



2023年2月協會財政報告

1月結存	£ 33,624.65
2月收入	£ 552.00
2月支出	£ 8.44
2月結存	£ 34,168.21

蘇豪關懷癌症月會(MCSG Soho)

每月第二週六上午 11AM-1PM 倫敦中華基督教會蘇豪福音堂地庫
Soho Outreach Centre (SOC), 166A Shaftesbury Avenue, London, WC2H 8JB

癌友園地

叮嚀

2021年4月底大兒子4歲，我生了小兒子並餵人奶。10月開始，我睡覺時左手手掌麻痺，以為按手機按得多所導致。2022年2月底，左乳房間中有腫脹，我以為是乳管塞了，不以為意。3月，出現乳頭凹陷，但GP給了兩週後的預約，傷風感冒咳卻即日求診！GP檢查後立即轉介我去R醫院，我心感不妙。3月底同一日，我做了乳房造影、超音波和取活組織。等候報告的一週是最艱難的，忐忑不安。丈夫陪我覆診和翻譯，我確診3級的侵入性乳管癌，真是晴天霹靂。獲轉介乳房科，手術醫生安排CT、MRI和骨CT，計畫切除整個左乳房和化療。我還不明白事態嚴重，討價還價要求保留部分左乳或重建。醫生即時回覆：「保命是首要……可以用右乳房餵人奶！」骨CT預約的前一天，突然醫院來電話取消和轉做PET。我大惑不解如此混亂，並非非常著急何時才治療？癌細胞會否擴散？四月覆診，醫生講解CT和MRI顯示我的肝有陰影和右胸也有些可疑。我嚇了一跳，但醫生說：「很多時會出錯，不要太擔心。」我鬆了一口氣，告訴醫生我還沒有收到PET的預約信，他答應會儘快安排。隨後收到右胸的超聲預約，當日醫生即場告訴我右胸無問題，我即時心情好轉，正如醫生所說：「有可能出錯的！」對將要檢查的PET更加有信心。終於照完PET，等5月12日的乳房手術科覆診，我心想終於可以治療了。可是前三日，醫院來電話改成提早一日去腫瘤科。我的腦袋又有很多問號，何要取消？我急於治療！丈夫陪我到腫瘤科，醫生確診我的左乳癌已擴散，肝有兩處病變，無法做手術，只可以吃標靶藥、荷爾蒙治療和每月打抑制荷爾蒙針。突然間，我的乳癌是末期了！我早已準備好切除左乳和化療，也選好了假髮，怎麼辦了？我沒有痊愈的機會！我的兩個孩子還這麼年幼！我隨即為小兒子戒人奶，幸好三日便成功了。

來英國七年，生了兩個孩子，我生活上已經很多適應。5月我開始治療，令我提早停經，令我更加混亂，經常情緒波動容易被激怒，想到將來和死亡就很害怕。以往我在U醫院生產兩個孩子，住院經驗良好，便要求轉往此醫院的腫瘤科。七月開始，我發現產科與腫瘤科是完全不同的體驗，我唯有重新適應。一向裝香拜佛的朋友竟然鼓勵我去教會，她還向外賣店請假，陪我星期日去崇拜。又有朋友介紹我認識癌症協會的義工，她為我翻譯覆診報告，知原來4月的MRI顯示我的左腋下有三粒淋巴結受影響，CT顯示我胸縱膈有結節凸出，左肺有數粒結節，換言之我的肺

部也受影響了。我的乳癌確診過程真的沒完沒了，令我的心情有如過山車。我有語言障礙，丈夫也不懂醫學名詞的意思，我的腦袋消化不了這些醫療資訊。我最缺乏具體支持，義工幫我聯絡專科護士。獲醫生的確認，我放心等感冒痊愈後才開始新的標靶藥療程。聽了其他乳癌病人的真人真事，給我很大鼓勵，也令我對前景樂觀。參加教會崇拜，某些講道內容正是我的心聲，令我默然流淚。感謝耶穌！

我丈夫參加麥美倫的單車籌款，這是他的支持方式。在麥美倫的聚會中，原來許多癌友和家屬都有情緒困擾，我是不孤單的。按義工的提議，我主動約見大兒子的班主任，講述自己的癌症和需要。真的需要勇氣踏出求助的第一步，校方樂意提供各項援助和資源。我先後接受專業輔導，談論生死和內心的困惑，我舒服多了。我不再受困於自己的華語世界，學習用翻譯軟件用英語來表達自己的需要。我學會出聲問就有可能有答案，不出聲問就不會有人主動告訴我。

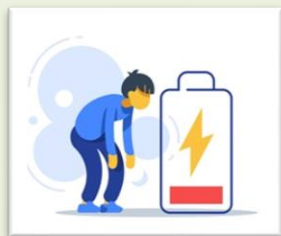
每三個月的PET報告，令我像學生等成績表，七上八落的內心不安，我唯有學習祈禱。為了兩名幼子，我要積極活下去，癌症令我提早面對死亡。養病休息不是不工作，而是做自己喜歡的事情。我多飲蔬果蓉、按摩和做運動，期望陪同孩子成長。曾經參加在墳場舉行的籌款活動，原來英國的墳場很有趣，與中國的分別很大。將骨灰撒在花叢或長凳附近，並且有塊碑來記念死者。還有參觀消防車和為小孩畫面，我們一家站在墓碑前拍照，度過愉快的週末。多了參加教會聚會，我認識到原來英國文化是建基於聖經，死亡只不過是一道門進入永生，永遠與耶穌同在安息，這是RIP的意義。我必須學習與癌共存，因為我的癌症是「可治療但不可治愈」。求耶穌幫助我活在當下，享受每日的陽光，到公園散步呼吸新鮮空氣。看見孩子們熟睡，就是我的幸福。丟失了大兒子的鹿角冷帽，無法給小兒子在下雪天穿戴，令我深感可惜。想不到一週後，在路邊的石台上竟然出現那頂可愛的帽，完整無缺又無污糟，令全家充滿驚喜，原來真的有奇蹟。12月的最後一天，大兒子突然畫了一張全家幅給我，解釋中間的是我，一個超級英雄打敗癌症。他又寫thank you，多謝我照顧他。真的很感動，這是我全年收到最好的禮物，我又充滿力量了。今年2月，丈夫也相信耶穌，情緒開朗了(看背頁)，從此我倆多了共同的信仰和話題。癌症將我家連繫在一起，再次感謝耶穌。

癌症疲勞好像一種持續、無法改變的疲憊感。癌症本身可能是疲勞的最大來源，而不是治療的副作用。極度疲勞的持續時間也有很大差異，可能是數週、數月或數年。當您下午需要躺在床上看真人秀節目，請聆聽您的身體而不要感到內疚。在美好的日子出外吃點東西，在疲勞的日子留在家中與朋友度過。

疲勞症狀：難以集中注意力或保留新信息、記憶力減退、消極的想法和感受、焦慮、抑鬱、沮喪、壓力、自卑

應對疲勞：

- 1) 如果你正在掙扎，請大聲說出來
- 2) 按摩可以在短期內消除疲勞並改善睡眠質量，薰衣草和檸檬精油有助提升能量。
- 3) 運動和吃得好
- 4) 減少工作時間
- 5) 尋求別人幫助購買食品等日常活動
- 6) 認識其他人並一起學會處理疲勞
- 7) 接受輔導



<https://patient.info/news-and-features/living-with-cancer-fatigue>

《關懷癌症月會》MCSG 您，並不孤單！

我們是您抗癌路上的同行者
歡迎癌症病友、家屬、照顧者和朋友，
大家分享近況，互相關懷，祝禱支持。



癌症沒甚麼了不起！
癌症奪去我的身體健康，
但不能奪去我的健康生活！

巧合和恩典

筱明

2016年2月我和丈夫赴英探親，認識了癌症協會的義工，很佩服她的熱誠和精力。6年後在去年4月，我們移居英國。獲得親戚很好的照顧，我們很快在倫敦西北地區安頓下來，找到合適的居所和教會。

沒想到三個月後，我和丈夫差不多同一時間經歷患癌的疑雲。我在首次乳房篩查時發現異常，需要在同一日接受乳房造影、照超聲波、抽組織化驗。在等待報告的數天中，心情雖算平靜，但也作了最壞的打算。還記得取報告的日子因酷熱天氣而推遲兩天，但過了一天就收到驗測中心來電，好像等候判刑一般，結果是一切正常，當時的喜悅和感恩至今難忘！丈夫同時面對退休和移民兩件大事，身心一時調適不來，有點焦慮不安，時常胃部不適，體重在數月間下降15磅。GP認為這幾點加起來有患癌風險，安排緊急檢測，包括抽血、電腦掃描和照胃鏡。感謝耶穌，最後結果也是一切正常。

我們因著這樣的巧合和恩典，好想成為義工關顧癌友。雖然我們對英國的醫療制度所知不多，但我倆在香港任職社工多年，應可協助陪診、翻譯和探訪。上述那位義工介紹了幾位癌友到教會來，包括癌症康復者、喪偶長者和正與癌病搏鬥的年輕母親。第一次在咖啡店單獨見面，她很坦誠分享自己的掙扎和壓力，彼此很快成為朋友。雖然我細心聆聽她的難處，但我深知只有耶穌才是大能的醫治者，並且明白她的真正需要。碰巧教會即將開辦「啟發課程」，她也樂意參加，一起思考信仰與人生的問題。她在12月初決志信主，不單充滿喜樂，更邀請丈夫返教會。丈夫看到妻子相信後明顯的改變，亦希望多了解。兩個月後，丈夫在聽聞福音後，也欣然接受耶穌作他的救主和生命的主(看前頁)。雖然抗癌的路仍漫長，難免高低起伏，她的未來有耶穌帶領。我自去年11月中開始在華人中心工作，未必有太多時間參與癌友的關顧；然而，深信耶穌悅納我和丈夫甘心樂意的付出。

戶外活動

4/27 人參加在 Belsize Park 的戶外靜觀體驗



蘇豪月會 11/3/2023 (週六) 11am-1pm

11/2 18 人 (+6 人在線) 參加 Eva Chan 的靜觀工作坊
SOC, 166A Shaftsbury Ave, SOC WC2H 8JB



美倫月會 (普通話) 16/3/2023 (週四) 11am-1pm Zoom

16/2 3 人參加，互相支持。

美景月會 (粵語) 21/3/2023 (週二) 2pm-4pm

28/2 14 人參加聚餐，互相支持。

Maggie Centre, Charing Cross Hospital, W6 8RF





CACACA February 2023 Finance report

January Balance	£ 33,624.65
February Income	£ 552.00
February Expenses	£ 8.44
February Balance	£ 34,168.21

Monthly Cancer Support Group (MCSG Soho)

2nd Saturday of each month **11am–1pm**

Soho Outreach Centre (SOC), 166A Shaftesbury Avenue, London, WC2H 8JB

Patient's Story

Doraemon

In April 2021, when my eldest was 4, I gave birth to my younger son & breastfed him. In Oct, I noticed numbness in my left palm while sleeping, and then swelling in my left breast the following Feb, which I dismissed as a blocked milk duct. My left nipple inverted a month later so I contacted my GP, but could only schedule an appointment in two weeks. I felt uneasy when the GP referred me to R Hospital. At the end of March, I had a mammogram, U/S & biopsy on the same day. The week-long wait for the result was agonizing. With my husband's interpretation, I was shocked to learn of my Grade 3 IDC. I was referred to a breast surgeon, who recommended mastectomy & chemo, scheduled CT MRI & bone CT. I didn't aware of the seriousness & wanted to keep my left breast or reconstruct it. He advised that my life was the priority & I could still breastfeed with my right breast. The day before the bone CT, it was cancelled and a PET scan arranged instead. I was anxious as to when I would receive treatment for my cancer might spread. In April, at OPD, the doctor explained that the scans showed a liver shadow and some suspected lesions on my right chest. I was scared but he reassured me the scans could be wrong. He promptly arranged my PET appointment I was expecting. A subsequent U/S confirmed that my right breast was fine, so I felt much better about the coming PET scan. I thought I would be finally ready for treatment once the PET report had come on 12 May. However, 3 days prior, my surgical appointment was changed to an oncology one. I had many questions as I was desperate for treatment. The oncologist confirmed my breast cancer had spread with two liver lesions. No surgery can be done though I was ready for mastectomy & chemo and had chosen a wig. Instead, I had to start target therapy, hormone therapy & monthly hormone suppression injections. Suddenly, my breast cancer was Stage IV! What was I to do? I had no chance of being cured and my two sons were still so young! I weaned my son onto bottled milk, luckily succeeded in 3 days.

During my 7 years in the UK, I had two sons and adapted to life here. In May, I started on treatment which caused early menopause and emotionally volatility. The thought of the future scared me. Giving birth at U Hospital was a good experience, so I requested a transfer to their oncology. From July, I soon realised obstetrics & oncology were very different & had to adapt again. My friend, who worshipped idols but encouraged me to join a church, even took time off work to go with me to a Sunday service. Another friend introduced me to a CACACA volunteer who interpreted my clinical reports. The MRI in April showed 3 enlarged lymph nodes in my left armpit, while the CT showed a nodule in my mediastinum & several in my left lung. The diagnostic process felt endless. Due to my language barrier and

my husband not knowing the medical terms, I was on an emotional rollercoaster & could not digest the medical information. What I needed most was practical support. The volunteer contacted the CNS on my behalf. With my doctor's approval, I waited until my cold had cleared up before starting a monthly course. Hearing the real-life stories of breast cancer friends gave me hope. Some sermons at church spoke to my heart & brought tears to my eyes. Thank you, Jesus!

My husband joined in the Macmillan bike fundraising to support cancer charities. At Macmillan meetings, I met many cancer patient families who were emotionally troubled, and realized I was not alone. Following the volunteer's suggestion, I took the initiative to share my cancer and needs with my son's teacher, who was happy to help. I needed the courage to ask for help. After professional counselling about life, death & my inner turmoil, I felt relieved. I am no longer trapped by my language barrier & use translation software to express my needs in English. I may get an answer if I ask, but nobody will answer if I do not.

Every 3 months, I await my PET results like a student waiting for their reports, frustrated I can only pray. For the sake of my young sons, I live an active life, but cancer forced me to confront death earlier than expected. Taking a break from illness does not mean not working, but doing what I love. I drink lots of vegetable smoothies, get massages and exercise, so I can walk alongside my children as they grow. We once attended a charity fair at a cemetery, which was very different from the Chinese ones. The ashes were scattered near flowers or benches, with a memorial block for the dead. It was a lovely weekend, with a tour of a fire engine, face painting and a family picture in front of a headstone. As I attended more church meetings, I realized that British culture, based on the Bible, views death as a doorway into eternal life, resting forever with Jesus, which is what RIP means. I now must learn to live with my cancer as it is "incurable but treatable". I ask Jesus to help me to live in the moment, enjoy daily sunshine, walk in the park and breathe fresh air. Seeing my children sleep brings me joy. One day, I lost my big boy's woolly hat with antlers and was sad that my little boy couldn't wear it on a snowy day. To our surprise, it appeared on a stone bench by the road a week later untarnished, a miracle! On 30 Dec, my big boy drew a family picture with me in the middle as a superhero who beats cancer, and thanked me for taking care of him. It was the best gift I've received all year & filled me with strength. In Feb this year, my husband believed in Jesus too (see back page) and his mood has brightened. We now share the same faith and common topics of conversation. Cancer has binded my family together & I thank Jesus again.

Cancer fatigue is a persistent and unshakeable feeling of exhaustion. The cancer itself maybe the biggest source of fatigue rather than a side effect of treatment. The length of intense tiredness also varies greatly, may be weeks, months or years. Listen to your body without feelings of guilt when you need an afternoon in bed watching reality TV, going out with treats during your good days, and more home time with friends in your not-so-good days.

Fatigue symptoms: difficulties concentrating or retaining new information, memory loss, negative thoughts & feelings, anxiety, depression, frustration, stress and low self-esteem

Coping with fatigue:

- 1) Speak up if you are struggling
- 2) Massages can reduce fatigue in the short term & improve sleep quality, while essential oils like lavender and lemon can help uplift energy.
- 3) Exercise and eat well
- 4) Cut down working hours
- 5) Get help with day-to-day activities like grocery shopping.
- 6) Meet others and learn to manage your fatigue together
- 7) Receive counselling



<https://patient.info/news-and-features/living-with-cancer-fatigue>

Monthly Cancer Support Group

MCSG is open to individuals touched by cancers. It aims to give support and strength to patients, survivors, family, friends and carers so they can move forward together. It is important to know that none of us is alone!



As a whole, cancer is not the final winner! Cancer deprives me of my healthy body, but cannot deprive me of my healthy living!

Coincidence and Grace

Doris C

In Feb 2016, we visited the UK. We met a CACACA volunteer and admired her enthusiasm and energy. 6 years later, in April, we moved to the UK, soon settled into a new home and church in NW London.

Little did we know that 3 months later, both of us would have a suspicion of cancer at around the same time. My breast screening result was abnormal and I needed a mammogram, U/S & biopsy on the same day. I was calm but prepared for the worst about the report which was postponed for two days due to the hot weather. Only a day later, the test centre called to declare the results were NAD. It felt like waiting for a court sentence. My husband faced two major events simultaneously, retirement and emigration, experienced anxiety, frequent stomach aches & lost 15 lb in a few months. The GP considered the symptoms might be cancer and arranged for urgent blood tests, CT & gastroscopy. Thank Jesus the results were also normal.

It was by such a coincidence & grace that we wanted to join voluntary cancer support. Despite being unfamiliar with the NHS, we had worked as social workers in HK for many years and we could help by accompanying, interpreting & visiting patients. The volunteer mentioned above introduced several cancer friends to our church, such as survivors, elderly widows and a young mother whom I met alone in a coffee shop. She was very open about her struggles and stresses. We became fast friends. Although I listened attentively, only Jesus could provide the powerful healing she needs. She was happy to join the Alpha Course at our church. Thinking together about faith and life, she trusts in Jesus in early Dec. She was full of joy & invited her husband to church. Seeing his wife's change, 2 months later he also accepted Jesus as his Saviour and Lord (see front page). Although the cancer pathway is long, full of ups and downs, her future is in Jesus' hands. From Nov, I will work at a Chinese Centre and may not be able to help much, but I know that Jesus is pleased with our willingness to contribute.

Outing

4/2 7 people joined Meridian Well-being at Belsize Park



MCSG Soho 11/3/2023 (Sat) 11am-1pm

11/2 18 people (+6 people online) attended Eva Chan's Mindfulness Workshop
SOC, 166A Shaftsbury Ave, WC2H 8JB



MCSG Macmillan 16/3/2023 (Thurs) 11am-1pm Zoom

16/2 3 people supported each other

MCSG Maggie 21/3/2023 (Tue) 2pm-4pm

28/2 14 people joined & supported each other
Maggie Centre, Charing Cross Hospital, W6 8RF

