

為香港低收入家庭兒童、青海省孤兒及殘障兒童 To raise funds for children from low income families in Hong Kong as well as orphans and children with disabilities in Qinghai



爲他們伸出援手! They need your help now!

捐助表格 **Donation Form**

- 我願意成為基督教勵行會靑海兒童之友,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靑海兒童之友計劃
- I would like to make a one-off donation to support Christian Action's Friends of Qinghai Children Programme HK\$ 300 500 1000 日本他 Others \$_
- □ 我願意調整我每月捐款金額, 幫助更多靑海孤兒。

我現時每月捐款金額為 HK\$,新的每日捐款余額為 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

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- -年可以爲過渡至成人階段的靑少年提供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

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- □ 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/傳眞至本會。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,均需郵寄、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 香港九龍淸水灣道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 傳眞 Fax: 2362 0046 電郵 E-mail: donor@christian-action.org.hk

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Friends of Qinghai Children

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A Message from the Executive Director

慈善晚會已舉辦超過10年,回顧歷年晚會, 我們見到靑海服務為殘障孤兒及有需要兒童 帶來的生命轉化,見證被領養兒童突破身體 的殘障,全力以赴追求夢想;接受青年資助 計劃的孩童擺脫困境,學有所成回饋社區, 看著他們在成長路上,不斷挑戰自己成為冠 軍,我真的旣感動又感恩,原來神的恩典永 遠夠用。

另一個讓我感動的環節,是聽著曾到訪靑海 服務的香港或外國醫護人員、專業人員、牧 師或支持者們的故事分享,才發現多年來無 數的專業團體或專家親力親爲前往靑海服 的力量。

在神的帶領下,期盼您繼續支持我們在靑海 的服務,為每一位弱勢兒童帶來希望。

不經不覺,本會每年一度為靑海服務籌款的 Time has slipped away unnoticed since we held the annual charity dinner for our Qinghai Child Welfare Programme over a decade ago. Now when I look back, I am amazed by the transformed lives of children with disabilities and those in need through our services in Qinghai. I am a witness to the success of adopted children in overcoming their physical limitations and chasing after their dreams with great determination. It also serves as an occasion to celebrate the achievements of our Youth Assistance Programme students whom we helped in their studies and school life. It touches my heart knowing that they returned home and gave back to their communities with what they have learnt, as I see them rise to the challenge of personal growth along the way. God has raised them up to be champions and those we serve. I am grateful that His grace is always sufficient for us.

What moved me in the 2 thanksgiving dinners was the sharing of 務,讓當地有需要的人感受到生命影響生命 personal stories from healthcare practitioners, professional staff, pastors and supporters from Hong Kong and around the world. Over the years, a myriad of professionals and experts have served children and local Qinghai people in need and given them life-changing power to transform their lives and others.

> With God's guidance, I pray for your continuous support for our services in Qinghai that offer a beacon of hope for each underprivileged child.



張太爲謝醫生送上特別的禮物,她是本會長期支持者 Dr. Charmaine Tse received a special gift from Mrs. Cheung. She is our long term supporter



余博十是我們的長期義丁,他在照宴上分享探訪靑海的故事 Dr. Kevin Yue, who is a long-serving volunteer of CA, shared his experience about Oinghai with us

感恩慈善晩會 **Thanksgiving Celebration Dinner**

受新冠疫情影響,本會去年停辦了為青海 服務籌款的慈善晚會,今年晚宴得以復 辦,主題為「Champion Building」。因香 港現時正實施防疫措施,在面對重重難關 下,晚宴終在11月13日及27日順利舉 行,兩場宴會共有逾120名嘉賓出席,爲 青海項目籌得超過200萬元。

At the dinner, some Hong Kong healthcare practitioners, 晚宴除了邀請了曾到訪靑海的香港醫護人 pastors and supporters recounted their volunteer experiences 員、牧師或支持者分享他們的經驗和感 in Qinghai and how they felt about the service trips. Two 受,也有兩名被領養的孩子Xan及Caleb, adopted kids, Xan and Caleb, also shared about their 透過短片與大家分享他們的故事、現況、以 adoption stories, everyday life as well as their future dreams 及個人夢想。十多名靑年資助計劃的受惠靑 in a short video. Similarly, 10 teenagers subsidised by the 年以及十多名被領養的孩子也透過短片感謝 Youth Assistance Programme and more than 10 adopted 本會和支持者。透過他們的眞誠分享,能感 children expressed their gratitude to Christian Action and 受到他們已找到自己的目標,朝著標竿直 patrons in 2 short videos. We witnessed, through their 跑,成為自己的冠軍。 genuine sharing, how they found their purposes and pressed on to become Champions.

張洪秀美 Mrs. Cheung-Ang Siew Mei, JP

The ravage of the pandemic compelled us to postpone last year's fundraising and thanksgiving dinner for our child welfare services in Qinghai. With Hong Kong's infection prevention measures loosened, we braved the pandemic and threw a Thanksgiving Celebration Dinner themed "Champion Building" on November 13 & 27, where more than 120 guests participated and supported our Qinghai Programme by raising more than HK\$ 2 million!

同一輪明月,同一個家園

We're one family under the same bright moon



中秋節是歡聚的重要節日,今年的中秋節,本會員工帶同橋樑家園 的青年們向院內的老人、護理員及各部門職工贈送月餠。社工亦向 青年們介紹中秋節知識及習俗,大家更一同裝燈籠、玩猜燈謎遊 戲,靑年們每人亦獲贈月餠,感受濃濃的中秋文化氣息。是次活動 參與人數為44人。

Mid-Autumn Festival is one of the most important holidays for family get-togethers. For Mid-Autumn Festival this year, a group of teens, led by our staff, distributed mooncakes to the seniors, caretakers and departmental staff at Bridge Home. Social workers first introduced the origin of Mid-Autumn Festival and its customs, then decorated the lanterns with the teens and guessed the riddles written on a paper notes attached together. The youth each received a mooncake to feel the vibe of the festival. Altogether 44 people joined us to celebrate the occasion this year.



大家一同安裝燈籠 Everyone had fun ecorating the lanterns

爬山登高 不怕苦不怕累

Ain't no mountain high enough to keep us from going upward

海南州兒童福利院 Hainan Children's Home

暑假期間,社工觀察到孩子們做完功課後,便很少參加其他課外活 動,大部分時間都是待在宿舍。為鼓勵孩子多參與課外活動,海南 院社工組織了一次爬山活動,在確保安全的情況下,讓孩子走入大 自然,透過爬山來培養他們不怕苦的精神,同時鍛鍊身體。

Social workers at Hainan Children's Home observed that many children shut themselves in the hostel most of the time and rarely had a chance to enjoy extra-curricular activities after completing their homework. Therefore, they organised a hiking activity for kids to go into the woods safely, so they could develop an attitude to persevere in hardships and train up their bodies.



35名孩子穿上運動鞋、戴上防暑帽子,一起爬山登頂,並 在山頂留影 35 Kids wearing sport shoes and caps to conquer the mountain and took a group picture at the peak

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敎師節活動 **Teachers' Day Calendar**



尊師重道乃傳統美德,9月10日爲教師節,海南院社工帶領孩子們 透過製作手工卡片,認識教師節的意義。過程中,孩子們分享與老 師之間的故事,從而領悟到尊重老師的道理。而孩子們亦將親手製 作的心意卡送給老師以表謝意,促進師生關係。

Respecting teachers is a traditional virtue. September 10 was Teachers' Day and social workers at Hainan Children's Home taught our children to make thank-you cards for their teachers to show their appreciation. In the process, children shared loving stories about their teachers with each other to understand why it is important to respect teachers and listen to their instructions. They also presented these cards to their teachers in person to express their gratitude, hence building a good rapport with them.





Children sent out handmade cards to teachers and thanked them for their hard work

家長心理輔導 **Parental Counselling**

心寧家園 Xin Ning Court

做自己情緒的主人,不光是青年們需要學習,家長也需要。心寧家 園與當地的心理服務機構合作,首次舉辦了爲家長提供心理輔導的 活動,透過音樂冥想的方式,讓參加者靜下心來,與自己的情緒好 好相處,從而學會以正確的方式管理情緒。

Be a master of your emotions - this is something not only adolescents need to learn but also parents. In collaboration with local organisations providing clinical psychological services. Xin Ning Court organised the first counselling activity for parents to learn about relaxation techniques and how to process and handle different types of emotions through meditation music, so as to understand the proper methods of emotion management.



家長們認眞聆聽導師講解 Parents listen to emotion management advice

Ć Ð



大 成為眞正的冠軍,需要正確的培訓、 指導和熱情等條件。文軒便是我們堅 定的冠軍,目前就讀中學三年級的他,有 著成為職業曲棍球運動員的遠大夢想。如 果你看到現在自信的他,絕對想不到他出 生時已沒有右腿。

2007年文軒出生於西寧,未滿3個月便住進 西寧市兒童福利院。2008年,我們為他安 排寄養家庭,讓他可以在家庭的環境中成 長,爲未來被領養作準備。直至2009年-對來自荷蘭的夫婦Mathilde及Jurjen領養了 文軒。7歲時文軒做了一個手術,讓他往後 可以更輕鬆地走動。

今年文軒已經14歲了,在荷蘭成長的他,並 沒有因爲失去了右腿而規限了自己的生活, 反而讓自己活得精彩。文軒樂觀的心態是來 自他的領養家庭,因爸爸Jurjen和文軒一樣 失去了右腳,但他努力成為運動員,更曾於 殘疾人奧運會中奪得游泳金牌。

文軒十分喜愛運動,經常參加學校不同運 動,而今年就讀中三的他,換上了特殊的 運動義肢,使他可以比以前跑得更快、跳 得更高。文軒最喜歡打曲棍球,今年被選 去参加同年齡的小組,現在他每天都會打 曲棍球。文軒就像是天生充滿了運動細胞 的人,在沒有曲棍球比賽的時候,也會參 加乒乓球比賽,而他每周都會進行一次乒 乓球練習。

champion needs the right training, guidance A and a passionate drive to achieve his goals. Xan is our determined champion-in-training who is currently in his third year of secondary school and has big dreams of becoming a professional hockey player. If you met him now, you would never have guessed that he was born without a right foot.

Xan came to Xining Children's Home at three months old and we arranged a foster family to care for him until he was adopted by a Dutch couple in 2009. He is growing up in the Netherlands and doesn't see his missing foot as a disability but as normal. In fact, his father has the same condition as Xan and is a Paralympic gold medalist in swimming! Having one less foot has not held back either of them in life. Xan's parents not only teach him that he can do anything, but also model such determined attitudes for him to follow.

Today, Xan loves to play hockey, football and tennis with his new sport prosthesis. He is limitless and has unbridled determination to pursue his dream of becoming a professional hockey player. Hockey is not a Paralympic sport, and Xan has been playing on non-disabled hockey teams since he was six years old. Recently, his hockey league selected Xan for the first tier team of his age group.

對於文軒而言中國仍是他重要的一部份,他希望有一天能回到中國曲棍球隊擔任 教練。這位年輕的冠軍將要誕生,我們不能錯過他每一次的蛻變!

China is still a big part of Xan's life and he hopes to return one day as a coach for the National hockey team. This young Champion is going places, and we will not miss one step of his journey!



文軒與他的爸爸 Jurien Xan and his father Jurien



文軒喜歡打曲棍球 Xan loves playing hockey

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