

青海兒童之友通訊

Friends of Qinghai Children Newsletter

總幹事的話

A Message from the Executive Director

年初為配合疫情防控管理，青海同事無法親身前往各個兒童院探望孩子們及寄養家庭的情況，但困難當前，同事仍不放棄任何方法與院內孩子們保持聯絡及溝通，了解他們的需求，因為我們深知，向孩子提供的服務是不能停止的！

當想到心寧家園內的愛心媽媽與孩子或因長時間無法外出而感到焦慮，青海同事便以「線上」方式與他們見面及交流，對孩子們的學習進度進行了解，同時也鼓勵及安撫家園媽媽們，令她們感受到關懷。

我很感激每一位同事的同行，使我們跨過種種困難，不忘初心地為院內每個孩子提供服務，務求令他們的身心都得以健康發展。

In compliance with pandemic control regulations and management strategies early this year, our Qinghai's co-workers could neither visit foster families nor kids at our children's home. In view of these difficulties, our staff did not give up finding ways and means to keep in touch with the children, to establish their needs, for we know we must continue to provide the needed service.

During such an extended period of staying indoors, we were concerned that the caring mothers and the children at Xining Home might be feeling low. For this reason, our Qinghai colleagues decided to arrange an on-line conference meeting with them, to find out about their learning progress, and to encourage the dedicated mothers, to help them feel cared for as well.

I am very thankful to all my colleagues who journey with us during this challenging time by remaining faithful to their calling, to provide needed services to all the children, to ensure they are healthy both physically and mentally.



張洪秀美
Mrs. Cheung-Ang Siew Mei, JP



開始植樹前，大家拍個大合照吧
Let us take a group picture before we begin tree planting



綠化環境，由我做起
Going green started with me

中心是我家 人人齊綠化

Everyone goes green at children's home

春暖花開的3月迎來了植樹節，為了培養孩子們愛護植物、熱愛大自然的情感，院內的職員組織了一次植樹活動，透過孩子們的積極參與、默契配合，院內的後花園在種植了不同植物後，變得更有生氣。

活動過程中不時傳來歡聲笑語，工作人員與孩子們交流如何種樹、栽花的小技巧，也了解到植樹節的意義，令他們體會實行綠色低碳環保生活的重要性，讓保護環境的理念在他們的心中慢慢萌芽。

In March, we celebrated tree-planting day with a planting activity organized by our children's home staff to enjoy spring blossom and to nurture the children's love of green plants and nature. Children were deeply involved in digging and working together to make the home's backyard alive with different species of flowering plants.

The activity made our staff and kids burst into laughter as they learned about tree and flower planting tips and the importance of tree-planting day. They also gained an awareness of promoting a green and low-carbon lifestyle, planting the seeds of environmental conservation to begin slowly to sprout in their hearts.

繪畫小組 Painting group

橋樑家園
Bridge Home

為豐富橋樑家園青年們的日常生活，社工們成立了繪畫小組，16名青年透過畫畫，展示自己藝術天份之餘，過程中亦變得更有耐心，學會控制自身的情緒，從而懂得如何與人相處。16名青年在繪畫班中亦收穫了友誼，大家和睦相處。

Social workers set-up a painting group to enrich the life of teenagers at Bridge Home. 16 teens showcased their artistic gifts through their painting. They also developed patience and learned to control their emotions, getting on with other people during painting. After painting together for some time, 16 young men reaped a harvest of friendship and built brotherly relationships with each other.



青年們的作品
This was the youth artwork



青年正在努力作畫
He was trying very hard to draw something



相信聲音的力量 Believe in the power of your voice

黃南州兒童福利院
Huangnan Children's Home

從廣播中聽到自己的聲音，是一件新奇的事情。黃南院的職員通過興趣小組活動，讓孩子們化身為「小小傳播員」，透過廣播分享自己的故事。活動中孩子們表現雀躍，自信地展現自我，亦掌握了語言表達技巧。

It was an amazing thing to 'hear your own voice' in a broadcast. Staff members at Huangnan Children's Home gave children the opportunity to be a "little broadcaster" in an interest group to share their stories. Kids were thrilled to express themselves with confidence and learned how to master storytelling skills.



大家正專心對稿
They were focusing on reading their script



孩子們透過廣播分享自己的故事
Kids shared their stories with listeners in a live broadcast



小小播音員全神貫注為大家送上精彩廣播內容
Our little broadcasters zeroed in on airing exciting content for listeners

親親大自然 Draw closer to nature

黃南州兒童福利院
Huangnan Children's Home

早前因疫情關係，黃南院的孩子們不得外出，需要在學校進行封閉式管理。為了照顧孩子們的身心健康，職員們準備了水果、飲料等，與孩子們在校園內的花園中一起曬曬太陽，接觸大自然，同時在輕鬆的環境下，了解孩子們的近況，令他們的焦慮情緒得以紓緩。

Kids at Huangnan Children's Home were banned from going outside and were restricted on campus as schools were brought to closure because of the pandemic early this year. Children drew close to nature and enjoyed sunbathing, with the fresh fruits and juices our staff prepared in an outdoor garden for their physical and psychological wellbeing. We learned about their recent happenings in this relaxing environment, which had the effect of reducing their anxiety.



活動當天，天氣晴朗
A bright sunny day for an outdoor activity

孩子們在陽光下野餐
Children are having a picnic in the bright sunlight



吃塊西瓜解解暑
Kids beat the heat with a mouthful of watermelon



母親節快樂 Happy Mother's Day

心寧家園
Xin Ning Court

母親節是向媽媽表達愛意的最佳時節，為感謝心寧家園愛心媽媽的辛勞付出，本會員工及院內的孩子們在今年母親節向愛心媽媽們送上康乃馨及手繪心意卡，卡片上寫滿祝福語，向她們表達敬意。當媽媽們收到禮物時，她們喜出望外，並流露出幸福的笑容。

Mother's Day is the best occasion to express love toward mothers. Our staff and children this year honoured their caregivers with bouquets of carnations and hand-drawn cards filled with loving messages and well-wishes. Caregivers were surprised to receive these gifts, showing broad grins on all their faces.



院內員工及孩子們為愛心媽媽們送上母親節禮物
Court staff and children had prepared Mother's Day gifts for their caregivers



收到禮物的媽媽無比開心
A mother looked super excited to receive the gift



愛心媽媽收到禮物時很感動，為孩子送上擁抱
A loving mother was deeply touched to receive her child's gift and gave her a hug in return





以歌聲認識世界的天使 Orphan sees the world with her angelic voice

人都說眼睛是「靈魂之窗」，但對於天生失明的夏夢而言，聲音是她認識世界的渠道。

夏夢是一名孤兒，除了失明，亦患有乙型肝炎及發育遲緩，承受著肢體殘疾以及被親人拋棄的痛苦，直至入住了西寧市兒童福利院，她的美好生活才重新開始。剛到兒童院時，陌生的環境令夏夢感到害怕，不過在照顧員的悉心照顧下，她很快便適應了新生活。福利院的社工為她安排治療，由於夏夢的左眼未發育，最後只接受了右眼義眼植入手術，但這手術已為她的生活帶來了改變。從2021年4月開始，夏夢也一直在院內接受復康治療。

夏夢熱愛唱歌，兒童院內時常傳來她的歌聲，清澈明亮；她以歌聲會友、以歌聲建立自己的朋友圈，也因此令她變得樂觀、開朗。成年後夏夢入住西寧市社會福利院橋樑之家，雖然眼疾令她的日常生活充滿了很多不便，但夏夢努力地學會照顧自己，護理媽媽們都稱讚她乖巧，不會為他人增添麻煩。

2017年開始，夏夢一直在福利院內接受康復治療，務求令自己變得越來越好，期望有一天能獨立生活。黑暗的世界充滿恐懼，但只要無畏懼地勇往直前，上天會為你帶來另一種光明，就像夏夢雖然失明了，但上帝給了她美妙的歌聲去連接世間的爱。



夏夢在集體活動中表演唱歌
Xia Meng sang for the group during the event

People say, "the eyes are the window to the soul". But for Xia Meng who was born blind, her voice is her unique tool, through which she communicates her heart's feelings with the world.

Xia Meng is an orphan. She was diagnosed with chronic hepatitis B and developmental delay in addition to blindness since she came into this world.

Suffering from physical disability and the pain of being abandoned, she joined Xining Children's Home in 2017. Since then she has restarted her beautiful life. Xia Meng was fearful of new surroundings when she first arrived at the children's home. However, she settled into a new life quickly after our caretakers tenderly looked after her. Social workers at the children's home also prepared her for medical procedures. As her left eye was not fully developed, a prosthetic eye was finally implanted into her right eye with surgery, that brought about new changes in her life. From April 2021 onward, Xia Meng has been receiving rehabilitation and medical treatment at the children's home.

Xia Meng has a passion for singing. Her crystal clear and resounding voice always lingers inside the home. She sings with people to make new friends and has developed her own social circle, becoming more positive and cheerful ever since. After she had grown up to an adult, she was placed in Bridge Home at Xining Children's Home; although her visual impairment brought a great deal of inconvenience to her life, Xia Meng strove to take care of herself and live independently. Maternal caretakers also praised her good manners as she never made trouble for anyone.

Xia Meng is very active in a lot of home activities, such as painting and handcraft, to touch, feel and remember the goodness of life. In the beginning of 2017, she started receiving rehabilitation and medical treatment at the children's home in the hope of a full recovery, and living an independent life one day.

In the darkness, the world is full of terror and uncertainty. As long as you pluck up courage and forge ahead, the God of the universe will shine a new light in your life. Although Xia Meng has lost her vision, God gives her the wonderful gift of singing, to connect to the world with love.



夏夢在院內接受復康治療
Xia Meng receiving rehabilitation at the Children's Home



夏夢最喜歡唱歌
Xia Meng likes singing very much





**2021/22學年，
基督教勵行會青年資助計劃，
已資助101名青海青年，
協助他們繼續升學，
打破跨代貧窮及
培養他們奉獻社會！**
In the 2021-22 Academic Year,
Christian Action Youth
Assistance Programme helped
101 Qinghai youths to further
their studies, with the aim of
getting them out of the poverty
cycle and developing their
awareness of social responsibility!

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 _____

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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。
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