



2022年6月協會財政報告

五月結存	£	9,523.97
六月收入	£	27,651.81
六月支出	£	128.8
六月結餘	£	37,046.98

網上蘇豪關懷癌症月會(MCSG Soho)

Zoom網上平台 每月第二週六 上午 11:00 至 下午1:00

癌友園地

一女士

2016年，我左腳患骨肉瘤。翌年，我接受了腫瘤切除和脛骨近端置換。2019年底，我的骨肉瘤擴散至雙肺，接受了三次微波消融術。2021年2月，腫瘤擴散至我的大腦。4月，我接受了伽瑪刀切除大腦的腫瘤。

(請看癌症月訊2021年3月和8月) 此後，醫生只安排我照CT和處方止痛藥，認為化療的副作用會降低我的生活質素，可免則免，但我求生意志強不怕辛苦，儘量避免吃止痛藥。8月，腫瘤科終於同意為我安排兩種二線的化療藥。為了預備自己化療，我原本儘量進食，但義工提醒我，肥胖會助長癌細胞生長，勿勉強自己進食；進補行血的食物更有利腫瘤長大和擴散，因癌細胞需要血液供應營養。我很喜歡網上的一段分享：「成為基督徒一定要知道，你有一位上帝預備你要做的事情，免得你一生忙了很多的事，卻沒有做上帝想你做的事情。」我以往只為生活忙忙碌碌，很想用餘下日子為耶穌做事，豐富我的人生。

我右腋下又出現腫塊，醫院推遲化療，重新安排我照CT胸/肚/骨盆。終於在9月初，我和翻譯義工見藥劑師，得知化療的注意事項，包括按時服食類固醇以控制副作用，連續注射骨針七日以提高我的白血球。我還需要隨身攜帶化療卡，若發燒便隨時求診急症室。化療後免疫系統弱，可能引致牙痛。若求診牙醫，我須預先通知化療護士。自從2017年的化療後，我終於在2021年9月中再次化療。首次治療後回家，我很難受。翌日醒來還可以的，我每小時飲一杯水以排出抗癌藥毒素和被破壞了的癌細胞。我減少食肉類，多吃魚和菜。但我的背痛厲害，只要稍為活動或者躺着都很痛，止痛藥將痛楚由5減至2。量體溫是38度，我便去急症室。驗血顯示我的白血球持續下降至0.4，是化療副作用，屬危險程度，我隨即入院接受靜脈輸入抗生素。疫情令醫院停止探病時間，但朋友送食物，寫明我的病房和床號，便有保安員送來給我，真的多謝醫院有這些人性化的安排。出院後，我學會自己打骨針，不是太難的。腫瘤科醫生解釋，化療後周身骨痛是因為打了骨針，刺激骨髓產生血球引致。我完成七日的骨針後，果然不再骨痛了。

9月底，腦外科醫生指着螢幕上的MRI圖像：「上次伽瑪刀後，後腦的腫瘤已消失，但右腦又出現新的細小腫瘤。」臨床檢查右側頭頂的腫塊，是頭皮與頭骨之間。治療方案是先用伽瑪刀切除右腦內的腫塊，稍後才化療

處理頭皮下的腫塊。10月初，我又重複驗病毒後隔離三天的步驟，然後接受第二次伽瑪刀治療，即日出院。翻譯義工代我問放射治療師：「按你們的記錄，病人接受伽瑪刀最多的次數是多少？」「四次！」因為我經常到醫院，總是被問及我的醫院號碼等資料，義工便為我預備一張個人資料卡，安放在我的手機套內，以便隨身攜帶。負責假髮的職員，也到化療中心跟我討論假髮的安排。我衷心多謝這些細心又貼身的照顧。11月覆診，我得知腫瘤沒有增大，可以繼續化療。感謝耶穌給我精神和力量，我煮地瓜粉條加一點辣，給為我翻譯的義工做午餐。她很喜歡吃，我能夠有所回報，太好了！12月，義工數日無法幫我登入我的醫院戶口，多次用電郵投訴也無結果。義工親自到醫院查詢，前台職員也深感無奈，因為主管電腦系統的部門不在醫院範圍，只知道他們正在搶修多日了。腫瘤科醫生終於直接打電話給義工，我才確認覆診日期。人會病倒，在兩年的疫情下，先進的NHS電腦系統也倒下了！醫院仍然用各種方法跟進癌症病人的需要，我衷心感恩！

2022年1月Omicron肆虐，醫院的防疫措施又再收緊，化療護士不准許義工陪我做現場翻譯。我用手機按「免提」，義工便可以用電話翻譯。雖然醫院為我提供專業的電話翻譯，但義工不單電話翻譯，還會傳來翻譯報告，彌補我越來越差的短期記憶。我又再次化療後發燒，求診急症室服食抗生素。再次化療後我又發熱體溫38.4°C，要入院輸血。英國政府對住院病人真的很好，不用花半點錢，不用擔心言語障礙，醫護會為我做最好的安排。從出院信上，義工找出上次化療後，給我那瓶類固醇少了一半的劑量。她和專科護士確認後，我到醫院取回另一半的劑量。因為輸血後我仍貧血，必須暫停化療，但我再次經歷耶穌的保守。我化療後手部麻痺，胸部底的腫塊也變軟了，是化療有效的現象，故化療劑量減了八成。

2月底，我總是無力氣，面和嘴都浮腫，我不敢刷牙。驗血顯示我血小板下降，容易出血。求耶穌帶領我不會太辛苦，好來好去，家人朋友可以信耶穌。義工介紹我認識了同醫院治療的癌友L女士，我樂意送食物給她化療時食用。同病相憐，互相幫助。3月初磁力共振顯示我的大腦有新的腫瘤，肝臟也有病變，須暫停化療。聽了我心情很低落，但繼續做我可以做的事，就是看牙醫拔壞牙。多想也無謂，活在當下就是了。3月中，我又

(下頁)

癌友園地 (續前頁)

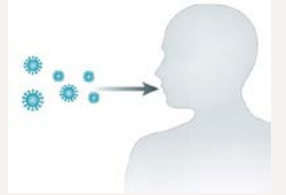
重覆驗病毒後隔離三天的步驟，然後接受第三次伽瑪力治療。醫生注麻醉藥和安裝那個鐵架，當四口繃絲釘轉入我的頭骨，是入心入骨難以言喻的痛楚。我只能當下祈禱：「耶穌成為我的力量幫我堅持，就能挺過去。」正如某位癌友所說：「有得治療總是一件好事！」這個世界不適合我再住下去，我就到耶穌那裡，永遠有祂的同在。我也鼓勵L女士：「關了一道門，上帝會打開一個窗，我們要選擇朝好的方向。」2016年，我得癌症後內心充滿埋怨，總是問：「為何是我？我前世做錯了甚麼？」相信耶穌後，成為上帝的兒女，我的內心釋懷了。我發微信對兒女說：「不用追求住屋大，食物新鮮就好了，衣著夠暖便可以，最要緊是一家人彼此關心，要有家的溫暖感覺才重要。」按醫生所講的預期壽命，我已經多活了兩年。現在每一天都是額外的禮物，我感謝耶穌更珍惜每一天！

無症狀的傳播者

你可能感染呼吸道病毒（例如新冠病毒）但無任何症狀，而且將病毒傳給他人。當你呼吸、說話、咳嗽或打噴嚏，你釋放出含病毒的小顆粒可能被別人吸入，或降落在眼睛、鼻子、嘴巴、或任何物件的表面上，通過觸摸而傳播了病毒。

你可能不知道與你接觸的人，是因呼吸道感染（例如新冠病毒）而患重病的高風險者。他們可能是陌生人、你的朋友和同事。保護你和別人，請你：

- 1) 接種疫苗。
- 2) 保持室內的空氣流通和經常打掃。
- 3) 洗手、咳嗽和打噴嚏時，遮蓋自己的口鼻。
- 4) 在封閉和擠逼的空間，戴面罩或口罩。



<https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

12/6 在Hendon Park 推廣癌症協會



美景月會 (粵語 逢每月第三週四 11am-12N)

16/6 4人參加，互相支持。 21/7在蘇豪佈道中心SOC

網上美倫月會 (國語 逢每月第四週四 11am-12N) 28/7

23/6 14人參加，互相支持。

網上蘇豪月會 (國/粵語 逢每月第二週六 11am-1pm) 9/7

9/6 47人出席在蘇豪堂「九周年慶祝」38人出席午餐



新的開始

劉麗萍

2021年7月中，我用LOTR入境英國，同時也是全新的開始。我遇到一位友善好笑容的關員，祇問我一條問題就給我過關，感恩！妹妹和3位姨甥仔在5月先到，住B&B。因為他們剛畢業，沒有工作證明和銀行戶口等，很難租屋。原先在香港的教會牧者，轉介我認識在倫敦的C夫婦。多謝他們提供意見及幫忙，我們很快又順利地找到適合地方安頓下來，感激不盡。

7月底有一天，我突然想起：在這區有否香港人羣組呢？晚飯時，姨甥仔突然提出，他在Facebook看見有羣組在那星期日有聚會。我非常開心參加了月會，認識了不少新朋友，大家彼此交流生活資訊。有位義工V，她閒時樂意帶我們去郊遊，讓我們認識英國文化，早日適應英國生活。8月初多謝C帶我參加華人教會崇拜，兄姊們非常熱情關顧我這位新到英國的港人。9月我參加查經班，投入教會生活，感謝耶穌有美好的安排。朋友J介紹我報讀夜校的英文班，由當地教會資助，如沒有工作，可豁免學費，非常體貼。更欣賞老師們是一班義工，用心教導，同學們又開心學習，非常難得。11月份英國天氣轉冷和日照短，我心想如果找到兼職又在附近返工就好了，生活

較容易適應和度過。感恩12月初我找到新工作，一切超過我所想所求，上司和同事們很好，也做得開心。此外，我也初次體驗NHS的免費婦科檢查。到了適合年齡，NHS寄發檢測邀請信，我欣賞他們悉心的安排。

2022年2月初，我可以申請免費乘車證了。我又想，享有這優惠，可以做些甚麼有意義事情呢？例如：服侍或做義工等。到了3月份，知道C將做手術，我原本想煲湯探望她，但她提議不如將湯水轉送給L癌友。L在化療期間想有湯水，和清淡的家常餸菜，希望容易入口，補充營養。她沒有親人在倫敦，丈夫是外國人不懂烹調中菜。我由4月份開始便參與「每周一湯水」，藉着今次小小行動，幫助L女士的適切需要，也帶給她有家的溫暖。我突破自己的內向性格，烹調上有所學習和進步，亦體驗到萬事互相效力，叫愛上帝的人得益處。

回顧差不多一年在英國生活體驗，一切美好，有新開始，又有新祝福，也認識了很多教會、慈善團體、機構、癌症協會等，樂意關懷服侍社會上需要的人，令我非常感動。耶穌的恩典真豐富，叫我說不完.....盼望耶穌的大愛傳遍天下，祝福萬民。



CACACA June 2022 Finance report

May Balance	£	9,523.97
June Income	£	27,651.81
June Expenses	£	128.8
June Balance	£	37,046.98

Zoom Soho Monthly Cancer Support Group (MCSG Soho)

Zoom 2nd Saturday of each month 11:00 – 13 : 00

Patient's Story

A lady

In 2016, I was diagnosed with osteosarcoma. The next year, I had a tumour removed and a proximal tibia replacement on my left knee. In 2019, my cancer spread to both lungs and I underwent 3 microwave ablations. In Feb 2021, the tumour spread to my brain and I had Gamma Knife in April. (See MCSG newsletter 3 & 8/2021) Since then, the oncologist only arranged CT and prescribed painkillers but avoided chemo because the side effects of chemo would reduce my quality of life. In August, the oncologist finally agreed to arrange two second-line chemos. I tried to eat as much as possible for the coming chemo, but the volunteer reminded me that obesity encourages cancer cell growth. I like an online message, 'To be a Christian, you must know that God prepares you for what you will do. You should not be busy with many things while not doing what God wants you to do.' I wish to spend the rest of my days for Jesus.

I found a lump in my right armpit and needed CT again. Finally, my interpreter and I met the pharmacist and learned about the precautions for chemo, including taking steroids to control side effects and getting 7 days of bone injections to boost my WBC. I had to attend A&E with my chemo card if I had a fever. A weakened immune system after chemo can cause toothaches. I need to notify the chemo nurse before seeing a dentist. Since my chemo in 2017, I finally had chemo again in mid-Sept 2021. After my first dose, I felt very bad. The next day, I was okay, hourly drinking water to flush out the chemo toxins and the destroyed cancer cells. I cut back on meat and ate more fish and vegetables. My back was hurting badly whenever I moved or laid down. My WBC was only 0.4, a dangerous side effect of chemo and I was admitted to receive IVI antibiotics. Due to the pandemic, visiting was not allowed but food sent from friends was delivered by security. After discharge, I gave myself my bone injections without difficulty. The bone pain subsided after the 7 injections were completed.

At the end of Sept, the neurosurgeon pointed to the MRI image and said, 'A new small tumour appeared.' In early Oct, I repeated the 3 day isolation procedure after the Covid test, then received my 2nd Gamma Knife and went home the same day. The interpreter asked the radiologist on my behalf, 'According to your records, what is the maximum times a patient has undergone Gamma Knife?' 'Four times!' Since I was asked for my personal information and hospital number

whenever attending hospitals, the volunteer prepared an information card in my phone case if necessary. The Wig Staff discussed the wig arrangement with me. I give my heartfelt thanks for such attentive and personal care. In Nov, the tumour did not grow and I could continue chemo. Thank Jesus for giving me the energy to cook noodles for the volunteer who interpreted. In Dec, the volunteer failed to log into my hospital account for several days and repeatedly complained by email to no avail. She inquired about this in person at the hospital. The receptionist was at a loss because the IT department was not in the hospital and the IT staff had been repairing it for days. The oncologist finally called the volunteer directly to confirm my appointment. People get sick, and in a two-year pandemic, the advanced NHS computer system went down too! The hospital kept up with the cancer patients in every way possible, and I am truly grateful!

When Omicron hit in Jan 2022, hospitals reinforced the precautions, so the chemo nurses did not allow on-site interpretation. I put my phone on speaker for the volunteer to interpret via phone. Although the hospital provided a professional online interpreter, the volunteer did not only interpret but also sent me the reports, which helped with my deteriorating memory. I had a fever after chemo again and was given IVI antibiotics. After the next chemo, I had a fever and needed a blood transfusion. I received good service whenever I was an in-patient and did not have to pay or worry about my language barrier. From the discharge letter, the volunteer noticed that the steroids I was given after the previous chemo was only half the dose. She contacted the CNS then I got the other half dose back. As I was still anaemic after the transfusion; the doctor postponed the chemo but I experienced Jesus leading me again. Since my hands felt numb and the tumour in my tummy had softened, this proved the chemo was working so the oncologist reduced the dose by 80%.

At the end of Feb, I was weak with my face and mouth swollen and my platelet count was low. I prayed for me not to suffer much, and for my family and friends to believe in Jesus. I met Ms L, a cancer patient in the same hospital, and I was happy to send her food during her chemo treatment. In early March, the MRI reviewed a new brain tumour and a liver lesion so I had to stop chemo. I was very depressed but continued to do what I could, which was to extract a bad tooth. In mid-March, I repeated the 3 day isolation procedure (Next page)

Patient's Story (continue)

after the Covid test and then received my 3rd Gamma Knife. After the anaesthesia to install the metal frame into my skull, the four screws caused indescribable pain. All I could do but pray, 'Jesus be my strength so I can get through it.' As one of my cancer friends said, 'It is always a good thing to have treatment!' If this world is not the right place for me, I will go to Jesus. I encouraged Ms L, 'God will open a window after closing a door. We have to choose to go in a good direction.' In 2016, my heart was full of bitterness for my osteosarcoma, 'Why me?' After I believed in Jesus, my heart was relieved. I tweeted to my children, "You don't need to pursue a big house, fresh food and warm clothes are good enough. Having family members caring for each other is the best. I have lived two more years past the oncologist's life expectancy. Every day is an extra gift now, and I thank Jesus and cherish every day even more!

Asymptomatic spread of COVID

You may have a respiratory virus, e.g. C-19, asymptomatic but still contagious. When you breathe, speak, cough or sneeze, you release small particles of the virus which can contact other people's eyes, nose, or mouth or land on surfaces and be passed on via touch.

You will not always know whether someone you come into contact with is at high risk of becoming seriously ill. They could be strangers, friends or work colleagues. Protect you and the other, please:



1. Get vaccinated
2. Keep the room airy and clean frequently.
3. Wash your hands, cover your coughs and sneezes
4. Wearing a face covering or mask especially in crowded and enclosed spaces

<https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>

12/6 Promotion of CACACA at Hendon Park



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

16/6 4 people supported each other. **21/7** at SOC

Zoom MCSG Macmillan (Every 4th Thurs 11am-12N) 28/7

23/6 14 people supported each other.

Zoom MCSG Soho (Every 2nd Sat 11am-1pm) 9/7

9/6 47 people attended

9th Anniversary Celebration at SOC



A new beginning

Miranda

In mid-July 2021, I entered the UK on LOTR for a new beginning. I am grateful to meet a friendly customs officer who asked me only one question and cleared me. My sister and 3 nephews had arrived in May and stayed at a B&B. They had problems renting a flat because they had just graduated without employment or a bank account. Referred by my pastor in HK, C couple advised and helped us find a suitable place to settle down.

At the end of July, I thought, 'Is there a HK group nearby?' In the dinner, my nephew suddenly mentioned that he had seen a group meeting on Facebook that Sunday. I happily joined the monthly gathering to meet many new people and exchanged information about our lives. Helping us adapt to the UK, volunteer V took us on outings to know the British culture in her spare time. In early August, C took me to join a Chinese church service and the members were very caring to me as a new arrival. Ms J introduced me to an evening English class subsidised by church. The tuition fee waived for the unemployed. I wanted to find a part-time job nearby, so that life would be easier. I found a new job in early Dec and everything has been more than I could have

hoped. I also had my first experience with NHS services. I received an invitation letter for a free gynaecological test which I appreciated.

In early Feb 2022, I applied for a freedom pass and wondered what meaningful things I could do with this offer, e.g. serving or volunteering. In March, when I wanted to serve soup for C's operation, she suggested me to deliver the soup to Ms L who wanted soup and homemade food for her cancer treatment. L has no family in London and her husband is a foreigner who does not know Chinese cuisine. Since then, I have participated in 'One soup a Week'. Through this small volunteering, I serve Ms L with food and homely comfort. I have broken through my introverted personality, learning and improving in cooking. All things work together for the good of those who love God.

Looking back on almost a year of living in the UK, it has been a wonderful experience, with new beginnings and blessings. There are churches, charities, organisations and cancer charities caring and serving those in need. Jesus' grace is so rich that I cannot describe it. May Jesus' love spread and bless all people.