

Once inside
You feel calm
Your heart is comforted

A Place to Heal

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

A Place to Heal



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同心 同步 同進 RIDING HIGH TOGETHER

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Chapter 1

**At
The
Door**

‘Only five minutes away
from the hospital,
you will find a villa-like place,
where you feel as though
you are on holiday!’

“The first time I stepped in, I said, “Good morning”. The nurses there addressed me by my name without hesitation. It was heartwarming. I started making a lot of friends there. I also called them by their names, and they called me by mine. I am no longer just a number at the hospital.’





Chapter 2
**The
Entrance**

“The place has many windows through which you can see flowers, the lawn and the trees outside. Once inside, you feel calm, your heart is comforted. In dim and cramped places, it is easy for you to feel down and out. The sunlight here seems to give me positive energy.”

Welcome In

‘When my husband accompanied me to the Oncology Department, I noticed on its door a sticker with the phone number of this place. I called the number right away. It was after 5 o’clock. To my surprise, someone was there to answer the phone, and she said to me, “Why don’t you come over after your doctor’s appointment?” I felt bad that they would have to stay late for me, so I said, “I shall drop by tomorrow.” I went there with my husband the next day.

I felt anxious because I didn’t know what to expect. I would be very uneasy if I phone up and heard “Our office is currently closed, please call again tomorrow.”

‘Nobody treats us like patients here. Nobody asks this or that. No registration is required. No one has to leave their telephone number unless they want to.’



‘I was afraid at the beginning and considered myself a patient. My whining was annoying my friends. It was totally different here. People would just listen to me. Some of them were even more ill than I was. If they could be cheerful, why couldn’t I?’

‘To me, this is a recovery process. This place helped me get through a lot of difficulties during my treatment. It supported me in both my physical and emotional well-being. It enables me to understand that being sick doesn’t mean that my days are numbered. My life is still precious and worth living. It is this place that helped me realise all of this.’





Chapter 3

**The
Red
Sofa**

‘The red sofa by the door is eye-catching and makes me feel more alive. Newcomers usually sit there when they first visit.’



‘I remember after learning that my cancer had returned, I came and sat on this sofa.

The social worker came over and asked, “Are you not feeling well?” That day, I did not want to say much. At that moment, I just wanted to keep everything to myself. She later called me on the phone, “You can just come here anytime if you need someone to talk to. No appointment is needed.” This reassured me that this place was ready to support me.’

‘It is so colorful in here, not like the hospital gray and white. It bears no trace of any hospital, though it is located right next to one. I could forget that I am a patient.’

Feeling Good

‘At first, I did not give my cancer much thought, but after my operation and returning home, my fear started to grow worse and worse.’

‘I didn’t want to tell my family too much. I was afraid that they would worry about me.’

‘If there was no one to talk to, I would sink into my own thoughts, keep thinking more and more, and not be able to eat or sleep. My family knew I was suffering, but if I offloaded on them everyday, they would not be able to bear it. Sometimes I would throw a tantrum, as though being sick entitled me to that! However, after a couple of times, they would also throw a tantrum.’

It is not easy to take care of a sick person. Accompanying the patient just to see a doctor would mean we would have to wait from 8 in the morning to 2 in the afternoon, and then we would wait at the pharmacy from 3 to 4 o’clock. There are also kids to feed and take care of, and on top of that,

there is housework to do. The patient can go take a nap, but family members need to do the laundry as well. Everyone is stressed out. Now that I am visiting the Centre, I have people to talk to, and I can take some rest. My family can have a break from me and also get some rest. Everyone’s mood improves.’

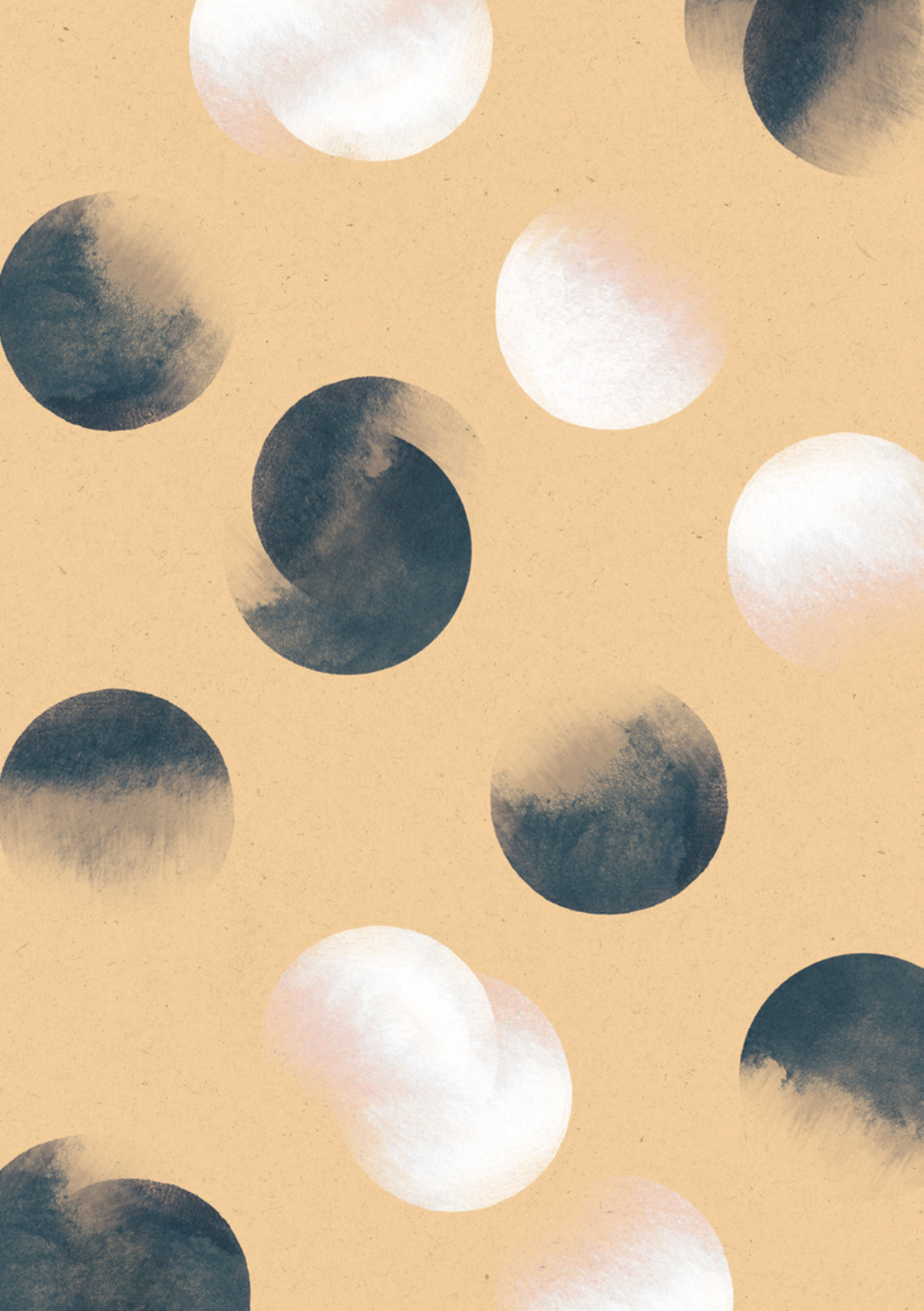
‘I think my tumor is psychosomatic. Even if the treatments can control its growth, if I don’t clean up what is bothering me, the cancer will soon find its way back.’



‘The weekly psychological support I receive at the Centre is helping me discard my “garbage”. Before, I was easily agitated, tossing all night in bed, anxious, depressed and angry. Many things around me suddenly seem all wrong, even though they have been the same for ages.

Every week, after I saw the clinical psychologist and had my “garbage” cleared, I would become happy and know how to deal with my issues one at a time. The clinical psychologist also gave me some reading materials. I was not able to comprehend the materials right away, but when I went through them again later, I was better able to understand the issues that I had been holding on too tightly. Now my mood is steady, and I can sleep pretty well.’





Chapter 4
**The
Orange
Room**

‘The Orange Room
gives a feeling of warmth.
When the sun shines in,
you feel more upbeat and
ready to talk about issues.’



‘We answer all incoming calls during the day. Sometimes patients call when they feel most shaky. Swift support is thus important so that whatever is bothering them will neither snowball nor trap them emotionally. Our nurses, social workers and clinical psychologists collaborate with each other so that patients can drop into the Centre without pre-booking an appointment whenever they need. Patients have a lot of questions. They need explanations of what is normal and what does not matter. The opportunity to consult with a professional calms their minds.’

‘As a clinical psychologist at the Centre, my role is to help patients gradually accept their illness and to be by their side. Some find it more difficult than others and become worried and anxious. Some try, fail and try again. This place helps them to face their illness sooner rather than later.’

The Centre can help everyone feel safe and warm and can help them

explore their concerns and reflect on the challenges arising from their illness, allowing them to tap into their own inner beliefs to overcome their adversity.

The wait to receive psychological services from public hospitals, government services or other institutions can be very long. This Centre provides immediate consultations from social workers or nurses. The first consultation with psychologists can be scheduled within a week or two so that a patient's physical health is cared for along with his or her psychological well-being. As all these services are free, patients do not have added worry over finances.'

Tender Care

'I have been an oncology nurse for many years. Patients need more than just medicine. They also need support. They need help to deal with family relations. Hospitals have no time to deal with all of these needs. Working here allows me to build rapport with patients, get to know their worries, how they are

in general, chat with them, answer their questions, know what they like. This is a wonderful place that allows me to do what I cannot possibly accomplish in hospitals.'

'We call them to see how they are doing. If they don't feel well, we will advise whether they should go to the emergency room, see an oncologist, or just visit a clinic downstairs.'

'I am at Stage 1. The doctor asked me to decide whether I would go for treatments or not. I was so anxious and confused. What should I do? I came here and a nurse sat down with me and listened to my worries and my fears. She reminded me, "The decision is yours. Just make sure you don't have regrets later." I finally decided to forgo treatment but to have regular follow up visits. In the past few months, I immediately came over after every appointment with the Oncology Department. I attended Chinese Nutrition Talks or just sat by the garden pond for some rest.'



‘Once, the doctor gave me some medicine that I didn’t have to take right away. Later, I received a letter saying that I had to take the medicine before the upcoming examination. The name of the medicine mentioned in the letter and what the doctor prescribed were not the same. Should I take the medicine or not? I rushed to find a nurse here and learned that the drugs were the same. I felt reassured and took my medicine.’

‘There was sputum stuck in my throat in the middle of the night. There was blood in it. I was terrified and couldn’t sleep all night. It was like time stood still for a century. I went to the Centre early the next morning. Fortunately, the nurse said that it might just be a burst microfilament. Only if the condition continued would I need to go to the emergency room. I felt so happy; it was as though my parents were comforting me.’

Available Support

‘As a social worker, I reckon that people in this place enjoy a closer relationship with each other and communicate better. It has a more relaxing environment and people care more about each other.

Counselling helps to calm a person. Everyone tends to think too much. I tackle their questions layer by layer, like peeling an onion, leaving out whatever is irrelevant.’

‘Will the magic be lost once the patients leave the Centre? No, it won’t. Psychological counselling helps people to look ahead, be prepared for what is coming, improve their own ability to face their challenges. After some time, they may stand on their own and move on. In turn, they can also use their experience to help others.’

‘A stool must have four legs to be stable and safe – the environment, information resources, emotional support and relaxation, all of these are connected with various activities (at the Centre).’

Professional Collaboration

‘There are oncology nurses at Maggie’s. You can ask them lots of questions. For example: What are the concerns with radiotherapy? What causes allergic reactions? There are also social workers to help refer you for financial assistance. As for insomnia and emotional issues, you can consult clinical psychologists. I realised that however the hospital cannot help, Maggie’s fills in. It’s awesome!’

‘What I want from the hospital is a quick fix. Once I see the doctor in his clinic, I want to say, “Doc, please help me with that.” However, what I get from Maggie’s is the confidence that I can get my health back on track on my own.

Here you can have your personal feelings. You can participate. You can choose to make friends. You can look at your illness differently. Interpersonal relationships can also be different. You can be very encouraged.’

‘Once a patient suddenly fainted and vomited blood. We first made sure that everyone there was calm and comforted. My colleague immediately contacted the hospital. A team consisting of a doctor and nurses arrived quickly with a stretcher then carried the person to the emergency ward. I am a nurse and thus I was able to tell the doctor what had happened and gave other relevant details of the patient as well.’

‘The hospital has always been supportive. When we called them, they were here in five minutes and took the patient in a wheelchair to the emergency ward much faster than calling 999. The hospital also trusts the professional assessments of our nurses.’

Maggie’s Centre

‘During treatment period, do come more. Take a rest, talk to a nurse, a social worker, a clinical psychologist, or simply chat with people here, take part in activities.... It is just like a life buoy in the ocean for you to hold onto momentarily.’

‘I hope this place can give people a sense of security. When in doubt, people can find a nurse to discuss with them in detail what the doctor does not share. Falling ill can be a crisis, and we are here to help them deal with it.’

‘The Centre is here to provide continuous support. When cancer is first diagnosed, people are anxious and confused and don’t know what to do. This is the time our nursing staff approaches them to ask, “Do you need a hand?” This helps calm the person down.

When treatments cause a series of side effects or when tumors recur, patients might lose themselves in fear. Some information can help them reduce their anxiety and organise their thoughts so that they can journey on.’

‘Time is vital. There are many situations that call for immediate attention. When anxiety strikes, it requires a safe environment and support. If appointments must be made ahead of

time, needs will not be the same after a long wait.'

'People can walk in anytime during the day to meet with nurses, social workers and clinical psychologists. They can sign up on the spot and join a relaxation or meditation practice that nurtures both the body and mind. We also assess the patients' current needs and stage of illness and then make suggestions accordingly.

There may be some people who prefer not to join support groups. They are here just for regular rest, to seek out the support of friends or to confide in each other. Different people have different needs. We tailor-make the assistance we provide for them.'

'Leaving here doesn't mean losing all support. As their emotions stabilise and their social support networks expand, they can stay in contact and visit each other as needed.'



Wherever You Go, I Will Be With You

I met a nurse from Maggie's Centre when my wife and I were visiting a doctor at the hospital. She invited us to visit Maggie's. We came the next day when a relaxation exercise was about to start. I immediately asked my wife to join, "Oh good! You won't have to think too much!" Once she starts thinking about something, everything spirals out of control. I really couldn't stand it.

She learned to sing here. I learned to sing too. Tai Chi, yoga, breadmaking... Whatever she loves to learn, I learn with her. She shaved her hair, I also shaved mine. "It's good for you to join more activities here. You are not working, I am retired too. Wherever you go, I will be with you."

We made many new friends here. We look out for each other like a big family. My wife and I come over after breakfast and then take part in the activities for a whole day. After that, we go to afternoon tea then the day is almost over. "Don't think too much and just be happy. Only when you are happy, my life will be good."

I now know how to make healthy bread for my wife. When my wife first fell ill, she couldn't eat this and couldn't eat that. So, whatever she cooked, I would have no appetite. However, she wouldn't eat what I cooked. Then we both suffered from insomnia. She couldn't sleep well, nor could I. I said to her, "You don't have to deal with anything. Whenever you want to sleep, just sleep. When you are hungry, wake me up and I will warm some food up for you." For two years, we spent our time this way.

The doctor said, "Fifty-fifty." "Hey, is she cured or not?" I asked. The doctor repeated again: "Fifty-fifty." We have no choice but to come to talk to the nurses here.

Both nurses were from Oncology. They taught us how to face the situation. I told my wife that in some cases tumors returned to people who had been taking medicine for five years. My wife found this unacceptable. I explained, "When you walk, you don't lean on either side. There are always good things and bad things, so just relax."

She has medical appointments once a week. Every time we come over here. Maggie's Centre has a display screen showing the queueing numbers from the hospital so we only start going over there when it is almost our turn. I once saw a patient accompanied by four family

members waiting together at the hospital; I handed them a pamphlet and suggested to them that they come here for a rest too.

My wife has undergone over ten radiotherapy sessions. She is not able to eat and keeps vomiting. After going to the hospital, I bring her here where she can stay for a while. She sometimes lashes out at me. We have no kids. If she doesn't yell at me, then who would she yell at? "It is okay that you take it out on me as long as you have your radiotherapy done." I help her rub on her post-treatment ointment. The Centre also informs us of its upcoming activities. Learning new things is so relaxing. Otherwise, the two of us would be looking at four walls at home, which would mean a lot of arguing over very trivial things.

The yoga teacher sometimes asks us to go outside to look at trees and birds. We take a bottle of water and sit outside. I notice that the trees here are so beautiful. The outdoor furniture is so comfortable too.



When I Am Ill

Maggie's Centre has held writing workshops.

The tutor edited the participants' works into this article.

The Bed

Thank you
Ten to twenty hours of unceasing support
each day
Unconditional acceptance of a body so frail

Pillows

My love and my hate
Essential for sleeping
But when I lie down
They are always out of place
Not comfortable
No matter how hard I try

Pajamas

The Best Costume Award
Soft/beautiful/warm/no ironing/no folding/
low maintenance
If one layer is not warm enough
Just add another
They are pajamas
Also overcoats
All-weather/multi-purpose
It has no equal

Mirrors

You make me ashamed of myself
Lose my confidence
I am pale and haggard in your reflection
My thinning body
My asymmetrical chest
Looking at you is what I detest
I despise you
I hope that one day
You reflect my former beauty
And let me reclaim my confidence

Dining Table

Once a good friend
I have to stay away from you
I don't even want to look at you
I am initiating a cooling-off period
Let's go our separate ways for now
Whenever I come near you
I smell something strange and repulsive
Like a garbage truck
Spoilt milk
Fruits, vegetables, fish, meat
No matter what it is
It all smells odd
I hope this won't go on for long
And then some day
We shall be together again

Combs

I haven't used you for a long time
Will I ever again have the chance
To use you to comb through my hair
Please wait patiently

The Toilet

You used to be my daily relief
Ever since I fell sick
I am no longer free of you
I rush towards you every day
Then depart
Come back again
Exhausted
I feel annoyed even hearing your voice
But when I walked down the street
I miss you again
I want to fly high
I don't want to be trapped by you
I hate you
I need you

The Clock

Thank you
You are playing such an important role in my life
Following your instructions to take medicine
Do my shots, see a nurse, consult a doctor
Without you
My life would be a mess

The Wall

My appreciation to you
You are the first friend when I get out of bed
You wrapped yourself around
Supporting me to move around to every
corner of my home
Not being locked away 24 hours a day in a room

Smart Phone

A gift for those who are sick
No request
No time constraint
No complaint
Just needs 'feeding'
Serving 24 hours around the clock
Trustworthy, loyal
Only you would leave it behind
It would never tire of you
Bookings, reminders, schedules, calculators
Dialogues with nurses
Appointments for professional psychological
support
Omnipotent assistant
You are the only one

Umbrella

My gratitude
You shielded me from the wind
The rain and the sun
Even served as my cane
When I lack strength, you give me power
So that I can continue to move on
(Yet... at times... feeling that going out with
you is inconvenient!)



No Pressure Only Support

This place is like a buffer zone for those undergoing treatment. They can come here to take a break. They enjoy autonomy here. They can take the initiative to talk to a nurse and get whatever support they need. They can also simply spend quiet moments with family members here.

My husband comes here to join the activities. He is happier than before. It is because there are two other men also with head and neck cancer in his group. Groups at other places are mostly all women. There are also men here. People with similar experience talk to each other easily: "Which stage you are in? So... how are you doing now? Don't worry, the recovery period is the toughest."

Men take pride in themselves and do not say much in front of their families. So they come here to grumble together. As caretakers, we are also under huge stress. Even though I understand that he is really suffering and has no intent to reject the food I cook, I just can't help feeling sad. Coming to Chinese nutrition talks allows me to acquire more knowledge. Now I know I can make

him soups. From the dietitian, I learn that there is no need to force him to eat. After all, my husband is now fitted with a gastric tube.

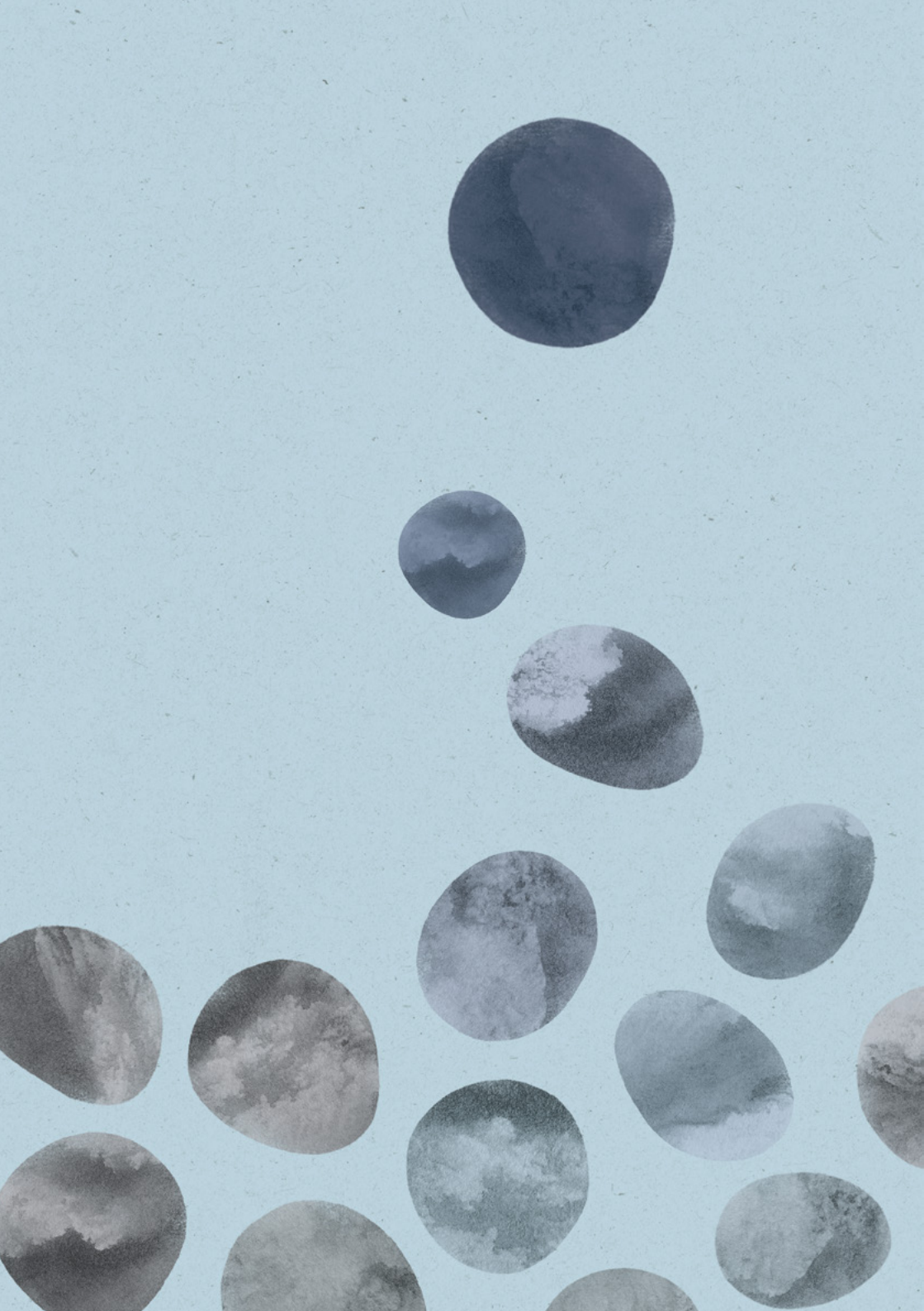
My husband and I go to Tai Chi classes together. He is impatient and cannot remember the moves. So we are learning it slowly hand-in-hand.

Sometimes we both run out of stamina. The nurses here will take the initiative to call me to give me support. When my husband had an oral ulcer, they recommended some ointments. We knew nothing about cancer when we first came in contact with it. When I learned that there would be nurses around for us to consult, and samples to try, I was a little bit relieved. If I didn't have a comprehensive understanding, I would be very worried. Now with help around, I can go with the flow somewhat.

At times, I frequented this place more than my husband. Talks and relaxation sessions are all free. It is completely up to you if you want to join them all or drop out instantly, no pressure at all. Occasionally, I just come here for a sense of security, to feel that there is a place and there are people standing by me.

Say, if one day my husband passes away, I know this place will be my safety net with people standing by me.

Friends and relatives will send me regards, but I have to answer a lot of their questions. This place will always welcome me, and I can go any time I want. My husband also said he felt no pressure from his support group, "I only join the conversation when I feel like doing so, otherwise, I just keep silent."



Chapter 5
**The
Blue
Room**

‘The Blue Room is for practising relaxation and meditation. The environment calms you down. To relax at home is difficult. I find it very noisy when my neighbours open or close their doors. Yet it is so quiet and comfortable here that, in the beginning, I fall asleep. I often tossed and turned all night after I got sick, feeling anxious when I woke up in the middle of the night. I thought of leaping off the balcony as to live was so torturous then.

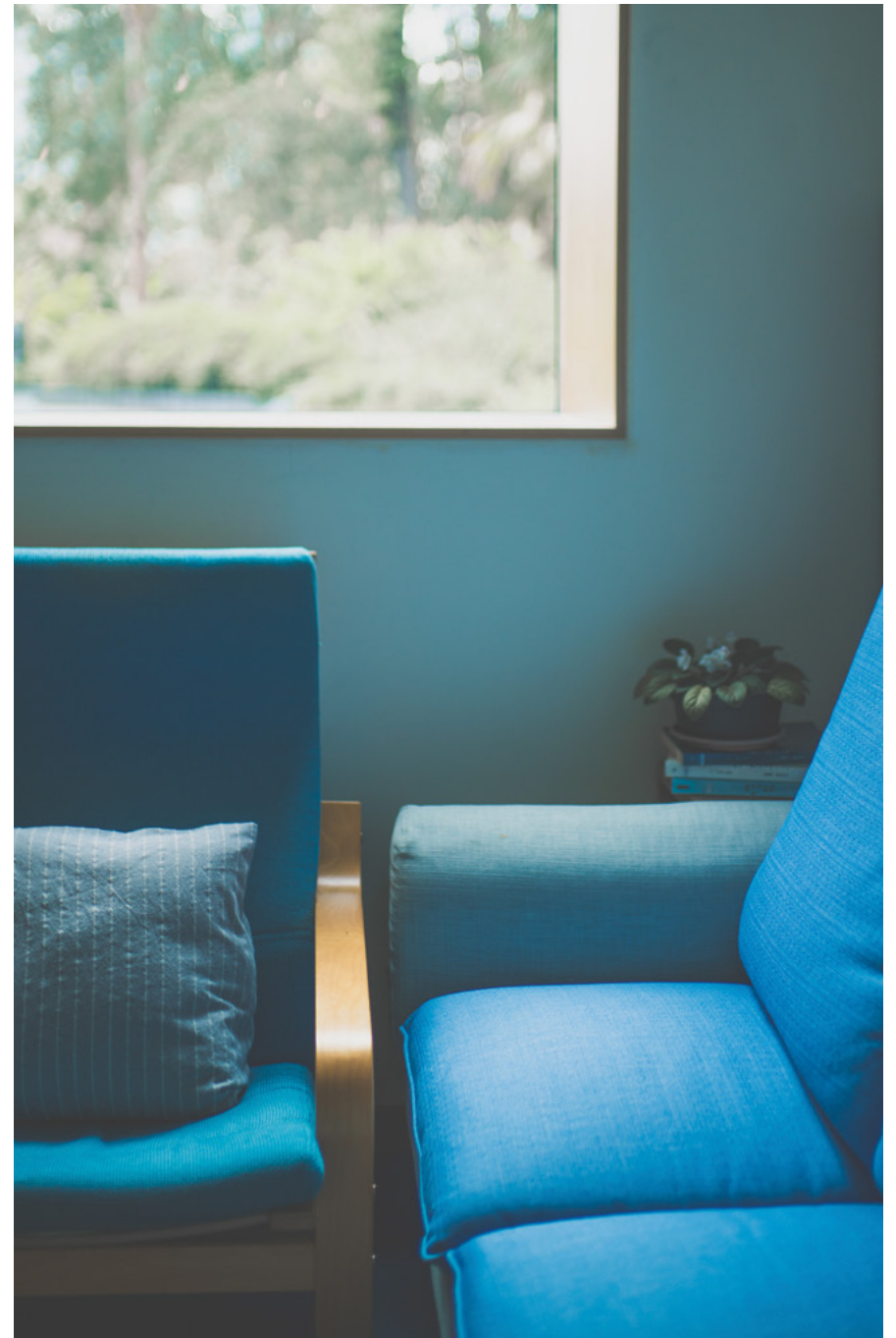
It was my daughter who brought me here.
I became well-acquainted with the place after
coming here twice.

Everyone says to me,
“You still have kids, you shouldn’t do that.”
The Blue Room is very tranquil.
After a nap here, I feel so relaxed.’

Relaxation

‘Relaxation exercise is most helpful to me.
I didn’t quite get it at first, but I learned how
to loosen up gradually. The social worker
said. “If you have any questions, you can
come and ask anytime. If you have issues you
cannot solve, there are ways to find relief.’

‘We have psychological counselling.
Relaxation exercise lets everyone
cool off at the start. Then through
counselling, people can look at the
causes behind their mood swings,
discuss things in detail and then calm
down. As their mood improves, they
might be able to deal with some root
causes behind their emotional upheaval.’



Meditation

‘Even though we have a good number of professionals on our team, it would be mission impossible to keep them company around the clock. They must be able to face themselves on their own. Can’t sleep – what can you do? No appetite – how can you deal with it? Experiencing anxiety attacks – how can you relax?’

Meditation is to help people be aware of their physical and mental needs and to live in the moment. Even if doctors could cure your cancer, they cannot drive away your fear. You may still worry about tumor recurrence even if you are well now. Before something happens, you are already scared. Meditation is therefore very useful. It lets us know our body and mind and teaches us how to be here and now.’

‘Our society is economically developed, but our lives are so distorted – busy working, busy investing, forever bustling. Our lives are out of balance. Coming down with this disease, my physical and mental strength couldn’t meet the demands of work anymore;

I realised I needed to find my balance in life. Healthy living should include enough rest, sufficient recreational and leisure activities, positive thinking... In fact, everyone pays lip service to these ideas, but no one practises them.

Until I became gravely ill, I realised I would finally kill myself if I continued living this way so I began searching for ways to find my happiness again.’

‘My first impression of cancer was that you surely die. I then gradually discovered that the disease was not completely incurable and that I would not immediately die. Although nobody is sure to recover, we can all choose how to spend the rest of our time. All the bustle and hustle like before? Or give ourselves a chance to do it differently?’

‘When you are first diagnosed, lots of people will give you different information. They tell you what you can’t eat or what

you shouldn't do. There is so much information overload. It seems like you can't eat anything and that even breathing could kill you. There are a lot of talks here, from Chinese practitioners to dietitians. After listening to all these talks, I realised the key was not about what not to eat, but how to enjoy eating.

I am an impetuous and quick tempered person. Now I can gaze into the sky, stare blankly into nothing. I am very much like a student, learning how to live again.'

'I realised that I have to slow down only after I became sick. Frankly speaking, I really don't know how much time I still have. I only know that I have to slow down and make it last.'

I learn Tai Chi, very slow movements; I attend Chinese nutrition talks, to learn proper diet; I join mindful yoga, to explore mindfulness. I even raise my hand and ask in meditation class, "What is pain without suffering?"

Pain is physical, suffering is psychological so how can I let go of my mental suffering?'

'I used to think that death was imminent. At first it was shadowing me. I could see it whenever I looked up, but now I don't think about it anymore. It's alright as long as I have tried my best.'

'In the face of illness, death or fear, many people are terrified.

Fearing death, unable to let go of loved ones, holding onto achievements, not reconciling with reality. I was supposed to be retired and enjoying life. I never thought it would be like this. Life is unpredictable.'

'Our mission is not only to help people to live with cancer, but also to live through and beyond cancer. The experience gained goes far beyond the illness itself. One can jump out from something miserable, then leap to another level of life.'

Living With Cancer

‘We encourage everyone to face it. Many people have tried to escape, but this does not help. As a result, they find things so out of their control that they feel increasingly helpless.

Some fears spring from lack of knowledge and misinformation. Some people feel like they would rather die. Seeing treatment as undignified, they choose to forgo it. We provide useful information and emotional support here and let them build up their confidence and courage to face the situation.

For example, many patients are thinking: I have to go through six chemotherapy sessions, but one single session is already so hard to bear. How can I possibly tough it out six times, or over 30 radiotherapy sessions? This is way too much!

We are here to face it with them together. It is tough, but at some point it will be over. If there is no beginning, there will never be an end. But once it starts, there could be an end: when the first chemo session is over, there are only five sessions left.’



Living Through Cancer

‘When speaking of cancer, everyone frowns and looks somber, but some people can still smile and stay positive. The cancer is still there, the same number of treatments remain, yet for those who are willing to face it, they can find new strength, and then their transition begins. Their self-confidence and self-image can be enhanced through this challenge. Actually, this is also personal growth.

The important thing is to live in the moment.

No one can say to you, “Don’t be afraid, you will surely be cured.” Because no one can be certain, but we can tell you with confidence that we will be facing it with you every day or every moment. The doctor might have nothing more to offer; nevertheless, you can still figure out what you can do for yourself, and make the best of every day.’



Living Beyond Cancer

“Taking another step forward is to go beyond cancer. Life and death is not for us to say, but surely let us not to lose the joy of living in the fear of dying.

I know myself even better now than before I got sick.

I learned how to live a better life,
take better care of myself,
make my days happier
and more meaningful.’

“The little pond is my favourite. So many birds come here to bathe. What a delight!
They do fight with each other sometimes.
I have never seen so many birds in all the years I have been in Tuen Mun.”





Chapter 6
**The
Green
Room**

'I was feeling unwell that day. The nurse said that since the Green Room had no activity, I could go there to take a rest. She also handed me a painkiller and said if it became unbearable I could go to the emergency services. I took the pill and lay down in the Green Room for a while. I felt a lot better and didn't have to see a doctor.'

Laughter Yoga

'I was so frail and pale then, sitting around all day but still trembling. My heart was pounding and my eyes were twitching. I couldn't even speak.

I came here to join the relaxation sessions as well as Laughter Yoga. I didn't know how to laugh at first. I found it impossible, too phoney. How could you really laugh when feeling so depressed? But the teacher said that we could cry if we want, then after we cried, we could try to laugh.

I found that screaming and laughing out loud could be such a relief. Laugh, laugh and laugh! Soon the fake laughter would become real. Everyone started laughing together and mutually affecting each other. No one was afraid of being laughed at anymore. We all acted silly together. We laughed out all the "dead air" within us and became cheerful again.

Everyone laughed so heartily. We sat down to talk about our own personal issues as we sipped our tea. There are things we can never figure out all by ourselves. We would be stuck forever if we didn't talk to others.'



Mindful Yoga

‘Looking at so many activities here such as Tai Chi, Qigong, exercise classes..., you may ask what the difference is between this place and a community centre? The fact is that our programmes are designed to focus on people’s mental and psychological needs. We let them know that they are still capable while undergoing treatment.

For example, Mindful Yoga is not only about stretching and doing poses but also about delivering useful information about the body and mind. It helps people realise that they have been ignoring their own health for so long, things like forgetting to drink water, neither eating nor sleeping well. Yoga class talks about all of this.’

‘Before I practised yoga, my joints were stiff, my knees were hurting. Now I can go hiking.’

‘Yoga taught me a whole lot. It’s not about pursuing perfect poses but to accept what I cannot do. There is no need to compare myself with others. This attitude towards life

helps me remain humble.’

‘Relaxation practice is excellent. It teaches us deep breathing. When we are nervous, breathing slowly can comfort us and help us be less afraid. This place teaches yoga very well. Yoga poses are hard to remember so the teacher tells stories about a cow drinking water or a monkey pose. It’s much easier to remember this way. Even for the really difficult poses, the teacher would tell us that it is alright just to visualise them, instead of exerting ourselves too much. I feel very satisfied when practising yoga.’

‘The work here is very flexible. If we identify any need, we can arrange to fulfil it. For example, if a lot of people are suffering from sleep problems, we can come up with a workshop to help them sleep better. When many people mention that they experience memory loss as a side effect of treatment, we will hold a corresponding psychological education workshop.’

‘When I first fell ill, I couldn’t join any activities. I only came to see the clinical psychologist, nurses, social worker, etc. When my treatment was almost done, I started to realise that this Centre has a lot more to offer. There were talks and Tai Chi that I wanted to join. I joined this and that to keep myself engaged in many activities and to forget I was a patient. As I learned more and my knowledge grew, I became less distracted by my worries about my illness. When my body gradually changed, I wanted to do yoga, meditation and relaxation exercises. Different needs call for different activities. Since life is busy, I would skip coming here for days. All of a sudden, I would start missing it and would show up again. Coming here has become a part of my life.’

‘I don’t go to work anymore. I only come here to learn things. I want to live in the moment. In the past, even when I was not feeling well, I would not hesitate to take on any opportunity as I took money too seriously. Now, I take care of my body. When I calm myself,

I am better at problem solving unlike in the past, when I went around in circles but got nowhere.’

‘This place not only offers activities, we also learn skills that in turn help others. This is very important. I fell ill and finally learned how to face my own infirmity. I then learned how to be a volunteer to help other patients which now motivates me to move on.’



Music Therapy

‘Music therapy can evoke a feeling of rebirth.’

‘Everyone knows that singing is something joyous, but singing here is also about helping people to find their voice. For example, for those suffering from head and neck or nasopharyngeal cancer, not only is it hard for them to sing, their speech can be muddled. Some might even have difficulty eating. These are all long-term side effects.

In these cases, they need some oral exercises to shout loudly to train their voices.

We set up a choir led by a music therapist.

The choir focuses not on whether their voices are beautiful or how they sound.

Rather, the emphasis is on singing as therapy.

For example, to train lung capacity.

Cancer treatments can drain a person so much that they can only mutter.

Singing helps them drive oxygen into the body and revitalise cells.

Singing can also help to express feelings.

Some people sing sad songs when relationships end. Others sing empowering songs when they are happy and courageous songs when they are going through tough times. Just by singing alone, a person can loosen up and vent his or her emotions. Singing in a group can help to make friends. The choir is a gathering of power.’

‘There was a mother who was diagnosed with cancer when she was pregnant. She waited to get treatment and give birth to the child first as she didn’t want the treatment to affect him. Soon after the confirmed diagnosis, the baby, who seemed to be aware of the situation, was born prematurely so that his mother could start her treatment. When her course of chemotherapy and radiotherapy was finished, she thought she was in remission and could concentrate on nursing her baby, but the cancer recurred in only half a year. She was in her early thirties and the only thing she could not let go of was the opportunity to see her child growing up. What if her child forgets his mother in the future?’

She then joined the song writing group.
She didn't know much about music,
but one night, she looked at the stars outside
the window, and inspiration started flowing.
She wrote down the lyrics that came to
her and took them to the music therapist.
The two then worked together to compose
a melody to match the words.

By that time, her body was very feeble.
We found someone to record the song and
brought it to the hospital to play for her.

This was to give her encouragement, and let
her find some form of relief.

When the child was two years old, she passed
away but left him the song.'



The Song

Sing (昇) • Wish (願)

Music and lyrics: Leung Kit-Ying Peggy

The road is misty and bewildering.

Sing, you light up my life.

You make me fearless, you set me free.

I don't know when I will be leaving, but I will always be
by your side.

Loving and cherishing you unceasingly, unfortunately

I am running out of time.

I only want to hear your laughter and don't want to see
your tears.

When you walk through the valley of the darkness, may
grace be always with you.

If you feel fragile one day, gaze at the stars afar in the sky.

Mom is there guarding you, not so far away.

Narration: 'Little Sing, my son, please remember, you
will always be your mother's little hero. If one day you
can't find your mother, she is only playing hide-n-seek
with you. She is hiding behind you, always supporting
you. Don't you know, it is because your mother wants
Jaden (Sing) to be happy and brave? Whatever the future

may hold, your mother will be journeying the highs and
lows of every road with you.'

Chorus

If you feel fragile one day, gaze at the stars afar in the sky.

Mom is there guarding you, not so far away

Narration: 'Little Sing, my son, mommy loves you
forever!'

Remark: 'Sing' is the Cantonese pronunciation of her
child's name 昇 which shares the same sound as a star.
The name of the song implies the wish for her son 'Sing'.

Where There Is A Will There Is A Way

My friend's wife died of cancer. He knew that the same had happened to me and suggested I come here.

I live in Central and Tuen Mun is far away.

My wife never had the opportunity to come here. At that time, I was very emotional. We have two children. Both of us wanted to handle the matter better. We failed and then she was gone. When the doctor told us brutally that, "there is no cure." I thought I was psychologically prepared given that the doctor was so direct, yet I was totally devastated when my wife left me. I have never thought of myself as so fragile. Soon after my wife passed away, my son also left me for university. My family members would not be around me for six months.

My wife left in December. I sought out a social worker here around Christmas. I thought I would be all right then. Only when the social worker called me up three months later, I realised that I had exhausted every means. I could go find friends for long talks, say five or six hours, but this wasn't a long-term solution. I had to see the

social worker again.

The support provided by this place let me preserve my dignity and let me take my time. Whether I was willing or not, things happened the way they did. Slowly, my anxiety dissipated, and the foggyiness cleared up. During these six or seven months, I was so grateful that the social worker was willing to spend time supporting me. Once she said to me, "Where there is a will, there is a way." I have heard this saying so many times, but how should I find my way out? When I was sick, it was like dwelling in darkness. I couldn't find any way out. Even if there were no roads, I still had to pave my own way. The social worker also helped me communicate with my kids by giving me a lot of advice.

I didn't participate in many activities here. I am a very rational person. I was surprised that this place could provide such individualised care. Everything here is so professional. The management and the underlying concepts are amazing. When I first learned that no appointments or fees were necessary, I was in a state of disbelief. Yet they are really welcoming towards us and with open arms all the time. Just come, and there will be support. It is a very homely place for me.

Every time I have to travel a long distance to come here, but it's all worth it. Hong Kong has no other place with an environment like this.

In addition to seeing a social worker, I also joined a support group. When we come together to support each other, there is strength.

We all run into misfortunes at times, yet it is exactly our vulnerability that brings out our ability to withstand adversity. Although I have lost a lot of weight, I am still capable of helping others, instead of just receiving.

Actually, I am still able.

This place lets me feel like I am living in brightness. We are willing to walk in the light together. It is light that shows us the way.

Back on My Feet

When my daughter was sick, I stayed with her all the time. I accompanied her everywhere – to see the doctors and to receive chemotherapy treatments. She came here, and I came with her too. That day also happened to be the Dragon Boat Festival. A group of people were making rice dumplings. I had a good first impression of this place.

We came here to wait until it was our turn to go to the hospital for our follow-up appointments. The disease had dragged on for many years, and we knew the nurses well here. Later on when my daughter had to receive palliative care in the ward, the nurse, even though pregnant, still went to see her in the morning and evening.

“If you have anything to say to your daughter, you have to say it.” the nurse reminded me. I was totally lost at that time. When my daughter was gone, I hid myself away. A large group of people from here came to my daughter's funeral. I was deeply moved.

I hid myself away, but they called me up. “I have to take care of my grandchildren, I have no time.” I excused myself.

Yet they continued to look out for me, "It is okay. We have started a new class, come over and take a look." They even asked me to bring my two grandchildren along to the next gathering.

"I am afraid of coming back. I will cry if I do," I finally confessed. We all knew each other well here. The young ones called me mom after my daughter. They reminded me of my daughter. That hurt.

Then my mood stabilised. When I missed my daughter, I would come here because I didn't dare vent my emotions at home. I had to hide them. Here I no longer have to do so. After crying, I would be composed again as I left. There was no use in hiding myself. After all, I needed a place to vent my feelings.

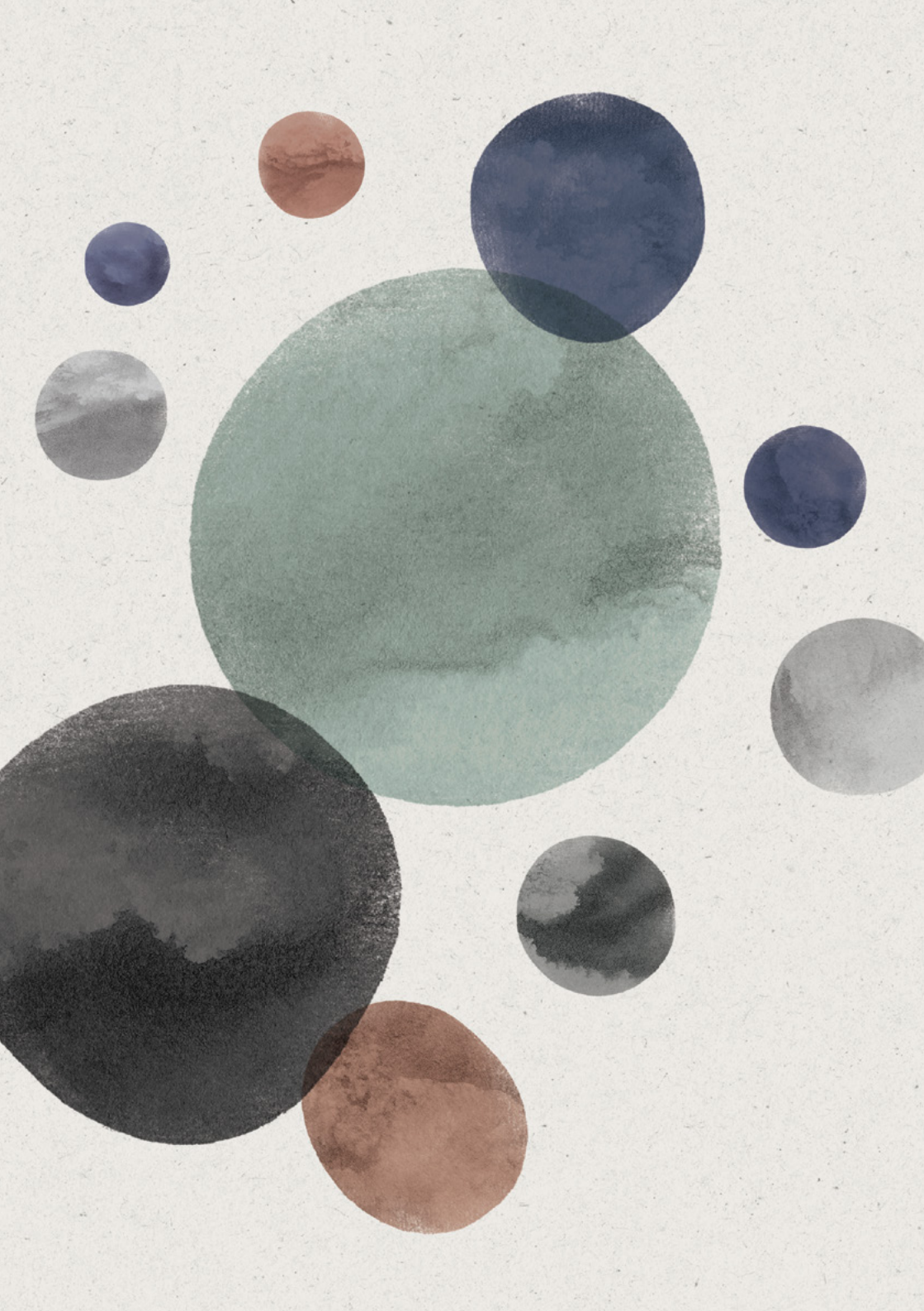
Sometimes when I look at my daughter's empty bed, I make believe that she is still at Maggie's. She used to spend a lot of time here as if it was her refuge.

I brought all the unopened health food my daughter left behind and let the nurses give it away to those who needed it. When I see my old friends, I become very happy, and when I don't see them, I despair. Humans are very fragile, we have to cherish each other more.

We should take whatever opportunities we still have to see each other. We should cook, eat and travel together.

Now if I run into neighbours who are heartbroken by the loss of their life partners to cancer, I ask them, "Have you heard of Maggie's Centre? Would you like me to take you there?" Some of them are hiding away like me. I say to them, "When my daughter left me, I was tormented. It hurt even more than my husband's passing away. Now I am a lot better. If you want, I can go there with you." Usually they say no, but I know that to be on our feet again, we have to step forward.





Chapter 7
**The
Round
Table**

‘Some newcomers were sitting on the sofa. We said hello to them when we passed by. Slowly, we all moved to sit around the round table, chit-chatting together, munching fruit, drinking tea.

Here we can all relax and loosen up, with chit-chat and laughter.

We all lightened up.’



‘When visiting other centres, people usually leave once activities are over. However, it is spacious here; the set-up creates a cohesive environment.’

‘This round table seems to possess magical powers. Once I sat down, I naturally had the strength to chat with the people around me, as if I were chatting at home with family members, and I became less guarded. In the hospital, I don’t talk to people next to me; but we readily care for each other here.’

New Friends

‘Over that period of time, whenever I heard the word “cancer” while watching TV, I would immediately turn it off. I was so afraid. Yet my stress would be gone when I came here. I dared not tell others outside about my cancer, lest they discriminate against me. Here, I can talk freely with everyone.’

‘Cancer? Which type? There is no taboo here. How is your nasopharyngeal cancer? Mine is breast cancer. Amongst the women, we would tell each other without hesitation: I was cut up to here.

I worried so much about my follow-up visits to doctors before. I was unsure about the prognosis. But I don’t have to think about these in here. I sing well; then I just concentrate on singing. Life becomes so fulfilling, and my feelings turn positive.’

‘If a place were only beautiful, but not caring, you couldn’t drag me there.

People here still cared about me even after my daughter passed away. I have already let it go, but occasionally I would still be emotional. When unhappy, I would then come here. My heart would be comforted after chatting for a while.’

‘When I first got sick, the survivors told me about what I had to face. They also encouraged me and said that when I became well it would be my turn to help others. This place has a support group called “Befrienders”. I made many new friends. As we shared the same goal, I became more active. When I accompany others, I listen to what they say and then share my personal experiences to encourage them and myself as well.

When I noticed that my friends cheered up, I would be delighted.”

‘When people sleep well, they are full of energy, and their interpersonal relationships are also good. After I fell ill, I became distant from my friends. I didn’t feel well and didn’t know what to talk about. I blamed myself.

How come I was ill while my family was not?
The Centre let me reclaim my confidence.
I am still me, no different from others.
Anybody could be sick, let me take it as a
cold. I can talk to my old friends again and
be as close to them as before.'

Dining Table

'We all like to sit around the big table next
to the kitchen. There is always someone
cooking. When the dietitian is here,
the food is not what I regularly eat at home.
Everyone can try something new, nutritious
and special, and be very happy.'

In fact, this place is always full of good
surprises. There are so many things that
I have not seen before.'

'I really appreciate the fact that after
everyone finishes using the table,
they are concerned about keeping it
clean. They don't just leave it to the
housekeeper to clean up after them.
For those who cook, they tidy up
afterwards. For those who eat there,
they are very careful not to mess the
place up. It's all because of their
respect for this place.'



Coming Home

‘I was very helpless at the beginning of the chemotherapy treatment. No one at home could cook anything special for me. Coming here meant I could have nutritious drinks to help improve my immunity and boost my white blood cell count. There were also relaxation activities that were extremely comfortable. Every time I go to see the doctor, I swing by. This place is so cozy, even better than my own home.’

‘There is even moisturiser in the restrooms; it’s extraordinary. They also take very good care of us during excursions. There is nothing we have to worry about.’

‘It is like coming home when I come over here. Going back to one’s home needs no permission or registration, and people here are like family members. So comfortable. Sometimes when I accompany my daughter to the hospital for her treatments, I come here for a sip of water and a little rest. When I leave, I do not have to say anything, just like I don’t have to tell anyone when I leave home.’

‘This is my second home, very heart-warming. Sometimes when I am down, the nurse explains that the “brothers and sisters” here will comfort me. It is a place with so much compassion. Everyone is chatting and smiling, I had never dreamed of such a place.’

Coming Home

‘The activities and programmes I joined here changed my attitude. In the past, I took every little thing too seriously. But now, hey, what’s the big deal! Take it easy! Nothing really matters. If I fail today, I will try again tomorrow without worrying too much. Then without my even knowing, I succeed in doing the impossible thing.

My husband also said that I scolded him less!’

‘The relationship with my family has also improved. We communicate more, and it is not as dull as before. The word “cancer” frightened many relatives and friends. They tried to avoid it. Then they realised I was indeed positive and did not consider myself a patient so they dared to see me again.

This place gives me confidence, and my family also becomes confident, sometimes accompanying me here. When I return home from the Centre, I can feel the difference it has made in relation to my family members.’

‘My son is most delighted to see me coming here because I always go home happy. Whenever he knows that I am coming, he exclaims, “Good! Good! Good! Good! Good to go!” I have also found myself a purpose to move on, and am not as pessimistic as I was before, worrying and not knowing where to go.’

‘I don’t know much about my wife’s illness. Sometimes I go online to look for more information but she refuses to listen. “You are not knowledgeable in this area; I am not sure how reliable your information is.” Through the nurses here, my wife could better understand their direct explanations.

They also have survivors sharing: “You don’t know how much I have suffered!” I said to my wife, “Why don’t you listen a bit more? They have overcome their sickness, and so can you. Some were at Stage 3 or 4, perhaps worse off than you? If they could survive, you don’t have to worry too much.” Seeing my wife able to ask so many people questions,

her mood and energy improved. I kept saying to her, “You should come here more often.”’

‘Every July this place organises a “Family Day” for us to invite our family members to come and to join a variety of activities and have a meal together. Parents, daughters or sons, can all come to learn about what this place has to offer.’



Pass On The Sunshine

It was a fellow patient who brought me here. I was vomiting and in distress while waiting to see a doctor. She said to me, “Let’s go to Maggie’s. It has room for you to sit down and rest. It also has milk powder and biscuits.” I was in severe pain. As soon as I came over here, a staff member approached us and greeted us. I felt so good.

When I finished treatment, I thought it was like a cold and that I would be fine when my treatment was done. However, there were actually many long-term side effects. My mood and physical condition were far from well. I became very depressed. Therefore, I came to talk to the social worker here more often. The social worker listened carefully, helped me analyse my problems and unravel what had been bothering me for so long. She counselled me step by step.

The sky was to me pitch black then. Even if I was sweating under the hot sun, I couldn’t feel the heat. I was totally numb and down-hearted.

My treatment was over, but I still felt distressed so what was the point of living? I didn’t want to continue suffering. I even had difficulty walking; it was as if I were crippled. My feet had given up. I felt terrible.

My social worker counselled me patiently. Her eyes were so gentle. She looked at me as though she were sharing her strength so I came to see her whenever I was upset. She would immediately put down her work to help me. She showed me how to exercise as well as how to relax.

Other people were also very good to me, their smiles told me that they genuinely cared. The Centre has many helping professionals, such as clinical psychologists and senior nurses. They can all help. My feet got better, and I could move around. At first, I was often very drowsy, like an object lying on the floor, lifeless, moody. Gradually, my negative emotions dissipated, and I started to talk again.

Many programmes here help to ease my emotional turmoil. After singing my heart out, I could laugh again. The environment here is also very cozy. I have gynecological disease, thus cannot sit on hard surfaced chairs. All chairs here are cushioned. That is so heartwarming.

A friend asked me a little while ago, “How come you can be so happy when you have cancer?” She had no way of knowing that people like me had all endured so much before learning how to be joyful again.

Now when I feel down, I first ask, is it caused by people or because of something that has happened? What is making me upset? I have learned to screen things out. I was easily saddened in the past. However, if the person making me unhappy has little to do with my life, then I totally disregard that person. This makes me more comfortable and reduces negative energy in life.

I saw the leaflet about “Befrienders” the other day. Oh yes, a good idea. I also want to pass on what people have shared with me. I have gone through so much to be back on my feet and am no longer trapped by negative thoughts. When I see someone else unhappy, I take the initiative to go over and say hello and see if they want to talk. Sometimes even a few words can let people feel warm.

Whenever I walk towards someone in need, I recall how the social worker looked at me. I see the sun, I want to pass it on.



Soup Sweet Soup

Every time I come to Maggie's, I feel so comfortable. When I want tea, there is tea; when I want coffee, there is coffee. There is also fruit, and there are snacks. Yet sometimes I would like to have a bowl of hot soup.

Soups and juices are different. Juices are very refreshing, but soups are warm and can nourish your soul. This is especially true when someone is pouring soup for me as this is a gracious act. Diseases are not that terrifying; what they attack is the body. What I value more is the soul. When I was so sick that I had to climb in and out of my bed feeling miserable, I craved soup.

In 2012, I was diagnosed with gynecological cancer. In 2013, I learned about Maggie's through a leaflet. I went there, chatted all day long and made some very good friends. In 2014, we established a non-profit organisation "Reborn Health Group". One of its goals was to send soup along with our love and care to patients.

However, a few friends of the Group passed away, one after the other. In 2015, my cancer also recurred and

spread to my liver. More than six thousand dollars that we raised for the Group was then donated to Maggie's.

After my liver surgery, my condition seemed to improve. In 2017, the cancer moved to my lymph nodes. I couldn't even walk. I exercised and received physiotherapy treatments. After three months, I could jog slowly for 15 minutes. At the beginning of 2018, the tumor shrunk, thus I hoped I could do something. I want to re-establish an organisation to make soups for patients.

"You should take more rest!" The people around me kept urging. But why not do what I can while I am still able? For the rest of my life, I want to do as much as possible.

I think soup helped me a lot. When I underwent my liver surgery, the doctor said I might have to stay in the intensive care unit. Instead I stayed in the general ward and was discharged in a week. My husband was very kind to me and made soups for me. When I was not feeling well, a bowl of hot soup was so heartwarming. However, other patients might not be as fortunate. In the past few years, when some fellow patients around me wanted a cup of hot water, no one got even that for them.

I often do my research on soup recipes. I prefer not to put

too many medicinal herbs into the soups that I make as they are also for healthy people. Frequent intake of soup can keep one healthy and ward off disease. I know some grocery wholesalers who are willing to give me discounts for my purchases. I also go to the market every day for fresh ingredients.

Imagine I come to make soups at Maggie's every morning. About 10 litres should be enough for twenty people. When people finish their yoga at 11 o'clock, they can come out and drink the soup. What's left can be delivered to the Oncology Ward of Tuen Mun Hospital. The "Reborn Health Group" was disbanded, but it should not be difficult to re-organise a group. Someone has already promised to donate money to us.

When I was sick, a bowl of soup would make me feel loved and blessed. I want to share this feeling with others. This thought motivates me to face my life more positively. When I saw the grateful looks of my "battle-companions", I felt so encouraged.

Even when I am not around in the future, my goodwill can still go on.

My project is named "Soup Sweet Soup".



Moving On

‘I would be sad when I heard that friends here were gone. We had spent so much time together. It hurts. At the same time and because of this, I cherish my friends even more; for when they are gone, they are gone. So I cherish more of my life – to live well each day, to be happier and let go a bit more every day.’

‘Frankly speaking, this place is a “one-stop shop”. When our health is a bit better, we can come here for psychological, physical, informational and other support. There are books, music, yoga and meditation... There is no need to go elsewhere. Even when someone passes away, there are bereavement sessions. It contains a kind of positive energy to help people face the loss. Death is not a big thing. We don’t have to dwell in darkness. We can all walk boldly under the sun and enjoy the days that are still here for us.’

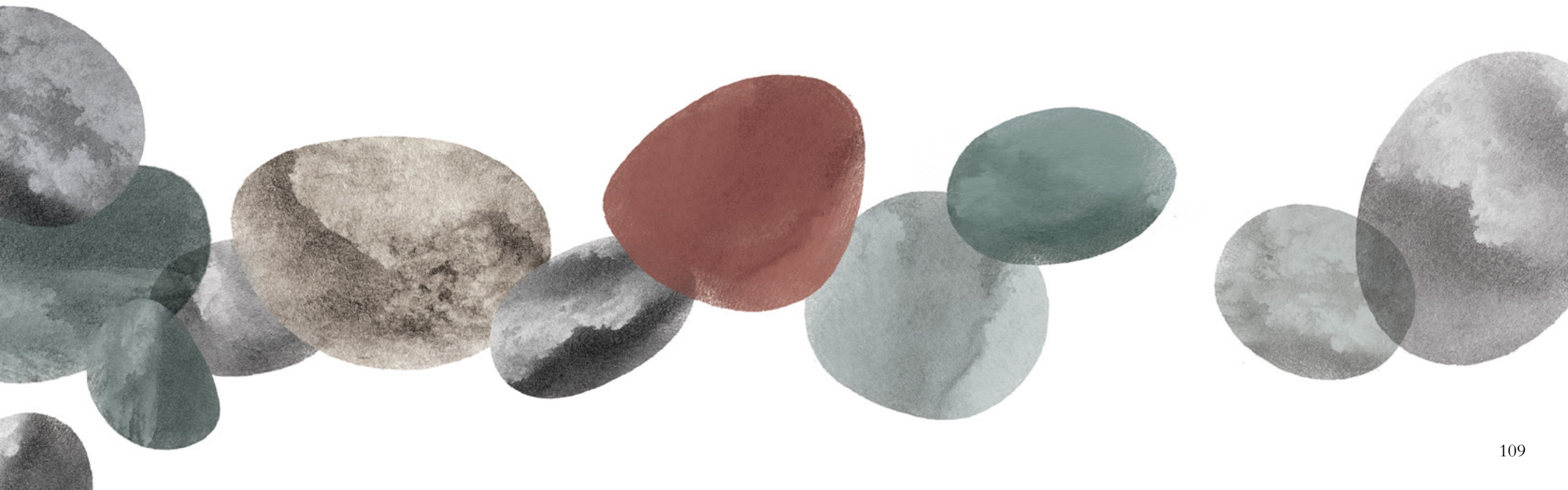
‘This is a place where people “walk in crying, come out smiling”, a place that can contain your sadness and let you walk out feeling relieved and able to move on.’



Acknowledgement to the following 44 interviewees. There are many other interviewees who have chosen to remain anonymous:

Evon Choi	Leung Ming
Wong Yuk Fun	Wu Tak Ming
Mak Po Lan	Vicky
Lam Sau Sin	Luk
Maggie Kwok	Leung Yun Oi (Kitty)
Ho Wai Yim	Sammi
Ms.Siu	Courage
Polly's mom	Lee Kit Leung
Li Kwok Yau	Bella Li
Connie Chan	Sam Chu
Nancy Tang	Mrs. Chung

Winnie Chiu	Joyce Leung
Cheung Yun Hung	Mandy
Wong Lai Yee	Fai Suk
JJ	Alice Wong
Connie Chan	Angela Lui
Siu Yuk	Lai Hing
Erica Wong	Janet Cheng
Wong Wing Fai	Long Long
Echo	Chan Yiu Lam
Angel Wong	Sophia
Alison Ching	Kathy Lai



The Characteristics Of Maggie's Cancer Caring Centre

Maggie Keswick Jencks, founder of Maggie's Centre, was first diagnosed with breast cancer in 1988. Her cancer recurred in 1993. Maggie's optimistic personality strengthened her and helped her in facing her cancer journey. She recalled her own experience, "Overhead lighting, interior spaces with no views out and miserable seating against the walls all contribute to extreme mental and physical enervation." Maggie was deeply reflective of her cancer experience and believed that people with cancer should be actively involved in their treatment plan, learning to how to live with cancer and rebuild their lives. Maggie devoted herself to planning and launching cancer care services (excluding the medical side) to meet these needs. Every Maggie's Centre provides an uplifting and homely environment for all people with cancer, their families and friends, allowing them to set aside the stigma of being a patient and to seek professional support services.



Emotional Support

'The diagnosis had been as hard on my family as it was for me. For oneself, it is possible to accept anything, not so for those one loves. Seeing the suffering of my husband, mother and teenage children affected me physically. At one time I could not sit, lie or stand, listen or speak coherently because my shattered mind vibrated so violently through my body that I felt I might disintegrate. Later, yoga helped me re-establish some equanimity. Counselling helped me think more calmly about my children's future.'

Mutual Support

'In California I went to a weekly group and found it reassuring. I like the exchange of information, the concern for each member, the mutual support.'

Mind, Body, Spirit Practices To Supplement

The Treatment

'Yoga, Qigong and guided relaxation all helped me during my treatment, but since then I have also spent ten days at a retreat learning Vipassana meditation, a technique that encourages you to view sensations "as they are, not as you would like them to be" and can bring the practitioner into a remarkably positive and relaxed state of mind. Though not very experienced and a hopelessly intermittent practitioner, I have found it greatly helps my confidence; when hit by fear or despondency, I have something to fall back on.'

——— *Extracted from "A View From The Front Line"*
by Maggie Keswick Jencks

Maggie's Cancer Caring Centre

Maggie's Cancer Caring Centre (Maggie's Centre) opened in December 2008 and is situated in Tuen Mun Hospital, New Territories. Our permanent Centre opened later in 2013 and is the first overseas Centre outside the United Kingdom. Maggie's Centre in Hong Kong was designed pro bono by renowned architect Frank Gehry, offering 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:

1. Information and Practical Support

Maggie's understands that ignorance fuels fear and helplessness, and most people diagnosed with cancer know very little about the disease. All that they are likely to know is that it is potentially life-threatening and that treatments are horrible. People are also overwhelmed by information and advice. Oncology nurses from Maggie's Centre help these people to find out that they want to know about their illness and their treatment, provide nutritional advice as well as find ways of minimising side-effects.

2. Emotional and Psychosocial Support

'Meantime I am down here in the war zone, trying to figure out my map.' This is how Maggie recalled her cancer experience. Cancer always makes people feel fragile and helpless. At Maggie's Centre, our Clinical Psychologist and Registered Social Worker offers individual and family consultation sessions, as well as support groups to encourage mutual support and exchange, reducing fear and worries. Psychoeducational courses are designed to address specific needs and issues of people with cancer and help them tackle the challenges ahead.

3. Relaxation and Stress Management

Relaxation is a self-help therapy. Anxiety aggravates physical symptoms. If you are anxious, you are more likely to have sleep problems, to be more sensitive to pain. Our relaxation programmes have individual and group sessions. Participants can learn useful breathing and relaxation techniques to reduce stress and anxiety.

4. Other Support Programmes

Apart from the above support services, Maggie's Centre offers many other mind-body-spirit programmes such as Music Therapy, Art Therapy, Aromatherapy, Meditation, Mindful Yoga, Tai Chi, Qigong, etc. which help people with cancer to rebuild confidence and overall wellbeing when facing cancer treatment.

Maggie's Centre in Hong Kong is fully independent, both financially and administratively, from Maggie's Centre in the UK, but we share the close links in supporting anyone affected by cancer. As Maggie herself said, "Above all, what matters is not to lose the joy of living in the fear of dying."



A Place to Heal

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Support Maggie's Cancer Caring Centre

As a charity 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 live with, through and beyond
cancer and help them rediscover the joy of living.

Each month...

HK\$40

pays for someone struggling with cancer
to attend a Chinese Health Talk to get
nutritional tips and health care advice.

HK\$100

pays for an exercise class to help people
with cancer keep active and build up
confidence.

HK\$400

pays for a one-off drop-in session to
help someone just diagnosed with
cancer to get professional advice and
support from our Oncology Nurses.

Act now and support us!

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

By Cheque

Please make payable to
"Maggie's Cancer Caring Centre"

By Direct Transfer

HSBC Bank Account no.:
808-327399-292
Account Name:
Maggie Keswick Jencks Cancer Caring
Centre Foundation Limited

By Credit Card

Please complete and return the form
to Maggie's Cancer Caring Centre;
or visit
[https://www.maggiescentre.org.hk/en/
donation](https://www.maggiescentre.org.hk/en/donation) to donate online.

Maggie Keswick Jencks Cancer
Caring Centre Foundation Limited
(Maggie's Cancer Caring Centre)
is a registered tax-exempt
Hong Kong Charity,
registered with the Hong Kong
Inland Revenue Department
(Ref. 91/8834).

Fundraising and Communications Unit Maggie's Cancer Caring Centre

Tel: 2465 6006
Email: fundraising@maggiescentre.org.hk
Address: Maggie's Cancer Caring Centre,
Tsing Chung Koon Road,
Tuen Mun Hospital, Tuen Mun,
New Territories, Hong Kong

Donation Form

Donation Amount

Monthly ☐ HK\$500 ☐ HK\$300 ☐ HK\$100 or ☐ HK\$

or One-off ☐ HK\$

Donation Method

☐ By Cheque (made payable to “Maggie’s Cancer Caring Centre”)

Bank name Cheque number

☐ By Direct Transfer

HSBC Bank Account no. 808-327399-292

Account Name Maggie Keswick Jencks Cancer Caring Centre Foundation Limited

(If you would like to receive a donation receipt, please send the original bank slip together with this form to Maggie’s Cancer Caring Centre)

☐ By Credit Card (☐ Visa / ☐ Mastercard)

Cardholder’s name

Card number

Expiry date (MM/YY) Cardholder’s signature

Donor’s Detail

Donor’s name (Title: Mr./Ms./Mrs. or other)

Surname First Name

Company name (if applicable)

☐ Name of donor will be acknowledged on our printed collaterals whenever appropriate. Please check this box if you wish to stay anonymous.

Contact number Email

☐ Maggie’s Cancer Caring Centre would like to use the information you have provided to keep you updated about our work and how you can help. If you would like to receive our update in English, please check the box.

Donation Receipt

Please issue a receipt ☐ by post or ☐ by email or ☐ Receipt not needed.

Name on donation receipt (if different from above)

Address

Please complete and return the form to Fundraising and Communications Unit, Maggie’s Cancer Caring Centre.
Address Maggie’s Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital, Tuen Mun, New Territories, Hong Kong / The information provided in this form will be treated strictly confidential and will be used only by Maggie’s Cancer Caring Centre for issuing receipts, communications and fundraising purposes.

Maggie's Cancer Caring Centre is a Hong Kong registered charity that provides cancer care support to people affected by cancer, including their families, friends and caregivers. Built in the grounds of Tuen Mun Hospital and located next to the Oncology Department, all services at Maggie's Centre are free of charge.