



2020年10月協會財政報告

9月結存	£ 15,784.85
10月收入	£ 203.25
10月支出	£ 1,369.46
10月結存	£ 14,618.64

網上蘇豪關懷癌症月會(MCSG Soho)

每月第二週六，上午 11:00 至 12:00，Zoom網上平台

癌友園地

梁女仕

2004年我確診2級生長速度(Grade II)的乳癌，接受右乳全切除術(Rt Mastectomy)後，化療、電療和每日服荷爾蒙藥(Hormonotherapy)共五年。朋友介紹下，我相信了耶穌，令我安心接受治療。雖然副作用導致我中風(Stroke)和糖尿病(Diabetes)，我釋然接受。2016年我的乳癌復發，是3級生長速度，擴散到右肺。手術後，在醫院覆診時認識了癌症協會的義工，我開始參加癌症月會。(請看2017年7月的癌症月訊)

2019年底，我感到腰背痛而且有沉重感。雖然舉步艱難，但我以為是年紀大退化引致便不以為意。翌年4月因應疫情，我取消了每年的乳房X光造型(Mammogram)。可是到了5月，我感覺右胸的舊手術傷口痛，而且右鎖骨有腫塊和右腋下(armpit)腫脹，便叫大仔打電話去醫院要求檢查。住院3日，超音波、乳房造影、CT骨和MRI 確診3級生長速度的乳癌已擴散至肝、脾(spleen)和脊椎(spine)。聽見又復發，我內心平靜地接受，與癌共存已十六年，如今老朋友又來訪。大仔為我翻譯，回家告訴家人，細女感到難過。我知道這次的病情不輕，但一對兒女已升讀大學，丈夫休息在家全時間照顧我，大大成為我的支持。

醫院迅速為我安排手術，6月7日晚入院骨科。因應疫情家屬不准探病，但翌日癌症協會的義工獲准到病房為我翻譯，我滿心感恩。還有，手術醫生親自來推我的病床入手術室，以免耽延時間。如此謙卑的工作態度，令我由心敬佩和放心。中午，義工又獲准換上無菌袍，陪伴我進入手術室，一切安頓後在注射麻醉藥前才離開我，並將我的情況即時發短訊通知家人組群，大大減低家人的擔心。下午四時半在復甦房，在義工翻譯下，我須要使用暖氈和多次注射嗎啡止痛。醫生檢查我雙腳掌有力活動，腳趾能動，顯示第二腰椎的固定和減壓手術成功。前後住院4日，另一位義工翻譯物理治療師教導下床和活動的要點，並送來家中為我預備的食物，成為我與家人之間的橋樑。感謝耶穌！回家後，行路時再沒有手術前的下肢沉重感，但下床前我需配戴腰椎承托帶。7月初完成每日在胸腰椎的舒緩性放療共十次，只感到噁心的副作用。化療前見牙醫，得知以往的化療降低免疫力，故令牙週病惡化，建議我用微形TePe牙刷早晚刷牙，整體而言適合隨後的化療。8月開

始每日口服的化療新藥，副作用較多：肚痛、肚瀉、失味覺、口乾等，真不想這樣度過餘下日子，但我嘗試適應！

舒緩護士送來醫院床方便我上落床，又助我申請資助減去經濟壓力，還有未申請傷殘泊車証之前，醫院發還我每次前去的入城費，我衷心多謝NHS的全面照顧。按義工建議，向乳房科專責護士要求改用棉質假乳，較以往配戴的矽質假乳為輕省，我的腰椎減少了所承受的壓力。我的心願是再活多五年，正如我在2016年首次乳癌復發時祈求多十年的日子。每日有耶穌在心中，祈禱後心中就有平安。這份內心力量和平安，並非來自外在世界或人的思想像出來。教會朋友在微信群組每週兩次研讀聖經和祈禱會，每星期日參加網上崇拜，天氣好便與丈夫行公園和購物，我的生活非常充實。我只期望好來好去，不用太辛苦。為免騷擾家人，我已交待在醫院去世，在同區火葬！在疫情下，家人的生日和中國的節日，成為短期目標。今年的中秋節慶祝雖然不一樣，月亮與月餅如往常給我節日意義。我最希望回鄉一趟，期待天父成就。癌友們，加油！有耶穌在心中，就可以安然活在當下，沒有遺憾，他日在天家相見。

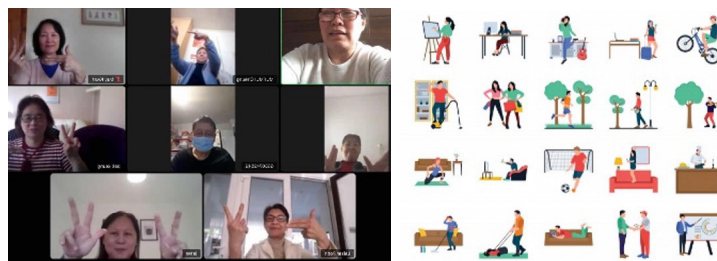
網上美景月會 (逢每月第三週四 11am-12N) 19/11

15/10 多謝12人一起玩遊戲「我是什麼？」並分享自製面罩。



網上美倫月會 (逢每月第四週四 11am-12N) 26/11

22/10 多謝8人出席一起運動和閒話家常



關懷老弱服務

1. 代購食物/日用品
2. 取藥, 郵寄等
3. 致電關懷問候
4. 醫療/情緒建議

如你或知道有人有需要,
請填寫「幫助申請表格」
或聯絡我們。

掃描這裏來填表



聯絡人: 岑偉鵬 07508 03 9775
Michael 07824 59 5958
Collins 07990 83 6056

試驗階段由英國華人關懷癌症協會(CACACA)統籌, 並與教會的義工一同提供服務。

挪亞的解封 (六百歲17/2 開始下大雨40日)

- 過了150日水漸退
- 17/7 方舟停在亞拉臘山
- 1/10 山頂都出現
- 過40日(11/11?)
挪亞放出烏鴉
- (18/11?) 挪亞首次放出的白鴿歸回
- (25/11?) 挪亞第二次放出的白鴿, 咀叨着新橄欖葉歸回
- 等了7日 (2/12?) 挪亞第三次放出的白鴿不返回
- 1/1 (六百零一歲) 地上的水乾了, 挪亞移開舟蓋
- 27/2地完全乾了, 挪亞全家出方舟



為各地政府祈禱, 有挪亞的智慧, 安步就班地逐漸解封。為各地居民祈禱, 有挪亞全家人的忍耐與合作, 最終重回大地生活。讓我們做以往想做又無時間做的, 將封城引發的被動性苦悶、居家令所產生的防疫疲勞, 轉化為人生難得的機遇!

付諸行動

楊念香

我居住的社區由各種各類的人組成, 我家附近有一塊空地, 是居民日常生活的捷徑, 方便了大家返工、返學和回家, 也是遊樂場和閒聊地方。可是這塊空地令人不舒服, 到處都是荊棘、雜草和佈滿蒼蠅的垃圾。早在五年多前, 我已經想去清理和除草。新冠病毒的失控, 令倫敦在3月中封城。暫停工作休假在家, 促使我付諸行動。初期我由小處着手, 每天早晨我清理一平方米的範圍, 或在15至30分鐘之內清除一袋垃圾。後來, 我投入更多的時間去清理。市政府也同意我的提議, 由居民善用這塊空地來種植食物。於是, 這個自發性的社區項目便由數位鄰居開始, 我們逐步討論目的和目標。儘管沒有募集資金, 但各人捐贈工具、種子、芽苗和植物等, 我們於4月開始種植糧食。

這項目令人感到自豪的, 是歡迎所有人參與, 而且所有人都是免費的。我們的志願者包括70多歲的土耳其男仕、50多歲有長期病患的愛爾蘭女仕、20歲失業、失學、失培訓的波蘭男子、30歲做兼職的羅馬尼亞男子, 最近60歲已退休的加勒比海男仕、50歲全職工作的牙買加男仕、與妻子和成年子女同住的英國男子、

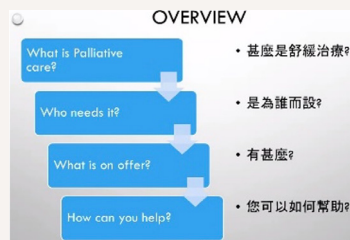
一家五口的非洲家庭、一名英國婦女, 還有一名本地積極推動綠色運動的退休女仕。參與這項目的人, 先後受到不少啟發而且付諸行動, 例如清理自己的花園和開始園藝、處理堆肥是容易的、可以種植自己的食物、原來有許多種子和植物可以捐贈等。此外, 這項目帶給各人新的經歷, 例如繪畫、熱愛自然和種植、看見一個幼小的南瓜。當事人受到鼓勵之餘, 更多分享對這塊空地的期望。

感謝耶穌, 我過去在蘇豪月會帶領出席者做運動。現在通過這個自發性項目, 我學會了愛我的鄰居和照顧地球, 將荒地變成耗地; 把疫症封城的壞事, 變成改善社區環境的好事, 實踐了耶穌給跟隨者的誠命。在病毒大流行期間, 包括身心社靈的全人健康尤為重要, 健康是所有人的重中之重。



網上蘇豪月會 (逢每月第二週六 11am-12N) 14/11

10/10 多謝29位出席 Dr. Jackie Sham 的講座「舒緩治療」



WHAT IS PALLIATIVE CARE?
甚麼是舒緩治療?

IT'S NOT JUST END-OF-LIFE CARE
- 不只是善終服務
IT INVOLVES PSYCHOLOGICAL, SOCIAL, SYMPTOMATIC AND SPIRITUAL SUPPORT FOR PATIENTS AND THEIR CARERS
- 更是照顧患者及家人在精神, 病徵, 靈性及生活上的需要



CACACA November 2020 Finance report

Sept. Balance	£ 15,784.85
Oct. Income	£ 203.25
Oct. Expenses	£ 1,369.46
Oct. Balance	£ 14,618.64

Zoom Soho Monthly Cancer Support Group (MCSG Soho)

2nd Saturday of each month 11:00 – 12 : 00 Zoom

Patient's Story

Mrs L

In 2004, I had Rt Mastectomy for my Grade II breast cancer, followed by chemo, radiotherapy and daily hormone therapy for five years. Introduced by friends, I believed in Jesus and had peace in my heart when receiving treatment. I gracefully accepted the side effects, e.g. strokes and diabetes. In 2016, my breast cancer recurred as Grade III and spread to my right lung. I met CACACA's volunteer during a hospital appointment and started attending MCSG (newsletter July 2017).

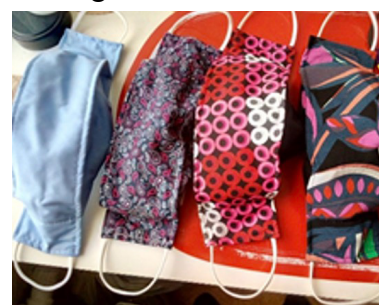
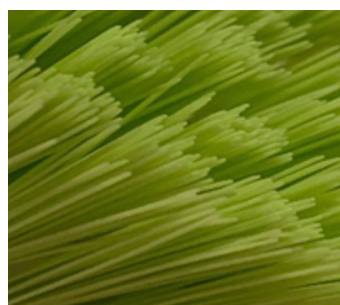
In December 2019, I had back pain and felt heavy-footed which I attributed to ageing. In April 2020, I cancelled my annual Mammogram due to the C-19 pandemic. By May, I felt pain on the site of the mastectomy, and found a lump on my right clavicle and swelling under my right armpit. I asked my son to call the hospital. During 3 days inpatient, ultrasound, mammogram, CT bone and MRI scans confirmed my Grade III breast cancer had spread to my liver, spleen and spine. I accepted the recurrence peacefully since cancer and I have been coexisting for 16 years, and this old friend visited again. My son interpreted then told the family; my daughter was very upset. I knew my condition was not mild but both my children were at university while my husband was full-time supporting me.

Arrangements were made quickly and I was admitted to the orthopaedics ward on 7 June. Family visits were restricted but I was grateful that CACACA's volunteer was allowed to interpret at the ward. To avoid delay, the surgeon pushed me into the theatre personally and I was reassured by his humble attitude. At noon, wearing a surgical gown, the volunteer accompanied me until everything was settled and left before anaesthetics were given. She updated my family by WhatsApp to ease their worries. At 4:30pm in the recovery room, the volunteer asked for blankets to keep me warm and morphine for pain relief. The surgeon examined my foot and toe mobility which indicated the decompression and fixation for my L2 was successful. During 4 days inpatient, another volunteer interpreted and also acted as the bridge between my family and I by delivering their homemade food. Praise Jesus! My legs no longer felt heavy but I had to wear a lumber brace before getting out of bed. In July, I had daily R/T for 10 days; the only side effect was nausea. I visited the dentist prior to chemo. My gum disease had worsened due to prior chemo and I was suggested to use TePe twice a day. In August, I started new daily oral chemo with lots of side effects: stomach aches, diarrhoea, tasteless and dry mouth etc. I did not want this for the rest of my days but I tried to adapt.

The palliative nurse delivered a hospital bed to help my sleep and helped me apply for benefits to ease my financial burden. The hospital reimbursed the congestion charges I paid before my disabled badge arrived. I thank the NHS sincerely for their comprehensive care. Following the volunteer's suggestion, I requested a cotton insert form as my fake breast, much lighter than the previous silicon form, to reduce pressure on my spine. I wish for five more years just as I prayed for ten more years in 2016. I have Jesus in my heart and feel calm after each prayer. This inner strength and peace do not come from the world or the human mind. My life is very fulfilling: I join my Bible study and prayer group twice a week via WeChat, walk in the park with my husband if the weather is good and go shopping together, and attend online Sunday worship. I hope to begin well and end well, and not suffer too much. I preferred to pass away at the hospital and be cremated nearby. My short-term goals are my family's birthdays and our traditional festivals. This year, Mid-Autumn festival celebrations were different but the moon and the mooncakes had the same meaning. I will visit my home town if Jesus grants my wish. Dear cancer friends, hang in there! With Jesus in our hearts, we can live in the moment without regrets and see each other again in heaven.

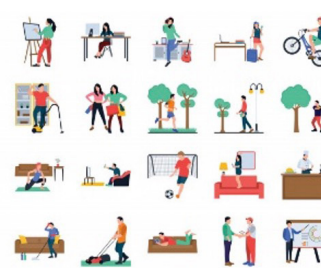
Zoom MCSG Maggie (Every 3rd Thurs 11am-12N) 19/11

15/10 12 people played 'What am I?' and talked about DIY face coverings.



Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 26/11

22/10 8 people did exercises and chatted about daily life.



The time of Coronavirus Outbreak in UK

We care & help

Elderlies & Vulnerable Groups

1. Buy & deliver groceries
2. Collect medicines, post mails
3. Make calls to care regularly
4. Healthcare & emotional advices

If you are or you know anyone in need, fill our "Help Request Form" or contact us

Contacts: Mr. Sham 07508 03 9775
Michael 07824 59 5958
Collins 07990 83 6056



The trial phase will be coordinated by Chinese Association of Cancer Care and provided services with volunteers from Churches in London.

Noah excited lockdown (600 years old, 40 days of heavy rain from 17/2)

- After 150 days, the water receded steadily.
- On 17/7, the ark rested on Mt Ararat.
- On 1/10, the mountain tops became visible.
- After 40 days (on 11/11?) Noah sent out a raven.
- (on 18/11?) Noah sent out a dove (1st) which returned.
- (on 25/11?) Noah sent out the dove (2nd) which returned with a freshly plucked olive leaf.
- After 7 days (on 2/12?) Noah sent out the dove (3rd) which did not return.
- On 1/1 (601 years old) the water had dried up. Noah removed the ark's cover.
- On 27/2 the earth was completely dry. Noah's family left the ark



Pray for the various governments to have Noah's wisdom to gradually exit lockdown step-by-step. Pray for people everywhere to have the patience and cooperation of Noah's family to finally resume life on earth. Let us do what we wanted to do in the past but did not have time to do, turning the period of passive boredom caused by lockdown and the fatigue caused by epidemical precautions into a rare opportunity in our lives!

Take action

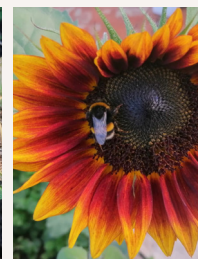
Joanna Yeung

I live in a community made up of a diverse group of residents. There was an open space which people used as a shortcut to go to work, school and home, and also as a playground and hang-out. The space was unpleasant, full of nettles, knotweed and fly-tipped rubbish. For more than 5 years, I have wanted to clear the weeds and clean up the litter; the COVID lockdown in mid-March spurred me on to take action. As I was furloughed from work, every morning I started litter picking and weeding for 15-30min within one square metre or one bag at a time. Later, I extended my time spent cleaning. The council was happy with my idea for local residents to make the space useful for growing food. Starting with a few neighbours, the aims and purpose of the project developed gradually. Even without fundraising, the food planting started in April when tools, seeds, sprouts and plants were donated.

The project is proud to be welcome-for-all and free-for-all. Our volunteers include a Turkish man in his 70s, a Irish woman with long-term health conditions in her 50s, a Polish man in his 20s and NEET, a Romanian man in his 30s working part-time, a recently retired Afro-Caribbean man in his 60s, a Jamaican man in his 50s with a full-

time job, a British man living with his wife and adult children, an African family of 5, a British woman, and a retired local green activist. From the project, people were inspired to clean and grow in their own garden, to do composting easily, to grow their own food, and that a lot of seeds and plants can be donated. The project has provided new experiences such as painting, a love for nature and growing, and seeing a baby pumpkin, encouraging everyone to share their aspirations for this space.

Praise Jesus. I led exercise at MCSG Soho in the past and now through this project I am learning to love my neighbours, look after the earth and turn bad into good as Jesus commanded his followers to do. Holistic health is particularly important during the C-19 pandemic. Health should be a priority for all.



Zoom MCSG Soho (Every 2nd Sat 11am-12N) 14/11

10/10 people attended Dr Sham's talk 'Palliative care'



OVERVIEW

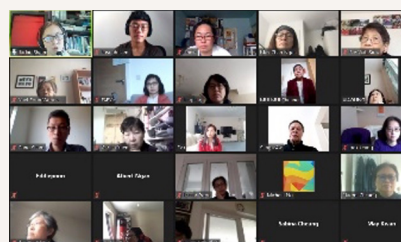
What is Palliative care?

Who needs it?

What is on offer?

How can you help?

- 甚麼是舒緩治療?
- 是為誰而設?
- 有甚麼?
- 您可以如何幫助?



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