

青海兒童之友通訊

Friends of Qinghai Children Newsletter

總幹事的話

A Message from the Executive Director

本會服侍青海孤殘兒童逾20載，當中有許多孩子已成長至青少年階段，因此我們也進一步擴展至青少年的服務，包括給予當地同工及社工專業培訓，提升他們的知識與能力，讓他們能為院內青少年提供適切的支援。

最近，本會邀請到北京市首都師範大學社會工作系王玥博士，指導社工嘗試創新地利用藝術手法，如繪畫去發掘與理解兒童、青少年的需要，助他們發展未來。與此同時，我們亦舉辦照顧員培訓班，讓他們了解青少年面對的壓力及心理狀況，更懂得照顧其身心健康。

然而，軟件與硬件兩者缺一不可，因此我們早前捐贈了逾20箱康復器材予西寧市兒童福利院，幫助院中的殘障兒童及青少年進行康復訓練，改善身體的功能及活動能力。

能夠陪伴孩子成長，成就他們的明天，就是我最快樂的事！

We at Christian Action (CA) have served numerous orphans and children with disabilities for over 20 years. Now that many of them are adolescents, we have made preparations and expanded our services to cater to their growing needs. This includes providing professional training for our social workers and local staff to enhance their knowledge and skill sets to complement and support the treatments our children and teens receive from the Children's Home.

Recently, we invited Dr. Wang Yue from the Department of Social Work from Capital Normal University in Beijing to conduct a series of workshops for the local social workers on innovative methods that use different forms of art, such as painting, to better understand the psychological needs and develop the potential of children and adolescents. At the same time, additional training sessions were organised for the caregivers to help them better understand how stress and various psychological conditions affect the physical and mental health of the younger generation.

We have made it our mission to provide a holistic approach to our services. Therefore, we have also donated more than 20 boxes of rehabilitation equipment to the Xining Children's Rehabilitation Centre to facilitate better rehabilitation training for children and adolescents with disabilities in order to improve their capabilities.

Truly, it gives me such joy and a sense of fulfillment whenever we are able to journey with our children and teens in reaching their dreams and fullest potential!



張洪秀美
Mrs. Cheung-Ang Siew Mei, JP



活動後，護理員向孩子派發牙刷、牙膏、漱口杯等洗潔用品。
After the event, the caregivers distributed toiletries such as toothbrushes, toothpastes and cups to the children.



每年的5月31日為世界無煙日。
World Smokefree Day is held annually on May 31.

衛生與健康教育 ◊ 培養孩子良好習慣

Health and Education – Developing Good Habits in our Children

培養孩子良好的衛生習慣與生活方式，不僅是讓他們健康成長的重要條件，亦是令他們成為有修養的文明公民的基礎。

早前，果洛州兒童福利院舉辦了衛生小組活動。專業的護理員向孩子教授基本衛生知識外，還現場示範了洗手和刷牙的正確方法，同時透過趣味小組遊戲讓孩子更容易掌握所學和明白個人衛生的重要性。

黃南州兒童福利院趁著世界無煙日，在院內舉辦無煙活動。透過社工的講座分享，令孩子認識吸煙的害處和所引發的種種疾病，希望他們日後不要養成惡習，免受煙草產品的禍害。最後，孩子在社工的帶領下，同心協力在院內張貼禁煙標誌，身體力行支持無煙生活。

Nurturing good habits and a healthy lifestyle is not only vital for a child's growth but provides a good foundation in having a fruitful life.

The Guoluo Children's Home recently conducted a workshop where professional caregivers taught the children basic health practices such as demonstrating the correct way of brushing their teeth. Afterwards, the children were engaged in fun group games that helped them understand the importance of maintaining good personal hygiene.

On the other hand, the Huangnan Children's Home observed World Smokefree Day through holding smoke-free activities in the children's home. Through lectures of social workers, children were made aware of the harmful effects and various diseases associated with smoking. They hope that they will stay away from bad habits such as smoking to avoid the harmful consequences of these kinds of products. Finally, the children worked together under the guidance of the social workers in creating and posting a no-smoking sign in the children's home to support the smoke-free life.

六一國際兒童節 Children's Day

一年一度的兒童節又到了，孩子當然感到非常興奮！因此，我們舉辦了多個慶祝活動，讓孩子盡情發揮，過一個難忘的兒童節！

The children were filled with excitement in celebrating the annual Children's Day! A number of activities were organised for the children to fully enjoy and experience an unforgettable Children's Day!



兒童節快樂！
Happy Children's Day!

孩子都為文藝匯演準備充足。
The children all prepared for the cultural performance.



看！他們多醒神！
Look at how energetic they are!

城市探索 Exploring the City

黃南州兒童福利院
Huangnan Children's Home



為了鼓勵孩子探索外面世界，黃南院在尖扎縣舉辦了城市定向活動，讓孩子能了解尖扎的歷史及它的著名景點。

To encourage the children to discover the world around them, the Huangnan Children's Home organised an orienteering activity around Jianzha County. The trip taught the children about the county's history and famous landmarks.



多外出走走對孩子的發展很有幫助呢！
Fieldtrips like this are definitely beneficial to the children's development!



活動過後他們分享感受和想法。
Reflections and sharing sessions after the activity.

音樂治療工作坊 Music Therapy Workshop

西寧市兒童福利院
Xining Children's Home



音樂是可以打破人與人之間隔膜的世界語言。因此，西寧院的心靈家園舉辦了親子音樂治療，讓孩子及其小組家庭的父母透過音樂表達情緒，從而加強親子交流，建立正面關係。

Music breaks boundaries between languages spoken around the world. Hence, Xining Children's Home organised a personal Music Therapy session, allowing the children and parents to use music as a platform to express their emotions, while nourishing communication and reinforcing positive relations between parents and children.



突破寂靜的世界 Breaking Through the Silence

聖誕節原是與親朋好友聚首一堂、快樂溫馨的日子，但對於今年6歲的小讓來說，卻是個帶點苦澀傷感的時刻，因為他於去年的聖誕節與家人正式分別。

Christmas is the season for families and close friends to gather together to have a good time catching up. However, the season makes 6-year-old Xiao Rang quite emotional after having been separated from his family the previous year.



小讓的父親在他小時候不幸去世，所以他的母親也改嫁了，只好跟爺爺奶奶相依為命。沒有父母在旁愛護的小讓，自小更患上先天性聽力障礙，聽覺的結構和功能受到極重損傷，令成長路更添障礙。為了讓他有更好的照顧，於是他便被送到黃南州兒童福利院。

因著失聰導致失語，小讓很難與人溝通和表達自己，所以他起初在院中顯得特別靦腆，甚至不願跟人打招呼，總是喜歡一個人靜靜地玩玩具一整天。然而，他卻是個特別聰明的孩子，當我們讓他學習一些溝通的動作時，他很快就學會了，也開始不再那麼的封閉自己。短短數月，他在院中已認識了不少同齡玩伴，慢慢喜歡與他們一起玩耍與分享，在臉上的笑容也漸漸多了。

與此同時，本會一直為小讓失聰的情況提供全面的協助。除了安排他到青海大學附屬醫院做全面的雙耳功能檢查，我們也正積極為他尋求國內及外國專家的意見，希望給予他適當的治療。而且，為了讓他及早接受教育，我們的社工早前聯繫了聾啞學校，今個月小讓便可入讀，期後他就能學習手語以打破溝通的障礙，從而改善他的日常生活。

現時的小讓已經開朗了不少，他最喜歡的就是到戶外打籃球，而貪吃的他偶爾也會到辦公室去翻找零食。雖然他年紀還小且沒法說話，以致我們仍未了解到孩子的內心世界，但本會將繼續定期跟進他的醫療和學習情況，希望他可以突破界限，邁向生命的新一章！

Today, Xiao Rang is more often seen cheery and in high-spirits. His favourite hobbies are playing basketball and the occasional sneak into our office to grab some snacks. As he is still young and has not yet learnt to communicate substantially, we are yet to get a grasp of his inner world. But we will continue to follow through with his treatments and learning journey, hoping that he would be able to surpass the sky's limit, and bring himself into a new chapter of life.

Xiao Rang's father passed away when he was a toddler. His mother eventually remarried and decided to leave him under the care of his grandparents. Born with serious hearing problems, the absence of his parents' love and care have worsened his condition. He was then sent to Huangnan Children's Home to provide him with better care and support.

Xiao Rang's hearing loss resulted in his inability to speak, facing difficulties in communicating and expressing himself to others. This made him quite shy, preferring to quietly play on his own all day. Nevertheless, he is a particularly smart boy. He quickly picks up the different communicative gestures we teach him. After a few months, he was able to connect with many peers his age, eventually enjoying the company of his playmates. With every new friend or playmate gained, he now carries a bigger smile on his face.

Until this day, Christian Action continues to provide Xiao Rang with comprehensive care and a supportive environment. Aside from arranging thorough ear check-ups at the Qinghai University Affiliated Hospital, we have been actively seeking out further medical advice from overseas and local medical experts in hopes of providing him with the most appropriate treatment. At the same time, our social workers have cooperated with a school for the hearing impaired for him to receive education. He will be starting school this month. Soon, he will learn sign language to help him communicate and overcome the obstacles he faces, and improving his daily life.



我們為小讓安排參加適應小組，讓他快點融入院中生活！

We arranged Xiao Rang to join an adaptation class to help him adapt quickly to the life at the children's home!



小讓漸漸開放了自己，不再躲在自己的世界。

Xiao Rang is slowly opening up himself to others, no longer hiding within his own world.



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To raise funds for children from low income families in Hong Kong as well as orphans and children with disabilities in Qinghai

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- ☐ 我願意調整我每月捐款金額，幫助更多青海孤兒。
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