

青海兒童之友通訊

Friends of Qinghai Children Newsletter

總幹事的話

A Message from the Executive Director

隨著疫情的放緩，青海的同工抓緊服務殘障兒童和清貧學子的信念，在了解孩子及青年們的需求後，積極籌辦各類實體活動，包括興趣小組、學習工作坊、戶外活動等，藉此讓孩子們重新體驗集體活動的樂趣，提升溝通能力，建立良好的人際關係。

7月時舉辦的「青年資助金發放儀式」特別成功，我們很自豪地為101名申請了本學年（2021/2022）「青年資助計劃」的學生提供經濟援助，助他們繼續升學。基督教勵行會董事會成員黃志雄先生，余博士夫婦及其親友，聯同馬龍和我，一起以視像形式參與其中。青年們分享自己的夢想、努力的經過，這些故事深深觸動我，感激上帝的引領，讓基督教勵行會能為貧困的青海青年帶來希望。

在此我要感謝一眾捐助者的慷慨解囊，捐款支持青海兒童及青年服務，讓他們擁有一個光明的未來。青年人是社會的棟樑，讓我們一起期待他們學成歸來時回饋社區。

Qinghai staff continue to believe in serving children with disabilities and or those living in poverty in the midst of a faltering pandemic, during which we organized a wide range of face-to-face events that best fit their needs. These included interest groups, knowledge-sharing workshops, and outdoor activities, so that they could experience the fun of group activities to improve their communication skills and build up good interpersonal relationships.

The grant distribution ceremony was held in July. It was a particularly successful occasion, and we were pleased to provide financial assistance to 101 students who had successfully applied for the "Youth Assistance Programme" for this academic year 2021/2022. The grant will help them to continue their tertiary studies. Members of the Christian Action Board, Mr. Frank Wong, Dr. and Mrs. Yue Kwok-To, supporters, relatives of the students, together with Marlon and I, participated in the live streaming conference. All the young people shared how they had worked hard to press on towards attaining their dreams. Their testimonies really touched my heart. I praised God for His guidance in using Christian Action to bring hope to these rural youths in Qinghai.

I would like to express my sincere thanks to all the donors who have given generously to the Qinghai children and youth service programmes and helped them to have a bright future. Young people are the pillars of our society, let us look forward to their giving back to the community upon graduation.



張洪秀美

Mrs. Cheung-Ang Siew Mei, JP



大家在品嚐自己包的粽子
Everyone enjoyed eating their own rice dumplings



大家來個大合照
Let's take a group photo

粽葉飄香迎端午

Fragrant zongzi (means Rice Dumplings) leaves ushers in Dragon Boat Festival

端午是中國傳統節日，為了讓孩子們了解端午節的起源及風俗，黃南院及海南院的社工都不約而同地舉辦了包粽子的活動，共有超過90名孩子參加。活動過程中，工作人員先是教授孩子們端午節的由來及意義，然後再全員一同包粽子。許多孩子都是第一次包粽子，他們虛心請教食堂阿姨包粽子的方法，大家其樂融融。粽子製作完成後，孩子們再和工作人員一同品嚐。

通過包粽子的活動，孩子們了解到製作食物的辛苦，學懂了不能隨便浪費食物的道理。

The Dragon Boat Festival is a traditional Chinese festival. The social workers at Huangnan and Hainan Children's Homes organized a rice dumpling wrapping activity for more than 90 children at the same time. They first taught children about the origin of the Dragon Boat Festival and its customs. Following that, all participants wrapped rice dumplings together. For many children, it was their first try to wrap rice dumplings. They sought help from the canteen lady staff member on the proper way to wrap rice dumplings. Everybody had a good time and enjoyed their own hand made rice dumplings together at the end.

Through this rice dumpling wrapping activity, children learned about the hard work of cooking and that they should not waste food easily.

「樹葉畫」工作坊 "Leaf collage" Workshop

橋樑家園
Bridge Home

為了紓緩疫情封閉管理期間的焦慮，橋樑家園的社工在9月時為青年們舉辦了數次「樹葉畫」工作坊，16名青年利用樹葉作為創作的原料，拼湊出不同的形狀。起初青年們還需要護理員的協助，在參加了數次工作坊後，大部分青年能獨立完成一幅作品，有人拼出了一棵樹、有人為樹葉加上耳朵變成動物。這是橋樑家園第一次舉辦「樹葉畫」工作坊，激發了青年們的興趣與創意。

In September, social workers at Bridge Home organised a number of leaf collage workshops for the youths to relieve their anxiety during the closed management period of the pandemic. The 16 youths made use of different leaves as raw materials. They learned how to piece together different shapes and colours of leaves to make up a painting. At first, they needed help from the care-givers but after several workshops, most of the young people were able to complete a picture by themselves. Some made a tree, some added ears to the leaves to make it look like an animal. This was the first time that the Bridge Home had conducted this kind of workshop to stimulate the interest and creativity of the young people.



青年正在積極完成自己的作品
Teens were focusing on creating their own collage



青年能獨立完成畫作
Young people can complete the collage by themselves



為樹葉加上耳朵，
就變成動物了吧
Add ears to the leaves
and it becomes an animal



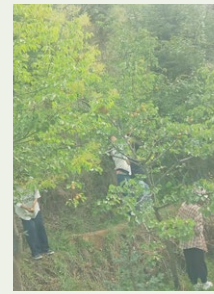
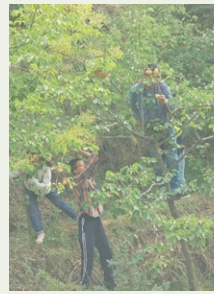
用樹葉拼出了一棵樹
Made a tree out of leaves

豐收的季節 Harvest season

黃南州兒童福利院
Huangnan Children's Home

秋天是豐收的季節，也是外出郊遊的好時機。為了讓孩子們能走進大自然，黃南院的社工安排了一次採摘果子的活動。20名就讀中小學的孩子在9月的第一個周末結伴來到果園，他們團結合作，從果樹上摘下紅彤彤的蘋果、黃澄澄的橘子。通過活動，孩子既感受到豐收的喜悅，也激發他們的學習動力，相信自己只要透過勤奮讀書，將來也可以和果樹一樣 碩果累累，成就非凡。

Fall is not only the harvest season but also an opportune time for outdoor activities. The social workers at Huangnan Children's Home organized a fruit picking activity at an orchard for 20 primary and secondary school children in the first weekend of September. They worked together to pick crimson, crisp-looking apples and yellow oranges from the fruit trees. The children were ecstatic and overjoyed with their fruit harvest. The activity also stimulated their willingness to study well. They believe that as long as they study hard, they can also be fruitful and achieve extraordinary achievements, like the fruit trees, in the future.



孩子們團結合作摘果子
Kids worked together
to pick the fruit

情暖童心 愛在中秋 Love in Mid-Autumn warms a child's heart

海南州兒童福利院
Hainan Children's Home

今年中秋節，海南院的孩子們在慶祝中秋之外，社工也為他們舉辦了一場集體生日會，讓他們感受到來自中心大家庭的溫暖，留下美好的回憶。活動中，28名孩子收到善心人士為他們送來的生日禮物，鼓勵他們努力學習，將來以優異的成績回報社會，而孩子們亦很感激社會各界對他們的關愛。

This year, the social workers combined the Mid-Autumn Festival and birthday celebrations, wanting the children to feel the love and care of the big family of the children's home and keep this fond memory in their hearts. There were 28 children who received birthday gifts from generous donors; they were encouraged to study hard, so that their excellent academic performance would be their way of giving back to society. The children also expressed their thankfulness for the love and care they have received from the community.



孩子們收到禮物後表現雀躍
Children were jumping for joy, thankful for their gifts



品德教育 由小教起 Moral education starts from elementary school

心寧家園
Xin Ning Court

隨著心靈家園的孩子慢慢長大，他們開始有了主見，愛心父母樂於見到他們的成長，但也擔心他們會誤入歧途。工作人員於是安排了10節以「品德教育」為主題的活動，教導孩子們基礎的社會價值觀和行為規範，透過觀看短片、小組討論等方式，分析不同行為，例如讓孩子對自己過往的行為有所反思，從而建立正確的價值觀。上完10節活動後，愛心父母亦會在日常生活中引導孩子，培養他們成爲一個擁有良好品德的人。

As the children at Xin Ning Court grow up, they begin to be more assertive. While caring parents are happy to see their children's growth and development, they are also worried that they will go astray. The staff decided to arrange 10 activities with the theme of "moral education" to teach the children basic social values and behavioural norms. They also participated in group discussions to analyse different behaviours and establish the correct values. For example, they allow the children to reflect on their previous behaviours in order to establish proper values. After 10 sessions, the caring parents will guide the children and nurture them to become citizens with good moral values.



孩子們在課堂上和大家
分享自己的看法
Children shared their ideas
with the class



孩子們寫下自己認為對或
不對的行為，再進行分析
Children wrote down what
they think is right or wrong
behaviour and then analyse it



透過品德小課堂，希望孩子
們學會正確的價值觀
Character education aimed at
building a proper value system
in kids



互相幫助 攜夢起航 Let your dreams set sail by complimenting one another

在成長的過程中，朋友是不可缺少的部份。我們從青海橋樑家園21歲林小龍和26歲周智理身上便看到了「互相幫助、互相扶持」的友誼是如何讓人變成更好的自己。

患有小兒腦性癱瘓的周智理和患有先天性腦癱的小龍年齡相仿，兩人在年幼時便入住西寧兒童福利院，經常一同玩耍，一同進行康復訓練，從而變成了好朋友。兒童院規定年滿18歲的孩子要轉到橋樑家園，較年長的智理先住進了橋樑家園，其後小龍也轉到橋樑家園。

小龍5歲時被家人遺棄在兒童院門口後便一直住在兒童院，工作人員除了照顧他的起居飲食，亦幫他安排康復訓練、特教課程等，令小龍有了家的感覺。所以當他轉到新環境時，生活的轉變令他感到不適應，對以往堅持的康復訓練提不起勁，不願與他人交流、經常獨自發呆，甚至獨自吃飯，工作人員見狀與他進行了多次溝通，了解他的情況，但效果不佳。

雖然住在不同的樓層，但智理很關心小龍，經常向康復師詢問小龍的情況，得知好朋友因不適應而出現自暴自棄和不願進行康復訓練後，表明想幫助小龍讓他重拾信心。康復師於是將兩人的訓練安排在同一時間。智理在訓練期間不斷鼓勵小龍，考取了中醫按摩證書的智理也會教他中醫按摩的手法，小龍也因此喜歡上了中醫按摩，並且努力學習，希望可以和智慧理一樣，為院內護理媽媽和老年公寓的爺爺奶奶們按摩。智理很高興見到小龍越來越積極，每次做完康復就會為小龍講解按摩手法及理論等，激勵了小龍重拾信心，並找到自己努力學習按摩的方向。

兩人形影不離，經常將「兄弟齊心，其利斷金」、「一起長大、一起進步」掛在嘴邊，有了各自的陪伴，令他們在橋樑家園的生活變得更溫暖。由兒童變成青年，責任感的加重或許會令人感到迷茫，但橋樑家園中的青年很幸運，他們有伙伴、社工在旁陪伴與指引，創造更美好的未來。

Friends are an integral part of growing up. At Qinghai's Bridge Home, we see "mutual help and support" between 21-year-old Lin Xiao Long and 26-year-old Zhou ZhiLi, and how it has transformed them to become the best versions of themselves.

Zhou ZhiLi, has suffered from cerebral palsy since birth and Xiao Long, who has been diagnosed with congenital cerebral palsy, are about the same age. The two were admitted to the Xining Children's Home when they were young. Because they often played together and did rehabilitation training together, they became good friends with each other. Unfortunately, the children's home specifies that children who have reached the age of 18 must be transferred to the Bridge Home. As a result, ZhiLi moved into the Bridge Home first, followed closely by Xiao Long.

Xiao Long has been living in the children's home since he was abandoned by his family at the age of 5. In addition to taking care of his daily life and diet, the workers also organised rehabilitation training and special education for Xiao Long, which made him feel at home. So when he was moved to a new environment, he was unable to adjust to the changes. He couldn't muster the strength to perform rehabilitation exercises like he used to. He refused to speak to anyone; he often just stared into space, he chose to eat alone in a corner. Our social workers attempted to communicate with him several times but were unsuccessful.

Despite the fact that they live on different floors, ZhiLi remains a caring friend to Xiao Long. He often asked the therapist about Xiao Long's well-being. After learning that his good friend had given up on himself and was unwilling to continue his rehabilitation training due to incompatibility, he expressed his desire to help Xiao Long regain his confidence. On hearing this, the therapist arranged the same time slot for them to do training together. ZhiLi never failed to encourage Xiao Long during the training sessions, and taught him the basic techniques of Chinese massage after he obtained his Chinese therapeutic massage certificate. Soon, Xiao Long also enjoyed the Chinese massage and wanted to learn more, he wanted to be like ZhiLi to serve the housemothers and the elderly at the home by giving them a good massage. ZhiLi was delighted to see his enthusiasm and eagerness to learn. He would explain different massage techniques and theories to Xiao Long after they finished their rehabilitation training, which inspired him to regain his confidence and work hard to find his own style to give massage service.

The two became inseparable and they often chanted, "Brothers are of one mind; their strength can break gold," or "grow up together, and make progress together." Having each other as friends has made their lives at the Bridge Home much easier. From child to adult, the increased sense of responsibility may make people feel confused, but the youth at the Bridge Home are blessed. They have good friends and social workers to accompany them and guide them towards a better future.



周智理2016年手術後與總幹事張太合照
Zhou ZhiLi (after surgery) and Mrs. Cheung,
Executive Director, 2016



重拾自信後的小龍經常笑面迎人
After regaining his confidence,
Xiao Long often greets people with a smile



小龍積極接受復健訓練
Xiao Long is receiving training enthusiastically



小龍與橋樑家園的社工聊天
Xiao Long chit-chatting with Bridge Home's
social worker

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