舉行，所有拍賣品起價低於市價，種類包括酒店Staycation、美酒、佳餚、高爾夫球禮券及珠寶首飾等。是次網上拍賣反應熱烈，活動共籌得超過港幣20,000元善款。其中一名善長競投了VARA of London的Fleur de Chine Cuff，作為送給女兒的生日禮物。慈善拍賣除了可以幫助癌症患者，大家投得的拍賣品亦可作禮物送贈家人朋友，一舉兩得！



### Maggie's Summer Auction

Maggie's Summer Auction was launched during the Summer in 2021. A variety of auction items included staycation, dining experience, golf course, fine wine and jewelry, all with lower starting price. We have received overwhelming responses and have raised over HK\$20,000 during this online auction. One of our supporters bid Fleur de Chine Cuff, VARA of London and presented to her lovely daughter as birthday gift. Charity auction not only can help the needy but can also be served as gifts to your loved ones!

### 乳癌關注月

每年10月銘琪中心均會響應「乳癌關注月」與多間企業伙伴合作，齊齊喚醒大眾對乳癌的關注。感謝羅氏大藥廠香港有限公司贊助相關的工作坊，讓超過700人得到實用的乳癌資訊。另外，OnTheList、Parfumerie Trésor、PURE及TAYMA Fine Jewellery亦為銘琪中心舉辦籌款活動，支持我們的癌症支援服務。



### Breast Cancer Awareness Month

To echo "Breast Cancer Awareness Month", Maggie's Centre cooperates with different corporate partners every October to awaken the public's attention to breast cancer. Thanks Roche Hong Kong for sponsoring the workshop, letting more than 700 people receive practical breast cancer information. In addition, OnTheList, Parfumerie Trésor, PURE and TAYMA Fine Jewellery also organised fundraising activities for Maggie's Centre to support our cancer support services.



### 裕德素食慈善義賣

「裕德素食」慈善義賣今年已是第二年舉行了，於11月20日舉行的義賣共籌得善款港幣16,843元。所有收益全數撥捐予銘琪中心，以協助中心持續為受癌症影響人士提供免費癌症支援服務。「裕德素食」為一家傳統素食小店，由蘇女士與家人經營。感謝蘇女士用心用力，主動為銘琪中心籌款。



### Yue Tak Vegetarian Charity Sale

The "Yue Tak Vegetarian" Charity Sale has been held for 2 consecutive years. In 2021, a total of HK\$16,843 has been raised on 20th November, all proceeds will go to Maggie's Centre, supporting the free cancer care services to people affected by cancer. Yue Tak is a traditional vegetarian restaurant, running by Ms. So and her families. We would like to thank Ms. So for her continuous dedication and initiative to raise funds for Maggie's.



## 其他籌款活動 OTHER FUNDRAISING ACTIVITIES

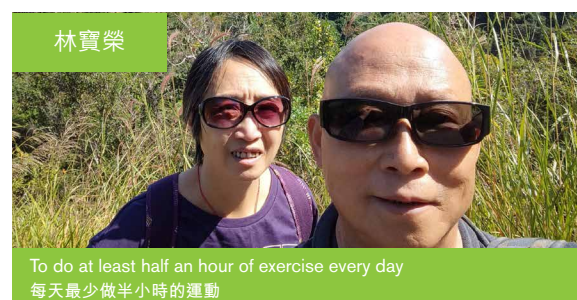
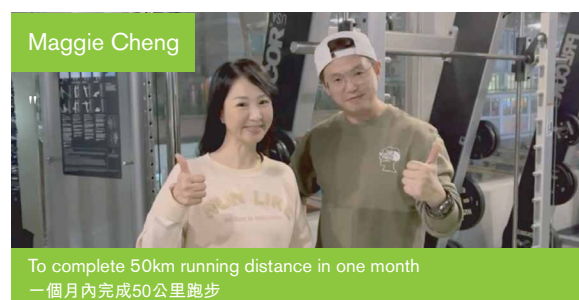


### 為銘琪感動

「為銘琪感動」是銘琪中心首次籌辦的網上慈善挑戰，希望籌款大使訂立「感」或「動」的挑戰目標，透過「動」態活動如行山、跑步、游泳等，或以靜態項目如瑜伽、靜觀或歌聲等「感」受心靈，以行動「感動」身邊的家人朋友支持銘琪，為癌症患者出一分力。我們很榮幸招募了16位籌款大使，合共獲得了二百多為支持者的捐助，為中心籌得逾港幣20萬元善款，幫助癌症患者迎接抗癌路上的各種挑戰。

### Move for Maggie's

"Move for Maggie's" is the first ever virtual charity challenge by Maggie's Centre. Through setting goals for a challenge like hiking, biking, swimming, or even doing yoga or meditation; Fundraisers could then invite their family members or friends to support, in turn to raise funds for Maggie's. We hope that everyone can contribute their talent to "MOVE" oneself by doing exercise, as well as "MOVING" the people around. We are glad to have recruited 16 fundraisers. With the generosity from more than 200 supporters, the campaign has raised over HK\$200,000 to help those affected by cancer, and to empower them to live through the journey.



## 細看銘琪中心的故事 DISCOVER THE STORY OF MAGGIE'S CENTRE

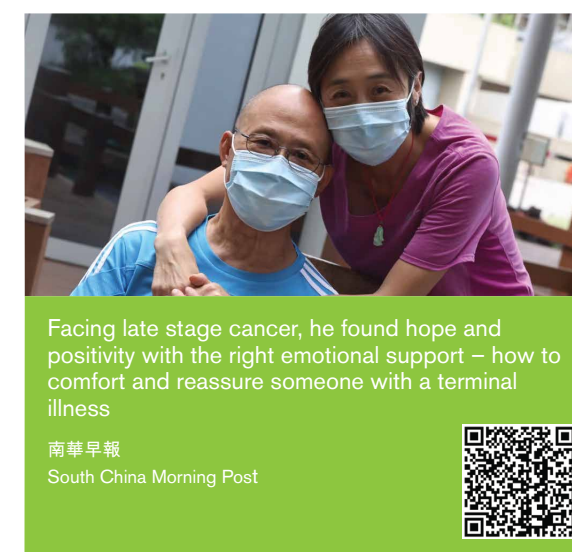
銘琪中心由享譽國際的建築師法蘭克·蓋瑞（Frank Gehry）與呂元祥博士無償合力興建，獨特療愈的環境讓中心使用者感到格外寧靜舒適。了解更多中心背後的建築故事：

Maggie's Centre aims to provide a calming atmosphere to our users, the unique healing architectural aesthetic is designed by the world acclaimed architect Frank Gehry partnered with Dr. Ronald Lu being the executive architect, both on a pro-bono basis. Learn more about the Centre's design story:



除了中心的特別建築外，銘琪中心提供免費而全面的癌症關顧服務，當中包括實用資訊、情緒、社交及心理支援。一起看看我們中心使用者的分享：

Besides the beautiful architecture, Maggie's Centre provides free and holistic cancer care services including practical information, emotional and psychosocial support. Take a tour to the sharing from our Centre users:





捐款支持我們  
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 Method

劃線支票

支票抬頭請寫上「銘琪癌症關顧中心」

Crossed Cheque

Please make the cheque payable to “Maggie’s Cancer Caring Centre”

直接存款

匯豐銀行戶口：808-327399-292

戶口名稱：「美琪凱瑟克癌症關顧中心基金有限公司」

Direct Transfer

HSBC Bank Account no.: 808-327399-292

Account name: “Maggie Keswick Jencks Cancer Caring Centre Foundation Limited”

將支票或存款單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，或電郵至fundraising@maggiescentre.org.hk。請註明捐款人名稱、聯絡電話及電郵地址。

Return the signed cheque or bank deposit slip to Fundraising and Communications Team, Maggie’s Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, N.T., Hong Kong; or email to fundraising@maggiescentre.org.hk. Please provide donor’s name, contact number and email address.

捐款總額達港幣100元以上可申請扣減稅項。

Donations of HK\$100 or above are tax deductible.

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鳴謝  
ACKNOWLEDGEMENT

感謝各位的慷慨支持  
OUR THANKS TO YOU



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

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We rely on some extraordinarily dedicated and talented individuals to help us support people with cancer, and their families and friends. They help raise 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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