

青海兒童之友通訊

Friends of Qinghai Children Newsletter

總幹事的話

A Message from the Executive Director

冬天的青海蒼涼荒寂，寒風刺骨，試想想被遺棄的孤殘兒童如何在此嚴酷的環境下生存與成長？每每想到這裡，我就更堅信本會在青海的服務事工是多麼重要。今年踏入第22年，但我們沒有固步自封，除了讓孩子得到最適切的照顧，還特意舉辦多元化活動，如藝術創作、團體競技、小組講座等，務求令他們健康快樂地成長。

當然我們最希望的仍然是這些可愛孩子能找到永遠的家庭，感受家的溫暖，就像三年前被領養的群群。最近，她與領養父母回到西寧市兒童福利院參觀探訪，亦一連兩天在院中服務。他們一起製作壽司以及做美工勞作，為福利院的孩子帶來無比歡樂。看到群群與院中孩子滿足燦爛的笑容，這是多麼的彌足珍貴！

盼望您能繼續與我們同行，為孩子的明天多添上一點笑容、一些改變、一份希望！

In winter, Qinghai's climate becomes harsh with bone-chilling winds, making the place depressing and desolate. Try to imagine how abandoned and disabled children survive and thrive in such cruel conditions. Every time I come to this thought, I am more convinced that our ministry in Qinghai is of huge significance. This is our 22nd year in Qinghai, and we continue our mission of providing our children with the most suitable care, and ensuring they would grow up happily with a variety of organised activities.

Ultimately, we hope that these adorable children would be able to find a forever home, just like Maddie who was adopted three years ago. Recently, she and her adopted parents returned to the Xining Children's Home for a visit, and served for two days. They made sushi and crafts together, bringing joy to our children in the Home. It was truly wonderful seeing the radiant smiles of Maddie and the rest of the children at the Home!

I hope that you would continue to walk with us, to bring a little smile, a little change, and a little hope for tomorrow!



▲ 張洪秀美與可愛的群群
Mrs. Cheung-Ang Siew Mei and cute Maddie



◀ 群群(右)與媽媽(左)回青海探訪與服務。Maddie (Right) and her mother (left) returning to Qinghai together to visit and serve.

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



孩子一起參與培訓班，專心聆聽導師的分享。
Children attending the training classes together.



小升初適應小組



孩子們參加「小升初適應小組」後都有所得著，心情亦輕鬆了不少。
Children who had attended "Primary to Secondary Adaptation Support Group" got some inspiration.

重視心理健康 ◊ 身心全面發展

Focusing on Mental Health – The Holistic Development of the Body and Mind

在孩子的成長路上，他們需要的不只是一個安全和溫飽的環境，還要建立正確的價值觀和健康的心理素質，才可令身心得到全面發展。

果洛州兒童福利院在10月份舉辦社會工作專業培訓班，邀請北京青年政治學院楊暉威老師來主講分享，教導福利院導師及員工如何與成長期中的兒童溝通，從而了解孩子的心理狀況，走進他們的內心世界。

黃南州兒童福利院則為剛升上初中的孩子們，舉辦適應小組。透過輕鬆的小組分享討論，希望孩子提出遇到的問題和訴說感受，同時引導他們之間互相學習，尋找解決方法。而福利院院長亦向孩子解釋院內的管理規定及要求，務求令他們盡快熟悉新環境，在院內快樂地生活。

While growing up, a child does not only need a safe and warm environment but also need to establish proper moral values and a healthy mind. Only with both could one be holistically developed.

In October, Guoluo Children's Home invited Mr. Yang Zheng Wei, a teacher from the Beijing Youth Politics College, to conduct professional training courses. He instructed the trainers and staff on how to communicate with growing children in order to understand their mental states, eventually entering their inner worlds.

Additionally, Huangnan Children's Home organised support groups for children who have just entered secondary school so that they could easily adapt. Through a relaxed atmosphere in discussion, these children share their concerns and feelings, allowing them to learn from each other and solve their problems together. Afterwards, the Director of Children's Home explained the house rules to the children so that they could quickly adapt and live happily inside the Home.

樹葉 × 瓶蓋 × 毛線 手工製作 Leaves x Bottle Covers x Thread Handicraft Workshop

黃南州兒童福利院
Huangnan Children's Home



爲了發掘孩子們的藝術潛能，黃南院舉辦多個創意工作坊，讓孩子利用不同的素材拼貼成圖畫，齊來做個小小的藝術家！

In order to discover the children's artistic potentials, Huangnan Children's Home organised several creative workshops, which allowed the children to create a picture by collaging different materials together. Every child could become an artist!



社工帶孩子檢樹葉，挑選素材
Our social workers assisting the children in picking up leaves as materials for their art project.



看！他們多用心呢！
Look how attentive they are!



孩子們獨一無二的作品！
Our children's unique artwork!

寒冬送暖活動

Sending Warmth in the Freezing Winter

海南州兒童福利院
Hainan Children's Home



青海冬天的氣溫長期處於零度以下，因此本會的支持者捐贈了毛衣、頸巾、手套、帽子等保暖衣物給院內的孩子，讓他們有足夠裝備抵禦寒冬。

In Qinghai, temperatures in winter are constantly below zero. In response, Christian Action supporters donated sweaters, scarves, gloves, beanies and other warm clothing to the children so that they would have enough gear to withstand the biting cold.



孩子收到禮物時都顯得十分興奮！
The children were very excited when they received the gifts!

團體競技 × 生日派對

Team Competitions x Birthday Party

果洛州兒童福利院
Guoluo Children's Home



孩子分組進行各種競技遊戲，他們都非常投入參與，亦爲隊友打氣吶喊，充分發揮團體精神。活動過後，大夥兒還爲同月生日的孩子慶生呢！

Children were divided into groups for a wide range of competitive games. Everyone actively participated, and loudly cheered their teammates on, showing lots of team spirit. After the event, they celebrated the birthdays of children who were born in the same month!

大家玩得樂此不疲，亦增進彼此間的默契。
They had a great time and learned more about each other.



爲院中生日的孩子送上生日蛋糕與禮物。
Celebrating children's birthday.

不能說的飛飛

Fei Fei: The Boy Who Expresses Without a Voice



21年前，飛飛呱呱落地。可惜他很快便呱呱不再，無法開口說話，因為他患上了自閉症。

21 years ago, Fei Fei gently cried upon entering this world. Unfortunately, his crying was short-lived and he became unable to speak. It turned out that he had autism.



飛 飛未夠兩歲便開始在西寧市兒童福利院生活。由於他很難與人溝通交流，亦不能用語語表達自己的意願，他總是喜歡一個人在樓梯間看著窗外的景色，或躲在角落裡靜靜地發呆。2015年，他因年滿18歲而須被送到社會福利院生活。為了令他順利過渡和適應新生活，我們讓飛飛參加橋樑計劃，亦安排他在橋樑家園福利工廠工作。

剛開始工作時，飛飛只是負責簡單的物資分類與包裝的工作，不過對他來說仍然有點困難。偶爾他會分神與擅自離開工作崗位，有時亦不理會工廠場長的安排，令場長不時對他作出投訴。有一次，飛飛因不習慣有探訪團前來工廠參觀而哭鬧不停，最後在護理員的安撫下情緒才得以平復。縱然如此，經過我們的社工與飛飛溝通後，飛飛終於明白聽從指揮的重要性，亦因此能將工作妥善完成，有時甚至幫助其他同伴運送製成品至倉庫存放。

雖然現時飛飛仍沒法說話，不過經過這一連串的工作訓練後，他已經聽懂別人說的話，看懂別人的眼神。而且他除了學習到工作技能外，也學會如何遵守工廠和福利院的規章制度，亦懂得按照規定的時間上下班等，這讓他更容易適應社會福利院的生活。



飛飛(右一)非常專心工作，亦有能力將工作妥善完成。
Fei Fei (1st from the right) highly concentrated on his work. He is capable of accomplishing his job.



飛飛(後排左二)與其他參加橋樑計劃的孩子舉起自己製成的「多謝」卡紙向大家快樂道謝！
Fei Fei (2nd from the rear left) and other participants of Bridge Programme expressed their thanks by lifting up their handmade "thank you card".

Fei Fei was barely two years old when he was brought to Xining Children's Home. Because of difficulties in communicating with others, he always spent time alone either by enjoying the view outside his window or quietly hiding in a corner. When he turned 18 in 2015, he was sent to the Social Welfare Institute for adults. To facilitate his smooth transition to the new environment, Fei Fei joined our Bridge Programme, which arranged for him to work at the sheltered workshop in the Bridge Home.

When he first started, Fei Fei was given simple tasks such as categorising and packaging, but it wasn't easy for him. He would occasionally lose focus and leave his workplace without permission. Sometimes, he would ignore the workshop manager's instructions, leading to constant complaints. One time, Fei Fei panicked when there was a guest tour in the workshop as he was unfamiliar with the situation. He calmed down after being comforted by the caregivers. After explaining the situation and further discussion, Fei Fei understood the importance of following instructions and completing his tasks. In the end, Fei Fei has improved so much that he would even help his co-workers with delivering the finished products to the warehouse for storage.

Even though Fei Fei is still unable to speak, he is able to understand people's words and expressions through a series of occupational training. Aside from gaining working skills, he learnt to follow and to comply with the rules of the factory. These helped him adapt better to life at the Social Welfare Institute.



現時的飛飛(右)比起三年前(左)多了份自信，也敢於抬頭面對別人！
Fei Fei is more confident than 3 years ago (left). He even has the courage to lift up his head!



總幹事張洪秀美(中)探望飛飛(右)及其他參加橋樑計劃的孩子。
Our Executive Director, Mrs. Cheung-Ang Siw Mei (middle) visiting Fei Fei (1st from the right) and other participants of Bridge Programme.

看著飛飛一點一滴的改變，我們都感到非常欣慰。本會將繼續服務兒童福利院中不能自立的孤殘兒童，讓他們可以有機會發揮到自己的能力和專長，為生命添上色彩。

We are truly grateful to see Fei Fei's change throughout time. We continue to serve the disabled youth from Children's Home who are struggling behind so that they would have opportunities to develop their potentials and talents, as well as to add colour to their lives.



2人3足勵同行 3-Legged Charity Walk

由清水灣鄉村俱樂部全力協辦 In Association with The Clearwater Bay Golf & Country Club

立即參與
Enrol Now

親子嘉年華
Family-oriented Carnival



2人3足 FunRacing
3-Legged



體驗工作坊
Experiential Programme



足式高爾夫球暨
果嶺爭奪慈善大賽
FootGolf • Putting Game
Charity Race



愛心大使
Caring Ambassador
徐榮
Tsui Wing



日期 Date

23.3.2019
星期六 Saturday

時間 Time

9:00am - 2:00pm

Christian Action 基督教勵行會

查詢熱線 Enquiry Hotline: **2716 8862**

網上報名 Enrol Online:

www.christian-action.org.hk/charitywalk

籌款目的 Objective

為香港低收入家庭兒童、青海孤兒及殘障兒童籌款。
To raise funds for children from low-income families in Hong Kong, and orphans and disabled children in Qinghai.

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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 join Christian Action's Friends of Qinghai Children Programme with a monthly donation of:
 HK\$150 HK\$250 HK\$400 其它 Other HK\$ _____
- 我願作一次性捐助，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 HK\$1,000 HK\$3,000 其它 Other HK\$ _____
- 我願意調整我的每月捐款金額，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 \$ _____

每月捐款 You can help the children by donating monthly

- HK\$400** 可支持一個殘障孤兒接受一個月的復康訓練
will contribute one month of rehabilitation for one disabled orphan
- HK\$250** 可支持一個孤兒一個月的照料及護理費用
will contribute one month of caring expenses for one orphan
- HK\$150** 可支持一個殘障孤兒接受一個月的特殊教育
will contribute one month of special education for one disabled orphan

捐助者資料 Personal Particulars

個人捐款 Individual Donation 機構捐款 Corporate Donation

姓名 Name _____ (先生 Mr / 女士 Ms / 太太 Mrs)



機構名稱 Organisation _____ (機構捐款者適用 For Corporate Donation)

地址 Address _____

電話 Telephone _____

電郵 E-mail _____

捐款方法 Donation Methods

- 信用卡付款 By Credit Card  
- 持咭人姓名 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/傳真至本會。
Please mail / fax the bank receipt and this donation form to Christian Action
- 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.

選取任何捐款形式，均需郵寄、電郵或傳真此表格至本會
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九龍觀塘道2號新秀大廈4樓 4/F, New Horizons Building, 2 Kwun Tong Road, Kowloon
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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