



香港防癌會

HONG KONG ANTI-CANCER SOCIETY

Since 1963

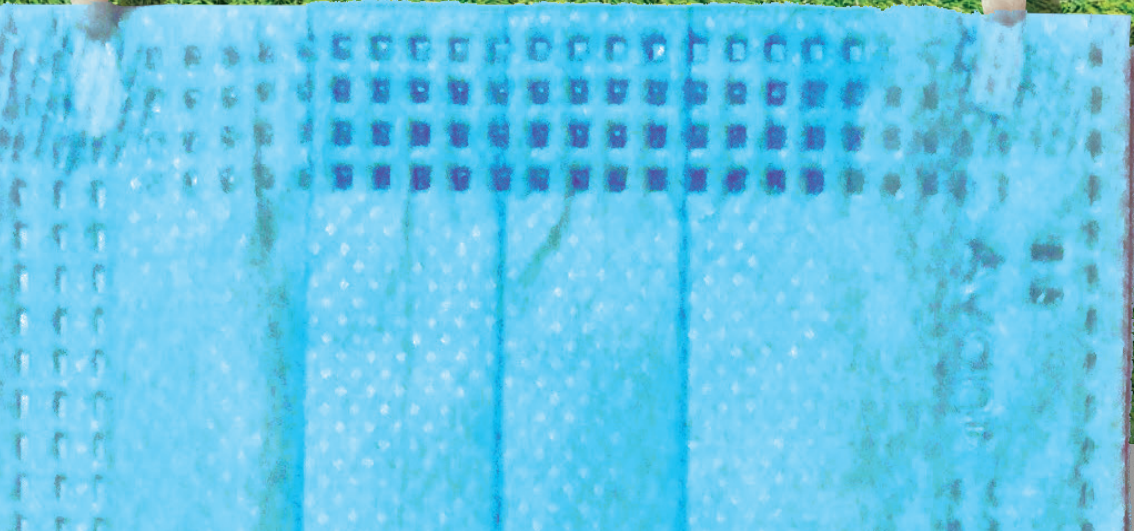
2020

Annual Report 年報

01.10.2019 - 30.09.2020

抗癌 ♥ 抗疫

Anti-Cancer
in Pandemic



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Presidential Address

會長的話



Over the past one year, Hong Kong society has been facing immense challenges posed by the COVID-19 pandemic, for which substantial public resources have been deployed to enhance the anti-pandemic work. However, prevention and control of non-communicable diseases, which will cause ill-health, disability and premature deaths, as well as the provision of holistic care to these patients and families, cannot be marginalised simply because of infectious disease control. Today, cancer has become an epidemic around the world with an alarming rate of diagnosis, imposing a heavy burden on our healthcare and social system. Particularly in these difficult times, cancer patients with weakened immune system have been under pressure from various fronts. Our society should be more supportive and care for cancer patients, their families and caregivers. To this end, non-governmental organisations (NGOs) should play an even more important role in providing them with additional support.

According to the Hong Kong Cancer Registry report, a total of 34,028 new cancer cases were diagnosed in Hong Kong in 2018, hitting a record high over the years. On average, 93 people were diagnosed with cancer each day. Compared to a decade earlier, new cancer cases have jumped by about 38% or at an annual rate of 3.3%. During the same period, the population grew slowly at an annual rate of 0.7%.

In 2018, colorectal cancer, lung cancer, breast cancer, prostate cancer and liver cancer were the five most commonly diagnosed cancers in Hong Kong, accounting for about 57% of new cancer cases. Colorectal cancer remained the most common cancer in men, while breast cancer was still the leading cancer in women. Cancer incidence rates increased sharply with age and half of cancers occurred in people over the age of 65. The increase in overall cancer incidence rate in Hong Kong is largely driven by an ageing and growing population, along with changes in cancer risks as well as the improvements in diagnostic practices.

2019 冠狀病毒病在過去一年肆虐全球，香港社會也面對嚴峻挑戰，在抗疫方面投放了很多公共資源。但是，可以導致健康欠佳、傷殘和早逝的非傳染病，其防控工作及為這些病人和家庭提供的全面關顧，並不能因為傳染病的感染控制而受到忽略或影響。癌症已是一個疫症，正以驚人的速度增長，並為醫療衛生和社會系統帶來巨大影響。癌症患者的免疫力低，在冠狀病毒病的疫情下，面對多重壓力；社會更需要為癌症病人和他們的家庭及照顧者提供更多援助，而非政府組織在這方面就擔當更重要的角色。

根據香港癌症統計概覽，在 2018 年，本港癌症新增個案達至 34,028 宗，創有紀錄以來新高，平均每天有 93 人確診。與十年前相比，癌症新症個案上升約 38%，每年增幅為 3.3%；同一時期，整體人口增長緩慢，每年只有 0.7% 增長率。

在 2018 年，本港五大常見癌症依次為大腸癌、肺癌、乳癌、前列腺癌及肝癌，共佔癌症新症個案約 57%。大腸癌繼續為男性最常見的癌症，而乳癌仍然是女性最主要的癌症。癌症的發病率會隨著年齡的增長而急劇上升，一半的癌症發病於 65 歲或以上。本港整體癌症數字上升，除了因為年長人士的數目及其佔總人口的比例增加外，亦因不同癌症風險的變化，以及診斷模式的改進而有所改變。

But, cancer is more than all of the above figures. Cancer patients are in need of physical, psychosocial and spiritual care, a comprehensive cancer survivorship care. From diagnosis, treatment to rehabilitation; from coping with long term and latent side effects, to recurrence, treatment again; for patients reaching the end of life, these involve palliative and hospice care.

HKACS as a leading anti-cancer NGO in Hong Kong for more than five decades walks hand-in-hand with the Hong Kong population. We are committed to reducing cancer burden in Hong Kong through cancer education and prevention, and providing holistic care and support to cancer survivors, their families and caregivers. We are also strong advocate of the Hong Kong Government's implementation of a comprehensive cancer control plan.

We warmly welcomed the Government's release of the Hong Kong Cancer Strategy in 2019 which outlined the blueprint for reducing cancer burden of the local population. However, there is a lack of concrete and detailed plan or timetable for implementation of a comprehensive cancer care.

We wrote to the Chief Executive and the Financial Secretary in response to the public consultation on the 2020 Policy Address and Budget respectively, urging the Government to show its commitment to fight against cancer. Without sufficient support from public institutions, many NGOs are struggling to solicit long-term funding in order to sustain their provision of holistic cancer care services. We ardently called for the establishment of "Beat Cancer Fund" to support cancer-support NGOs to supplement public services for enhancing cancer survivorship care. To combat cancer, we need a firm commitment of the administration.

癌症，並不僅限於以上數字。癌症患者需要的是身、心、社、靈的全方位關顧，一個全面的存活計劃；由確診、治療到康復，從應付對身體造成的長期影響，到復發、再治療，有些走到生命終結的一步，需要紓緩和寧養。

香港防癌會在過去五十多年一直與香港市民同行，是香港抗癌的主要非政府組織，致力推動癌症教育和預防，為癌症患者及其家庭和照顧者提供全面的關顧服務，並倡導政府推行全面的癌症控制計劃，減低香港的癌症負擔。

我們歡迎政府在 2019 年公布《香港癌症策略》，勾畫出減低香港癌症負擔的藍圖。然而，我們至今仍未見到具體和詳細的計劃或時間表，去實施全面的癌症護理。

我們在 2020 年分別致函行政長官和財政司司長，就有關施政報告和預算案的公眾諮詢提交意見，敦促政府實踐承諾，抗擊癌症。當公營機構在提供整體癌症護理方面顯然不足的時候，許多非政府組織正努力尋求長期的資金支持這些服務。我們倡議政府設立「戰癌基金」，支持癌症非政府組織填補公共服務的不足，加強癌症存活照顧。抗癌，需要政府的堅定承諾。

HKACS has closely liaised with other cancer-support NGOs and community organisations in the past year to bring everyone together on a collaboration platform. We believe that the concerted efforts and synergies so generated can facilitate information exchange, sharing of resources and identification of service gaps, with a view to improving the quality of life of cancer survivors. We are determined to provide timely and much needed assistance to families affected by cancer in Hong Kong.

I would like to take this opportunity to sincerely thank our Chairman Mrs. Patricia Chu, and all members of the Executive Committee of diverse professional backgrounds, for their leadership and tireless support in steering HKACS towards the combat against cancer. I would also like to appreciate all the staff and volunteers for overcoming tremendous difficulties during the pandemic to provide quality services in every endeavour for cancer patients and their families.

香港防癌會在過去一年積極與其他癌症非政府組織和地區服務團體溝通，創造一個協作平台，希望透過互相協作，共同努力，把特定的專業知識凝聚。我們相信這可以提供更多機會，讓機構之間互相學習、共享資源，並找出未被應對的需要，去計劃和以確切的服務滿足所需，從而改善癌症患者的生活。我們有決心為本港受癌症影響的家庭，提供適時和需要的援助。

我想藉此機會衷心感謝主席朱楊珀瑜女士，以及來自不同專業背景的全體執行委員會委員，在他們的領導和努力下，帶領香港防癌會緊守防癌抗癌的崗位。我亦要多謝全體員工和義工，在疫情下克服重重困難，致力為癌症患者及其家庭提供優質服務。



Dr. LEONG Che-hung, GBM, GBS, OBE, JP 梁智鴻醫生

President
The Hong Kong Anti-Cancer Society
香港防癌會會長

Chairman's Message

主席報告



2019/20 has been a very difficult year for The Hong Kong Anti-Cancer Society (HKACS). Facing various social campaigns in 2019 and the global pandemic of the novel coronavirus (COVID-19) in 2020, we have experienced an unprecedented year. However, nothing could hinder our enthusiasm for promoting our work to fight against cancer and our commitment to cancer patients. Despite the adversities, HKACS is committed to providing better services and making unremitting efforts. I am pleased to share our work in the past year in this annual report.

The fight against cancer is a long-lasting battle and it poses a heavy burden on the patients, their families as well as the society. During the COVID-19 pandemic, cancer patients face even more difficult challenges. HKACS has been working together to explore all feasible ways to maintain our services for them.

We understand that cancer patients are among those at higher risk of COVID-19 infection due to their weakened immune system. We collected face masks and anti-pandemic items for cancer patients and our frontline medical staff. With the importance we attach to comprehensive nursing care, psychosocial and spiritual support, we have stringently implemented infection control measures, while exploring possible ways to maintain our visiting arrangement.

Though many of our activities were forced to be cancelled due to social distancing measures, we are still working at full steam to find a way out of the impasse. Our social workers and nurses conducted home visits to provide community-level care for cancer patients, which mostly took place in spacious outdoor areas, such as estate public spaces and parks. Rather than holding group activities for our JCCRC's patients, we have provided them with personalised cancer care,

2019/20 年對香港防癌會來說充滿挑戰。面對 2019 年的社會運動和 2020 年冠狀病毒病在全球肆虐，香港防癌會經歷了前所未有的衝擊。不過，這一切無阻我們對推動抗癌工作的熱誠及對照顧癌症患者的承諾。我們在逆境中努力不懈，致力提供更好的服務。我在本年報自豪地向大家分享本會在過去一年的工作成果。

抗擊癌症漫長而持久，它為病人、家庭和社會帶來沉重的負擔。疫情之下，癌症患者更面對雙重壓力。香港防癌會的團隊在疫情裏上下一心，拼命設計出能夠不間斷地服務病人，抗癌同時抗疫的方案。

我們了解到癌症患者的免疫力低，在疫情下更為脆弱。我們四出為社區的患者張羅口罩和防疫用品，也為護養院的前線醫護人員儲備足夠的防疫物資。我們明白護養院裏的院友，身、心、社、靈都需要關顧，我們在嚴格執行感染控制的同時，想方法維持院友每天與家人面對面接觸的機會。

縱然社交距離令活動被迫減少，我們仍努力衝破環境障礙。我們的社工和護士家訪社區的癌症患者，在可行的情況下改在相對空曠的環境，例如屋苑公共空間、公園等室外空間進行。我們把住院癌症患者的群體康樂活動，設計成更耗費人手的個人

which requires considerable extra manpower and effort. We believe as long as we walk an extra mile and think a bit further on how to serve cancer patients better, we can tide them over their cancer journey.

As with all of you, I need to learn new things during the pandemic and so does HKACS. We have to adopt an innovative approach to spearhead the work of HKACS by digitalising activities and resources for cancer education, prevention and early detection; transforming in-person meetings, trainings and courses to the virtual environment; providing remote access for supporting staff and even service opportunities for volunteers.

We understand that in the current situation, we are not allowed to maintain the status quo and we cannot hope that the “old normal” will return someday with stopgap measures. Rather, we should take this opportunity to explore new strategies to take forward our work. In tandem with medical advances, cancer survival rate has been increasing and it has been gradually become a chronic disease. Looking ahead, we will focus on the provision of comprehensive cancer care, tiding cancer survivors over the hard times.

As a cancer advocacy organisation with the longest history in Hong Kong, we know very well the vital role that we need to play in promoting cancer prevention. We are pleased to see the promulgation of Hong Kong Cancer Strategy by the Government in 2019 with a view to reducing the cancer burden of the local population and improving the quality of life and survivorship of cancer patients. One year after the Strategy was announced, the Government established an “Cancer Online Resource Hub” to provide the public with cancer-related, accurate and reliable health information. This Resource Hub has taken advice and information from HKACS on supporting cancer

化關顧。我們相信，只要在每部分的工作多走一步，便能與患者在抗癌路上，攜手同行一萬步。

我和大家一樣，疫情下都要再接受培訓。香港防癌會的教育、輔導和防癌推廣工作，也創新向前。有更多關於癌症教育、預防和早期探測、宣傳抗癌資訊等的資源和活動電子化；會議、培訓和課程轉到網上進行；在家工作適用於後勤支援人員甚至義工服務。

我們明白在現在的環境不容許我們固步自封，或期盼回復「舊常態」；相反，我們要趁此契機重整策略，推進抗癌工作的發展。隨著醫學的發展，癌症患者的存活率提高，癌症已成為一種慢性病；為癌症存活者提供全方位的護理，跨過癌關，將是本會未來的重點發展方向。

作為香港歷史最悠久的癌症服務機構，我們知道自己在倡導抗癌工作中，在社會上擔當重要角色。我們樂見政府在2019年公布《香港癌症策略》，旨在減輕癌症對本港帶來的負擔，改善癌症病人的生活質素和提高他們的存活率。在策略公布之後一年，政府推出了「癌症網上資源中心」，旨在提供與癌症相關、準確及可靠的健康資訊。這個網上資源中心採納了香港防癌會就支援癌症病人及照顧者方面的資訊，

patient and caregiver. They would be informed of what to do when one is diagnosed cancer, what resources materials are available, and what support groups can offer help, so that some of their worries and anxieties can be alleviated.

It is only with the generous donations from individuals and companies, as well as charitable foundations, that we can carry out the various work I set out before. Over the past year, our fundraising work has been facing formidable difficulties. Many of our activities have to be postponed or even cancelled. This, coupled with the change of our economic conditions, has imposed a direct impact on our revenue. We are so grateful to our donors for joining hands with us in transforming marathon race and charity golf tournament into virtual run and online auction respectively, thereby supporting us financially to sustain our services.

It's not easy to fight against cancer for half a century. The long-awaited book "*Combatting Cancer: A Half Century Mission*" was finally released on 18 December 2019. This book documented the history and development of HKACS, as well as the vision for future development. I would like to take this opportunity to thank those who had participated in the production of the book, including those who worked with Professor John H.C. Ho in founding HKACS, his protégés of different generations, ex-staff, committee members, staff and volunteers, etc.

It has been a very challenging year for everyone in HKACS. I must express my heartfelt thanks to the invaluable guidance and unfailing supports from our President, Dr. C.H. Leong, Honorary Vice-Presidents and Honorary Advisors. I would also like to take this opportunity to thank all members of the Executive

讓病人和照顧者得知確診癌症時可以怎樣面對、可得到甚麼資料、有甚麼支援小組可給予援助等，減輕他們的憂慮和焦慮。


以上各項工作，有賴個人和企業的捐助，以及慈善基金會等撥款支持。過去一年，籌款工作異常艱鉅，多項籌款活動被迫取消或延期，加上經濟環境的改變，均直接影響我們的收入。猶幸捐款人與我們一起發揮創意，例如把實體馬拉松變身虛擬跑；慈善高爾夫球賽維持網上拍賣環節等，令我們勉力維持抗癌工作的經費。

防癌抗癌半世紀，走來不易。大家期待已久的《戰癌——跨越半世紀的使命》一書終於在 2019 年 12 月 18 日面世。此書記錄了香港防癌會成立以來的歷史、演變和進程，以及本會未來的發展與願景。我希望藉此機會多謝所有參與製作的人士，包括與本會創辦人何鴻超教授一同籌劃本會的伙伴和他的徒子徒孫、前員工、委員、同事和義工等。

對香港防癌會全人來說，這是非常艱難的一年。我要感謝會長梁智鴻醫生、各位榮譽副會長和榮譽顧問的寶貴指導和支持。我也想藉此機會感謝執行委員會和各委員會的所有成員，為本會以及所有有需要的癌症患者及其家人付出大量

Committee and other committees for having contributed tremendous amount of time and efforts for serving HKACS as well as all needy cancer patients and their families. I must also give a vote of thanks to our staff team and volunteers for their devotion and dedications in delivering their respective work duties and voluntary works during the hard time. May I wish you all good health and fulfillment!

的時間和努力。我也必須對員工和義工團隊表示由衷的感謝，多謝他們在艱難的時刻，在履行各自的工作職責和義務工作方面，表現出敬業和奉獻的精神。在此，我希望大家身體安康，心想事成！

 朱楊珀瑜

Mrs. Patricia CHU, BBS 朱楊珀瑜

Chairman
The Hong Kong Anti-Cancer Society
香港防癌會主席

Vision and Mission

願景及使命

The Hong Kong Anti-Cancer Society (HKACS) is a non-profit cancer organisation with the longest history in Hong Kong, founded in 1963 by the late Professor John H.C. Ho. We have been at the forefront of the fight against cancer, and commit to the provision of holistic support and services to people in Hong Kong before, during and throughout the cancer journey.

香港防癌會於 1963 年由已故何鴻超教授創辦，是本港歷史最悠久的非牟利抗癌機構，致力推動各項抗癌工作，竭力為香港市民提供全面的癌症服務。

Our Vision

To fight against cancer by advocating, engaging, empowering and supporting all.

我們的願景

透過倡導、推動各界共同參與、賦能及幫助有需要人士，同心對抗癌症。



Our Mission

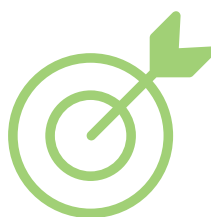
To reduce cancer burden in Hong Kong through:

- advocating prevention and early detection of cancer;
- providing treatment, rehabilitation, palliative care and holistic support to cancer survivors and their families;
- increasing awareness and knowledge about all aspects of cancer through education, research and advocacy.

我們的使命

透過以下途徑減少癌症在香港帶來的重擔：

- 提倡癌症預防與及早探測；
- 治療、復康、紓緩及全方位支援癌症患者和家屬；
- 透過教育、研究和宣傳有關癌症的資訊，增加大眾對癌症的瞭解和認識。



Milestones 里程碑

1963

HKACS was founded
by Prof. H.C. Ho
何鴻超教授創辦香港防癌會



1964

HKACS joined UICC
香港防癌會成為國際抗癌聯盟
成員



1967

Nam Long Hospital was built
南朗醫院落成



1991-2003

HA took up total management
of Nam Long Hospital
醫院管理局全面管理南朗醫院



醫院管理局
HOSPITAL
AUTHORITY

2006

Prof. H.C. Ho Memorial
Medical Assistance
Programme commenced
何鴻超教授紀念助醫計劃成立



2008

110-bed HKACS JCCRC
commenced service
具備 110 張病床的香港防癌會
賽馬會癌症康復中心啟用



2009

HKACS-HKBU Chinese
Medicine Centre commenced
香港防癌會 - 香港浸會大學
中醫藥中心啟用



2009

1st HKACS Charity Dinner
首屆香港防癌會慈善晚宴



2010

1st year to be one of the
beneficiaries of The Standard
Chartered Hong Kong Marathon
首次成為渣打香港馬拉松
的其中一間受惠機構



2011

Jessie & Thomas Tam
"Walking Hand-in-Hand"
Cancer Family Support
Programme commenced
譚雅仕杜佩珍「攜手同行」
癌症家庭支援計劃開展



2012

HKACS Dr. & Mrs. Michael S.K.
Mak Integrated Chemotherapy
Centre commenced
香港防癌會麥紹堅伉儷
中西醫結合化療中心啟用



2013

50th Anniversary, first ever
Hong Kong Cancer Day
香港防癌會 50 週年紀念及
首屆香港癌症日



2013

HKACS Charity Bed Programme commenced
香港防癌會慈善愛心病床計劃開展

**2015**

HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project commenced
香港防癌會 - 賽馬會「攜手同行」癌症家庭支援計劃開展

**2015**

Regional Symposium on Cancer Control in the Western Pacific
舉辦西太平洋區域抗癌研討會

**2016**

1st Charity Golf Tournament
首屆香港防癌會慈善高爾夫球賽

**2016**

HKACS Prof. H.C. Ho Memorial Medical Assistance Programme 10th Anniversary
何鴻超教授紀念助醫計劃10週年

**2018**

HKACS 55th Anniversary
香港防癌會 55 週年紀念

**2018**

HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project Extension
香港防癌會 - 賽馬會「攜手同行」癌症家庭支援計劃擴展

**2018**

Symposium on Cancer Challenge in Hong Kong
舉辦「香港所面對的癌症挑戰」研討會

**2019**

Sydney Tang & Friends Charity Concert
「我哋唱乜」慈善音樂會

**2019**

HKACS-HKBU Chinese Medicine Centre 10th Anniversary
香港防癌會 - 香港浸會大學中醫藥中心 10 週年

**2019**

"Combating Cancer: A Half Century Mission" published
《戰癌——跨越半世紀的使命》書冊出版

**2020**

HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project Launching Ceremony
香港防癌會 - 賽馬會「攜手同行」癌症家庭支援計劃啟動禮



Governance & Organisation Structure

管治及組織架構

Executive Committee members and management of the Society are committed to principles and endeavour to implement good corporate governance to ensure that the overall administration in the Society is conducted in an open, transparent and fair manner following the best practice of corporate governance recommended by The Hong Kong Council of Social Service.

本會執行委員會成員和管理層致力推動良好的機構管治，確保本會的工作公開、透明和公平，並與香港社會服務聯會建議的最佳機構管治實踐一致。

Executive Committee

The Executive Committee comprises 16 non-remunerated members with diversified expertise, skills, and experience, plays an important role on formulating strategy of HKACS. Executive Committee members are responsible for providing strategic advices and inputs to the CEO and management team according to the vision and mission of the Society. The Executive Committee has bimonthly meetings in which the CEO and management team provide Executive Committee members with operational and financial reports of the Society's performance, position and prospects. Members are also kept informed and duly briefed of major changes and information that may affect the Society's services in a timely manner.

Apart from the Executive Committee, there are 7 standing committees established to oversee the work of different aspects in the Society. The Executive Committee would establish ad hoc Task Groups to handle specific projects of the Society from time to time, e.g. Task Group on Strategic Planning, Task Group on Land Use, etc.

Executive Committee members shall retire from office every year during the Annual General Meeting at which s/he shall be eligible for re-election.

執行委員會

執行委員會由 16 名非受薪的成員組成，他們有各方面的專業知識、技能和經驗，在制定本會策略方面擔當重要角色。執行委員會成員根據本會的願景和使命，向總幹事和管理團隊提供策略性的建議。在每兩個月舉行的執行委員會會議上，總幹事和管理團隊會就本會的表現、定位和發展，向執行委員會成員提交工作和財務報告；執行委員會成員也會適時獲告知可能影響本會服務的重大變化和訊息。

除執行委員會外，本會還設立了 7 個常務委員會監督各方面的工作。執行委員會會在有需要時設立一些特別的專責小組，處理指定項目，例如策略規劃專責小組、土地運用專責小組等。

執行委員會成員的任期至每年的週年大會，成員有資格再次參選。

HKACS Management Team

HKACS day-to-day operation is led by the CEO supported by a Management Team with senior staff members from Director and Manager grades. The Management Team joins hands with the CEO to ensure and promote effective, efficient, and ethical day-to-day operation, enhancing a collaborative culture of the Society.

During the year, Miss Iris LEUNG retired as CEO by the end of March 2020 and the position was succeeded by Ms. Gloria CHAN.

香港防癌會的管理團隊

香港防癌會的日常運作，由總幹事輔以總監及經理級別的管理人員所組成的團隊領導。管理團隊與總幹事攜手合作，確保本會的日常運作有效、高效及合乎道德，促進本會的協作文化。

前總幹事梁小雲小姐在 2020 年 3 月退休，總幹事一職由陳廣慧女士接任。

Internal Control

The CEO and the Management Team of the Society would be responsible for the internal control of the administration in the Society from time to time. A new Human Resources Policy Manual was launched in January 2020 to provide a framework for its HR management and form the basis for drawing up HR guidelines in the Society. In addition, a set of financial policies and procedures, including those for Bank Account Management and Reconciliation, Cash Management, and Procurement was revised in August 2020 to ensure the best practice in finance management in the Society.

內部監管

本會在行政上的內部監管主要由總幹事和管理團隊負責。我們分別於 2020 年 1 月發布了新的《人力資源手冊》，為人力資源管理提供了框架，並為制定人力資源政策奠定了基礎；同年 8 月，我們修訂了財務管理的政策和程序，涉及銀行帳戶管理和對帳、現金管理、採購等，確保本會的財務管理得以最佳實踐。

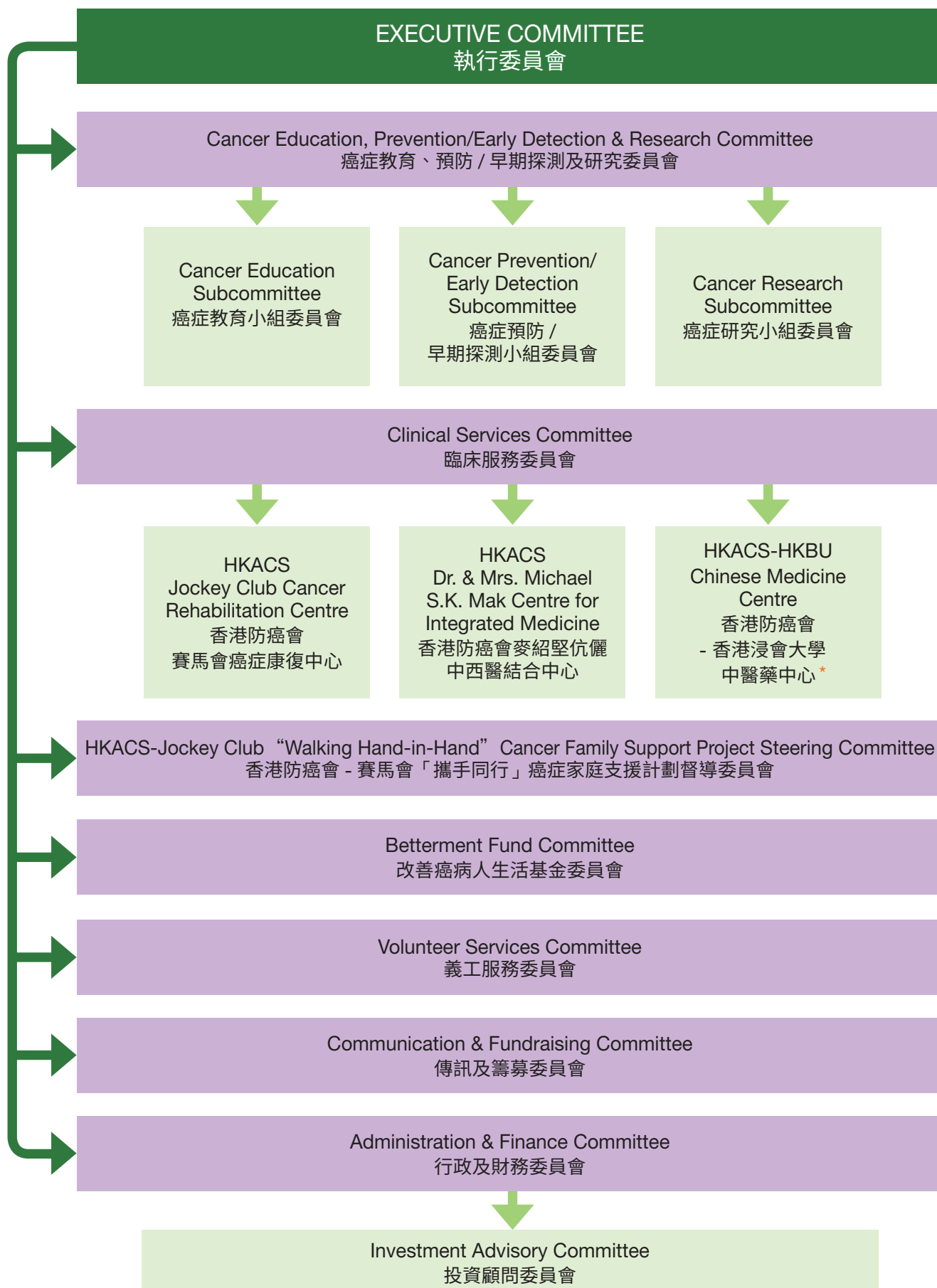
Communications with Stakeholders

The Annual General Meeting is an important communication channel with members that the Executive Committee members are encouraged to attend and answer questions from members directly. As a channel to promote effective communication, the Society maintains a corporate website (www.hkacs.org.hk) to disseminate the Society's information to different stakeholders, e.g. donors and collaboration partners. Regular newsletters are sent to members and donors to update the latest development of the Society.

與各持份者的溝通

週年大會是本會與會員溝通的重要渠道，執行委員會成員可直接回應由會員提出的疑問。為促進與不同人士有效的溝通，本會透過網站（www.hkacs.org.hk）向捐助者、合作夥伴等發放訊息，並定期出版會訊，讓會員和捐助者能得知我們的最新發展。

Organisation Structure of The Hong Kong Anti-Cancer Society 香港防癌會組織架構圖



* In collaboration with HKBU School of Chinese Medicine
與香港浸會大學中醫藥學院合作

Membership of the Executive Committee 2019/20

2019/20 年度執行委員會委員名單

President 會長：	Dr. LEONG Che-hung, GBM, GBS, OBE, JP	梁智鴻醫生
Hon. Vice-Presidents 榮譽副會長：	Dr. Ina CHAN Un-chan, BBS (up to 1 December 2019)	陳婉珍博士 (任期至 2019 年 12 月 1 日)
	Mrs. Mariana CHENG, BBS, JP	鄭曹志安女士
	Dr. CHEUNG Ying-yau	張應友博士
	Dr. KO Wing-man, GBS, JP	高永文醫生
	Dr. Simon KWOK Siu-ming, SBS, JP	郭少明博士
	Mrs. Nina LAM, MH	林李婉冰女士
	Mrs. Kathryn LOUEY, SBS	雷羅慧洪女士
	Dr. Jimmy TANG, MH, JP	鄧鉅明博士
Hon. Advisors 榮譽顧問：	Dr. POON Yeuk-foo	潘若芙醫生
	Mr. WAN Man-ye, BBS, JP	溫文儀先生
	Mr. John WONG	黃培傑先生

Executive Committee 執行委員會		
Chairman 主席：	Mrs. Patricia CHU, BBS	朱楊珀瑜女士
Vice-Chairman 副主席：	Prof. Anne LEE	李詠梅教授
Hon. Secretary 義務秘書：	Mr. Eric CHEUNG	張達明律師
Hon. Treasurer 義務司庫：	Mr. Andrew CHENG	鄭康棋先生
Members 委員：	Ms. CHEUNG Pui-lan Alice	張佩蘭女士
	Dr. Wilson LEE	李惠信醫生
	Dr. Pamela LEUNG, BBS, JP	梁明娟醫生
	Ms. Betty LIU (up to 31 July 2020)	劉家馨女士 (任期至 2020 年 7 月 31 日)
	Dr. Rico LIU	廖敬賢醫生
	Prof. Sydney TANG	鄧智偉教授
	Dr. Nancy TUNG	董秀英醫生
	Dr. TUNG Yuk	董煜醫生
	Dr. Elizabeth WANG, SBS	汪明荃博士
	Mrs. Agnes WONG	黃馮玉棠女士
	Dr. YEUNG Mei-wan Rebecca	楊美雲醫生
	Dr. Anthony YING	應志浩醫生
Hon. Legal Advisor 義務法律顧問：	Ms. May TSUI	徐美玲律師
Hon. Auditor 義務核數師：	Chang Leung Hui & Li C.P.A. Limited Certified Public Accountants	張梁許李會計師 事務所有限公司

Photo of the Executive Committee 2019/20 2019/20 年度執行委員會委員合照



Back Row (from the left)

Prof. Sydney Tang, Dr. Yeung Mei-wan Rebecca, Mrs. Agnes Wong, Dr. Nancy Tung, Dr. Anthony Ying, Dr. Rico Liu, Dr. Tung Yuk, Ms. Betty Liu, Ms. Cheung Pui-lan Alice, Miss Iris Leung, Dr. Wilson Lee

Front Row (from the left)

Mr. Eric Cheung, Dr. Elizabeth Wang, Dr. Poon Yeuk-foo, Mrs. Nina Lam, Dr. Leong Che-hung, Mrs. Patricia Chu, Ms. May Tsui, Dr. Pamela Leung, Mr. Andrew Cheng

後排由左起：

鄧智偉教授、楊美雲醫生、黃馮玉棠女士、董秀英醫生、應志浩醫生、廖敬賢醫生、董煜醫生、劉家馨女士、張佩蘭女士、梁小雲小姐、李惠信醫生

前排由左起：

張達明律師、汪明荃博士、潘若芙醫生、林李婉冰女士、梁智鴻醫生、朱楊珀瑜女士、徐美玲律師、梁明娟醫生、鄭康棋先生

Membership of Committees 2019/20

2019/20 年度各委員會委員名單

Cancer Education, Prevention/Early Detection & Research Committee 癌症教育、預防／早期探測及研究委員會

Chairman 主席：	Prof. Anne LEE	李詠梅教授
Subcommittee Chairmen 小組委員會主席：	Dr. Rico LIU (Cancer Education) Dr. Anthony YING (Cancer Prevention/Early Detection) Dr. TUNG Yuk (Cancer Research)	廖敬賢醫生 (癌症教育) 應志浩醫生 (癌症預防／早期探測) 董煜醫生 (癌症研究)
Members 委員：	Dr. John CHAN Dr. CHAN Leung-cho Dr. CHAN Wing-lok Wendy Ms. CHEUNG Pui-lan Alice Dr. CHOW Sin-ming Dr. Susan CHUNG Dr. HO Pui-ying Patty Dr. KWOK Chi-hei Carol Dr. LAM Ka-on Dr. LAM Tai-chung Dr. LAM To-yi Dr. LAM Wai-kei Jacky Dr. LAW Chun-key Stephen Dr. LEE Ho-fun Victor Mrs. LI LAU Pui-wah Gloria Mr. LING Wai-man Dr. LIU Chi-leung Ms. LIU Chun-fong Faith Dr. LIU Yu-long Dr. LOONG Ho-fung Herbert Dr. POON Tung-chung Jensen Dr. PU Kan-suen Jenny Dr. SO Tsz-him Dr. SZE Chun-kin Henry Dr. TAM Kar-fai Dr. TAM Po-chor Dr. TSANG Wing-hang Janice Prof. TSE Wai-choi Eric Prof. WONG Sze-chuen Cesar Dr. WONG Chi-sing Frank Ms. YAU Ka-yan Kathleen Dr. YAU Tsz-kok Dr. YEUNG Mei-wan Rebecca	陳國璋醫生 陳亮祖醫生 陳穎樂醫生 張佩蘭女士 周倩明醫生 鍾素珊博士 何沛盈醫生 郭子熹醫生 林嘉安醫生 林泰忠醫生 林道儀中醫師 林偉棋醫生 羅振基醫生 李浩勳醫生 李劉佩驊女士 凌偉民先生 廖子良醫生 廖進芳女士 劉宇龍博士 龍浩鋒醫生 潘冬松醫生 浦勤孫醫生 蘇子謙醫生 施俊健醫生 譚家輝醫生 談寶雛醫生 曾詠恆醫生 謝偉財教授 黃思銓教授 黃志成醫生 邱嘉欣小姐 游子覺醫生 楊美雲醫生

Clinical Services Committee 臨床服務委員會

Chairman 主席：	Mrs. Agnes WONG	黃馮玉棠女士
Members 委員：	Ms. Kate CHOI Mr. Peter KO Mr. LEE Pak-wai Kenneth Dr. Pamela LEUNG, BBS, JP Dr. LUK Mai-yee Dr. Michael SHAM Dr. Nancy TUNG Dr. YEUNG Mei-wan Rebecca	蔡基欣女士 高德耀先生 李伯偉先生 梁明娟醫生 陸美儀醫生 沈茂光醫生 董秀英醫生 楊美雲醫生

HKACS – Jockey Club “Walking Hand-in-Hand” Cancer Family Support Project Steering Committee 香港防癌會—賽馬會「攜手同行」癌症家庭支援計劃督導委員會

Chairman 主席：	Mrs. Patricia CHU, BBS	朱楊珀瑜女士
Members 委員：	Ms. Angel CHAN - Programme Director (Health, Environment and InnovAge), CFSC Mr. Andrew CHENG Mr. Eric CHEUNG Mr. KWOK Lit-tung, JP - Chief Executive, CFSC Dr. Pamela LEUNG, BBS, JP - Governor, Alice Ho Miu Ling Nethersole Charity Foundation Ms. Barbie TAM - Project and Development Manager, Alice Ho Miu Ling Nethersole Charity Foundation Dr. Nancy TUNG	陳鳳雯女士 - 基督教家庭服務中心 服務總監 (健康、環境及創老工作室) 鄭康棋先生 張達明律師 郭烈東先生 - 基督教家庭服務中心 總幹事 梁明娟醫生 - 雅麗氏何妙齡那打素 慈善基金會董事局 董事 譚潔賢女士 - 雅麗氏何妙齡那打素 慈善基金會項目及 發展經理 董秀英醫生

Betterment Fund Committee 改善癌病人生活基金委員會

Chairman 主席：	Mrs. Agnes WONG	黃馮玉棠女士
Members 委員：	Ms. Laurene CHOW Mrs. CHU LO Shin-yee Dr. Esther KWOK Yeung-tsz (appointed on 9 January 2020) Ms. LI Ming-san Sylvia Mrs. Judy MAULDON (up to 3 October 2019) Ms. NG Yin-ping Gloria Mrs. Laura SIN Mrs. Helen SINN Ms. WONG Mei-kuen Tina Mrs. Carmen YAM	周欣欣女士 朱盧倩儀女士 郭洋芷博士 (2020年1月9日獲委任) 李明珊女士 毛陳超華女士 (任期至2019年10月3日) 吳燕萍女士 冼李燕萍女士 冼陳淑霞女士 黃美娟女士 任梁嘉曼女士
Secretary 秘書：	Miss Wennie WONG	黃小玲小姐

Volunteer Services Committee 義工服務委員會

Chairman 主席：	Ms. CHEUNG Pui-lan Alice	張佩蘭女士
Members 委員：	Mr. LAM Shiu-kau Ms. Betty LIU (up to 31 July 2020) Ms. LIU Chun-fong Faith Mr. WAN Kam-wing Mrs. Agnes WONG Mrs. Patricia CHU, BBS (Ex-officio)	林紹裘先生 劉家馨女士 (任期至 2020 年 7 月 31 日) 廖進芳女士 尹錦榮先生 黃馮玉棠女士 朱楊珀瑜女士 (當然委員)

Communication & Fundraising Committee 傳訊及籌募委員會

Chairman 主席：	Prof. Sydney TANG	鄧智偉教授
Members 委員：	Mr. Andrew CHENG Mr. James Mathew FONG Dr. Wilson LEE Mr. LEE Yu-leung Ms. Betty LIU (up to 31 July 2020) Dr. Rico LIU Mr. Christopher TANG Dr. Elizabeth WANG, SBS Mr. Timothy WONG, MH Mrs. Patricia CHU, BBS (Ex-officio)	鄭康棋先生 方文傑律師 李惠信醫生 李如樑先生 劉家馨女士 (任期至 2020 年 7 月 31 日) 廖敬賢醫生 鄧思傑先生 汪明荃博士 黃焯添先生 朱楊珀瑜女士 (當然委員)

Administration & Finance Committee 行政及財務委員會

Chairman 主席：	Mr. Andrew CHENG	鄭康棋先生
Members 委員：	Mr. Eric CHEUNG Dr. Pamela LEUNG, BBS, JP Dr. Nancy TUNG Mrs. Agnes WONG Mrs. Patricia CHU, BBS (Ex-officio)	張達明律師 梁明娟醫生 董秀英醫生 黃馮玉棠女士 朱楊珀瑜女士 (當然委員)

Investment Advisory Committee 投資顧問委員會

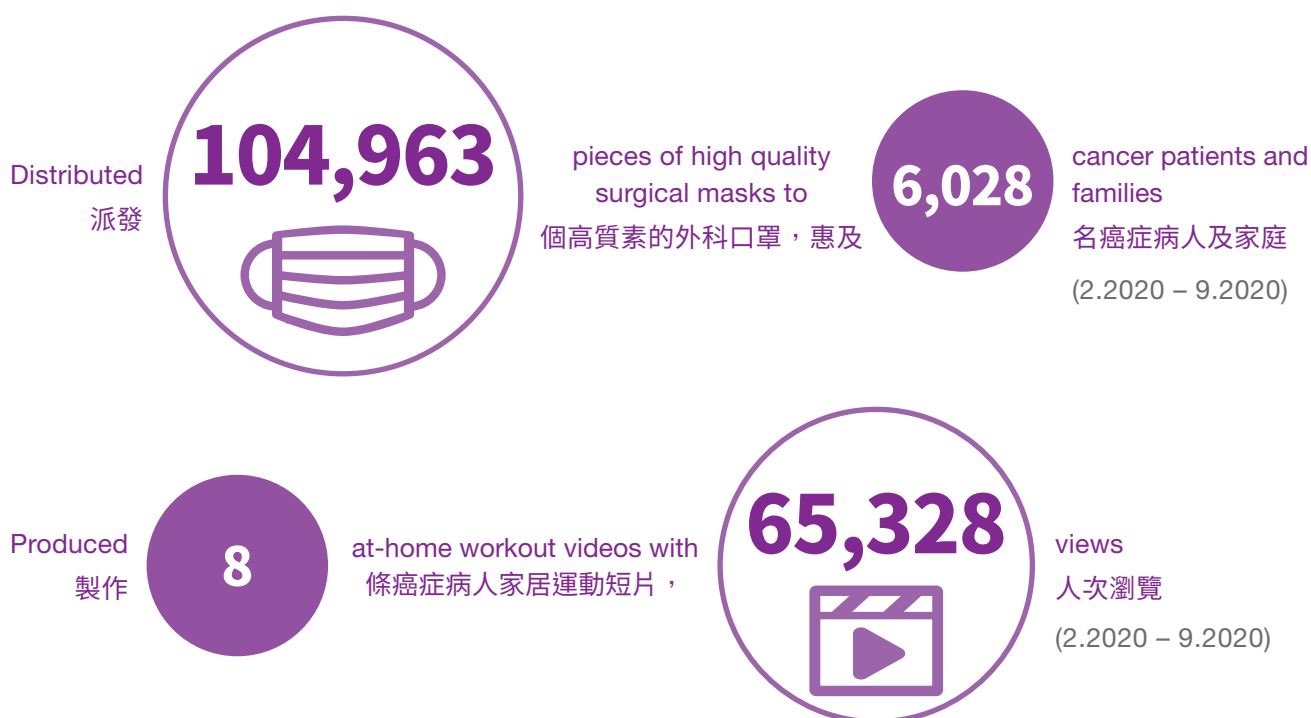
Chairman 主席：	Mr. Donny LAM	林少康先生
Members 委員：	Mr. LIM Leung-yau Edwin Mr. Wallace WOO Mr. Andrew CHENG (Ex-officio)	林良友先生 胡壯強先生 鄭康棋先生 (當然委員)

Figures at a Glance

主要數字一覽

Anti-Cancer in Pandemic

抗癌 · 抗疫



Cancer Education and Prevention

癌症教育與預防



Produced
製作

2

mini-movies on women's cancers with
齣與女性癌症有關的微電影，

245,298



views
人次瀏覽

(10.2019 – 9.2020)

Organised
舉辦

4

women's cancers
webinars attracting
個女性癌症網上講座，

124,279



views
人次瀏覽

(10.2019 – 9.2020)

Organised
舉辦

10

cancer education talks / events /
exhibition with
次防癌教育講座／活動／展覽，

980



attendees
人次參與

(10.2019 – 9.2020)

100



students attended the 41st
Integrated Oncology Course
for Nurses and Allied Health
名護理專業人員參加第 41 屆
綜合腫瘤課程
(10.2019 – 9.2020)

495



participants joined cancer
risk assessment and
follow-up counselling
人參與癌症風險評估及跟進
輔導

(10.2019 – 9.2020)

278



participants received one-to-one counselling and
inquiry on cancer prevention and early detection
人接受一對一的預防與及早探測癌症輔導及諮詢
(10.2019 – 9.2020)

Support Community Cancer Patients and Caregivers.....

支援社區癌症病人和照顧者

“Walking Hand-in-Hand” Cancer Family
Support Project supported
「攜手同行」癌症家庭支援計劃支援



cancer families
個癌症家庭
(9.2015 – 9.2020)

Coordinated the
services of
統籌



community-based centres in Wong Chuk Hang,
Kwun Tong and Tai Po
個分別位於黃竹坑、觀塘和大埔的中心的服務
(9.2018 – 9.2020)

Social workers and
nurses carried out
由社工及護士為癌症病人
及照顧者提供



telephone counselling for
cancer patients / caregivers
次電話輔導
(10.2019 – 9.2020)



outreach visits
次外展探訪
(10.2019 – 9.2020)



interviews conducted for
walk-in patients
次與到訪中心的病人面談
(10.2019 – 9.2020)



Project Wish 心願計劃



Charity Beds and Services for Nursing Home Residents

慈善病床與惠及護養院院友的服務



beneficiaries of the Charity Bed Programmes of HKACS
Jockey Club Cancer Rehabilitation Centre (JCCRC)
人次受惠於香港防癌會賽馬會癌症康復中心的慈善病床
(2011 – 9.2020)



received full sponsorship from HKACS Charity Bed Programme
人次獲香港防癌會慈善愛心病床計劃全額資助



benefited from S.K. Yee Medical Foundation sponsored palliative / end-of-life care beds
人次受惠於余兆麒醫療基金資助的舒緩及善終病床



from the Charity Bed Copayment Scheme
人次獲慈善病床共同付款計劃資助



attendance of JCCRC residents and their family
members joined recreational and diversional
therapy services
人次的香港防癌會賽馬會癌症康復中心院友和家人
參加康樂治療服務
(10.2019 – 9.2020)



residents and their family members enjoyed festive
celebrations and birthday parties
名院友和家人參加節日慶祝和生日會
(10.2019 – 9.2020)

Medical Assistance Programmes

藥物及其他資助

6,239



cancer patients benefited from Professor H.C. Ho Memorial Medical Assistance Programme

名癌症病人受惠於何鴻超教授紀念助醫計劃獲藥物資助

(2.2006 – 9.2020)

Involved HK\$
歷年發放港幣

16,697,426



of cash subsidies, and HK\$
的現金補助，及金額相等於市場價值港幣

403,849,224



market value equivalent of cancer drugs
的藥物資助

(2.2006 – 9.2020)

727



breast cancer patients benefited from Portia Cheung Breast Cancer Support Programme with HK\$

名乳癌病人受惠於張謝寶英乳癌康復資助計劃，共發放港幣

4,488,812



subsidies disbursed
資助

(3.2007 – 9.2020)

Challenges under COVID-19

2019 冠狀病毒疫情的挑戰

The outbreak of the novel coronavirus (COVID-19) posed significant challenges for NGOs in Hong Kong and HKACS was no exception. We made the greatest endeavours to maintain support and care to cancer patients and their families alongside a number of infection control measures. We managed to maintain a compassionate visit arrangement in our nursing home to balance the needs of patients. Various special arrangements were made for colleagues to work from home and volunteers to continue support remotely. Unfortunately, a number of fundraising activities were cancelled or postponed, bringing to a substantial financial pressure to our work.

冠狀病毒病（COVID-19）的爆發為香港的非政府機構帶來重大挑戰，香港防癌會亦無例外。本會採取多項感染控制的措施，盡最大努力維持對癌症患者及其家人的支持和關懷。我們的護養院設法維持體恤探訪，平衡院友的身、心、社、靈需要；透過工作上的特別安排，讓同事在家工作，讓義工遙距支援。可是，許多籌款活動在疫情下被迫取消或延遲，為我們的工作帶來沉重的財政壓力。

Timely Support to Cancer Patients and their Families in the Community

適時支援社區的癌症患者及其家人

COVID-19 has caused unprecedented turmoil not only to patients and their families but has also triggered an abrupt change in the provision of healthcare on a societal level. This unparalleled health crisis has caused tremendous strain in cancer patients who are highly vulnerable in the pandemic due to their immune-compromised physical condition caused by cancer itself and the cancer treatments. Moreover, cancer patients often feel isolated and the need to “stay at home” causes inevitable loneliness and powerlessness. The lack of face-to-face contact, emotional support, practical advice and care has exacerbated their feelings of anxiety and distress which is detrimental to their psychological wellbeing in their fight against cancer.

At the beginning of the pandemic, there was a desperate demand on surgical masks and hand sanitisers from patients who were the most susceptible to infection and vulnerable in this outbreak. We paid efforts to purchase adult surgical masks for them when stocks were extremely limited throughout Hong Kong. Together with the donation of masks and hand sanitisers by various foundations and corporations, we distributed 104,963 pieces of high quality surgical masks to 6,028 cancer patients and families, including 1,028 families who were active cases of our “Walking Hand-in-Hand” Cancer Family Support Project (WHIH Project) and 5,000 Anti-Epidemic Care Packs to other cancer patients in the community. Hand sanitisers and nutritional supplements were given to patients via means of post, outreach and walk-in contacts, as well as through multiple mobile pick-up points in different locations.

疫情不僅對病人及其家人帶來前所未有的影響，也引發社會層面在提供醫療照顧方面的極大轉變。癌症患者受癌病本身及癌症治療的影響，身體本來已經虛弱，免疫力較低；疫情下他們顯然更為脆弱，身心均面對極大壓力。他們有留在家中的需要，而這無可避免地加劇了他們的孤獨和無力感。在缺乏面對面的接觸和情緒支援的情況下，若沒有實用的建議和護理，癌症患者的焦慮和困擾只會進一步加劇，不利於他們抗癌的心理健康。

在疫情初期，癌症患者是最易受感染的一群，他們急切需要外科口罩及酒精搓手液。當時全港的防疫物資緊絀，我們努力為癌症患者張羅成人外科口罩，連同各方捐贈的口罩及酒精搓手液，我們共向 6,028 名癌症患者及家庭派發 104,963 個高質素的口罩，一解燃眉之急，當中包括 1,028 個「攜手同行」癌症家庭支援計劃的受助家庭，以及向社區其他癌症患者派發 5,000 個防疫關懷包。我們亦透過郵寄、外展、患者到訪本會、以及在全港多區設置流動分派站，向患者派發酒精搓手液和營養品等。



Each HKACS's Anti-Epidemic Care Pack contained surgical masks, hand sanitisers, moisturiser and educational leaflets.

每個防疫關懷包內含外科口罩、酒精搓手液、潤膚霜及抗疫宣傳單張。



HKACS's bus served as multiple mobile pick-up points in different locations across Hong Kong.

香港防癌會巴士在多區停泊，向已登記的癌症病人派發防疫關懷包。

Our heartfelt thanks to the following donors who donated masks and other pandemic-prevention equipment to HKACS.

我們衷心感謝以下機構捐贈口罩及其他防疫物資予香港防癌會。

Chan Hon Yin Couple Charity Trust 陳漢賢伉儷慈善信託

Chinachem Group 華懋集團

Easyknit Charitable Foundation Limited 永義慈善基金會有限公司

Hong Kong South Star International Investment Limited 香港南星國際投資有限公司

GX Foundation Company Limited 共享基金會有限公司

King & Wood Mallesons 金杜律師事務所

Médecins Sans Frontières 無國界醫生

Mission M Foundation

Roche Hong Kong Limited 羅氏大藥廠香港有限公司

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

The Hong Kong Council of Social Service 香港社會服務聯會

Tokopedia

Vita Green 維特健靈



WHIH Project case manager delivered anti-epidemic consumables to the needy patient during an outreach visit in a park.

「攜手同行」癌症家庭支援計劃個案主任與癌患者同行，疫情期間相約在公園作外展探訪，並派發防疫用品予有需要的患者。

We understood that many cancer patients could only stay at home to protect themselves from being infected during the pandemic, therefore, we produced a series of at-home workout videos to encourage cancer patients to stay as active as possible.

Our caseworkers of the WHIH Project made frequent calls to patients and caregivers offering personalised counselling. Online nutritional talks, stretching exercise and sharing support sessions were held to maintain connection with the patients. Dissemination of taxi coupons gave flexibility for patients especially among the frail and invalid to attend a medical appointment with minimum hassle. Outreach visits resumed in May 2020 to needy patients mostly in an open space near their homes such as parks.

我們明白很多癌症病人在疫情下，為了保護自己減低感染機會，大部分時間都留在家中。因此，我們製作一系列癌症病人家居運動短片，鼓勵癌症病友在家抗疫的同時，仍要多做運動鍛鍊，保持靈活。

「攜手同行」癌症家庭支援計劃的社工及護士，在疫情下頻頻透過電話慰問和支援病友及其照顧者，繼續提供個人化的諮詢服務。我們亦舉辦網上營養講座、伸展運動示範、網上分享小組等，與癌症患者保持緊密聯繫，支援他們身、心、社、靈的需要。考慮到癌症病人乘坐人多密集的交通工具前往覆診可能增加感染風險，我們為體弱的病人發放「的士券」。於2020年5月起，我們也恢復病友的探訪工作，會面的地方大多選擇在病者居家附近的室外地方如公園等。



HKACS's physiotherapist demonstrated at-home exercises suitable for cancer patients through videos.

香港防癌會的物理治療師透過短片，示範一系列適合癌症病人在家鍛鍊的運動。

Compassionate Arrangement in HKACS Jockey Club Cancer Rehabilitation Centre (JCCRC) 香港防癌會賽馬會癌症康復中心的體恤探訪安排



COVID-19 created unprecedented challenges to the operation of JCCRC. In order to continue the provision of services to our residents, we had put in place a number of infection control measures to ensure the safety of our residents and staff.

Apart from strictly monitoring the health condition of our staff working in the nursing home, we also employed additional personnel to station at the main entrance of HKACS to screen and register all visitors entering the premises. Residents applying for admission to JCCRC were strictly screened on their contact history and signs and symptoms of coronavirus. They were also requested to have negative COVID-19 tests before admission. After admission, they were required to undergo a 14-day observation period upon admission, during which they were required to stay in designated rooms with their health conditions closely monitored. Non-urgent procedures would be withheld until the completion of the observation period.

冠狀病毒疫情為香港防癌會賽馬會癌症康復中心的運作帶來前所未有的挑戰。我們採取一系列的感染控制措施，確保院友及員工的安全，並繼續向院友提供護理服務。

除了嚴格監察員工的健康狀況外，我們還聘請了額外人手，於本會正門為所有訪客進行篩查及登記。申請入住護養院的病人亦需經過嚴格篩選，我們會詳細了解他們的接觸史，以及有否出現任何冠狀病毒病的病徵，並要求他們在入院前進行冠狀病毒測試，呈陰性結果才安排入院。入院後，病人須於指定房間觀察 14 天；在此期間，醫護人員會密切監察病人的健康狀況，暫時不進行非緊急的護理程序，直到觀察期完結為止。

As a facility to take care of palliative and end-of-life cases, we always encourage our residents and their families to spend as much quality time together as possible during the last stage of their lives. Our professional team takes the chance to provide emotional support to the families when they came to visit the residents. However, under the pandemic, we had encountered huge challenges to keep a balance between protecting our residents from the risk of exposure to COVID-19 and fulfilling residents' psychological and social needs.

When most of the residential homes in Hong Kong "closed their doors" to visitors as a means to respond to the pandemic, our clinical team decided to put extra effort to adopt strict infection control practices and keep a close communication with individual families. We continued to allow families to have daily face-to-face visit to their loved ones on compassionate ground under a tightened visiting arrangement. This inevitably created extra workload and stress to our frontline staff. We were grateful to our residents and their families, as well as our staff members, for their understanding, appreciation and support during this critical time.

作為一所提供紓緩治療及寧養服務的護養院，我們一直鼓勵院友在生命的最後階段，盡量與家人一起渡過寶貴的時光，而我們的專業護理團隊也會藉著家人探訪院友的時候，向他們提供情緒支援。但在疫情之下，要在減低院友受感染的風險與照顧他們心靈上的需要之間取得平衡，無疑是一個巨大的挑戰。

當香港大多數院舍都以停止探訪來應對疫情時，我們的醫護團隊決定，透過嚴格的感染控制及與家人保持緊密聯繫，繼續容許家人在嚴謹的安排下，基於體恤理由面對面探訪院友。這無可避免地為前線員工增加了額外的 workload 和壓力。我們感謝各院友和家屬，以及我們所有員工，在這關鍵時刻的體諒、鼓勵和支持。



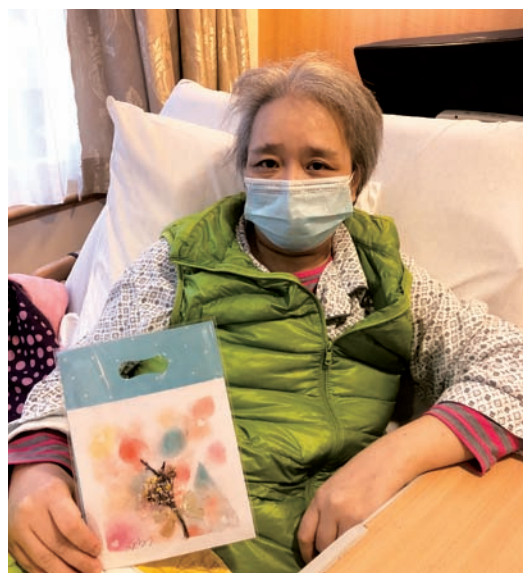
Compassionate visit arrangement of JCCRC was appreciated by residents and families. Please view the video here.

香港防癌會賽馬會癌症康復中心的體恤探訪安排獲院友和家人的讚賞。請在此觀看短片。



Flexible Arrangement for Recreational & Diversional Therapy Services

靈活的康樂治療服務



Different Recreational & Diversional Therapy activities were organised, such as Pastel Nagomi Art and virtual visits.
舉行不同的康樂治療活動，如和諧粉彩及視像探訪等。

Our Recreational & Diversional Therapy Services aims at promoting psychosocial well-being of cancer patients through enhancing their connection with friends and families. Against the backdrop of COVID-19, we needed to design a new way to have such connection to be made. Some individually tailor-made activities like drawing sessions were introduced to give patients a tranquilising time. Besides, we also offered virtual visits to patients and their groups of beloved friends and families particularly on occasions like birthday or festival times to maintain social interaction. Our staff also served tea and dim sum to patients periodically with warm greetings, and gave them small gifts to boost up their morale during this difficult time.

康樂治療服務旨在通過加強癌症患者與其朋友及家人的聯繫，促進病者的身心健康。在疫情的影響下，我們需要設計新的方式以維持這種聯繫。我們引入更多有個人特色的活動，如繪畫製作，為院友提供安寧、淨心的時間。此外，我們也為護養院的院友安排與一眾親友的視像探訪，特別在院友生日或節慶期間，令他們繼續有一定程度的社交互動。我們的員工更會定期向院友提供茗茶美點，並送上小禮物及慰問，提高他們在此困難時期的士氣。



Staff served dim sum to patients periodically.
我們的員工定期向院友送上點心。

Go Online for Cancer Education and Counselling on Cancer Prevention & Early Detection

線上癌症教育、預防與及早探測輔導

Efforts had been spent to utilise online platforms to conduct cancer education for the public and healthcare providers. Facebook live health talks were conducted to enrich people's cancer awareness. We switched to use Zoom teaching for the Integrated Oncology Course to cancer professionals. Video series were made with the first one on lung cancer education to be broadcasted in social media like YouTube and Facebook page. Health questionnaires were developed and disseminated online.

Considering that not everyone is digitally literate, we kept delivering cancer education materials to individuals with concerns in cancer prevention via direct mailing, with small packs of disinfection materials sent together to promote infection control when fighting cancer.

我們致力透過網上平台為市民大眾及醫護同業推廣癌症教育，包括舉行 Facebook 直播健康講座來提高大眾對癌症的認知；改用 Zoom 線上教學模式為癌症專業人士提供綜合腫瘤課程；製作一系列有關肺癌教育的短片，並透過 YouTube 和 Facebook 等社交媒體播放；以及發送網上健康問卷等。

考慮到並不是每個人都懂得用數碼產品，我們仍通過直接郵寄的方式，向關注預防癌症的人士提供癌症教育資訊，並藉此送上防疫物資，在抗癌的同時提高大眾對感染控制的意識。



Integrated Oncology Course and health talks were conducted online.
綜合腫瘤課程及健康講座改為線上教學模式。

Special Responses of Staff and Volunteers 員工及義工工作的特別應對



Remote support from volunteers by painting birthday cards and teaching staff to prepare Hong Kong-style milk tea.
義工在家繪畫生日卡及教授員工炮製港式奶茶，作遙距支援。

People are the most important resources of HKACS. We took steps to reduce the risk of infection of our staff and volunteers at the same time maintaining the normal day-to-day operations. At the beginning of the outbreak, staff members were kept reminded about a series of infection control measures, including via the demonstration of the correct way to wear surgical masks and provision of tips to fight against the disease. During different stages of the outbreak, we made timely administration and flexible human resources arrangements, such as requiring staff members to wear masks during work; arranging supporting staff to work from home; flexible work hours to minimise the risk of infection during unavoidable commutation; flexible lunch hours; utilisation of video conference and cancellation of large-scale employee gatherings in workplace. We also distributed masks and hand sanitisers to staff and volunteers.

Volunteers also adopted the home office mode to deliver services. Instead of supporting the organisation of group birthday celebrations for patients, volunteers painted birthday cards and made videos at home to send their blessings. Staff members and volunteers worked together remotely for the same mission. Some of the volunteers taught the staff to prepare Hong Kong-style milk tea, so that the staff could continue to deliver the most welcomed milk tea to the patients during the COVID time. Volunteers also continued to enhance their skills in patient care via participation in a number of online volunteer training courses. Despite the fact that a number of our volunteers were at advanced age or with limited IT skills, many of them were eager to try and learn new skills to accommodate different needs of our patients.

人力資源對香港防癌會極為重要，我們採取措施減少員工及義工感染病毒的風險，同時維持本會的日常運作。在疫情初期，我們不時提醒員工一系列感染控制的措施，包括配戴口罩的正確方法及抗疫提示等。在疫情的不同階段，我們適時作出行政及靈活的人力資源安排，例如要求員工在上班時要配戴口罩；安排後勤員工在家工作；容許員工彈性上班，以減少上下班人多擠迫而出現感染的風險；實施彈性午飯時間；利用視像會議及取消工作場所的大型員工聚會等。我們也向員工及義工派發口罩和酒精搓手液，以實際行動與員工同心抗疫。

義工也採用了在家工作的模式服務護養院的院友。當過往為院友集體慶祝生日的情境不復再的時候，義工改為在家親手繪畫生日賀卡，或製作短片為病人送上祝福。員工及義工遙距合作完成同一任務，有義工教授本會員工炮製港式奶茶，讓員工可以在疫情期間繼續為病人送上最受歡迎的飲品。義工還透過參與多個網上義工培訓課程，繼續提升他們服務病人的技巧。儘管許多義工的年齡較大或掌握有限的電腦操作技術，他們仍願意嘗試並學習新的技能，以切合病友的各種需要。

IT Support as the Backbone 資訊科技支援作為骨幹

All of the above could not be done without a smooth IT support. We procured tablets and related audio/visual equipment to support the provision of video visits for residents in JCCRC when necessary. Our IT Department provided coaching and technical support to patients, families, staff members and volunteers during virtual visits, video conferencing, lectures, courses and trainings in the form of webinar or live streaming broadcast.

We set up VPN connection for those who needed to work from home. The connection between staff computer and server were fully encrypted.

如果沒有資訊科技的支援，以上所有活動都無法完成。為配合護養院推出的視像探訪服務，我們的資訊科技部門採購了新的平板電腦和相關的影音設備，同時在視像探訪、視像會議、講座、課程，及以網上研討會或直播形式進行的培訓期間，為院友、家人、員工及義工提供指導及技術支援。

我們為需要在家工作的員工安裝 VPN 連接軟件，並確保員工的電腦與伺服器的連接完全加密。

Cancellation or Postponement of Fundraising Activities 籌款活動取消或延期

A number of fundraising activities were cancelled due to COVID-19, tremendously affecting the income of HKACS. HKACS is one of the key beneficiaries of The Standard Chartered Hong Kong Marathon, which was cancelled in 2020 and will be further postponed in 2021. The Charity Golf Tournament 2020 was postponed from March to August, and was later cancelled due to the surge of the 3rd wave of COVID-19. That said, our thanks went to The Clearwater Bay Golf & Country Club, for generously providing the event venue and their flexibility to fully facilitate the arrangement of the Tournament. The Charity Drama "Verdict" was postponed from February to November 2020.

許多籌款活動在疫情下被迫取消，嚴重影響我們的經費來源。香港防癌會是渣打香港馬拉松的受惠機構之一，這也是我們一項重要的經費收入，但 2020 年馬拉松活動取消，2021 年的賽事也宣佈要推遲。我們的慈善高爾夫球賽由 2020 年 3 月推遲至 8 月，最終遇上第三波疫情也無奈取消，我們感謝清水灣鄉村俱樂部慷慨提供比賽場地及配合作出靈活安排。舞台劇《生死裁決》慈善專場也由 2020 年 2 月延遲至 11 月公演。

The Society's Work

本會工作

Cancer Control & Prevention

癌症控制與預防

Cancer has long been a top killer in Hong Kong. According to the statistics from the Hong Kong Cancer Registry, there had been 34,028 new cancer cases in 2018 alone, referring to an average 93 residents per day to be diagnosed with cancer. It is also estimated that cancer incidence will be reaching 42,000 per annum before 2030.

Since the establishment of the Society, advocating prevention and early detection of cancer, as well as increasing public awareness and health literacy towards cancer through the provision of cancer education has always been among the priorities. Together with the support of cancer research and equipping health professionals with up-to-date cancer knowledge, we hope to respond to the increasing cancer burden pertinently.

癌症一直是本港的頭號殺手。根據香港癌症資料統計中心的數據顯示，單在 2018 年，本港癌症新症已達 34,028 宗，即平均每日有 93 人確診癌症；預計在 2030 年前，每年癌症的新症將達 42,000 宗。

香港防癌會自成立至今一直提倡癌症預防和及早探測，以及透過癌症教育，加強公眾對癌症的認識和健康素養，配合對癌症研究的支援和向醫護專業人員提供最新的癌症知識，應對日漸增加的癌症負擔。

Cancer Education

癌症教育

Cancer Education for the Public

Over the years, 27 education booklets of different cancer types and cancer-related topics were published and constantly updated with advices from experienced medical and healthcare professionals. A new booklet "Acupressure and Health after Cancer" was added on the book list this year addressing a growing demand from the public who wanted to maintain one's health by Chinese medicine. A total of 10,626 physical copies of educational materials have been disseminated this year, nearly half were sent to public / private hospitals or clinics on request. A hit rate of 91,755 was recorded on HKACS website to access our education booklets in this period.

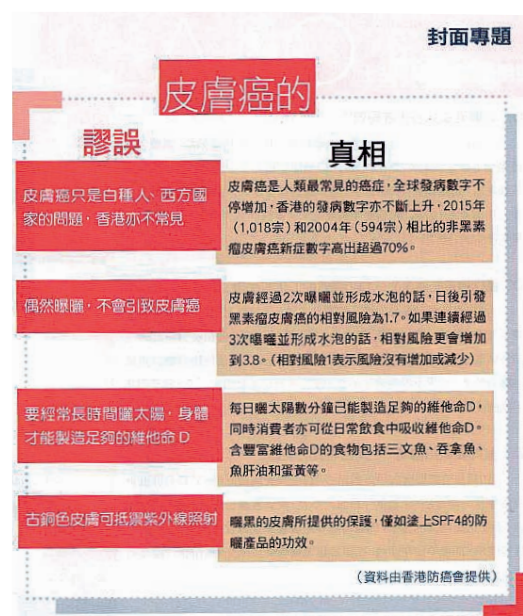


Cancer-related publications were constantly issued and updated with inputs from experienced professionals.

有關不同癌症種類和議題的小冊子，獲資深專業人員提供意見定期更新及發行。

面向公眾的癌症教育

香港防癌會在過去多年共製作了 27 本有關不同癌症種類和相關議題的小冊子，獲資深醫生和醫護專業人員提供意見，定期更新。有見大眾對中醫藥在癌症調理方面的需求甚殷，我們在今年新增了《穴來越健康：點穴療法與癌症調理》小冊子。本年度我們共派發近 11,000 份實體教育資料，約一半是應公私營醫院或診所的需要而發出；教育小冊子在本會網站也錄得約 92,000 點擊人次。



Content of our education booklet on skin cancer was quoted in the 528th issue of "Choice Magazine" published by the Consumer Council.

消費者委員會第 528 期《選擇》文章引用了本會的皮膚癌小冊子內容。

Collaboration with Lingnan University was established in October 2019 to promote the prevention of cervical cancer among university students in the annual Health Week. Around 500 students and staff participated in the two-day exhibition.

In view of the challenges under COVID-19, we adapted some face-to-face health talks to be conducted online. A total of 9 health talks were conducted in collaboration with community partners with around 480 participants benefitted.

Thank you HKACS for their tremendous efforts on increasing awareness and knowledge about all aspects of cancer through education. Since 2017/18, HKACS has been supporting Lingnan University for educational seminar and exhibition which have enhanced the awareness of cancer prevention of all staff and students. To cope with the COVID-19 pandemic, HKACS provides online seminar which truly reflects their determination in promoting health knowledge in different situations. Thank you HKACS!

感激香港防癌會在教育方面的重大努力，提高大眾對癌症的認識和知識。自 2017/18 年起，香港防癌會支持嶺南大學舉辦教育研討會和展覽，加強全體員工和學生在預防癌症方面的意識。為應對疫情，防癌會改為舉辦網上研討會，反映他們在各種情況下推廣健康知識的決心。謝謝香港防癌會！

Dr. Mok, Student Services Centre, Lingnan University
嶺南大學學生服務中心莫博士

我們在 2019 年 10 月與嶺南大學合作，在年度健康週舉行預防子宮頸癌的展覽，為期兩天的展覽吸引約 500 人次參加。

在疫情的挑戰下，我們把部分實體面授的健康講座改為在網上舉行。我們與社區夥伴合辦了 9 個防癌講座，共有約 480 人參加。



香港防癌會
HONG KONG ANTI-CANCER SOCIETY
Since 1963
HPV的故事



Animation was incorporated in the educational video shown in our exhibition in Lingnan University.

我們製作了動畫短片在嶺南大學的展覽中播出。



Face-to-face health talks were conducted before the outbreak of COVID-19; they were adapted to be conducted online afterwards.

疫情前實體面授的健康講座，及後改為在網上舉行。



Trainings for Healthcare Professionals

The 41st Integrated Oncology Course for Nurses and Allied Health was conducted from 4 September to 21 December 2019, with 11 evening lectures given by experts and specialists in the field aiming at consolidating the cancer knowledge of healthcare professionals. The course covered 27 hours lectures covering different types of cancer and the respective nursing care, and 6 hours guided visits to the oncology department of hospital and sites related to funeral services in Hong Kong.

We had received 126 applications for the course, a record high number since 2011. However, due to venue capacity, we had to limit the number of participants to a maximum of 100 this year. A majority (74%) of participants worked in public or private hospitals, with the remaining came from NGOs, local universities and nursing homes.

To provide a quick reference for health professionals on possible screening methods and early detection as well as prevention of common cancers in Hong Kong, HKACS had published "Cancer Screening, Early Detection and Prevention Guidelines for Health Professionals" in 2009. This bilingual technical guideline was updated with its 3rd edition published in January 2020.

The Integrated Oncology Course 2019 broadened my horizons. It covered medical knowledge, practical skills and psychological skills with a learner-friendly approach. It especially enriched me with the new angle of Chinese medicine in oncology.

2019 年綜合腫瘤課程擴闊了我的視野。它以便利學習的方式，涵蓋醫學知識、實踐和心理技巧，而中醫藥腫瘤學一課更給予我嶄新的視角。

Miss Lam, Registered Nurse, Student of Integrated Oncology Course 2019
林小姐 註冊護士 2019 年綜合腫瘤課程學員

醫護同業的專業培訓

第 41 屆綜合腫瘤課程在 2019 年 9 月 4 日至 12 月 21 日舉行，由行內資深的醫護專家在 11 個晚間課堂主講，旨在鞏固和加強醫護同業對癌症的認識。課程包括 27 小時的課堂，涵蓋不同種類的癌症和相關護理知識，以及 6 小時的參觀內容，如參觀醫院腫瘤科部門和葬禮服務場地等。

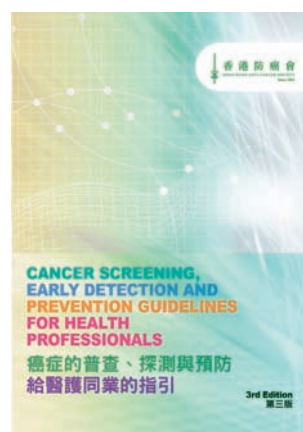
本年度有多達 126 人報名參加，數字創 2011 年以來新高。但因場地所限，我們最終只能接受 100 人參加。大部分（74%）的學員在公立或私家醫院工作，其餘分別來自非政府組織、本地大學和護養院等。

為方便醫護人員查考在香港進行的癌症普查、及早探測和預防癌症的資料和建議，香港防癌會在 2009 年出版了《癌症的普查、探測與預防：給醫護同業的指引》，這本中英對照的指引在更新內容後，於 2020 年 1 月發行第三版。



Site visit of the Integrated Oncology Course to hospital's oncology department.

綜合腫瘤課程參觀醫院腫瘤科部門。



The 3rd edition of "Cancer Screening, Early Detection and Prevention Guidelines for Health Professionals" was published this year.

《癌症的普查、探測與預防：給醫護同業的指引》於今年發行了第三版。

Counselling on Cancer Prevention & Early Detection

癌症預防與及早探測輔導

Besides arousing public awareness in cancer prevention, nursing staff of HKACS provided professional individualised advice to population with high cancer risks with the support from The Community Chest of Hong Kong. In the report period, our counselling nurse provided free one-to-one inquiries and counselling services on cancer prevention and early detection to 278 people through face-to-face, email or telephone communication, and made relevant referrals to those with high cancer risks.

We also assessed people's health status and cancer risks by a health screening questionnaire. Through the post-questionnaire health report, we explained the relevant risks to reinforce people's cancer prevention lifestyles. An online health questionnaire was updated to further promote cancer risk assessment to members of different generations. Around 500 participants received the assessment with follow-up counselling. High risk groups were encouraged to attend regular check-ups and screening programmes to facilitate early detection of cancer.

I am grateful to you for listening to my condition patiently. I have been worried for many days and nights upon knowing that I might be diagnosed with cancer. Even though the telephone conversation only lasts for more than ten minutes, I am grateful to you for providing practical and useful cancer information for me to move forward positively.

感謝你們不厭其煩聆聽我的狀況。當我知道自己可能患上癌症時，已擔心了很多個日與夜。即使電話對話只有短短十餘分鐘，但感激你們在我最徬徨無助之際，提供實際有用的癌症資訊，令我有力前行。

Mr. Wong, a phone counselling service user
電話諮詢服務使用者黃先生

在喚起公眾關注預防癌症之餘，香港防癌會獲香港公益金的資助，由護理員工向癌症高危群組提供專業的個人化指導，以預防和及早探測癌症。過去一年，我們的輔導護士透過面談、電郵或電話諮詢，免費為 278 人提供一對一的癌症諮詢及輔導，並為高危人士作出轉介。

我們亦以問卷形式為市民進行個人健康風險評估，並透過評估報告解釋所存在的相關癌症風險，確立市民的防癌健康生活。我們修訂了網上問卷，希望能把癌症風險評估的服務推廣至不同年齡層。約 500 人在過去一年接受了風險評估和跟進輔導。我們鼓勵高危群組定期作健康檢查和參加癌症篩查，及早探測癌症。

I was emotionally distress due to the health problems of my family member. I couldn't help crying during the telephone consultation. The nurse was very patient to answer to my questions and gave me great comfort.

家人的健康問題令我情緒上受到很大困擾，在電話諮詢時亦不禁落淚。護士很有耐性地解答，給我很大的安慰。

Miss Ng, a phone counselling service user
電話諮詢服務使用者吳小姐



Counselling nurse provided free one-to-one inquiries on cancer prevention and early detection.

輔導護士一對一回應市民就預防和及早探測癌症的諮詢。

My patient had once asked me some cancer-related questions, and I wanted to help him get professional advice. I learnt about the services of HKACS from a friend, thus immediately contacted their nurse who was happy to answer to my queries. She gave me a booklet about cancer for me to pass to my patient. She also introduced HKACS cancer counselling services to me so that I could refer patients in need to them. I deeply appreciated the benefits of inter-professional collaboration for patients!

我的病人曾經問我一些有關癌症的切身問題，我很想幫他找到專業的資料。剛巧從朋友口中得悉香港防癌會的服務，於是我馬上接觸該會的護士。他們很樂意解答我的問題，還特別為我送上癌病小冊子，讓我可以轉贈給病人。而且，護士還向我介紹防癌會的癌症輔導服務，讓我可以將有需要的病人轉介給他們。我深深體會到跨專業合作對病人的益處！

Miss Lam, an occupational therapist
職業治療師林小姐



Cancer risk assessment questionnaire was updated online to help promote cancer prevention to different generations.

更新後的癌症風險評估網上問卷，協助把防癌訊息推廣至不同年齡層。

Cancer Research 癌症研究

Grant on Local Cancer Research

Since its establishment, HKACS has been sparing no efforts in supporting cancer research. Grant on novel research and/or community project on cancer has been set up since 2006, funding investigators from local universities and public institutions. The total grant amount exceeded HK\$4 million.

We continued to support the three research projects selected in 2018. In the report period, a total of HK\$263,958.40 was released to two of the research projects managed by a local university and the Hospital Authority, which were anticipated to be completed by the 4th quarter of 2020 and the 1st quarter of 2021 respectively. Reports of the research projects would be posted on the Society's website upon project completion.

Increased Transparency of Local Cancer Clinical Trials

The Hong Kong Cancer Clinical Trials Information Platform has been launched on HKACS website since 2017. We proactively liaised with local universities, public hospitals and other scientific research organisations for regular updates to enhance the transparency of local cancer clinical trials and expedite subject recruitment. We also communicated closely with clinical investigators to update our understanding in cancer through an exchange of knowledge.

資助本地癌症研究

香港防癌會自成立以來一直不遺餘力支持癌症研究。自 2006 年起，我們設立癌症研究基金，資助本地大學及公營機構科研人員，累計資助金額超過港幣四百萬。

癌症研究基金繼續支持三項在 2018 年獲甄選之研究，其中兩個研究項目在本年度共獲發出港幣 263,958.40 的資助。這兩個分別由本地大學和醫院管理局負責的研究，預計將於 2020 年第四季及 2021 年第一季完成。所有獲資助的項目將在研究完成後，於本會網站發表報告，以供公眾參閱。

提高香港癌症臨床研究的 透明度

本會自 2017 年起在網站建立香港癌症臨床研究資料平台，積極與本地大學、公立醫院和其他科研組織合作，提高本地臨床研究的透明度，並促進臨床研究徵募合適的參與者。我們也與各臨床研究人員緊密聯繫，透過互相交流持續增進癌症知識。



Survivorship Care for Cancer Patients and Their Families 癌症患者及家庭存活關顧

HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project 香港防癌會 – 賽馬會「攜手同行」癌症家庭支援計劃

HKACS continues our commitments to support cancer families to sustain well-being and achieve long-term survivorship. We have been so grateful to The Hong Kong Jockey Club Charities Trust for their faith in the Society and funding the "Walking Hand-in-Hand" Cancer Family Support Project (WHIH Project) to facilitate our mission in strengthening the support for cancer patients and their family caregivers.

We continue working closely with our strategic partners: Christian Family Service Centre (CFSC) and Alice Ho Miu Ling Nethersole Charity Foundation (AHNCF) to provide patient-centred, and family-focused community-outreach support to cancer families. We also endeavour to develop the capacity building programmes to enhance a cancer-resilient society.

香港防癌會信守承諾，支援癌患家庭的健康，實現存活和康復的願景。我們非常感謝香港賽馬會慈善信託基金對本會的支持，資助「攜手同行」癌症家庭支援計劃，讓我們得以加強對癌症患者及其家庭照顧者的支援。

我們繼續與協作夥伴包括基督教家庭服務中心和雅麗氏何妙齡那打素慈善基金會緊密合作，為癌患家庭提供以人為本、以家庭為中心的社區外展支援服務，並透過各項賦能項目，倡導一個抗癌社會。



A New Face of WHIH Project

To further elicit the mission of the WHIH Project, a launching ceremony was held on 23 June 2020 at HKACS. The new WHIH logo, concept design, message and visual conveyed a clear mission to the public that our support to cancer families was personalised, family-focused and holistic. The ceremony was attended by Ms. Winnie YING, Head of Charities (Grant Making) of The Hong Kong Jockey Club, Mr. Henry FAN Hung-ling, SBS, JP, Chairman of the Hospital Authority, Mr. Gordon LEUNG, JP, Director of Social Welfare, and guests from CFSC, AHNCF, University of Hong Kong (HKU), Maggie's Cancer Caring Centre and The Hong Kong Productivity Council. Prof. Sophia CHAN, JP, Secretary for Food and Health delivered encouraging remarks through a pre-recorded video. She assured that the Government would work hand-in-hand with the NGO sector to develop support services for cancer survivors as it was also pledged in the Hong Kong Cancer Strategy promulgated by the Government in July 2019.

攜手同行計劃的新面貌

為令公眾更清晰了解「攜手同行」癌症家庭支援計劃的使命，我們在2020年6月23日在香港防癌會舉行了啟動禮。全新的計劃標誌和主視覺設計，讓公眾更清楚知道計劃的目標是向癌患家庭提供個人化、以家庭為中心、全程和全方位的支持。出席啟動禮的嘉賓包括香港賽馬會慈善事務部主管應鳳秀女士、醫院管理局主席范鴻齡先生、社會福利署署長梁松泰先生，以及基督教家庭服務中心、雅麗氏何妙齡那打素慈善基金會、香港大學、銘琪癌症關顧中心和香港生產力促進局等代表。食物及衛生局局長陳肇始教授透過錄影作出鼓勵，重申政府在2019年7月發表的《香港癌症戰略》的承諾，強調政府會與非政府組織攜手合作，為癌患者提供支援。

香港防癌會·賽馬會
攜手同行
癌症家庭支援計劃
HKACS · Jockey Club
Walking Hand-in-Hand
Cancer Family Support Project





Perseverance to Maintain Support to Cancer Families

In the midst of COVID-19, WHIH Project team recognised the vulnerability of cancer patients and compelled to persevere with our continued support for cancer families.

To enhance the capacity of patients and caregivers for self-management and survivorship, 8 sessions of Guo Lin Qi Gong were organised. Post-session questionnaires revealed that all were satisfied with the arrangement. 86% agreed that the qi gong sessions helped to alleviate their discomfort. All participants found the coaching by the qi gong master was easily understood. They were more motivated to adopt a healthier lifestyle after attending the sessions. We also held public talk for patients to ask questions directly from oncology specialists.

堅持不懈地維持對癌患家庭的支援

在疫情下，「攜手同行」計劃的團隊理解到癌症患者的脆弱和無助，努力不懈地為癌患家庭提供支援。

為加強癌患者和照顧者自我照顧及存活的能力，我們舉辦了8課郭林氣功課堂。課堂後的評估顯示，所有參加者對安排感到滿意，86%的參加者認為氣功有助減輕他們的不適。所有參加者都同意氣功師傅的指導容易理解，令他們更有動力採取健康的生活方式。我們還舉行了癌症專題演講，讓患者可直接向腫瘤科專家提問。

HKACS teamed up with the Department of Social Work and Social Administration at HKU to conduct a series of cancer-specific Integrated Body, Mind and Spirit (IBMS) intervention programme, which helped the cancer families cope with the impact and changes brought on by cancer, reduce stress and emotional distress as well as improve their quality of life.

Having conducted 24 sessions of IBMS randomised wait-listed intervention programmes for patients and their caregivers in May to September 2019, the interim report of the evaluation was completed in 2020. It was confirmed that after having attended the programme, patients were more willing to do exercise and their knowledge on cancer was increased. When comparing with the control group, patients tended to be less anxious about death, establish a healthier eating habit and maintain a better quality of life in social and daily functioning. Patients also valued the opportunity to communicate with their caregivers in the IBMS programme, so they could express their emotion and release their stress in a healthy manner. Through this programme, they believed that they could understand more about their family members, and their relationships had been greatly improved.

From the caregivers' perspective, there was significant interaction effect on level of satisfaction on support from family and friends. Besides, caregivers were more willing to talk about death with their family members and the death anxiety was reduced. This also helped them in maintaining a better overall quality of life.

香港防癌會與香港大學社會工作及社會行政學系聯手舉辦一系列針對癌症的綜合身心靈（IBMS）介入課程，協助癌患家庭適應癌症帶來的影響和轉變，減輕壓力和情緒困擾，提升生活質素。

於 2019 年 5 月至 9 月期間進行的 24 節綜合身心靈隨機輪候介入研究，中期評估報告在 2020 年完成。報告確認癌患者在參加課程後更願意做運動，對癌症的了解也有所增加。與對照組相比，研究發現患者對死亡的焦慮程度較低，養成更健康的飲食習慣，並在社交和日常功能中保持更好的生活質素。患者重視課程中提供機會讓他們與照顧者溝通，令他們能以正面的方式表達情感和釋放壓力。透過這課程，他們更能好好了解自己的家人，大大改善互相的關係。

在照顧者方面，照顧者在參加課程後確認在照顧家人的過程中得到更多家人和朋友的支持。同時，照顧者更願意與家人談論死亡，減少談及生死的忌諱，而這對維持更好的生活質素也有幫助。





Capacity Building for Healthcare and Social Work Professionals

We endeavoured to build up the knowledge and skills of the healthcare and social work professionals so they would have a more holistic perspective in caring for cancer patients.

We organised several workshops online, or in a combined mode with online and face-to-face participants. These included the IBMS Intervention Approach for Patients & Family members in Cancer, Physical Rehabilitation, Mental Health First Aid and Use of Expressive Arts for professionals. A total of 46 learning hours were delivered to 214 healthcare and social work professionals.

Post-workshop questionnaires showed that 93% had developed a concrete perspective in applying IBMS approach to their practice to promote the physical and psychological well-being of cancer patients, 93% agreed that their knowledge on the psychosocial needs of cancer patients was enhanced, 91% thought the education materials were practical and applicable to day-to-day living and 91% were satisfied with the overall arrangement.

培養醫護和社會工作專業人員

我們努力加強醫護和社會工作專業人員的知識和技能，以便他們在照顧癌症患者方面有更全面的體會。

我們在網上或透過混合網上和實體參與的模式，舉辦多個專業工作坊，包括針對癌症患者和照顧者的綜合身心靈介入模式培訓、身體復康、心理健康急救班和表達藝術治療，共提供 46 個學習小時予 214 位醫護和社會工作專業人員。

工作坊後問卷調查顯示，93% 的參加者對應用綜合身心靈介入模式有較具體的領會，93% 的參加者增加對癌症患者心理社交需要的了解，91% 的參加者認為教材實用並適用於日常生活，91% 的參加者對總體安排感到滿意。



The IBMS manual was published encompassing theories, practice and application. It was featured in 6 sections:

- (1) Balance of body, mind and spirit,
- (2) Internal peace for free living,
- (3) Overcome the suffering,
- (4) Appraise yourself,
- (5) Appreciation of life, and
- (6) Self-reliance and move forward.

There was also detailed description on qi gong, acupuncture and other skills.

另一方面，綜合身心靈介入模式手冊已經出版。該手冊包含理論、實踐和應用，歸納在以下 6 個範疇，包括：

- (1) 平衡身心 • 調整情緒
- (2) 境隨心轉 • 自在人生
- (3) 看透得失 • 跨越苦痛
- (4) 欣賞自己 • 強化心靈
- (5) 面向生死 • 惜福感恩
- (6) 逆境自強 • 攜手向前

手冊也詳細介紹了氣功、穴位等技巧。

Breaking the Barrier to Fulfil the Last Wish of End-of-Life Cancer Family

During the pandemic, visiting had been banned in hospitals. Many hospitalised end-of-life patients were helplessly facing their dying process alone.

40-year-old Lok was an end stage brain cancer patient, staying at palliative ward. He was at pain to see his family especially his 4-year-old little girl. Recognising the importance of supporting the patient and his family in the last days of his life, our empathetic social worker broke down barriers to fulfil his last wish. Family photos were taken in the ward. There was time reserved for the family to say thank you, sorry, goodbye, and express their love to each other, leaving an ever-lasting loving memories for his family.

為臨終病人打破障礙 實現最後願望

在疫症期間，醫院禁止探病。許多住院的臨終患者無奈地獨自面對死亡的過程。

阿樂 40 歲患上腦癌，入住紓緩病房。他心裡十分掛念家人，尤其是 4 歲的小女兒。「攜手同行」計劃的社工幾經艱辛，終讓家人有機會相聚，彼此道謝、道愛、道歉和道別，還完成阿樂的心願拍攝家庭照，留給家人一份美好的回憶、永恆的愛。



HKACS Dr. & Mrs. Michael S.K. Mak Centre for Integrated Medicine

香港防癌會麥紹堅伉儷中西醫結合中心

The benefits of Integrated Chinese and Western medicine on cancer treatments have been well recognised in recent years. While Western medicine makes diagnosis and provides treatments such as surgery, chemotherapy and radiotherapy etc. to cancer patients, Chinese medicine reduces side effects from these treatments and enhances the immune system of cancer patients thus improving their quality of life.

病人選擇中西醫結合治療癌症已成趨勢。西方醫學就癌症進行診斷及提供治療方案，例如手術、化療及放射治療等；中醫藥則為癌症病人的體質作整體調理，減輕西藥治療的副作用，並增強病人的免疫力，改善病人的生活質素。

Integrated Chinese and Western Medicine on Cancer Treatment

With the generous donation from Dr. & Mrs. Michael S.K. Mak, the Society was able to set up an Integrated Centre in September 2012.

The Centre is the pioneer in providing a platform for cancer patients to receive joint consultation conducted by our Centre oncologist and a Chinese medicine practitioner from our HKACS-HKBU Chinese Medicine Centre at the same time in the same consultation room. The two doctors will jointly design a coordinated treatment regime suitable for the patient, enabling them to achieve timely initiation of treatment, improve treatment efficacy and reduce side effects.

Up to September 2020, over 380 integrated medical consultations have been carried out.

中西醫結合 全方位抗癌

香港防癌會於2012年9月，在麥紹堅醫生伉儷的慷慨捐助下，設立中西醫結合中心。

本中心是中西醫結合治療癌症的先驅，提供一個中西醫共同會診的平台，讓癌症病人接受由本會的腫瘤專科西醫及香港防癌會 - 香港浸會大學中醫藥中心專門診治癌症病人的中醫師，在同一個診症室同一時間為癌症患者定立適切的治療方案，讓病人把握時間啟動治療程序，提升治療效果，以及減輕治療帶來的副作用。

至2020年9月，中心已提供超過380人次的中西醫會診服務。



HKACS-HKBU Chinese Medicine Centre

香港防癌會 - 香港浸會大學中醫藥中心

The HKACS-HKBU Chinese Medicine Centre provides specialised Chinese medicine treatments alongside the general Chinese medicine outpatient services to help cancer patients improve their health conditions, relieve side effects from treatments and gain quality of life during their cancer journey.

香港防癌會 - 香港浸會大學中醫藥中心除了普通科中醫服務外，還設專科中醫診治癌症病人，改善他們的健康狀況、緩解癌症治療的副作用，從而提高其患病期間的生活質素。

Benevolence Chinese Medicine Services for a Decade

The Centre is well-equipped to provide a wide range of services. These include acupuncture, traditional Chinese physical therapies (tui na), moxibustion and "Tian Jiu" therapy. There is a proper setup pharmacy for dispensing a wide range of quality Chinese herbs and concentrated Chinese medicine granules, and providing herbal brewing service.

Besides outpatient Chinese medicine services, onsite Chinese medicine practitioners also attend to in-patients of the HKACS Jockey Club Cancer Rehabilitation Centre (JCCRC) and provide initial assessment to all newly admitted patients. This provides an opportunity for the patients and their families to understand how Chinese medicine can be useful on an individual basis.

The Society has been collaborating with Hong Kong Baptist University School of Chinese Medicine in the operation of the HKACS-HKBU Chinese Medicine Centre since March 2009. Year 2019 marked the 10th Anniversary of the Centre. We held the anniversary celebration and press conference in November. We were honoured to have Prof. Sophia CHAN, JP, Secretary for Food and Health, as the officiating guest. We took this opportunity to share with guests and collaborators our experience in cancer related treatments.

仁心仁術十載情

中醫藥中心設備齊全，提供廣泛的中醫藥服務，包括針灸、推拿、艾灸和天灸治療，具完善的中藥房，配備各種優質中草藥及中藥顆粒劑，並提供煎藥服務。

除中醫門診服務外，中心的中醫師亦會到診香港防癌會賽馬會癌症康復中心的住院病人，並為新入住康復中心的病人提供中醫初步評估，讓病人及其家屬了解中醫如何能以個人化的治療方案，幫助病人改善病況。

香港防癌會自 2009 年 3 月與香港浸會大學中醫藥學院合辦中醫藥中心。2019 年是中心成立 10 週年，我們於 11 月舉行了 10 週年慶祝儀式及新聞發佈會，邀得食物及衛生局局長陳肇始教授擔任主禮嘉賓。我們藉此機會與各嘉賓及合作伙伴分享本中心在癌症相關治療的經驗。

Prof. Sophia CHAN (centre) officiated the 10th Anniversary Ceremony of the HKACS-HKBU Chinese Medicine Centre.

陳肇始教授（中）為香港防癌會 - 香港浸會大學中醫藥中心 10 週年慶祝儀式擔任主禮嘉賓



HKACS Jockey Club Cancer Rehabilitation Centre

香港防癌會賽馬會癌症康復中心

HKACS Jockey Club Cancer Rehabilitation Centre (JCCRC) is a self-financed non-profit making nursing home in Hong Kong since October 2008. It aims to provide a "Home away from Home" for cancer patients at different phases of their illnesses. Patients with other chronic diseases and elderly requiring residential care services can also be admitted.

香港防癌會賽馬會癌症康復中心是香港一所自負盈虧的非牟利護養院，自 2008 年 10 月投入服務。康復中心為不同階段的癌症患者提供一個「家以外之家」，其他長期病患者和需要住宿護養服務的長者也可以入住。

Home away from Home

JCCRC emphasizes on holistic medical and nursing care. We are also one of the few nursing homes in Hong Kong providing palliative and end-of-life care to the needy patients. It is our mission to ensure patients' physical, emotional, social and spiritual needs are met and their families are also being well supported in the final stage of their lives.

Our service features include:

- 24-hour resident doctor
- Professional nursing and caring team
- Resident Chinese medicine service (by Hong Kong Baptist University School of Chinese Medicine)
- Physiotherapy and rehabilitation service
- Resident pharmacist and pharmacy service
- Dietitian consultation service
- Recreational activities
- Psychosocial and spiritual support

家以外之家

香港防癌會賽馬會癌症康復中心重視病人得到全面的醫護照顧，我們也是香港少數提供紓緩護理及寧養服務的護養院之一。我們的宗旨是希望陪伴病人一同走過人生最後的一段路，關顧病人在身、心、社、靈各方面的需要，並為他們的家人提供適切的支援。

我們的服務特色包括：

- 24 小時駐院醫生
- 護士及專業護理團隊
- 駐院中醫服務
(由浸會大學中醫藥學院主理)
- 物理治療及復康服務
- 駐院藥劑師及藥房
- 營養師諮詢服務
- 康樂活動
- 心靈關顧



Charity Beds

慈善病床

There is an increasing demand for quality private nursing home services especially from cancer patients who require comprehensive rehabilitation and holistic palliative care. However, these kinds of service could be costly to low income families. In order to provide timely assistance to this disadvantaged group of patients, HKACS operates different charity bed programmes, allowing beneficiaries of these programmes to receive full or partial sponsorship on accommodation, nursing care and itemised charges, such as medication, medical consumables, etc. during their stay in JCCRC.

HKACS Charity Bed Programme was first launched in July 2011. The Programme caters for cancer patients with the need of comprehensive rehabilitation care during or after cancer surgery and treatments, patients looking for short term respite care, and patients in need of palliative care during the last stage of their lives.

Apart from full sponsorship, we also provide partial support to sandwiched-class cancer patients through our Charity Bed Copayment Scheme launched in March 2016. Beneficiaries of the Scheme will receive 50% to 75% subsidy on accommodation.

S.K. Yee Medical Foundation Sponsored Programme

The success of our charity bed programmes over the past years relied on the generous and continuous support of benevolent individuals and charitable foundations. We are especially thankful to the support of the S.K. Yee Medical Foundation for sponsoring the operation of 12 palliative/end-of-life care beds since March 2013, and further increased to 15 care beds from July 2019.

From the continuous receipt of heartfelt thanks from families of the beneficiaries, we are being assured that the charity bed programme helps many patients to go through the most difficult times in their lives. Their family members were very grateful for their loved ones being able to receive professional and holistic care at JCCRC during their last journey and to pass away in dignity with as much tender loving care as possible. This peaceful experience also helps reduce the pain of the family members.

社會對優質私營護養院服務的需求日益增加，特別是需要全面康復護理，以及紓緩和寧養服務的癌症患者。然而，這些服務對低收入家庭來說可能相對昂貴。香港防癌會設立不同的慈善病床計劃，為低收入的患者提供適時協助，讓他們同樣接受到優質的護養服務。他們可透過全額或部分的資助，支付住院期間的住宿、膳食、醫療護理、藥物及雜項等費用。

「香港防癌會慈善愛心病床計劃」在 2011 年 7 月推出，為有經濟困難的癌症患者提供適時的住宿護養服務。他們有些正進行或已接受癌症手術治療，需要全面的復康護理照顧；有些以暫托形式短期入住；亦有些是晚期癌症患者，需要在人生最後階段接受紓緩及寧養護理。

除了照顧低收入癌症患者外，我們還關注夾心階層的癌症患者在經濟上是否能夠負擔優質的護理。我們於 2016 年 3 月開展「慈善病床共同付款計劃」，受惠人可得到 50% 至 75% 的住宿費用資助，入住本會的癌症康復中心。

余兆麒醫療基金資助項目

慈善病床計劃一直成功運作，有賴社會上各善長和慈善基金持續及慷慨的資助。我們特別感謝余兆麒醫療基金自 2013 年 3 月開始資助 12 張紓緩及善終病床予經濟有困難的末期病患者，並由 2019 年 7 月起將有關病床數目增加至 15 張。

我們收到很多受惠病人家屬的感謝，相信本計劃確實幫助了很多患者，渡過生命中最困難的時期。患者的家人非常欣慰在他們至親生命的最後階段，能夠在康復中心接受專業和全面的照顧，讓患者得到懇切的關愛，有尊嚴地離世；這個安寧的過程也有助患者家人減少內心的傷痛。

During the reporting period from October 2019 to September 2020, 74 patients received full sponsorship from HKACS Charity Bed Programme, 132 patients were benefitted from palliative/end-of-life care beds sponsored by S.K. Yee Medical Foundation and 13 patients from the Charity Bed Copayment Scheme.

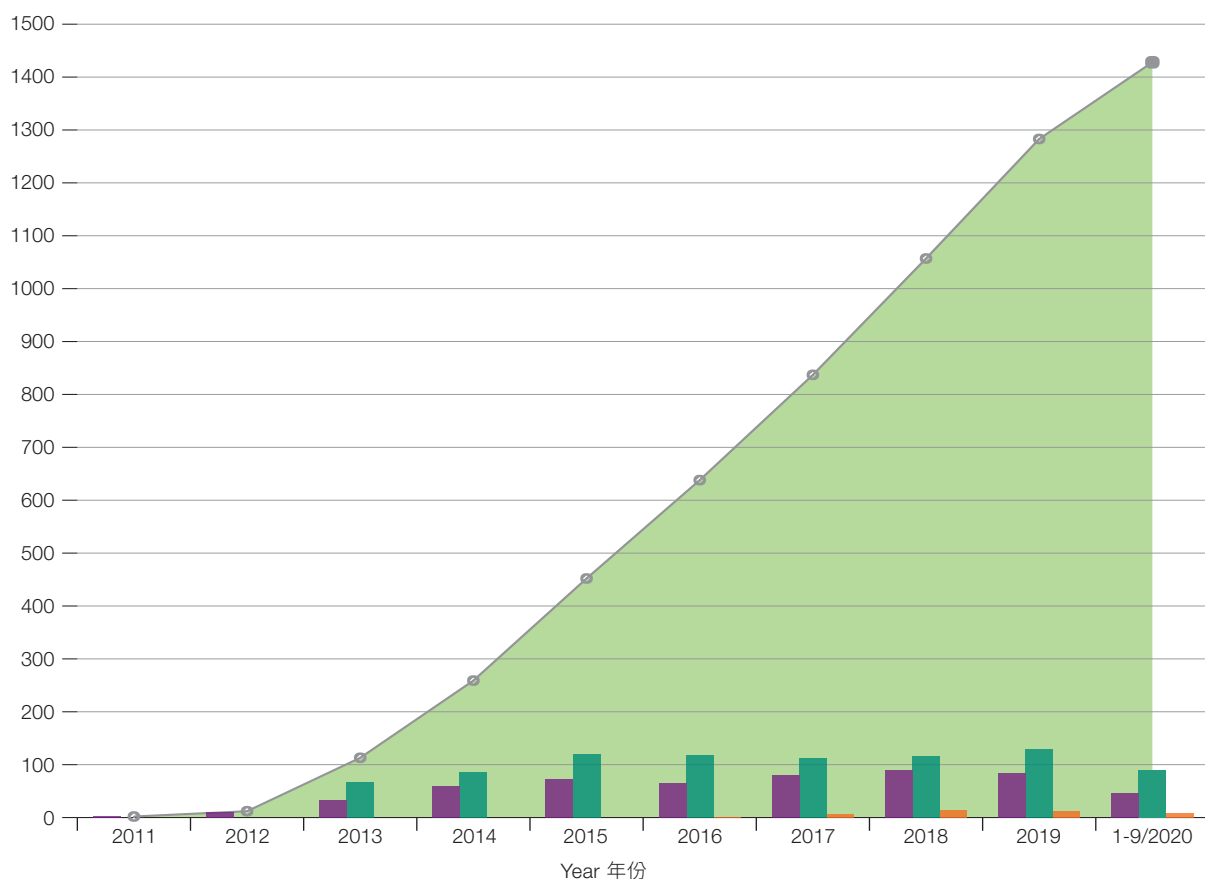
The cumulated number of beneficiaries of all charity bed programmes run by HKACS from July 2011 to September 2020 was 1,428, of which 543 were supported by the HKACS Charity Bed Programme, 841 were benefitted from the S.K. Yee Medical Foundation Sponsored Programme and 44 from the Charity Bed Copayment Scheme.

由 2019 年 10 月至 2020 年 9 月這一年間，74 位病人獲得「香港防癌會慈善愛心病床計劃」全額資助，132 人受惠於余兆麒醫療基金資助的紓緩及善終病床，至於受惠於「慈善病床共同付款計劃」的則有 13 人。

由 2011 年 7 月至 2020 年 9 月，香港防癌會推行的各項慈善病床計劃累計受惠者已達 1,428 人。當中 543 人由「香港防癌會慈善愛心病床計劃」資助，841 人受惠於余兆麒醫療基金資助項目，44 人獲「慈善病床共同付款計劃」資助。

Charity Bed Programmes 慈善病床計劃

No. of Beneficiaries
受惠個案數目



- HKACS Charity Bed Programme Cases (since 7/2011)
「香港防癌會慈善愛心病床計劃」受惠個案數目 (計劃自 7/2011 開展)
- S.K. Yee Medical Foundation Sponsored Programme Cases (since 3/2013)
余兆麒醫療基金資助項目受惠個案數目 (計劃自 3/2013 開展)
- Charity Bed Copayment Scheme Cases (since 3/2016)
「慈善病床共同付款計劃」受惠個案數目 (計劃自 3/2016 開展)
- Cumulated No. of Beneficiaries of all Charity Bed Programmes
各項慈善病床計劃累計受惠個案數目

Recreational & Diversional Therapy 康樂治療

Recreational and Diversional Therapy (RDT) serves as a core practice to enhance the psychosocial and spiritual well-being of cancer patients, their caregivers and families. These patient-based leisure activities are supported by funding from The Community Chest of Hong Kong, implemented by our social worker with boundless support from volunteers.

康樂治療是促進癌症患者、照顧者和家人心靈健康的一個核心部分。在香港公益金的資助下，我們的社工聯同鼎力支持的義工，攜手推展這些以病人為本的休閒活動。

From Group to Individual Activities

Before COVID-19 started to sweep the globe, we organised a variety of group therapeutic classes and gatherings in JCCRC to alleviate patients' distress and pain. We had Leisure Chinese Tea, Happy Singing and Happy Balloon events. Such group activities were later adapted to individual basis as an infection control response. A total attendance of 1,240 JCCRC residents and their family members joined these RDT activities in the report period.

In festivals and special days, we also organised festive celebrations and birthday parties for patients and their families. A total of 337 patients and their families enjoyed such celebrations in the past year.

從群體到個人活動

在疫情橫掃全球前，我們在香港防癌會賽馬會癌症康復中心舉辦一系列的治療班組和聚會，例如休閒茗茶、快樂歡唱和開心氣球等，緩解院友的壓力和憂慮。及後因應感染控制的需要，這些群體活動改為以個人形式舉行。全年的康樂治療活動共吸引了 1,240 人次的院友及其家人參加。

在節日和一些特別的日子，我們亦為院友和家人安排慶祝活動。過去一年，共有 337 人參加了特別聚會及慶祝活動。



Patients enjoyed joining the art therapy group activity before Christmas 2019.

在 2019 年聖誕節前，病人歡天喜地參與藝術治療的活動。



Sing along with the most friendly volunteers and staff.
與最友好的義工和員工一起高歌。

My father was taken good care of during his stay at HKACS. I want to thank all of the staff for the care and attention. He especially enjoyed the snack delivered by the social worker every week. It was an enjoyable moment for every patient.

家父在防癌會得到各方面的悉心照顧，感謝各部門工作人員的關心和愛護，亦感謝社工每星期送上茶點給家父，令每位病人都感到溫暖。

Miss Lai, JCCRC resident's daughter
香港防癌會賽馬會癌症康復中心院友家人黎小姐



A funny Mid-Autumn Festival celebration to promote patient's morale.

鬼馬賀中秋，為院友打打氣！



Learning balloon twisting in good hands.
在導師指導下耐心地學習扭氣球。

Although I am not feeling well, I am deeply touched by your thoughtfulness and kindness. Thank you once again.

雖然我身體不適，但也能感受到你們對我的關懷。再一次感謝你們。

Ms. Yung, JCCRC resident
香港防癌會賽馬會癌症康復中心院友容女士

Virtual Visits and Celebrations

It is important to keep a social connection between cancer patients and their family members and friends in the midst of pandemic. Although JCCRC strived its best to continue allowing families to have daily face-to-face visit to their loved ones on compassionate ground, the visiting arrangement was tightened to balance between the risks of infection. Group visits to residents were no longer possible in COVID, not to say having celebrations and reunion with a group of families members in the big days.

Upon some trials and receiving residents' and families' feedback, we arranged birthday celebrations for residents virtually. Volunteers could also make comfort virtual visits. A total of 68 residents and their family members made use of this service in the report period.



Connecting 16 family members and friends living in Hong Kong and overseas to attend an unforgettable virtual birthday celebration.

透過視像聯繫 16 位居於香港和海外的親朋好友，一同慶祝難忘的生日。

Special thanks to HKACS for arranging a joyful birthday party for my husband. We were able to celebrate his birthday with families and friends in different parts of the world through a digital video platform. It was truly a special birthday party. Thank you.

感謝防癌會為我丈夫安排了一個快樂的生日派對，在十多個國家的親友都可以透過視像向他祝賀。這真是一個特別的生日會。感謝！感恩！

Mrs. Ho, JCCRC resident's wife
香港防癌會賽馬會癌症康復中心院友家人何太

視像探訪與慶祝

在疫症肆虐期間，保持病患者與家人和朋友之間的聯繫相當重要。雖然香港防癌會賽馬會癌症康復中心基於體恤理由，容許家人每天有機會面對面探訪院友，但在平衡感染控制的原則下，探訪也有嚴謹的安排。親友集體探訪在疫情下難以安排，更遑論院友在大日子與家人團聚和慶祝。

在多番測試和收到院友和家人的意見後，我們以視像探訪的形式，為院友聚集親友出席難得的生日派對，而義工也能作視像的探訪慰問，共服務了 68 名院友及其親友。



Sharing a joyful moment on the screen.

在屏幕分享快樂的時光。

The nursing home can only maintain limited visiting hours under the impact of the pandemic. But it's glad that I can make use of virtual video visit to keep in touch with my old friends again.

受疫情影響，院舍的探訪安排收緊了，每天的探訪時間亦縮短了。不過最近增設視像探訪服務，能夠再見老朋友，確實最好不過。

Mr. Chin, JCCRC resident
香港防癌會賽馬會癌症康復中心院友錢先生

Project Wish 心願計劃

Project Wish aims to fulfill the last wish of palliative cancer patients, making their final journey filled with dignity and satisfaction. After an assessment, our social worker discusses with the patients and/or their family members to come up with a detailed plan to fulfil the wish. We work out the plan together if possible, from fixing the date, time and participants, to devising the content and anticipating the expected outcomes. We will also coordinate and mobilise available resources to achieve this important wish.

We run Project Wish programme since 2013 and served 202 cases. With the implementation of virtual visit, we were able to expand the geographical reach of the wish. The programme reached 74 beneficiaries, including patients, family members and friends in the report period.

心願計劃為晚期癌症病人達成願望，滿足他們在生命之旅結束前的心願，讓他們心感平安，有尊嚴和滿足地走過最後的歲月。我們的社工在評估過病人的情況和資格後，會與病人或其家人商討，共同制定達成願望的詳細計劃。在可行的情況下，我們會一起計劃日期、時間、參加者，以至涉及的內容和預期結果，我們亦會協調和動員可用的資源，實現他們的重要心願。

這計劃自 2013 年起，已幫助 202 名病人實現最後的心願。隨著我們落實視像探訪的安排，更令心願計劃衝破地域界限，擴大接觸層面。過去一年，計劃共令 74 名患者及其親友受惠。



There's a hand-made photo album inside the box.

一本手工製作的相冊就藏在盒子裏。

Mini-gallery as Recognitions

Ms. Theresa Yung, resident of JCCRC, had always liked painting. She returned from Canada previously and was eager to bring some of her favourite works back to Hong Kong. However, due to the pandemic and her health condition, this wish seemed difficult to achieve. It took Theresa and us a while to find the picture files of the painting in her phone. We then printed the photos and cut them appropriately, added photo frames, and made a "mini exhibition" for her to show her favourite works. Her achievements were recognised!

迷你畫展確認院友成就

香港防癌會賽馬會癌症康復中心院友容女士從加拿大回流，一直喜歡繪畫。她渴望從當地帶一些她最愛的作品回港，但身體狀況加上疫情，這願望似乎難以達成。我們花了一點時間，和容女士在手機內找到畫作的照片檔案。我們隨即把照片打印及作適當裁剪，加上相框，為她做一個「迷你畫展」，展示她最喜歡的作品，確認她的成就。

Professor H.C. Ho Memorial Medical Assistance Programme and Other Assistance Programmes

何鴻超教授紀念助醫計劃及其他資助計劃

Professor H.C. Ho Memorial Medical Assistance Programme was established in 2006 in memory of HKACS founder, the late Professor John Ho Hung-chiu. Many patients who come from families with average or below household income cannot afford self-financed drugs listed by the Hospital Authority. They face the agony of knowing that there are drugs around which could treat their cancer but not within their reach financially. The Programme helps to fill this gap by seeking donations from benevolent individuals, private funds, charitable foundations, corporations and pharmaceutical companies either in cash or in kind.

All the applications to the Programme are approved by HKACS Committee on the Betterment Fund for Cancer Patients, upon receiving recommendations from doctors from the oncology departments of public hospital, and financial assessment conducted by hospital's medical social worker when necessary. The Betterment Fund also provides other direct financial or in-kind assistance to cancer patients to meet their medical as well as non-medical needs.

何鴻超教授紀念助醫計劃於2006年成立，為紀念香港防癌會創辦人何鴻超教授而設，旨在資助癌症病人購買醫院管理局藥物名冊下的自費藥物。不少癌症病人的家庭收入不高，雖然有藥物可以治療癌症，但費用卻遠超他們的負擔能力。本計劃結合個人籌款、私人基金、慈善基金會、企業及藥廠的支持，填補這個缺口，為有需要的病人提供援助，令他們的生命帶來曙光。

計劃的所有申請均需獲得公立醫院腫瘤科醫生的推薦，並在有需要時經醫院醫務社工評估經濟狀況，最後由香港防癌會改善癌病人生活基金委員會審批。改善癌病人生活基金亦設有其他向病人提供現金或實質資助的項目，援助癌症病人應付醫療或非醫療上的需要。

Medical Assistance Programme

藥物資助計劃

Since the implementation of Professor H.C. Ho Memorial Medical Assistance Programme, we have helped 6,239 patients with drugs amounted to around HK\$404 million of market value and more than HK\$16 million of cash.

There were 257 applications approved in the report period, 18% had full drug sponsorship, 29% had partial drug sponsorship and 53% received cash subsidy through the newly launched Cash Rebate Programme. Since 2013, patients provided with partial drug sponsorship have also been granted HK\$5,000 from HKACS to relieve their burden in drug expenditure. Up to September 2020, 489 applicants benefitted from this grant with total disbursement amounted to HK\$2.46 million.

何鴻超教授紀念助醫計劃自推出以來，共有6,239名癌症病人受惠。計劃歷年涉及的藥物總市場價值達港幣4億400萬，資助現金超過港幣1,600萬。

在上年度獲批出資助的257名病人當中，18%獲全數藥物資助，29%獲部份藥物資助，53%獲現金退回形式的資助。由2013年起，香港防癌會向獲批出部份藥物資助的病人，額外資助現金港幣5,000，以補助自購藥物的開支。至2020年9月，共有489名癌症患者受惠於這項額外的資助，資助總額為港幣246萬。

Cash Rebate Programme Reduced Doctors' Admin Burden

In order to alleviate the economic burden on cancer patients and the hefty work pressure of doctors in public hospitals, HKACS launched the Cash Rebate Programme in December 2019 to create a mutually beneficial drug funding model for all the relevant parties.

Eligible patients joining the Cash Rebate Programme purchase self-financed cancer drugs in the pharmacies of Hospital Authority under doctor's recommendation. Afterwards, the patients just need to submit their purchase receipts to HKACS, and we will calculate the portion of cash rebate the patients can get. This reduces the administration work of medical staff and enables doctors to devote more time to handle patients' medical care and needs.

癌症藥物現金退回計劃 減輕醫護負擔

為紓緩癌症病人的經濟負擔，同時減輕公營醫院醫生的沉重工作壓力，香港防癌會在2019年12月推出癌症藥物現金退回計劃，製造一個便利各方的藥物資助模式。

合資格並參加了癌症藥物現金退回計劃的病人，在醫生推薦下在醫院管理局藥房購買自費癌症藥物後，只需將醫管局藥房的收據交到香港防癌會，我們便會為其計算可獲得的部分現金補助金額。這大大紓緩了醫護的行政工作，令醫生可以投放更多時間照顧病人的病情和處理醫療上的需要。

In the report period, we had 12 pharmaceutical companies generously sponsored a total of 9 targeted therapy drugs and 3 immunotherapy drugs. Donations in-kind added up to more than HK\$25 million equivalent of drug market value.

在本報告年度，香港防癌會共得到12間藥廠贊助9種標靶治療自費藥物和3種免疫治療自費藥物，總值約相當於藥物市場值港幣2,500萬。

Our heartfelt thanks to the following companies for their continuous support last year:

本會非常感謝以下藥廠過去一年的支持：

Amgen Asia Holding Limited 安進亞洲控股有限公司

AstraZeneca Hong Kong Limited 阿斯利康香港有限公司

Bayer HealthCare Limited 拜耳醫療保健有限公司

Bristol-Myers Squibb Pharma (HK) Limited 香港百時美施貴寶有限公司

CANbridge Biomed Limited 北海康成製藥有限公司

Janssen, Pharmaceutical Companies of Johnson & Johnson 楊森大藥廠

Merck Pharmaceutical (HK) Limited 默克藥業(香港)有限公司

Merck Sharp & Dohme (Asia) Limited 美國默沙東藥廠有限公司

Novartis Pharmaceuticals (HK) Limited 瑞士諾華製藥(香港)有限公司

Pfizer Corporation Hong Kong Limited 美國輝瑞科研製藥有限公司

Roche Hong Kong Limited 羅氏大藥廠香港有限公司

Teva Pharmaceutical Hong Kong Limited 梯瓦製藥香港有限公司



Chow Tai Fook Medical Foundation Cancer Drug Financial Assistance Programme

With the generous donation from Chow Tai Fook Medical Foundation, this Programme grants further assistance to patients who are partial drug sponsorship recipients in the Prof. H.C. Ho Memorial Medical Assistance Programme, breadwinners and matches some other criteria upon further assessment by the Foundation. From May 2018 to September 2020, 45 patients benefitted from this grant with total approved amount up to HK\$1.9 million.



周大福醫療基金癌病藥物資助計劃

在周大福醫療基金的慷慨捐助下，獲何鴻超教授紀念助醫計劃批出部份藥物資助的病人，如果屬家庭經濟支柱及符合其他條件，可以在基金會評核後得到進一步資助。自計劃 2018 年 5 月推出至 2020 年 9 月，已有 45 名癌症患者受惠，批出的資助總額為港幣 190 萬。



Mr. & Mrs. Kwok Cancer Drug Financial Assistance Programme

Thank you for the continuous support from individual donors Mr. and Mrs. Kwok, this Programme was established in November 2018 to provide further assistance to patients with partial drug sponsorship in the Prof. H.C. Ho Memorial Medical Assistance Programme. As of September 2020, there were 19 patients benefitted with total approved amount HK\$663,000.



郭氏夫婦癌病藥物資助計劃

感謝郭氏夫婦持續支持，令何鴻超教授紀念助醫計劃下獲批出部份藥物資助的病人，有機會得到進一步資助。由 2018 年 11 月計劃成立以來，至 2020 年 9 月共有 19 名癌症患者受惠，獲批資助總額為港幣 663,000。



“Reborn” Cancer Drugs Financial Assistance Programme

Patients who are qualified with partial drug sponsorship in the Prof. H.C. Ho Memorial Medical Assistance Programme and have children to raise can apply to the Reborn Programme for further assistance. From September 2019 to September 2020, 6 patients were granted the subsidy with total amount HK\$373,000.

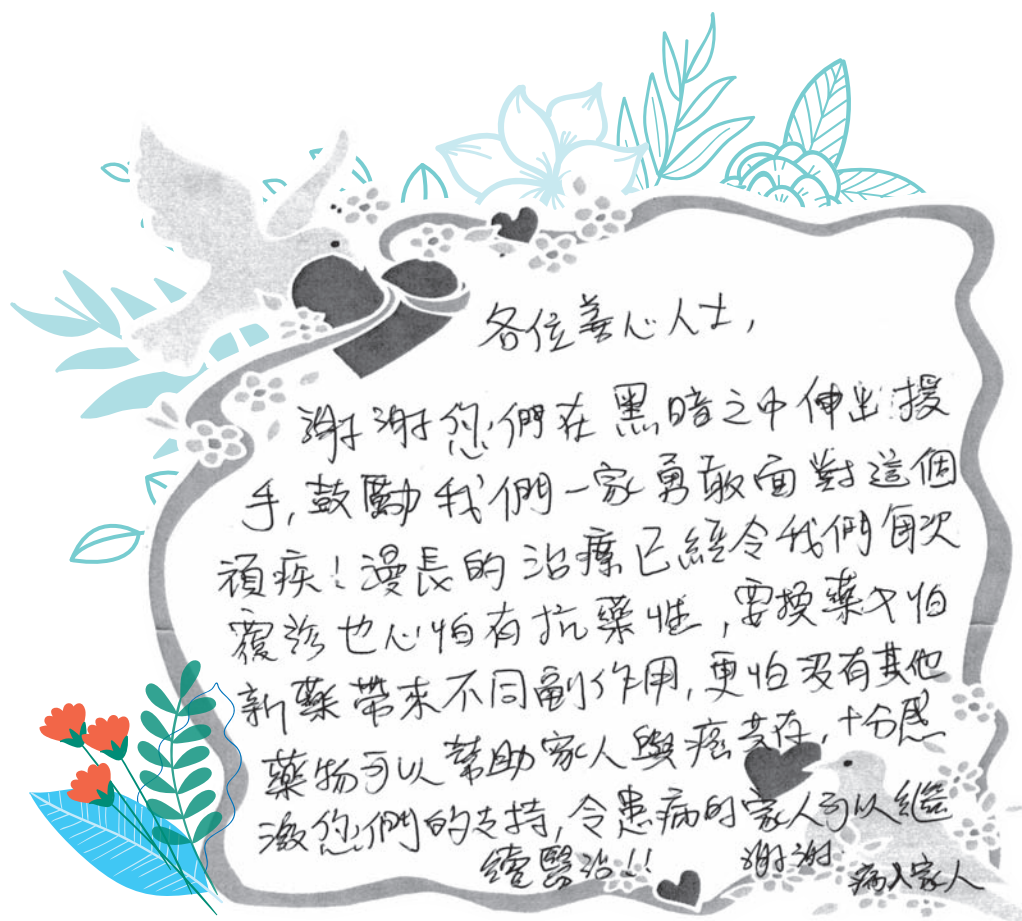


「重生」癌病藥物資助計劃

在何鴻超教授紀念助醫計劃中獲批部份藥物資助的病人，如仍有子女需要供養，可以申請「重生」癌病藥物資助計劃以獲得進一步資助。計劃在 2019 年 9 月推出，至 2020 年 9 月共向 6 名病人批出資助金額共港幣 373,000。







The Portia Cheung Breast Cancer Support Programme 張謝寶英乳癌康復資助計劃

The Portia Cheung Breast Cancer Support Programme was established in March 2007 in memory of the late Mrs. Portia CHEUNG TSE Po-ying who died of breast cancer. The Programme supports financially disadvantaged breast cancer patients to cover non-drug needs for the procurement of extra nourishment, breast prosthesis, etc., and undergo PET-CT examination that are not funded by the Government, or not sufficiently covered by other sources.

Up to September 2020, 727 breast cancer patients benefitted from this Programme with around HK\$4.5 million disbursed.

張謝寶英乳癌康復資助計劃於 2007 年 3 月成立，以紀念於同年因乳癌病逝的已故張謝寶英女士。計劃支援有經濟需要的乳癌患者，資助他們非藥物上的需要，例如購買額外營養品、義乳、進行正電子掃描等，填補政府沒有資助或其他資源未能充份照顧的需要。

至 2020 年 9 月，共有 727 名乳癌患者受惠於這計劃，資助總額約為港幣 450 萬。



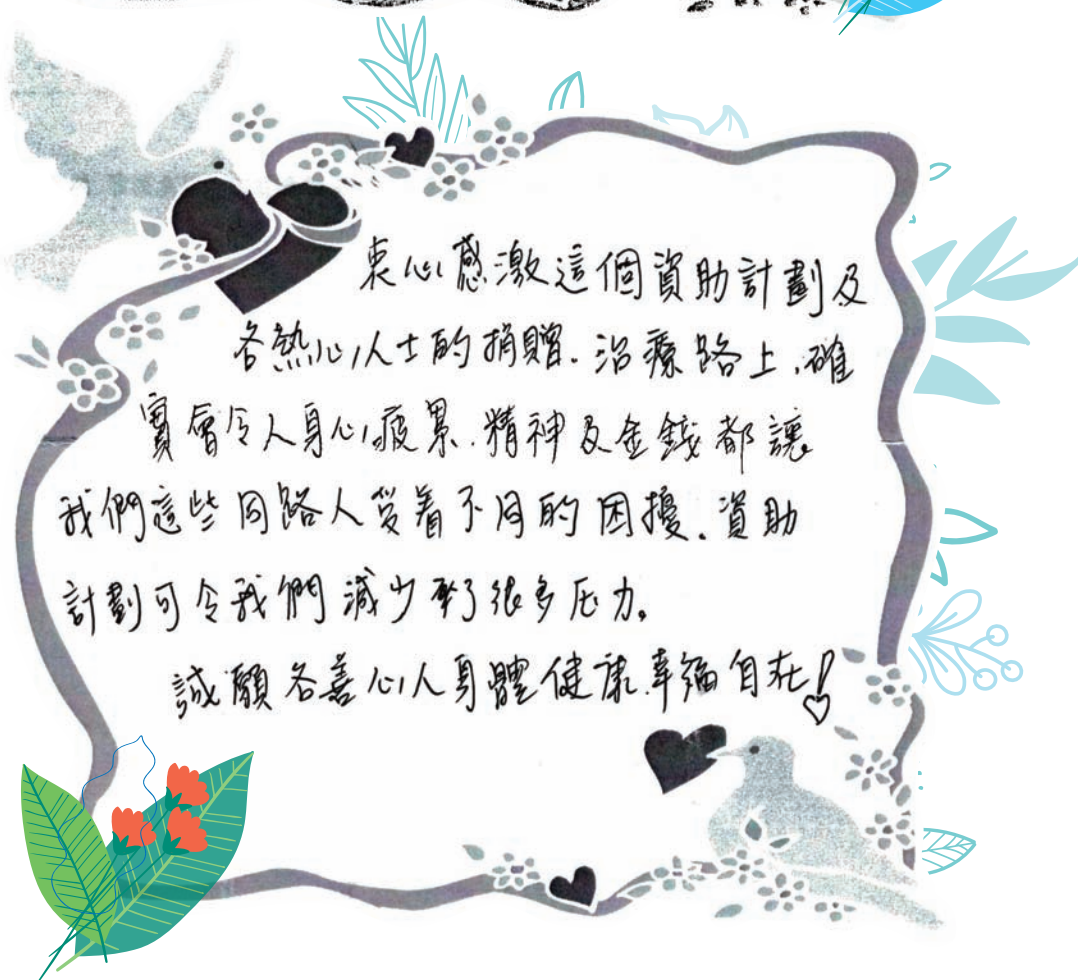
Chinachem Group Sponsored Programme

HKACS has received donation from the Chinachem Group since January 2018 to support The Portia Cheung Breast Cancer Support Programme, subsidising breast cancer patients to have timely PET-CT examination to detect pathological changes of tumour cells in the early stages and assess the extent of metastasis. PET-CT is a self-finance item under the Hospital Authority. As of September 2020, 75 patients were supported by this donation, amounting to HK\$554,122.

華懋集團資助項目

香港防癌會自 2018 年 1 月起得到華懋集團的捐助，支持張謝寶英乳癌康復資助計劃，資助計劃下的乳癌患者適時接受正電子掃描，以偵測早期癌細胞病變和評估癌細胞擴散程度。此項掃描檢測在醫院管理局屬病人自費項目。至 2020 年 9 月，共有 75 名患者獲這筆捐款的資助，總額共港幣 554,122。





Cares for Cancer Patients Programme 關懷癌症病人計劃

We also received donations from benevolent individuals and corporations to support our Betterment Fund Programme. This enables us to provide assistance to support financially disadvantaged cancer patients to improve their quality of life by non-medical means, such as procuring wigs and extra nourishment, or sponsoring cancer patients' activities organised by patient support groups in the community. The total disbursement in the report period amounted to HK\$275,000.

本會也收到來自個人及企業的捐助，支持我們的改善癌病人生活基金，讓我們可資助經濟有困難的癌症病人，透過非醫療的方式如購買假髮、營養品等，改善他們的生活質素，我們也資助病人互助組織在社區為癌症患者籌劃活動。本年度的資助總額為港幣 275,000。



HKACS Chinese Medicine Charity Programme 香港防癌會中醫藥資助計劃

Many cancer patients will consider the use of Chinese medicine during different stages of their cancer journey to improve their health condition, relief side effects from treatments, hence, improve their quality of life. The HKACS Chinese Medicine Charity Programme provides free Chinese medicine consultation and treatment services to cancer patients with financial difficulties for a period of time so that they can benefit from the use of Chinese medicine.

During the report period from October 2019 to September 2020, 6 cancer patients were provided with free Chinese medicine treatment from this Programme. A total of 136 patients were benefitted from the Programme since its launch in August 2010 with total funds granted amounting to HK\$782,905.

很多癌症患者都會在癌症治療的不同階段考慮使用中藥，以改善他們的健康狀況，減輕治療的副作用，從而改善他們的生活質素。香港防癌會中醫藥資助計劃為經濟有困難的癌症患者提供一段時間的免費中醫診症及治療，讓他們有機會獲得中醫藥帶來的裨益。

在過去一年，有 6 名癌症患者經本計劃得到免費的中醫藥治療。自 2010 年 8 月計劃開展至 2020 年 9 月，共有 136 名患者受惠，總資助金額為港幣 782,905。



Communication & Community Engagement

傳訊及社區參與

A cancer diagnosis can change everything. It is only with the generous donations from benevolent individuals and organisations that we have been able to keep growing our service spectrum, from supporting patients to better manage life with cancer, access to useful community resources and connect with other cancer comrades, to assisting them in building wellness and resilience throughout their cancer journey.

確診癌症或許會為患者帶來重大的改變。仗著大家的慷慨捐助，讓我們可以為癌症患者提供最強大的支援，讓他們在整個抗癌旅程中妥善處理確診後的生活，取得社會上有用的資源，與同路人互相扶持；一同經歷，並逐漸康復，重建健康生活。



Raising Public Awareness and Fundraising

提升公眾關注及籌款

“Combatting Cancer: A Half Century Mission”

“*Combatting Cancer: A Half Century Mission*” was written by HKACS and published by Wan Li Book Company Limited. It documented the history and development of HKACS, as well as the vision for future development. We interviewed more than 30 persons who have been associated with us for a long time, including those who worked with Prof. John H.C. Ho in founding HKACS, his protégés of different generations, frontline medical staff, committee members and volunteers.

《戰癌——跨越半世紀的使命》

由香港防癌會編寫、萬里機構出版有限公司出版的《戰癌——跨越半世紀的使命》一書，紀錄了香港防癌會成立半世紀的歷史、演變及進程，以至未來的發展與願景。超過 30 名與香港防癌會有緊密關係的人士接受訪問，包括與創辦人何鴻超教授一同籌備防癌會的伙伴、何教授的徒子徒孫、親身接觸病人的醫護人員，以及正在為防癌會出心出力的委員及義工等。

Hong Kong Cancer Day 2019

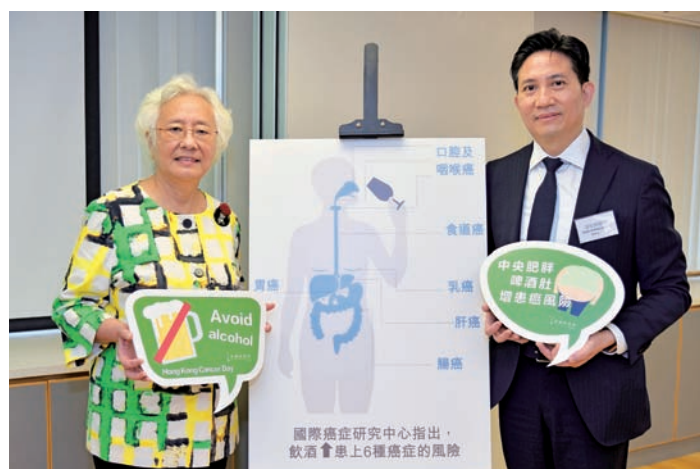
The Hong Kong Cancer Day has always taken place on the second Sunday in December, with a view to raising cancer awareness and encouraging its prevention, early detection, treatment and comprehensive care.

The 7th Hong Kong Cancer Day was supposed to be held on 8 December 2019 in Kowloon Park, but it had to be cancelled due to unforeseen circumstances relating to the social unrest. Nevertheless, the press conference on “Alcohol Use and Cancer Risk” was held to enhance public knowledge on the risk of cancer caused by the consumption of alcohol.

香港癌症日 2019

香港癌症日訂於每年 12 月的第二個星期日舉行，藉此提高市民對癌症的認識，包括癌症預防、及早探測、治療及全面護理。

第 7 屆香港癌症日原定於 2019 年 12 月 8 日在九龍公園舉行，但活動在社會運動的影響下取消。為讓市民了解飲酒與癌症的關係，我們仍舉行了「港人飲酒態度及健康意識調查」的記者會，鼓勵市民減少飲酒。



Dr. Rico LIU, Chairman of the Cancer Education Subcommittee of HKACS, said, the general public is more aware of the impact of beer belly on appearance and the increased risk of heart disease and diabetes. However, the public is significantly less aware that beer belly can raise the risk of cancer.

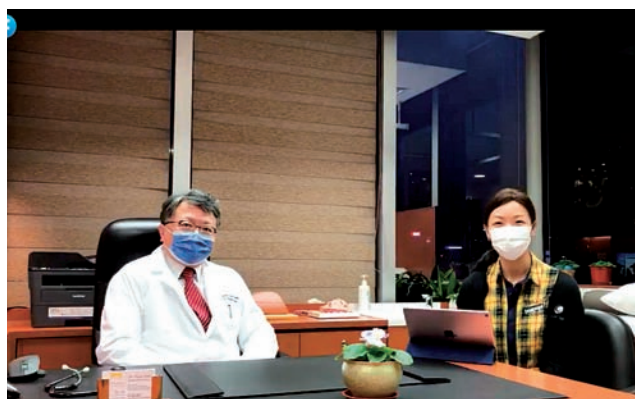
香港防癌會癌症教育小組委員會主席廖敬賢醫生指，大眾對於啤酒肚影響外觀，以至增加心臟病及糖尿病風險普遍印象比較深刻；但對於啤酒肚增加患癌機會的認知明顯較低。

“Care You Deserve” Women’s Cancers Campaign

Our annual “Care You Deserve” Women’s Cancers Campaign has been annually organised with the Department of Obstetrics and Gynecology of the Li Ka Shing Faculty of Medicine of The University of Hong Kong to raise public awareness on women’s cancers. HKACS is committed to supporting those affected by cancer. This year, we have transformed most of our events from live to virtual. In lieu of our regular educational health talk, shopping centre carnival and charity walk, we produced 2 mini movies and live educational webinar series on ovarian cancer.

「年年護妳」 關注女性癌症活動

香港防癌會與香港大學李嘉誠醫學院婦產科學系每年均舉辦「年年護妳」關注女性癌症活動，以提高公眾對女性癌症的認識，支援受癌症影響的病人及家屬。今年，大部分活動均移師網上進行。我們製作了兩齣感人細膩的微電影，為癌症患者及家屬打氣，並透過一系列以卵巢癌為主題的網上教育講座，取代過往恆常的實體講座、嘉年華會及慈善步行活動。



Dr. FOO Wai-lum (first left), Dr. YAU Tsz-kok (second left), Dr. HUSE Chan-chee (first right), and Dr. WONG Hiu-yan (second right) were invited to answer questions on various topics concerning women’s cancers in our live webinars on YouTube and Facebook.

我們分別在 Facebook 及 YouTube 頻道舉辦網上直播講座，邀得傅惠霖醫生（左上）、游子覺醫生（左下）、徐誠之醫生（右上）及黃曉恩醫生（右下）為大家講解女性癌症，並即時解答大眾的疑問。



First mini film "The Sleepless Son" stars Ms. HO Ka-lee Lillian and Mr. LAI Chai-ming, calling attention to the impact of women's cancers on family.

首齣微電影《不睡的兒子》由久未於幕前露面的何嘉莉及舞台劇演員黎濟銘演出，讓大眾關注女性癌症對家庭帶來的影響。



Second mini film "The Most Stubborn Grandma" stars Miss AU Ka-man, Mr. YEUNG Lok-man and Miss LAI Yuk-Ching, raising awareness of cancer in elderly woman.

第二齣微電影《一百萬級頑固》，由第39屆香港電影金像獎最佳女配角區嘉雯、男子組合 Mirror 的楊樂文及舞台劇演員黎玉清主演。



Fundraising: Virtual Run

Although we have cancelled or postponed many of our fundraising events, we are extremely grateful to our donors and sponsors for their unfailing support. HKACS's friends actively supported our Virtual Run due to the cancellation of The Standard Chartered Hong Kong Marathon 2019 to support our fundraising campaign.



Running is good for health!

跑步有益身心！

Media Coverage

HKACS has been actively collaborating with different media. Over the past year, we promoted our services on radio, television, newspapers, magazines, social media sites, bus station light boxes and bus bodies; enhanced public knowledge on cancer, raised the awareness of cancer prevention and increased community engagement in our work.

籌款：虛擬跑

衷心感謝一眾忠實及慷慨的善長和贊助機構，儘管我們大部分籌款活動被迫取消或延期，他們仍然無私捐贈以支持香港防癌會的工作。渣打香港馬拉松 2019 賽事取消，但防癌會的跑手仍透過「虛擬跑」或上載跑步紀錄完成賽事，繼續為防癌會籌款。



On behalf of HKACS, Dr. Rico LIU and Dr. Mandy CHU were interviewed on RTHK Healthpedia.

廖敬賢醫生及朱敏儀醫生代表香港防癌會接受港台《精靈一點》訪問。

媒體報道

香港防癌會積極與不同媒體合作，過去一年，我們分別於電台、電視、報章、雜誌、社交媒體、巴士站候車處及巴士車身等推廣本會的服務，教育市民大眾了解癌症，提高公眾對預防癌症的認識，增加社區參與防癌的工作。

Volunteer Services

義工服務

HKACS has been blessed to have a team of enthusiastic volunteers of different ages and backgrounds supporting various services we provided. A number of them were cancer survivors, or having relatives or friends suffered from cancer. In the past year, 57 volunteers have contributed their valuable time and talents to the Society, serving 92 activities amounting to 270 service hours in the report period. We deeply appreciated their passion and dedications to enhance public cancer awareness and to support cancer patients and their families in different stages. We also value cancer survivors' contributions to the volunteer services through which people can learn from their positive attitudes in fighting cancer.

香港防癌會得以提供各項多元化的服務，全賴一群不同年齡和背景的熱心義工團隊支持。有些義工是癌病過來人，或有身邊的親友曾經患癌。過去一年，57名義工為本會獻上寶貴的時間和才華，參與92項活動，總服務時數達270小時。我們深切感謝他們協助本會提高公眾對癌症的認識，在抗癌的不同階段支持患者及其家人。我們更珍視癌症同路人對義工服務的貢獻，讓大眾學習他們以積極的態度對抗癌病。

Assist in the Organisation of Celebration Activities

Volunteers provide backbone support to HKACS in the organisation of celebration activities to cancer patients. In December 2019, we held a heart-warming Christmas party for 54 JCCRC's residents and their family members with the support of volunteers. Volunteers prepared special gifts and organised group activities like lucky draw and balloon twisting. Thanks to the help from volunteer food catering team, both patients and their families enjoyed the wonderful meal.

協助籌辦慶祝活動

香港防癌會為病人籌辦慶祝活動，義工擔當著重要的角色。2019年12月，義工協助我們為癌症康復中心的54名院友及家人舉辦了一個熱鬧而溫馨的聖誕派對。除了準備特別禮物之外，義工還組織小組活動如大抽獎和扭氣球等。在義工餐飲團隊的支持下，院友及家人都享受了一頓滋味午餐。



Thank you the volunteer food catering team for preparing the delicious Christmas lunch!

感謝義工餐飲團隊準備了一頓美味的聖誕午餐！



I am happy to dress in funny costumes when this can cheer patients up!

只要逗得病人開心，扮鬼扮馬我都好樂意！

By volunteer Mandy
義工 Mandy

Unearth and Utilise Volunteers' Talents

While group activities could no longer be organised in the same manner as before in the "new normal" against the backdrop of COVID-19, our volunteers were flexible and adaptive to equip themselves with new skillsets, or have the hidden skills to be unearthed. Some contributed to support the production of birthday slideshows and birthday cards, making video comfort calls to patients, and tutoring patients on a number of handcrafts.



Resident of JCCRC was coached by volunteer to do Pastel Nagomi Art.

義工教院友做和諧粉彩。



發掘及善用義工才能

在疫情影響下，群體活動不能用以往的形式進行，我們的義工也在新常態下迅速適應和調整，學習新技能，發掘更多隱藏潛能。有些義工協助製作生日幻燈片、手作生日卡，有些與病人透過視像電話溝通慰問，亦有些義工教病人製作手工等。



Volunteers' hidden talents were unearthed. We found out that some volunteers had excellent Chinese painting talents and the artworks they created were fairly suitable to the size of a birthday card. Volunteers and staff worked together and created the first set of home-branded Chinese painting birthday cards to be sent to patients starting in November 2020.

我們發現了具有繪畫國畫天賦的義工，他們的作品非常適合製成生日卡。在義工與同事努力合作下，第一套由香港防癌會義工出產的國畫生日卡將在 2020 年 11 月起正式送給病人。



Volunteer taught patient Zen painting for relax and calm.

義工教導畫禪繞畫，讓患者在過程中得到放鬆及平靜。



Volunteer used her skill to transform the relic for the patient's family for memory.

義工善用自己的技能將遺物轉化，製成讓患者家人留念的物品。



Volunteer Award 2020

Volunteer Award Ceremony 2020 was cancelled due to COVID-19. A video was produced to appreciate the tremendous contributions from our volunteers in the past year. 65 awards including Service Hours Awards and Special Awards namely Best Creativity, Best Fellow Carer, Wide-ranging Participation and Striving for Excellence were presented to volunteers. Two new special awards namely Best Mentor and Outstanding Teamwork were introduced in 2020 to acknowledge volunteers' dedication and contribution in these areas.

義工嘉許 2020

2020 年義工嘉許禮在疫情下被迫取消，我們製作了一段短片感謝義工過去一年的貢獻。為表揚義工的服務，我們今年共頒發了 65 個獎項，包括服務時數獎及其他特別獎，如最佳創意獎、風雨同路獎、多元參與獎和精益求精獎。本年新增了兩項特別獎，包括春風化雨獎和同心協力獎，以表揚義工在這兩方面的投入和貢獻。

I have served HKACS for 20 years, from the era of Nam Long Hospital to the current JCCRC, and have a deep affection for it. I used to be responsible for the volunteer services relating to cooking in HKACS, to make cakes and snacks for the residents. I am deeply moved by the care and love to the residents and cancer survivors by HKACS volunteers and staff. Unfortunately, many activities have been suspended in the past six months due to the pandemic. One day, HKACS social worker had an idea to have volunteers handmade birthday cards to the residents. Of course I was delighted to take part. Still, I hope I can have an opportunity to do my best to bring health, blessing and happiness to the residents.

由南朗醫院到現在的香港防癌會賽馬會癌症康復中心，我在這裡做義工已經 20 年，對這裡有很深的感情。我之前在防癌會負責烹飪方面的義工服務，為院友製造糕點美食。防癌會義工們及員工都上下一心，對院友、康復者的關懷、愛心，我深深體會。近半年因為疫情關係，很多活動都停頓。社工突然有一個構思，想義工親手繪畫生日卡給院友祝福問安。他問我好嗎？我當然舉手贊成，就當表達一點心意，略盡綿力，帶給院友健康、祝福、快樂。

Volunteer "Mentor Mable"
義工 Mable 老師



Volunteer Award 2020 video
2020 年義工嘉許短片

It's rewarding to see the happy faces of patients with our blessings delivered through virtual visit.

視像傳心意，院友樂歡顏！

Volunteer Yiu Lam
義工耀林



Advocacy 倡導

HKACS as a leading anti-cancer NGO in Hong Kong for more than five decades walks hand-in-hand with the Hong Kong population. We are strong advocate of the Hong Kong Government's implementation of a comprehensive cancer control plan, from reducing cancer burden in Hong Kong through cancer education and prevention, and providing holistic care and support to cancer survivors, their families and caregivers.

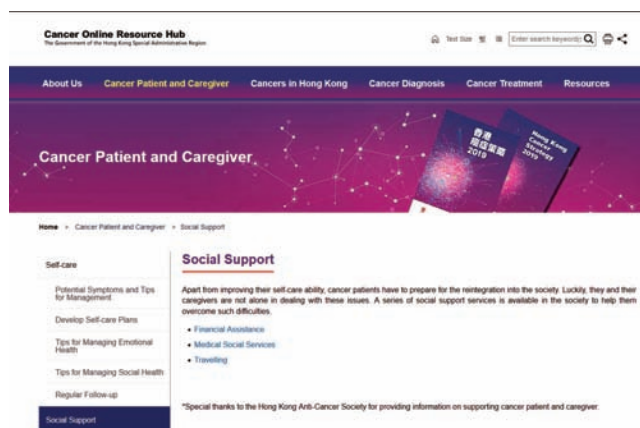
香港防癌會在過去五十多年一直與香港市民同行，是香港抗癌的主要非政府組織。我們倡導政府推行全面的癌症控制計劃，由推動癌症教育和預防，減低香港的癌症負擔，到為癌症患者、其家庭和照顧者提供全面的關顧服務。

Provide Reliable and Useful Information to "Cancer Information Resource Hub"

The Hong Kong Government released the Hong Kong Cancer Strategy in 2019 outlining the blueprint for reducing cancer burden of the local population. One of the outputs was to develop an online resource hub to enhance health communications and to serve as a centralised directory to inform the public of cancer-related relevant resources. The "Cancer Information Resource Hub" was launched in July 2020, quoting the precious anti-cancer experiences and accurate, reliable and useful cancer-related information from HKACS.

為「癌症網上資源中心」提供可靠有用資訊

香港政府在2019年公布《香港癌症策略》，勾畫出減低香港癌症負擔的藍圖。其中一項工作是建立一個專門的網上資源中心，加強傳達健康訊息，並作為集中癌症相關資訊的資料庫供市民使用。「癌症網上資源中心」在2020年7月正式推出，引用了香港防癌會累積的寶貴經驗，以及我們提供的準確、可靠和有用的癌症健康資訊。



Cancer Information Resource Hub
癌症網上資源中心

Urge to Establish “Beat Cancer Fund”

We had written to the Financial Secretary in January 2020 and the Chief Executive in September 2020 in response to the call for submissions for the 2020-21 Budget and Policy Address consultations respectively. We appealed to the Government to set up a “Beat Cancer Fund” with HK\$1 billion support, as a strategic and forward-looking approach to engage community partners to provide comprehensive cancer survivorship care. A holistic and sustainable care model could be developed addressing to the physical, psychosocial and spiritual needs of cancer patients and caregivers in living with, through, and beyond cancer; thus, leading to improve quality of life.

Urge to Raise Tobacco Tax and Reinstatement Taxes on All Alcoholic Drinks

Smoking contributes to 14% of all deaths from non-communicable diseases including cancer. Price and tax are proven to be effective and important means of reducing tobacco consumption. The World Health Organization (WHO) recommends a minimum 75% tax share of the retail price of tobacco, while the tax of major cigarette brands in Hong Kong only accounts for around 64% of the retail price. HKACS joined hands with Hong Kong Council on Smoking and Health to persistently advocate to the Government to raise tobacco tax at least to 75% for the health of our population.

Alcohol consumption, like smoking, is one of the most well-established causes of cancer in humans. There are substantial amount of studies on the effectiveness to reduce acute and chronic alcohol-related harm by increasing tax on alcoholic drinks. WHO also establishes evidences to support the increment of excise taxes on alcoholic beverages as a “best buy” for the prevention and control of non-communicable diseases. HKACS urged the Financial Secretary in the Budget consultation submission to reinstate taxes on wine, beer and all alcoholic beverages under 30% alcohol content to the duty rate in February 2007 before the 2007-08 Budget was announced, i.e. duty rates of 80% on wine and 40% on beer and other types of liquor containing less than 30% of alcohol. Present 100% duty for liquor of more than 30% alcohol by volume should be remained.

Call for Actions from the Administration in Cancer Control

In the submission to the Chief Executive, we called for the Government to show its firm commitment to fight against cancer, a major non-communicable disease imposing heavy burden to the society. A list of actions were proposed from cancer surveillance, prevention, screening and early diagnosis, timely and effective treatment to the provision of survivorship and palliative care.

促請政府成立「戰癌基金」

我們在 2020 年 1 月和 9 月分別致函財政司司長和行政長官，就有關財政預算案和施政報告的公眾諮詢提交意見。我們促請政府以一個策略性的前膽方式，注資港幣 10 億設立「戰癌基金」，支持社區夥伴提供全面的癌症存活關顧，以填補公共服務的不足。基金可支持建立一個整體和可持續的護理模式，滿足癌症患者和照顧者在抗癌路上身、心、社、靈的需要，改善他們的生活質素，闖過癌關。

敦促政府提高煙草稅及恢復所有含酒精飲料的稅率

非傳染病包括癌症的死亡個案，有 14% 與吸煙有關。價格和稅率已被證實是減少煙草消費的有效和重要手段。世界衛生組織建議，煙草稅佔零售價不少於 75%，但香港主要的捲煙品牌，稅率只佔零售價約 64%。為市民的健康著想，香港防癌會與香港吸煙與健康委員會過去多年聯手促請政府增加煙草稅至最少 75%。

飲酒與吸煙一樣，眾所周知會令人致癌。已有大量研究顯示，增加含酒精飲料的稅率，可有效減少與酒精有關的急性和慢性危害。世界衛生組織也確立了證據，支持透過增加含酒精飲料的消費稅，作為預防和控制非傳染病的「最佳選擇」。香港防癌會在財政預算案諮詢意見書中促請財政司司長，恢復葡萄酒、啤酒和所有酒精含量低於 3 成的飲料的稅率至 2007 年 2 月的水平，也即是財政司司長在宣讀 2007-08 年財政預算案前，徵收葡萄酒的 80% 稅率，以及啤酒和酒精含量低於 3 成的其他類型酒類的 40% 稅率；至於目前徵收酒精含量超過 3 成的酒類的 100% 稅率則應予以保留。

要求政府以行動對抗癌症

癌症是一種主要的非傳染病，給社會造成沉重負擔。在向行政長官提交的意見書中，我們提出了一系列的行動，從癌症監測、預防、篩查與及早診斷、作出適時和有效的治療，到提供癌症存活照顧和舒緩治療，希望政府可以展現更堅決的承諾，對抗癌症。

Financial Highlights 2019/20

2019/20 財務重點

The Financial Statements of The Hong Kong Anti-Cancer Society ("HKACS" or "the "Society") were audited by Messrs. Chang Leung Hui & Li C.P.A. Limited who confirmed that the Statements provided a true and fair view of the financial position of the Society as at 31 March 2020 and of its financial performance and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and it has been properly prepared in compliance with the Hong Kong Companies Ordinance. The following financial review are extracted from the audited financial statements.

香港防癌會的財務報表由張梁許李會計師事務所有限公司審核，確認財務報表已根據《香港財務報告準則》真實而公平地反映本會於2020年3月31日的財務狀況，以及截至該日止年度的財務表現及現金流量，並已遵照香港《公司條例》的規定適當編制。以下財務概況摘自經審計的財務報表。

FINANCIAL REVIEW FOR THE YEAR ENDED 31 MARCH 2020

財務概況截至2020年3月31日止年度

	Note 附註	2020 HK\$	2019 HK\$
Income 收益			
Clinical Services 臨床服務	A	48,941,386	50,458,426
Cancer Education and Holistic Support 癌症教育及全面支援	B	8,013,119	8,144,380
Charity Programmes Funds 慈善項目基金	C	37,601,207	32,182,619
Communication and Community Engagement 傳訊及社區參與	D	10,498,758	19,976,216
Other income 其他收入		153,446	150,456
		105,207,916	110,912,097
Expenditure 支出			
Clinical Services operation cost 臨床服務運作成本	A	(55,312,133)	(53,672,351)
Cancer Education and Holistic Support operation cost 癌症教育及全面支援運作成本	B	(10,563,036)	(10,173,840)
Charity Programmes Funds operation cost 慈善項目基金運作成本	C	(43,827,338)	(43,446,782)
Communication and Community Engagement operation cost 傳訊及社區參與運作成本	D	(5,168,253)	(8,087,528)
Building improvement expenses 建築改善開支		(1,379,410)	(1,217,810)
General administration expenses 一般營運開支	E	(2,369,137)	(2,051,005)
Depreciation 折舊		(1,760,172)	(2,422,955)
		(120,379,479)	(121,072,271)
Deficit for the year 本年度虧損		(15,171,563)	(10,160,174)

Donations, grant and operating income from clinical services are the major sources of income of the Society to support our services. In 2019/20, the total income received by the Society was HK\$105,207,916, representing a decrease of 5.14% from 2018/19. Total expenditure in 2019/20 was amounted to HK\$120,379,479, referring to a decrease of 0.57% from 2018/19. The deficit for the year was HK\$15,171,563.

捐贈、撥款和臨床服務的營運收入是支持本會工作的主要經費來源。在 2019/20 年度，本會總收入為港幣 105,207,916，較上年度減少 5.14%。2019/20 年度的總開支為港幣 120,379,479，較上年度下跌 0.57%。本年度總虧損為港幣 15,171,563。

A. Clinical Services

During the year, the total income generated from Clinical Services was decreased by approximately HK\$1,517,000 when compared with last year, with less donation received from HKACS Jockey Club Cancer Rehabilitation Centre ("JCCRC") and a reduced share of operational surplus from The HKACS – HKBU Chinese Medicine Centre.

In 2019/20, the operating costs were increased by approximately HK\$1,640,000.

A. 臨床服務

由於與香港防癌會賽馬會癌症康復中心相關的捐款減少，以及本會在香港防癌會 - 香港浸會大學中醫藥中心獲分配的營運盈餘下跌，整體臨床服務在本年度的總收入較去年減少約港幣 1,517,000。

在 2019/20 年度，經營成本增加約港幣 1,640,000。

B. Cancer Education and Holistic Support

During the year, the total income for Cancer Education and Holistic Support was slightly decreased by approximately HK\$131,000. We are most thankful to our major funding sources, which includes:

- The Hong Kong Jockey Club Charities Trust granted HK\$5,729,658 to the Society to support "Walking Hand-in-Hand" Cancer Family Support Project, and
- The Community Chest of Hong Kong granted HK\$1,844,900 to support the programmes on Counselling on Cancer Prevention and Early Detection, and Recreational and Diversional Therapy Service.

The total spending in supporting Cancer Education and Holistic Support was slightly increased by approximately HK\$389,000.

B. 癌症教育及全面支援

這方面的總收入較去年略微減少約港幣 131,000。我們非常感謝主要資金來源的支持，包括：

- 香港賽馬會慈善信託基金撥款港幣 5,729,658 資助「攜手同行」癌症家庭支援計劃；及
- 香港公益金撥款港幣 1,844,900 支持癌症預防與及早探測輔導服務，以及康樂治療服務。

癌症教育及全面支援的總支出較往年略微增加約港幣 389,000。

C. Charity Programmes Funds

The total donation and grant received from Charity Programmes Funds was increased by approximately HK\$5,419,000. We would like to extend our heartfelt thanks to our donors for the continual support of charity programmes.

In July 2020, the Society received HK\$12,073,908.54 from S.K. Yee Medical Foundation for supporting 15 palliative / end-of-life care beds for the period from July 2019 to June 2020.

During the year, the total expenditure was slightly increased by approximately HK\$381,000. In 2019/20, the Society granted HK\$20,777,602 to patients, of which HK\$17,908,795 was under Charity Bed Programmes and HK\$2,868,807 was under Betterment Fund for Cancer Patients.

In 2019/20, the Society also granted HK\$1,305,600 to patients under Cash Rebate Programme.

With more drugs being covered by the safety net, the amount of drugs-in-kind received by the Society was decreased by HK\$2,542,886 in 2019/20.

D. Communication and Community Engagement

With the challenging economy and interruptions to our fundraising activities in 2019/20, the total income from Communication and Community Engagement was decreased by approximately HK\$9,477,000.

In addition to the baseline allocation, The Community Chest of Hong Kong also granted a one-off special allocation amounting HK\$140,000 during 2019/20 to continue our services to the needy during this difficult time.

The total expenditure in 2019/20 was decreased by approximately HK\$2,919,000 as a reflection of the impact to our fundraising activities.

E. General Administration Expenses

The general administration expenses incurred by the Society was increased by HK\$318,132. It represents 1.97% of the total expenditure.

C. 慈善項目基金

慈善項目基金的總捐款和撥款較去年增加約港幣 5,419,000。我們衷心感謝各捐助者對慈善項目的持續支持。

在 2020 年 7 月，本會收到來自余兆麒醫療基金撥款港幣 12,073,908.54，用於在 2019 年 7 月至 2020 年 6 月期間支持本會提供的 15 張舒緩及善終病床。

慈善項目本年度的總開支較去年輕微增加約港幣 381,000。在 2019/20 年度，本會向病人共撥款港幣 20,777,602，當中包括「慈善病床計劃」撥款港幣 17,908,795 和「改善癌病人生活基金」撥款港幣 2,868,807。

在 2019/20 年度，本會也透過「癌症藥物現金退回計劃」向病人撥款港幣 1,305,600。

隨著更多的藥物被安全網資助覆蓋，本會於 2019/20 年度收到藥物資助減少港幣 2,542,886。

D. 傳訊及社區參與

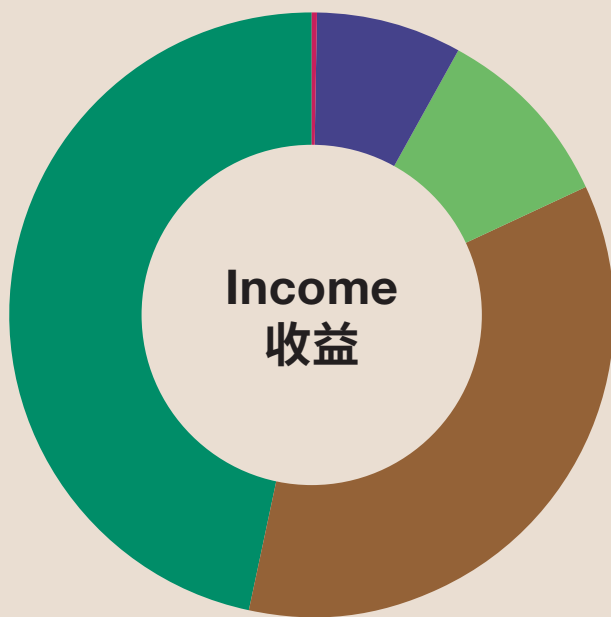
2019/20 年度的經濟環境充滿挑戰，而我們的籌款活動也被迫中斷，來自傳訊及社區參與的總收入減少約港幣 9,477,000。

香港公益金在本年度除了基綫撥款外，也另外撥出一筆過的特別撥款港幣 140,000，讓我們在困難時期繼續為有需要的人提供服務。

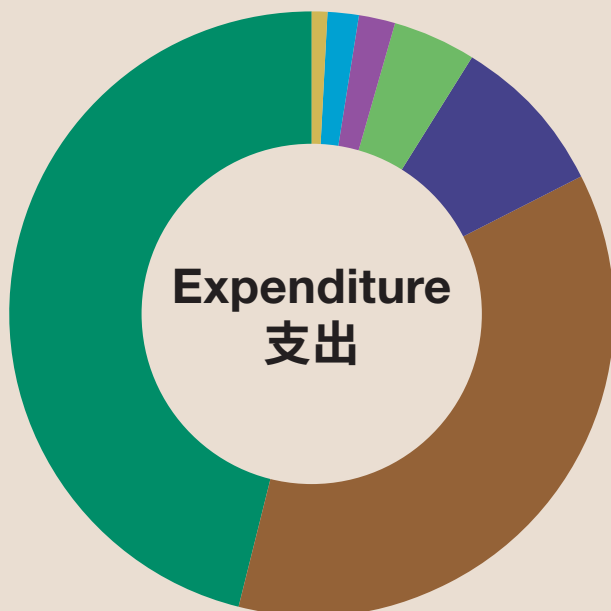
在籌款活動相繼被影響下，此方面的總開支減少約港幣 2,919,000。

E. 一般營運開支

本會用於一般營運的開支增加港幣 318,132，佔總開支的 1.97%。



- 46.5%
Clinical Services
臨床服務
- 35.8%
Charity Programmes Funds
慈善項目基金
- 10.0%
Communication and Community Engagement
傳訊及社區參與
- 7.6%
Cancer Education and Holistic Support
癌症教育及全面支援
- 0.1%
Other income
其他收入



- 45.9%
Clinical Services operation cost
臨床服務運作成本
- 36.4%
Charity Programmes Funds operation cost
慈善項目基金運作成本
- 8.8%
Cancer Education and Holistic Support operation cost
癌症教育及全面支援運作成本
- 4.3%
Communication and Community Engagement operation cost
傳訊及社區參與運作成本
- 2.0%
General administration expenses
一般營運開支
- 1.5%
Depreciation
折舊
- 1.1%
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