



總幹事的話

疫情過後，一直期盼著社會可盡快復常，中港通關及西寧市兒童福利院可重新開放。今年二月，社會開始漸漸回復正常，大家都在努力適應新常態下的步伐和生活。感恩我與馬龍於今個夏天，可再次到訪青海，並與省領導、當地民政廳及民政局、公安廳等的官員，進行會面和互相問候。最重要是我可以探訪一直記掛在心的西寧市兒童福利院、慈善醫院、青海辦公室的同事們等，並與黃南州民政局新局長會面，彼此認識和交流。

新建的西寧市兒童福利院於2020年正式啟用，是基督教勵行會與青海省政府協助管理的項目。由於當時疫情非常嚴峻，兒童福利院一直採用閉環式管理；我也因而一直未能到訪。西寧市兒童福利院主要服務孤兒及有殘障的18歲以下兒童，整個兒童福利院設有合共七座設計新穎的大樓，包括：生活樓、小組家庭宿舍、幼教中心、康復樓等，並設有戶外活動場地，例如：花園、庭院、籃球場等。新院舍更設有全新的醫療康復中心，為有殘障的兒童提供全面的康復治療及訓練。基督教勵行會籌集善款，捐助人民幣五百萬元，用作購買先進康復設備之用。

能夠見證西寧市兒童福利院以「孩子為中心」的服務理念，配以全新先進的設備，成為全青海省的康復亮點，我甚感欣慰。全賴有您們的奉獻和捐助，讓更多有需要的兒童獲得悉心的照顧；而每位青海受患者的生命也獲得照亮！謝謝您們的支持和愛心！

A Message from the Executive Director

We had hoped that as soon as the pandemic ended, society would swiftly return to normal and that the border between China and Hong Kong and the Xining Children's Home could be re-opened. In February of this year, society finally returned to some kind of normality. Everyone was making an effort to adjust to the pace and way of life in this new normal. I was grateful that Marlon and I were able to visit Qinghai Province again this summer, where I was able to meet and greet officials from the provincial government, the Civil Affairs Department and Bureau, and the Public Security Department. What mattered the most to me was that I got to see Xining Children's Home, Qinghai Welfare Charity Hospital and my co-workers in the Qinghai office. We also met with the newly-appointed Director of the Huangnan Prefecture Civil Affairs Bureau and had the opportunity to share our respective perspectives.

The newly-built Xining Children's Home was officially opened in 2020. Christian Action and the Qinghai Provincial Civil Affairs Bureau jointly manage this initiative. At that time, the epidemic situation was very serious, so much so that the Children's Home had been adopting a closed-loop management system. As a result, I have not seen the brand-new building until now. Xining Children's Home mainly serves orphans and children with disabilities under the age of 18. The entire Children's Home has a total of seven uniquely designed buildings. It includes: a children's living building, a family group dormitory, an early childhood education centre, a rehabilitation building, etc.; it also has outdoor activity venues, for example: gardens, courtyards, basketball courts, etc. The new home also has a brand-new medical rehabilitation centre to provide comprehensive rehabilitation treatment and training for children with disabilities. To pay for the superior rehabilitation equipment, Christian Action raised the needed funds and donated RMB 5 million.

I am thrilled to see how the "child-focused" service philosophy of the Xining Children's Home has combined with state-of-the-art equipment to make rehabilitation stand-out in Qinghai Province. More children in need will receive the attentive care they require as a result of your commitment and generosity, and every beneficiary in Qinghai now has access to this remarkable 'light', that you enabled to be brought in. I appreciate your love and support.

Ang Cheung

張洪秀美 太平紳士
Mrs. Cheung-Ang Siew Mei, JP

味蕾真體驗入廚樂

The Joy of Cooking



橋樑家園的青年化身廚神，一起探索烹調美食的樂趣！由挑選、處理食材，再到親手烹調菜餚，他們互相合作，然後齊齊與組員分享美食。整個過程，大家不但交流、分享，更在社工的幫助下，煮出可口的美食。其中一位青年十分雀躍地表示只要是自己煮的，一定就是好味道。另一位青年則異口同聲表示很期待下一次活動的開展，好讓他們再次大顯身手。

The youngsters at Bridge Home enjoyed cooking together and in the course of it, they became master chefs! From selecting and processing the ingredients, all the chefs exchanged ideas and cooperated with one another, on how to make hearty dishes with the assistance of the social workers, and shared the food with all the team members. One of the young people proudly announced that it must be good, as long as he cooked the food. Another youth chimed in, saying he was eager to show his skills again in the next cooking activity.



一起動手處理蔬菜，為下廚作準備。
Working together to prepare vegetables for cooking.



大廚顯身手，享受味蕾與視覺盛宴。
The chefs showed off their skills, preparing a visual feast and delighted one another's taste buds.

外出參觀 擴闊視野

Field Trips to Broaden Perspectives



心寧家園
Xin Ning Court

為了讓孩子可於課堂以外，學習新事物及擴闊眼界，心寧家園於週末及假日，帶領孩子外出參觀及遊玩，前往地點包括：博物館、美術館、文化館、公園等等。孩子們每次外出，也表現得異常興奮。透過參觀不同的地方，孩子們接觸到豐富多樣的知識，也提升他們對歷史、藝術、文化、大自然等的興趣。同時，在與其他人互動及交流的過程中，他們更學習到合作和溝通的重要，從而提升社交技巧。

To help children embrace new knowledge and broaden their horizons outside the classroom, Xin Ning Court organised various outings for them to join on weekends and holidays. These trips included visits to museums, art galleries, cultural centres, parks and more. Every time the children went out, they would be unusually excited. By visiting different places, the children were exposed to a wide range of knowledge, which helped ignite their interest in history, art, culture, nature, etc. At the same time, they also discovered the value of cooperation and communication, which are crucial for enhancing their social skills.



孩子們參觀美術館後，不忘拍照留下美好一刻。
The kids captured the precious moment after visiting the art gallery.



見到超人，孩子們表現得十分雀躍。
The kids were thrilled to see the superman.

親近自然 播種希望

Get in Touch with Nature to Sow Seeds of Hope



黃南州兒童福利院
Huangnan Children's Home

春天生機勃勃，最適宜種植。黃南院以響應「植樹節」，帶領兒童親親大自然，體驗種植的樂趣。孩子們認真學習植物的生長變化，掌握種植的步驟和方法。透過翻土、整地、施肥、播種、管理等實踐，孩子們的環保意識，不但有所提升，他們更體會到農夫的辛勞，正所謂「粒粒皆辛苦」，珍惜食物就是這個道理。成功種植的植物更有助美化福利中心的環境呢！

Spring, being vibrant and vigorous, is most suitable for planting. To respond to the "Tree Planting Festival", Huangnan Children's Home encouraged the children to enjoy nature and experience the joy of tree planting. The children carefully studied the different phases of plant growth and mastered the steps and methods of planting. Through practices such as ploughing, soil preparation, fertilization, sowing, and management, the children's environmental protection knowledge has been enhanced; they also learned about the tough work of the farmers and the importance of reducing food waste. Successfully planted foliage was used to beautify the environment of the children's home.



孩子們努力地翻土，體驗種植的樂與苦。
The children worked hard ploughing and experienced the joy and hard work of planting.



播種希望，期盼種子成功發芽，健康成長。
Sowing seeds of hope, anticipating the successful germination and healthy growth of the seeds.

快樂童年 閱讀為伴

Books are Children's Best Companions



海南州兒童福利院
Hainan Children's Home

閱讀不但可以豐富心靈，而且更能激發想像力。為了鼓勵孩子們放下手機，培養閱讀的興趣及習慣，海南院於早前舉辦「世界讀書日」主題活動，帶領孩子們參觀圖書館，同時讓他們探索喜愛的書籍。對於第一次前往圖書館，孩子們均表示十分喜歡那裡的閱讀環境和氛圍，以後他們也會常常結伴前往看書。

Reading not only nourishes one's soul but also stimulates the imagination. In an effort to encourage the children to put down their mobile phones and develop an interest in and habit of reading, Hainan Children's Home held "World Book Day" earlier by taking the children to the library, while letting them explore their favourite books. This was their first time visiting any library; the children all expressed their liking for the reading environment and atmosphere there and they plan to visit the library more frequently in the future.



孩子們沉醉於閱讀的樂趣之中。
The kids indulged in the joy of reading.



第一次來圖書館，孩子們十分享受那裡的閱讀時光。
It was the kids' first time visiting the library and they enjoyed the time spent there.

「以大幫小」學習輔導計劃

"The Big to Help the Small" Tutoring Programme



黃南州兒童福利院
Huangnan Children's Home

助孩子養成良好的學習態度，從而提升學習能力，一個啟蒙的導師功不可沒。黃南院安排高中青年，以導師的身份，為院中的小學兒童提供學習輔導，改進他們的學習方法，激發學習興趣。孩子們由「要我學」慢慢養成「我要學」的積極態度；而作為大哥哥、大姐姐的導師，能夠透過計劃回顧以往的知識，鍛煉表達能力，並增進彼此的關係。

A mentoring teacher is essential, in order to foster in youngsters a positive learning attitude that will increase their learning capacity. In an effort to improve elementary school students' study habits and pique their interest in learning, Huangnan Children's Home arranged for high school students to act as tutors for the younger students. Children progressively went from thinking that "they want me to learn" to internalizing that "I want to learn." The older brothers and sisters who served as mentors had an opportunity to review what they had already learned. Children were also encouraged to express themselves, which helped to improve interpersonal interactions, with the help of this programme.



大姐姐耐心教導小孩做功課。
A 'big sister' patiently taught this 'small kid' to do his homework.



孩子們主動地向大姐姐及大哥哥請教功課的問題。
The children actively asked their older sisters and older brothers for homework questions.

溫暖的避風港

A Cosy Haven

一個溫暖的家、一個舒適的成長環境，加上悉心的培育和保護，正正是所有孩子所需的。患有先天性心臟病的美爾，除了智力缺陷外，她的右手亦未能正常發育。今年剛過18歲的她，在還未正式入住社會福利院橋樑家園前，社工擔心她未能適應新環境，因而開展了大量的前期工作，例如：瞭解美爾之前在心寧家園的喜好、飲食習慣等；同時搜集及與她分享橋樑家園這個新環境起居飲食的照片，以減少她對陌生環境的抗拒。

雖然來到橋樑家園不足一年，但是這段時間卻看到她的種種變化。正如很多剛入住家園的孩子一樣，美爾初時一個朋友也不認識。隨著時間過去，她那樂於助人的性格慢慢融化了一個又一個橋樑家園裡的人的心，無論是其他同伴或是護理員媽媽，只要他們有需要，美爾也會及時提供協助。她亦是個快樂的小天使，每天掛著笑容；又積極參與社工舉辦的不同活動。內心堅強的她，不會依賴他人，常常主動做自己能力所及的事。由於美爾懂得察言觀色，因而深得橋樑家園裡大姐姐的愛錫，其中一位更經常細心照顧她，為她整理衣服、繫上鞋帶等，兩人的互動充滿著愛。在橋樑家園這個溫暖的避風港，美爾被愛濃濃包圍，相信她將活出更美好明天！

Every child deserves a warm and nurturing home where they can flourish in a comfortable environment. Meier, whose right hand has failed to develop normally, suffers from congenital heart disease, as well as some form of intellectual disability. She has just turned 18, and before she was formally moved into Bridge Home, the social worker was worried about her capacity to adapt to a new setting. She made careful preparations by finding out about Meier's past preferences and eating habits at Xin Ning Court in order to allay this worry. They took images of the living and dining rooms at Bridge Home and showed them to Meier to help her get used to her new surroundings.

Although she has only been at Bridge Home for less than a year, we have seen various positive changes in her during this time. On her arrival, Meier found she was without friends, as is common for kids moving into a new environment. Soon, Meier's friendly character won the hearts of everyone in the home. Whether it is with her peers or the care-giving mothers, Meier is always available to assist when needed. She actively takes part in various activities organised by the social workers and never fails to be a joyful little angel who grins all day long. She tries to handle problems on her own without burdening anyone, because she has a strong sense of inner strength. Meier frequently acts on her own initiative to accomplish goals and being extremely sensitive, she is able to recognize and react to the emotions of others. Many of the older sisters at the home came to love her. One of them frequently looks after her with care, organising her clothing and tying her shoelaces. The two are interacting in a loving way. At Bridge Home, Meier is surrounded by love, and we trust that this will lead to a better tomorrow for her.



美爾在橋樑家園康復室熟悉新環境。
Meier tried to familiarize herself with the new environment in Bridge Home's rehabilitation room.



美爾與同伴傾心事。
Meier sharing secrets with her peer.



大姐姐耐心地為美爾繫上鞋帶。
A big sister patiently tying shoelaces for Meier.



社工嘗試瞭解美爾的喜好、飲食習慣等，以助她適應橋樑家園的新環境。
The social worker tried to get to know more about Meier's preferences, eating habits, etc. to help her adapt to the new environment at Bridge Home.

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