

# 青海兒童之友通訊

## Friends of Qinghai Children Newsletter

### 總幹事的話

#### A Message from the Executive Director

今年初起，新型冠狀病毒肆虐全球，實在令人擔憂及痛心。可幸的是，青海屬低風險地區，目前只有18個感染個案，全部都已康復出院。我們就讀中小學的孩子在3月陸續復課，而大學亦在4月中旬重開，生活也逐漸回復正常。

然而，我們一直未有鬆懈，在兒童福利院採取嚴格的預防措施，包括取消所有公眾探訪。同時我們亦開展了多個課堂，讓孩子認識有關病毒的知識和資訊，並教導他們提高衛生意識，做足防疫措施。自踏入夏天，我們恢復舉辦不同類型的學習、文藝、康樂活動，孩子都顯得興奮雀躍，而從他們的笑容也讓我感受到夏天的活力和快樂。

感謝每一位善心人士，在疫情期間關心我們孩子的情況，甚至給予慷慨幫助和支援。我們會盡力確保孩子的健康和 safety，同時我也希望您好照顧自己的身體。衷心祝福您和家人健康平安，生活順心！

COVID-19 has ravaged the world since the beginning of this year, causing widespread distress and panic. Fortunately, Qinghai is a low-risk area and has seen only 18 confirmed cases thus far, with all patients recovered and discharged from the hospital. Life in Qinghai has gradually returned to normal as our primary and secondary school students resumed classes school in March, and universities reopened in mid-April.

Despite the recovery, we continue to remain vigilant by implementing stringent preventive measures such as no-visitor policy at the children's homes. In addition, to help the children protect themselves from contracting COVID-19, we educate them on the virus and teach them about personal hygiene. Since the start of summer, we have resumed different learning, recreational and arts and cultural activities. The children are very excited about the restart of the events, their cheerful smiles send waves of good energy, imitating summer's joy and vitality.

I would like to extend my heartfelt gratitude to all those who provided generous support and cared for our children during the pandemic. We will do our utmost to safeguard the children's health, well-being and safety. Meanwhile, take good care of yourselves, and may the blessings of good health and happiness be with you and your family!



*Ang Cheung*

張洪秀美

Mrs. Cheung-Ang Siew Mei, JP



精彩的民族舞蹈表演！  
A wonderful ethnic dance performance.



孩子享受野餐的美好時光。  
The children enjoyed a good time at an outdoor picnic.

### 六一兒童節 X 夏日樂趣 ◇ 發揮青春無限可能

#### Children's Day X Summer Fun - The power of youth and endless possibilities

孩子最期待的夏天已經來臨了！本會趁著疫情緩和之時，為孩子籌備多元化活動，協助他們發掘潛能之餘，同時為其成長創造更多有意義的回憶。

為慶祝兒童節，果洛州、黃南州及海南州兒童福利院均舉辦了文藝匯演活動。孩子們為此準備了精彩的表演，不論是唱歌跳舞，還是朗誦演講，他們都在台上盡情發揮，而台下觀賞的同工與孩子亦享受其中呢！

夏天當然是戶外活動的好時機，因此黃南州兒童福利院開展了「快樂夏日」活動，帶幼兒至初小的孩子前往景色宜人的濱河公園。遊園玩樂過後，社工還與孩子席地野餐，一邊曬著午後陽光，一邊在蟲鳴鳥聲中聊天，好不寫意！

Summer has arrived! As the spread COVID-19 started to slow down and get under control, we organised a wide range of activities to help our children unleash their potentials and create meaningful childhood memories.

The Guoluo, Huangnan and Hainan Children's homes organised extravaganzas to celebrate Children's Day. On-stage and off-stage, the children had a great time as they showed off their artistic talents such as singing, dancing and public speaking. Our staff and children were enthralled by the performances and had a wonderful time!

Summer is the perfect time to host activities outdoors. The Huangnan Children's Home hosted an event, "Happy Summer", to take our young children and junior primary pupils outside to the Riverside Park to play. Under the warm afternoon sun, our children and social workers enjoyed the fresh air and the nature as they chatted and picnicked amid songs of birds.



## 母親節獻禮

### Present Gifts on Mother's Day

母親節是向媽媽表達愛意的最佳時刻！因此，西寧院的心寧家園舉辦了節日活動，讓孩子動動手自製心意卡與禮物，藉以答謝小組家庭的母親一直以來的照顧、關愛與付出。收到孩子心意的媽媽，心裡既高興又感動，場面非常溫馨！

Mother's Day is the best time of the year to express your love for your mother! The Xin Ning Court at Xining Children's Home organised a festive event so that the children could thank their Home mothers for their care and devotion with their handmade greetings cards and gifts. Although these acts were a small tokens of appreciation, the Home mothers were really touched – joy and happiness reverberated throughout the day!



看，孩子的作品多有心思呢！  
Look at the thoughtful gifts made by the children!



貼心的孩子為媽媽按摩。  
A daughter giving her mother a massage.



獻禮的珍貴一刻。  
The precious moment of gifting.



## 世界讀書日 World Book Day

黃南州兒童福利院  
Huangnan Children's Home



為促進院中孩子多閱讀與寫作，黃南院社工藉著世界讀書日，開展「讓讀書成為一種習慣」的主題活動。過程中，孩子彼此介紹了各自準備好的精選讀物、寫下最觸動自己的句子外，更分享了自己訂下的閱讀計劃！

To encourage our children to read and write more, social workers at Huangnan Children's Home started an event themed "Let Reading Be A Regular Habit" on World Book Day. The children had a show-and-tell to share their book of choice and the most meaningful quotes with other children. Moreover, they shared their reading plans to encourage each other to develop a reading habit.



每年的4月23日為世界讀書日。  
The World Book Day falls on 23 April every year.

孩子們都非常專心投入！  
The kids were very attentive!



## 植樹體驗

### Tree Planting Experience

海南州兒童福利院  
Hainan Children's Home



趁著和暖春夏的來臨，海南院舉辦了大小同樂的植樹活動，讓孩子學習種植的知識和技巧外，也從中提高他們愛護環境的意識。

As the warmer days returned in spring and summer, the Hainan Children's Home organised a tree planting activity in which our children learnt to plant along with being aware of the importance of environmental protection.



雖然整個過程由社工帶領，不過孩子也一手一腳去做，亦很享受箇中樂趣呢！

Although the whole process was led by the social workers, children rolled up their sleeves and joined in the fun!

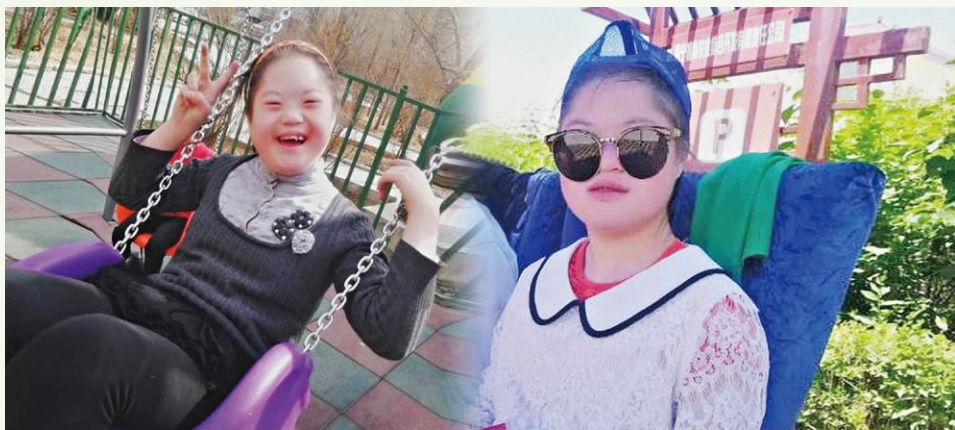


## 笑容背後的努力

### Efforts Behind the SMILES

每次看到瑶瑶天真爛漫的笑容，都會讓人心裡一甜，然後隨之而來的是一絲絲苦澀……

Every time Yao Yao smiles, a surge of bittersweet arises as her infectious cheerfulness is confronted by a tinge of heartache.



瑶瑶的笑容能夠感染身邊的每一位  
Yao Yao's smile is infectious.

上斜的眼睛、扁塌的鼻樑、配上平坦而圓圓的臉龐——瑶瑶是唐氏綜合症患者，除了智力發展和語言表達能力受到影響外，她走路動作非常緩慢，亦伴隨著先天的心臟問題。2011年，當時5歲的瑶瑶被送到西寧市兒童福利院，自此她便開始在院內的心寧家園生活。

或因先天障礙的緣故令瑶瑶嚴重缺乏安全感，她剛入住兒童福利院時顯得膽小自卑，不願意表達自己，更害怕與別人接觸。然而，心寧家園為瑶瑶提供一個全面的家庭模式環境，讓她可與小組家庭父母一起生活，並得到他們的照顧、愛護和鼓勵，感受家庭溫暖。這樣的環境令瑶瑶較容易適應，慢慢願意開放自己。此外，本會也因應瑶瑶的情況給予她各種支援，包括為她安排心臟手術和治療、康復訓練及特殊教育課程，改善她的健康情況、活動和溝通能力。

經過小組家庭父母的細心照料及本會同工的努力，現時瑶瑶很享受家庭生活，而自理能力已有所提高，例如能夠自己吃飯、穿衣、洗漱等，亦會幫忙哄她的兩位妹妹入睡。最令人欣慰的是，瑶瑶不再害怕面對陌生人，可簡單與人溝通交流，甚至會主動打招呼，溫柔地說聲「你好」。由於瑶瑶是個親切有善和愛笑的女孩，所以她在院內非常受大家歡迎，父母、老師和朋友都很愛惜她呢！



與小組家庭成員同晉晚餐  
Having dinner with her family.

With upward slanting eyes and flat facial features, Yao Yao stands out from the crowd with her Down syndrome. Apart from cognitive delays and speech impairments, she has congenital heart problems and walks very slowly. In 2011, 5-year old Yao Yao was sent to Xin Ning Court where she has found her own place since.

Perhaps troubled by her additional challenges, Yao Yao was severely afflicted with insecurities when she started her new life at the Children's Home. Too timid and self-abased, she was reluctant to express herself, let alone engage in social interactions. Nonetheless, the Xin Ning Court immerses Yao Yao in a comprehensive homely environment; under her Home parents' care, protection and encouragement, Yao Yao experiences the warmth of family love. This family setting helped Yao Yao adapt to her new home and she slowly opened up to others as she began to trust her surroundings. Also, we have been providing Yao Yao with various assistances to support her well-being, these include the arrangements of heart surgery, rehabilitation training and special education classes to improve her health, motor skills and social interactions.

Under Yao Yao's Home parents' love and affection and the collective efforts of our staff, Yao Yao now enjoys her family life. She has developed some basic self-care skills such as feeding and dressing herself, and brushing her own teeth, and even volunteers to help put her sisters to bed sometimes! What brings the greatest joy in seeing her transformation is her openness to interact with strangers today; once unable to be in sight of strangers, she now can have simple exchanges with visitors. There were times she even took the initiative to greet others, "Ni hao" softly. Yao Yao is a friendly girl who carries around a smile with her wherever she goes, she has become very popular in the children's home – loved by her parents, teachers and friends!

今年14歲的瑶瑶，雖然有著不一樣的外表，但她跟其他年輕人一樣喜歡把自己精心打扮得漂漂亮亮的，也喜歡擺姿勢和展露甜美燦爛的招牌笑容給別人拍照，她自拍亦很在行呢！看到瑶瑶的改變，證明了心寧家園的生活對有殘障的孩子是多麼的重要，我們也將繼續為她提供身體和智力方面的訓練，讓她身心健康快樂地成長！

Today, Yao Yao is 14 years old. Despite her looks affected by her condition, she likes to dress up and look pretty, just as girls her age do. She also likes to pose and show off her beautiful smile in photos, and is a pro at taking selfies! Yao Yao's changes are a testament to the positive impact Xin Ning Court brings to children with disabilities. We will continue to provide Yao Yao with physical and cognitive developmental trainings to support her in a healthy and happy environment!



瑶瑶自小便開始學習到雜貨舖買東西  
Albeit her young age, Yao Yao has learned to grocery shop!



瑶瑶(左)每日都有做鍛鍊運動  
Yao Yao (left) does strengthening exercises every day.



## Season of Love Charity Drive

訂購熱線 Order Hotline

**2716 8862**

數量有限，售完即止 While Stocks Last

詳情將稍後公佈，請密切留意本會網站及Facebook!

Details will be announced shortly.

Please visit our website and facebook for most updated information!



Christian Action 基督教勵行會



### 籌款目的

OBJECTIVE

為香港低收入家庭兒童，青海省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

慈善手提袋

Charity Tote Bag

每個 Each

HK\$100



慈善筆記簿

Charity Notebook

每本 Each

HK\$30



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

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  
\$150 a year can support 2 months tertiary education tuition fee for a student from an impoverished village

一年可以讓一名小組家庭的兒童得到兩個月的照顧  
\$200 a year can provide 2 months of care to a child in a small group home

一年可以為過渡至成人階段的青少年提供26節康復訓練  
\$300 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 \_\_\_\_\_

電話 Telephone \_\_\_\_\_

電郵 E-mail \_\_\_\_\_

#### 捐款方法 Donation Methods

- ☐ 信用卡付款 By Credit Card    
持卡人姓名 Card Holder's Name \_\_\_\_\_  
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.
- ☐ 網上捐款 By Internet  
可於本會網頁直接進行登記捐款及轉帳 Donate online and make a money transfer.
- ☐ 直接存入匯豐銀行帳戶 Deposit cash or cheque in HSBC Account: 567-320973-005  
請將入數紙連同捐款表格郵寄或傳真至本會  
Please present this barcode to the 7-Eleven cashier in Hong Kong for payment.  
Please enclose the transaction record with this donation form.
- ☐ 7-Eleven 現金捐款 Cash Via 7-Eleven  
請攜同此印有本會慈善機構條碼之表格到7-Eleven付款。請保留交易紀錄，然後連同捐款表格郵寄/傳真至本會。Please present this barcode to the 7-Eleven cashier in Hong Kong for payment. Please enclose the transaction record with this donation form.



捐款港幣一百元或以上可獲發申請減稅收據。Donations of HK\$100 or above are tax deductible.

選取任何捐款形式，均請郵寄、電郵或傳真此表格至本會  
Please return this form by post, e-mail or fax for all methods of donation  
香港九龍清水灣道55號彩雲二邨 55 Clear Water Bay Road, Choi Wan (2) Estate, Kowloon, Hong Kong  
查詢電話 Enquiries: 2716 8862 傳真 Fax: 2362 0046 電郵 E-mail: donor@christian-action.org.hk

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