



### 癌症協會 10 月份財政報告

9 月份結存	£ 37 849.38
10 月份收入	£ 2 254.47
10 月份支出	£ 19.20
10 月份結存	£ 40 084.65

## 蘇豪關懷癌症月會 (MCSG Soho)

每月第二週六 • 上午 11:00 至下午 1:00 • 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

### 梁女士

2004 年我確診第二級的右邊乳癌，淋巴結受影響是第三期。治療期間我相信耶穌，心中滿有平安。當時大兒子五歲、幼女三歲，我祈求耶穌賜我十年生命，得以看見兒女長大。2013 年賀爾蒙治療的副作用令我中風，我的左脚活動欠佳，一拐一拐地間中需要雨傘當作拐杖來幫自己平衡。2016 年我確診第三級的右邊乳癌，擴散到右肺是第四期，我祈求耶穌給我五年生命。在醫院覆診，我遇見了癌症協會的義工，她介紹我到癌症中心，由專責的職員(社會學博士)幫我申請 PIP 傷殘資助卻不成功。我接受面對面的步行評估後，也不獲批。我信耶穌心中有平安喜樂滿足，便沒有上訴。2020 年 MRI 顯示我的第三級乳癌擴散到肝、脾和脊骨。我平靜地接受這消息，因為與癌共存已 16 年。大兒子為我的覆診翻譯，幼女已入大學，我便向耶穌祈求再多五年生命。(請看癌症月訊 3.2017 和 11.2020)

回想 2020 年 6 月，正是疫情的高峰期，家人不獲准為我的脊椎固定手術翻譯，但身為翻譯的義工卻獲准全程陪我入手術室。她將我的情況即時用手機轉發給家人，以免他們擔心，真的再三感謝。手術前後住院 5 日，出院前物理治療師教我配戴腰封，才起床活動。覆診時我得知須要每兩週一次電療共 12 次，我的疲倦日漸增加。隨後我接受每月注射三針抗癌藥物，兩針在臀部，一針在肚皮，還有每日的標靶藥早晚兩次。藥物的副作用是牙肉痛和潰瘍，我便漱口；鼻前的皮膚損了，我嘗試塗上不同的藥膏，也可以痊癒。但標靶藥令我不斷嘔吐，進食完便嘔，服止嘔藥也無效。我自行停了早上的標靶藥，晚上服藥後上床睡覺才較為舒服。覆診時，素描顯示癌細胞受控制，醫生也同意我減藥，真的感謝耶穌。我繼續每日如常服食糖尿藥、心悸藥、開心藥、胃藥和維他命 D。

舒緩護士和職業治療師先後戴着口罩來家訪，評估我的需要和居住環境後，送來醫院床、便椅和沐浴凳。醫院床放在樓下客廳的窗旁，每朝充沛的陽光令我愉快地開始新的一天。真的多謝 NHS 提供免費的治療和有用的物資，改善了我的生活質素。疫情期間醫院仍堅持為癌症病人提供治療，衷心感謝！兒子收到護士

傳來的特快 DS1500 表格，在網上填表時得知此表格是為那些病人在半年內可能離世的。全家平靜地一起面對我的末期癌症，如常地生活，例如為家人慶祝生日和過節日。結果我很快地申請了 PIP 和失業資助，丈夫也申請了照顧者資助，醫院更發還我每次去醫院的入城費，大大減輕了全家的經濟壓力。在英國交稅真的很有意義，令有需要的人獲得具體幫助。隨後，我還申請了傷殘泊車証，往返醫院方便得多了。可是我戴帶了腰封非常不舒服，便將它放在一旁。豈料我的步行漸漸改善，到了 12 月我如常人一樣慢慢行路，也不需用雨傘來扶持自己。有耶穌同在真是有跡可尋！

疫情停止了社交，但網聚保持我與朋友的交往，尤其每週的祈禱會給我很大幫助。癌協的蘇豪月會，也為我的健康和回鄉探親的心願祈禱。為了積極生活，我每日略為化妝令面色較為自然好看。我又從烹飪視頻學做不同的點心，供家人享用。按 NHS 的來信，我先後接種了四針疫苗。2021 年 5 月疫情緩解，我參加教會的戶外活動，行公園和野餐，大家非常珍惜戶外的陽光和空氣。我收到癌症協會成立八週年的血氧機，衷心多謝。我的精神和體力漸漸好轉，甚至幫朋友打掃衛生和煮飯，生活很充實。2023 年 2 月，我終於實踐回鄉的願望，與丈夫檢查病毒呈陰性下乘飛機往香港。教會祈禱組積極地為我祈禱，當時每日通關名額只有五百。我等了十多天，才抽中籤可以過境。到了深圳我原本隔離一週，後來以母親病危為理由申請「人民關愛」，提早四日回到家鄉。我終於見了母親，她兩天後去世。適逢新年假期，朋友介紹買主來看我的屋，三日內便成交而且價錢好，過程是出乎意料的順利。回鄉兩個月，我們只戴着口罩但沒有受感染，並且完成兩個心願。四月回程，香港已全面解封。教會的祈禱組雀躍地歡迎我們平安回到倫敦，我衷心感恩大家的祈禱。復活節假後，我與朋友參加四日三夜的郵輪，在法國為自己買了兩件美麗的衣服。回家後我確診病毒陽性，症狀不嚴重，只有喉嚨痛和疲倦。相比兩個月回鄉行程的過關斬將、遠遠不及郵輪的衛生環境，我卻在短短的四日三夜郵輪也可以感染病毒，可見禍福真的不是由人控制！未知將來如何，但知道每一天都是耶穌給我的額外禮物，我活在今天就是了。

## 接種救命的新冠和流感疫苗

符合條件人士包括在家護理的體弱羣體，可以在 NHS 網站、下載應用程式或打 119 免費預約新冠病毒和流感疫苗接種。



由於新變種的新冠病毒和冬季來臨，以及人體的免疫力會隨著時間而減弱，因此即使以前曾接種疫苗、或患過流感或新冠病毒的人，都合資格重新接種而且必須加強保護。

<https://www.england.nhs.uk/london/2023/10/02/eligible-people-across-london-urged-to-get-lifesaving-covid-and-flu-vaccinations-as-nhs-flu-booking-system-goes-live/>

## 誠邀出席《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。感謝義工齊心侍奉，出席者預備愛心美食，一同分享分擔，為抗癌勇士打氣！

**癌症奪去我的身體健康，  
但不能奪去我的健康生活！**

## 蘇豪月會(粵語) 11/11(週六) 11am - 1pm

SOC, 166A Shaftsbury Ave, SOC WC2H 8JB

14/10 34 人出席胡小鵠女士的講座「從中醫角度調理癌病」



## 美景月會(粵語) 28/11(週二) 2pm - 4pm

Maggie Centre, Charing Cross Hospital, Fulham Palace Road, London W6 8RF

24/10 13 人參加，互相支持。



## 網上美倫月會(普通話) 16/11(週四) 11am - 1pm

19/10 5 人參加，互相支持。



## 參觀展覽

### Susana

在本年的 7 月 28 日，癌協安排了參觀大英博物館的中國文物展覽，卻遇上了地鐵罷工。數日前勞資雙方達成協議取消了罷工，我很開心交通如常，也如期出席了這次參觀。博物館安排了一位外籍職員 C 女士接待我們一行 8 人，她帶領大家通過非常繁忙的大堂，行樓梯下到一間私人的會客室。已經預備了茶、咖啡和餅乾招待我們，感覺是 VIP 級款待。她用心介紹這次中國文物的來源和歷史，我們有機會親手接觸到一些歷史文物，例如小童帽子；還有仿製物件例如慈禧的手甲飾物等。我心裡讚嘆中國的手工藝、少數民族服飾、用手做的紡織品是同等美麗。我更感激博物館職員解釋怎樣小心細緻地處理每件文物，一件農民雨衣，真不知道要花多小時去清洗和保養才能保存至今？經過約 30 分鐘介紹後，C 女士帶領我們來到展場前的互動枱前，由另一位女士介紹可以接觸的物品：文房四寶、扇子、木製樂器、仿製手甲裝飾、慈禧的相片、京戲人物照片等。

進入展場，我們首先看到是大清統一時的地理版圖，隨後

是一件件剛看過圖片的精彩文物出現眼前。有皇帝或皇后精緻刺繡的袍子、大將軍的盔甲或京劇用的精美服飾、美麗精緻的頭飾和頭冠、富家女士們的服裝搭配、小朋友們木製玩具、大人的麻雀耍樂、巨型陶瓷大花瓶、色彩繽紛鼻煙壺，還有很多美麗字畫、詩人或名人的介紹，富人的相片或畫像。我驚喜看到一位女醫師的相片和她的藥材，覺得中藥是值得讚賞和傳揚。C 女士讓我們自由地觀賞文物，我們也多謝她特別的接待。參觀完了，我們專程往禮品店走一回，看到相關的紀念品如文房四寶、扇子、筷子和精美刺繡的袋子等。

總括而言，我非常享受這次參觀。雖然經常聽見朋友發晦氣說：「英國偷了中國的文物。」我明白這是個歷史事實，但心裡卻相信是上帝掌管一切，無論過去、現在或將來。看到文物得到安全和優質的保護，我滿心感恩，否則今天在中國地域以外便沒有這樣好的機會，免費欣賞中國歷史文物和認識卓越超贊的手工藝，認識上帝賜給中國人的智慧！我身為中國人而驕傲，也讚嘆上帝奇妙的作為！



**CACACA Oct 2023 Finance report**

Sep Balance	£ 37 849.38
Oct Income	£ 2 254.47
Oct Expenses	£ 19.20
Oct Balance	£ 40 084.65

**Monthly Cancer Support Group • MCSG Soho**

Second Saturday of Each Month • 11:00 am – 1:00 pm

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

**Patient's Story**

**Ms Liang**

In 2004, I was diagnosed with Grade II Stage III Rt breast cancer. Meanwhile, I believed in Jesus and had peace in my heart. My son was 5 & my daughter was 3 so I prayed for 10 more years to see my children grow up. In 2013, I had a stroke due to hormone therapy's side effect. My Lt leg needed walking aids like an umbrella. In 2016, I had Grade III Rt breast cancer spreading to Rt lung as Stage IV. I prayed for 5 more years. At OPD, I met a CACACA volunteer who introduced me to a cancer centre at which a staff, PhD in sociology, applied PIP for me. My application failed even after an in-person walking assessment. I didn't appeal since I had peace & joy, thanks to my faith in Jesus. In 2020, an MRI showed that the cancer had spread to my liver, spleen, & spine. I calmly accepted it because I had been living with cancer for 16 years. My son interpreted for my check-ups. My daughter started uni. I prayed to Jesus for another 5 years of life. (Please see MCSG 3.2017 and 11.2020)

Due to the pandemic, my family wasn't allowed to interpret for my spinal fusion surgery. However, the volunteer could accompany me through it all. She conveyed my condition to my family via mobile, relieving their worries, for which I am truly grateful. After 5 days in-patient, before discharge, a physical therapist taught me to wear a spine brace before moving around. Later, I had 12 R/T sessions spaced every 2 weeks, which left me increasingly tired. I then had monthly 3 injections, 2 in the buttocks & 1 in the abdomen, as well as targeted therapy twice a day. The side effects included gum pain & ulcers, so I rinsed my mouth regularly. The skin on my nose was broken but various creams helped it heal. However, the targeted therapy caused constant vomiting even on anti-nausea, so I only took the evening dose before sleeping, which made me comfortable. At the follow-ups, the scans showed the cancer was under control, so the doctor agreed to reduce my dosage, which I thanked Jesus for. I continued to take my daily medicine for DM, HT, mental health, gastric issues and vit D.

Palliative nurse & OT visited for assessment then provided a hospital bed, commode & shower stool. The bed was placed in the living room by the window for me to start each day with sunlight, improving my quality of life. I am truly thankful to NHS for providing free & timely treatment & resources despite the pandemic. My son received a

DS1500 form which indicated for patients who might pass away within 6 months. My family faced my terminal cancer calmly & lived as usual, celebrating birthdays & festivals. I quickly received PIP & ESA. My husband got Carer Allowance. The hospital also reimbursed my travel costs, significantly easing our financial burden. Paying taxes in the UK really makes a difference, providing tangible assistance to those in need. Afterwards, I got a disabled parking permit, much easier for my travel. However, I found the back brace uncomfortable & set it aside. To my surprise, my walking gradually improved. I walked normally without assistance since Dec. Having Jesus truly worked miracles!

The pandemic limited my social life but zoom gatherings helped me stay connected, especially the weekly prayer meetings. MCSG Soho zoom prayed for my health & my wish to visit my hometown. To live positively, I applied makeup to help me look healthier. I learned to make snacks from cooking videos to share with family. I received 4 vaccine shots following NHS guidelines. As the pandemic eased in May 2021, I joined the church outdoor trip & picnic in the park. We cherished the sunshine & fresh air. I thanked for the oximeter for CACACA's 8th anniversary. My condition improved that I even had energy to cook & clean for friends. In Feb 2023, I finally realized my wish of visiting my hometown. Testing negative for C-19, my husband & I flew to HK. My prayer group actively prayed for me while I waited over 10 days to wait a transit slot to Shenzhen. On arrival, I had to quarantine for a week but I applied to leave early, citing my mother's critical condition. I arrived 4 days ahead of schedule & saw my mother finally, who passed away 2 days later. Thanks to the New Year holiday, a friend introduced a buyer who bought my house within 3 days at a favourable price, which went unexpectedly smoothly. We spent 2 months there wearing only masks but did not get infected. By our return trip in April, HK had fully reopened. After the Easter break, I joined with cancer friends on a 4-day cruise. I bought 2 beautiful outfits in France. Upon returning home, I tested positive for C-19 but only had a sore throat & fatigue. In comparison to the 2-month trip to my hometown, full of challenges & less hygienic, I was infected during a short 4-day cruise. We can't always control our fate. While I don't know what the future holds, I do know that every day is a gift from Jesus. I live for today.

### Getting lifesaving Covid & flu vaccinations

Vulnerable people including those in care homes can book their Covid & flu vaccinations via the NHS website, by downloading the App, or by calling 119 for free if they can't get online.



Due to the risk of the new Covid-19 variant & the winter, it is vital for vulnerable people to top up their protection, even if they have had a vaccine or been ill with flu or Covid before, as immunity wanes over time.

<https://www.england.nhs.uk/london/2023/10/02/eligible-people-across-london-urged-to-get-lifesaving-covid-and-flu-vaccinations-as-nhs-flu-booking-system-goes-live/>

### MCSG Soho 11/11 (Sat) 11am – 1pm

SOC, 166A Shaftsbury Ave, WC2H 8JB

14/10 34 people attended Ms Judy Wu's talk 'Cancer & TCM'



### Exhibition

Susana

On 28 July 2023, CACACA arranged a visit to the Chinese cultural artifact exhibition at the British Museum. The tube strike was called so I could attend the visit as planned. The museum staff Ms. C received our group of 8. She led us through the bustling lobby into a private meeting room with tea, coffee, & biscuits, VIP feel. She introduced the history of the artifacts and allowed us to get close to some items, such as children's hats, as well as replicas like Empress Dowager Cixi's hand jewellery. I was impressed by the Chinese craftsmanship, especially the beautiful textiles and clothing of ethnic minorities. I was grateful to museum for explaining how each artifact is preserved; the time and effort it takes to maintain even a peasant's raincoat is remarkable.

After 30 minutes of introduction, Ms. C led us to the interactive table. Another staff introduced the items we could touch, including stationery, fans, musical instruments, replica hand jewellery, photos of Empress Dowager Cixi, and photos of Peking Opera characters. Entering the exhibition hall, we first saw the geographical map of the Qing Dynasty's territory, followed by a series of artifacts we had just seen in pictures. There were embroidered robes worn by emperors & empresses,

### Monthly Cancer Support Group

MCSG is open to individuals touched by cancers, patients, survivors, family, friends and carers.

We move forward together.

None of us is alone!

Big "thank you" to participants' dedication & wholesome food.

Let us stand together to fight cancer!

*Cancer deprives me of my healthy body, But cannot deprive me of my healthy living!*

### MCSG Maggie 28/11 (Tue) 2pm – 4pm

Maggie's Centre, Charing Cross Hospital, Fulham Palace Road, London W6 8RF

24/10 13 people joined & supported each other



### Zoom MCSG Macmillan 16/11 (Thu) 11am – 1pm

19/10 5 people joined & supported each other



armour for high-ranking generals, Peking Opera costumes, intricate headpieces & crowns, clothing combinations for wealthy women, wooden toys, mahjong sets, large ceramic vases, colourful snuff bottles, & many calligraphy & paintings, along with descriptions of famous figures, & photographs & portraits of the rich. I was pleasantly surprised to see a photo of a female doctor & her medicinal herbs, highlighting the value of traditional Chinese medicine. Ms. C let us freely examine the artifacts, we thanked her for her hospitality. Afterwards, we visited the gift shop, where we saw related souvenirs such as stationery, fans, chopsticks & beautifully embroidered bags.

In summary, I thoroughly enjoyed the visit. I often hear friends express frustration, saying, "The British stole Chinese artifacts." I understand this is a historical fact. But in my heart, I believe that God is in control of everything, regardless of the past, present, or future. Seeing these artifacts safely preserved fills me with gratitude. Otherwise, outside of China, we wouldn't have such a wonderful opportunity to freely appreciate Chinese historical artifacts & learn about our remarkable craftsmanship & the wisdom that God has bestowed upon the Chinese people. I am proud to be a Chinese and also in awe of the wondrous works of God!