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籌款目的
OBJECTIVE

為香港低收入家庭兒童、青海孤兒及殘障兒童籌款
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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為他們伸出援手！ They need your help now!

捐助表格 Donation Form

- ☐ 我願意成為基督教勵行會青海兒童之友，每月捐款：
I would like to become Christian Action's Friends of Qinghai Children, with a monthly donation of:
HK\$ ☐ 150 ☐ 200 ☐ 300 ☐ 其他 Others \$ _____
- ☐ 我願意一次過捐助，以支持基督教勵行會青海兒童之友計劃：
I would like to make a one-off donation to support Christian Action's Friends of Qinghai Children Programme
HK\$ ☐ 300 ☐ 500 ☐ 1000 ☐ 其他 Others \$ _____
- ☐ 我願意調整我每月捐款金額，幫助更多青海孤兒。
我現時每月捐款金額為 HK\$ _____，新的每月捐款金額為 HK\$ _____
I would like to increase my monthly donation to help the Qinghai orphans.
Currently, my monthly donation is \$ _____
NOW, I want to upgrade my donation to \$ _____

只要每月捐款 By donating monthly

- \$150** 一年可以為來自貧困鄉村的學生提供兩個月大專及大學的學費
a year can support 2 months tertiary education tuition fee for a student from an impoverished village
- \$200** 一年可以讓一名小組家庭的兒童得到兩個月的照顧
a year can provide 2 months of care to a child in a small group home
- \$300** 一年可以為過渡至成人階段的青少年提供26節康復訓練
a year can provide 26 rehabilitation training sessions to youth in the adult transition programme who have disabilities.

☐ 個人捐款 Individual Donation ☐ 機構捐款 Organisation Donation

姓名 Name _____
機構名稱 Organisation _____
地址 Address _____
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捐款方法 Donation Methods

- ☐ 信用卡付款 By Credit Card  
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信用卡號碼 Credit Card No. _____
到期日 Expiry Date _____ 簽署 Signature _____
- ☐ 郵寄劃線支票 By Crossed Cheque
抬頭請寫「基督教勵行會—慈善服務」；支票背面請寫上捐助者姓名及聯絡方法。
Payable to "Christian Action—Charity Services".
Please write the name and contact information at the back.
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Your personal data collected will be kept strictly confidential for processing donation and issuing receipts. To keep you connected with us, your contact information provided (name, telephone number, email and address etc.) will be used for our communications, fundraising and opinion survey. If you disagree to receive the communications from Christian Action, please mark a "√" in the box.

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總幹事的話

A Message from the Executive Director

每次回到青海，看到孩子的成長及團隊努力的成果，我總有一種難以言喻的感動。在剛過去的夏天，很榮幸邀請到馬來西亞教會及香港教會的牧師及領袖，與我和馬龍結伴往青海探訪。他們參觀了數間兒童福利院，了解我們的全人服務，並與孩子交流接觸。孩子自信的談吐及精彩的表演，都讓來賓印象深刻！

我亦藉此機會與一位久未碰面的孩子共晉午餐，她就是曾經歷奇妙醫治的斗格，而她最近結婚了！回想起十年前，我們得知她患有腦腫瘤，再安排她到香港接受手術，到現時看到美麗的她邁向人生新一頁，相信沒甚麼比這讓我更快樂！我送她一本以她經歷作藍本的繪本，以及滿載她與本會回憶的相冊，願她幸福快樂。

「因著有您，改變生命」是青海兒童之友計劃的新主題，盼望您繼續與我們一同轉化孩子生命，為其帶來愛與希望！

Whenever I return to Qinghai, I am thrilled to see our children growing up and the fruits of our team's labour. The feeling is so incredible that it is beyond what words can describe. In the past summer, I was honoured to have invited pastors and leaders from Malaysia and Hong Kong to join Marlon and myself for a visit to Qinghai. They visited our several children's homes and gained a better understanding of our holistic services. They also interacted with the kids who are very confident in themselves. Their amazing performances certainly left a lasting impression on the visitors!

I also took the opportunity to have lunch with one of our children I hadn't seen for a long time. She was Dou Ge, who experienced an amazing treatment journey. She is now an adult and recently got married! I thought back to 10 years ago when we found out she had a brain tumour and we arranged for her to come to Hong Kong to receive treatment. Now she is a beautiful young lady and has started a new chapter in her life. I am really happy for her and I wish her a good life. I gave her a storybook which is based on her story and a photo album filled with memorable images of her and Christian Action staff.

"Stand with Qinghai's children and bring change for them" is the new theme of the Friends of the Qinghai Children Programme. We hope you will continue to walk with us to transform the lives of children and bring love and hope to them.



張洪秀美與斗格重聚。
Reunion between Mrs. Cheung-Ang Siew Mei and Dou Ge.

Ang Cheung

張洪秀美
Mrs. Cheung-Ang Siew Mei, JP

學術及興趣發展 ◊ 見證孩子豐盛成果

Academic and Extracurricular Development Brings Fruitful Results

知識不但可以豐富孩子的思想，還幫助他們建立生活的本領，而興趣發展則可為他們生命添上色彩。本會一直為此而努力，最近更有良好的成果！

黃南州兒童福利院在2019年的高考成绩非常優異，23名參加考試的學生中有8人考進大學，其他則進了大專，換言之升學率為百分之百！為鼓勵他們的付出和努力，院方為孩子送上筆記型電腦、智能音樂播放器、藍牙耳機及智能手環等，希望他們繼續為未來和夢想奮鬥。

海南州兒童福利院的兩位孩子華毛太與楊措葉，在8月參加了「2019中國青海國際標準舞全國公開賽」。她們憑著熱情的拉丁舞姿，以及生動的表情，在12項比賽中分別得到多個獎項，而華毛太更奪兩個一等獎！

Knowledge not only can enrich children's thinking but also help them to build life skills. At the same time, we make their lives more colourful by helping them to develop their interests. To this end, we have worked very hard, and there are amazing results!

Children from Huangnan Children's Home achieved impressive results in this year's National College Entrance Examination. Among the 23 students, 8 will go to university, whereas the rest have gained admission to college. In other words, the college admission rate is 100%! To reward their hard work and motivate them to continue to follow their dreams, HUNCH presented them with laptops, smart audio players, Bluetooth earphones and activity trackers.

Two girls from Hainan Children's Home, Hua Maotai and Yang Cuoye, participated in the 2019 Qinghai China International Ballroom Dance National Open Competition in August. With their enchanting Latin dance and expressive faces, they won multiple awards in 12 separate competitions. In addition, Maotai won two first prizes!



華毛太(左)與楊措葉(右)分別獲得多個獎項。
Hua Maotai (left) and Yang Cuoye (right) won multiple awards.



文化之旅 Cultural Tour

果洛州兒童福利院
Guoluo Children's Home



為擴闊孩子的視野與見聞，果洛院與北京及青海的民政部門舉辦了一連五天的北京文化之旅，參觀了不同的名勝古蹟、標誌性的建築物，以及博物館等。孩子們從中認識到中國的古今發展，感到興奮不已！

To broaden children's minds and horizons, Guoluo Children's Home co-organised a five-day cultural tour in Beijing with the civil affairs sector of Beijing and Qinghai, where the kids visited different scenic spots, monumental buildings and museums. The youngsters were not only excited but also learned a lot about developments in China from past to present.



長城壯麗的景色讓孩子留下深刻印象。
The youngsters were deeply impressed by the magnificent view on the Great Wall.

夜遊奧林匹克主題公園！
An evening visit to the Olympic Park.



激發潛能的夏令營 Provoking Growth in Summer Camp

孩子非常期待的夏令營又到了！除了一些刺激的團體遊戲外，我們還安排了職業導向測試及財富管理的工作坊，藉此幫助他們發掘潛能之餘，亦讓其了解正面的金錢觀念及人生價值觀！

The much-anticipated summer camp finally arrived! Apart from exciting games, we also arranged career tests and wealth management workshops. Through these activities, we helped the children uncover their potential and gain a proper knowledge about the concept of money and life values.



夏令營圓滿結束，大家都收穫豐富！
The summer camp ended, and everyone had a rewarding experience!

探索大自然 Exploring Nature

西寧市兒童福利院
Xining Children's Home



大自然是有趣的教材，可培養孩子的觀察力和專注力。因此，西寧院的心寧家園開展了植物興趣小組，由社工帶領孩子種植蔬菜及花卉，讓他們從中體驗學習。

Nature offers great educational opportunities as it can be used to cultivate observation and concentration skills in children. As such, Xining Children's Home started a plants interest group, where under the guidance of social workers, kids undergo experiential learning through growing vegetables and flowers.



看！他們多細心呢！
“Look!” They were very attentive!



海南州兒童福利院/黃南州兒童福利院
Hainan Children's Home / Huangnan Children's Home



我們的同工鼓勵孩子們放膽追夢！
Our staff encouraged the teenagers to go after their dreams.

大家渡過很快樂的時光，對夏令營依依不捨。
The youth had a great time, but alas all good things must come to an end.



14厘米—— 世界從此不一樣 14 cm makes a world of difference



「瓜真切」，這是藏語中謝謝的意思，亦是小拉的父親每次跟我們同工見面時最常說的一句話。

“Thuk-je-che” means thank you in Tibetan, and this is one of the phrases that Lala's father frequently uses whenever he sees our staff.

小拉患有先天性脊柱側彎，除了導致身高比其他同齡孩子矮一大截，還嚴重影響到她的呼吸和日常生活的活動能力，令她的身心都飽受煎熬。然而，生於貧困藏族家庭的小拉，父母以放牧來維持生計，根本無法負擔昂貴的醫療費用。為免情況惡化至危及孩子的生命，當我們得知她的情況後，便在一家族基金支持下，立即提供全面的支援及資助其治療費用，務求讓她重獲健康的身體。

2017年，本會安排小拉到青海紅十字醫院作診斷，醫生認為她必需盡快進行手術，以防她的心臟及肺部受彎曲的脊柱影響，於是便展開漫長的手術之路。在這兩年間，這位勇敢的女孩先後經歷了十一次脊柱側彎矯形手術，雖然每次的過程滿是痛苦與眼淚，甚至曾試過在手術後右腿一度失去知覺，但她都堅強地一一捱過了。期間無論日夜我們的社工總會陪伴在側，亦會在手術後定期跟進小拉的康復及生活情況，協助他們一家渡過重重難關。

路縱然難走，但小拉康復的進度非常理想，她的身高由最初的132厘米增加至現時的146厘米，而脊柱彎度也由超過90度變成不到15度。最令人感動的是，她之前一直因身體問題而自卑、自我封閉，不敢面對他人目光，現在她終可挺直腰板與人交流，表現充滿自信與喜悅，甚至最近一次到西寧覆診時高興得帶著父親在醫院的檢查室來回跑動，而她的父親更露出了久違了的笑容。



今年14歲的小拉已經升上中一，是個勤奮好學的女孩。她希望可以讀上大學，畢業後去幫助社區中有需要的人！看著小拉在手術後的轉變，以及她的一家由徬徨憂心到滿懷希望，我們真的很感恩，而未來本會仍會繼續跟進她的情況，願小拉健康快樂地成長！

Lala is 14 years old now and is studying in Secondary 1. She is a hard-working student and wants to go to university, where after graduation she would like to help those in need in the community. We are very grateful to have seen Lala's changes after the surgery and the positive transformation her family has experienced. We will continue to follow up on her case, and we wish to see her grow up happy and healthy.



看，小拉現在多自信啊！
“Look!” Lala now feels very confident about herself.

還未接受手術前的她常悶悶不樂。
Before the surgery, she always felt unhappy.

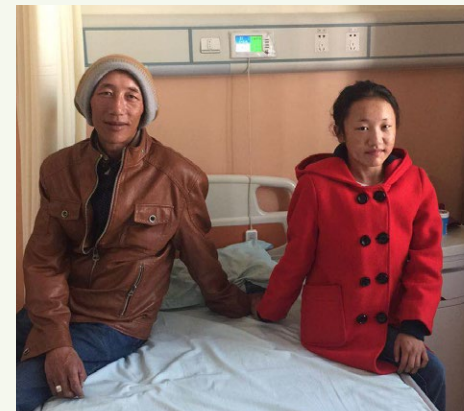
Lala was born with congenital scoliosis. It caused her to be much shorter than other children of the same age and severely impacted her breathing and daily mobility. As she was born into a poor Tibetan family, her parents, who earn a living through animal husbandry, simply could not afford expensive medical treatments for her. Upon learning about her condition and in order to avoid further deterioration that would endanger Lala's life, we offered immediate comprehensive assistance with the support of a family foundation who provided generous subsidies for her treatment in order to help her regain her health.

In 2017, we arranged Lala to visit the Qinghai Red Cross Hospital for diagnosis. The doctor determined that she required surgery as soon as possible to prevent her heart and lungs from being affected by her curving spine. Over the past two years, this brave little girl has undergone eleven orthopaedic surgeries. While the process has been difficult and filled with tears, and at one point she even experienced a loss of sensation in her right leg after a surgery, she stayed strong and made it through. During those periods, our social workers were always with her and they would follow up on her rehabilitation and living situation to make sure her family could go through these difficult times.

Lala's rehabilitation journey was not easy, but it has progressed well. Her height increased from 132 cm to 146 cm, and the curvature of her spine saw a significant improvement, from over 90 degrees to just under 15 degrees. Due to her physical condition, Lala had low self-esteem and isolated herself. Now, after the surgery, she can stand up straight when interacting with people and feels confident and joyful! In the most recent checkup at Xining, she was so happy that she ran around in the consultation room with her father. And the long gone smile also appeared on the father's face.



我們的同工陪著小拉去覆診。
Our staff accompanied Lala for a checkup.



她與父親感情很好，因此她的康復進展也為一家人帶來喜悅。
She is very close to her father, and her recovery also brings joy to her family.