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香港新界將軍澳靈實路七號 7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong ■ 網址 Website : www.hohcs.org.hk

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靈感 HAVEN OF HOPE NEWS

JAN 2016

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THEME

誰是一家之主?
Who is the King of family?

專訪陳國邦及羅乃萱
Interview with
Chan Kwok Pong &
Shirley Loo

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基督教靈實協會 Haven Of Hope Christian Service

異象禱詞 | Vision Prayer

神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。

God, together we serve and grow, witness the Gospel and experience Your love. May you be satisfied. Amen.

使命 | Mission

透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Through a ministry of holistic care, we strive to share Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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info@hohcs.org.hk

服務查詢熱線 | Service Enquiry Hotline 2701 9019

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行政總裁的話 Words from CEO

親愛的靈實支持者：

靈感2016年首次與各位見面，先祝願大家「八福臨門，喜樂常在」！明年是中國生肖的猴年，據報章報導中港兩地都預計會興起一股「猴b」熱潮，因為中國人認為猴年出生的孩子會特別聰明伶俐，像猴子一樣活潑可愛。雖然這想法並沒有任何科學根據，然而，相信為人父母都希望孩子才貌雙全、出類拔萃，最好就是人見人愛；尤其在競爭激烈的香港社會，要平步青雲殊不容易，如果孩子先天條件優越，自然比其他人容易「贏在起跑線」。

談及「贏在起跑線」，這現象彷彿成為近年香港家長的熱話。為了扶助子女贏在起跑線，父母不惜大灑金錢著力栽培他們，安排各式各樣補習班、興趣班、外語班等。以前的年代，孩子有機會學樂器已是難能可貴之事，但現在的孩子大多學習兩種或以上樂器，年紀小小已曾暢遊歐洲、北美、南美等地。現代父母的生活、話題及興趣全都環繞著孩子，家庭大事甚或生活瑣事都以孩子為中心，究竟這現象代表甚麼？對孩子及家庭整體而言，是好事還是壞事？今期靈感，我們邀請了藝人陳國邦與讀者分享教養子女的心得，而資深教育工作者羅乃萱女士會剖析現代父母的教養文化，並以臨床個案與讀者分享育兒小貼士。

俗語說：「為人父母甚艱難」，我認為現代父母面對的挑戰更加艱巨，但困難大，恩典更大，在資訊發達的年代，我們可以從不同途徑獲取教養良方，而靈實社區健康發展中心一向致力提供全人關懷，透過家庭及兒童服務、健康促進活動及輔導服務，協助家庭以至社區建立健康的身、心、社、靈。2016年3月26日為靈實全港賣旗日，為靈實社區健康發展中心籌款，懇請大家多多支持，共同重建整全健康的家庭價值。

行政總裁
林正財醫生

Dear Haven of Hope supporters,

Haven of Hope News greets everyone for the first time in Year 2016. Hereby, I wish everyone "Showered with eight blessings, filled with everlasting joy"! For the coming year, the Chinese zodiac animal is Monkey. People are expecting a surge of "Monkey babies". Most Chinese believe that children who are given birth in the year of Monkey will embody the special traits of monkeys being exceptionally smart. Although it is not supported by any scientific grounds, parents always want their children to be talented, good-looking, and popular. Not to mention in such competitive city like Hong Kong, to be successful without many challenges ahead is uncommon; if the child is naturally gifted, comparatively it will be much easier him/her to "win on the starting line".

Talking about "winning on the starting line"; this phenomenon has become a hot topic in recent years. In order to nurture their children to win on the starting line, parents will invest lots of money to groom their kids. In the past, children having the chance to learn musical instrument were rare. Today, children are accustomed to learning more than two kinds of musical instruments, or travelling abroad to places like Europe, North America etc. at a very young age. Parents tend to have their lives and interests revolving around their children. From important family matter to all kinds of trivial things, the focal point will always be their children. What does this imply? To the children and families as a whole, is it good or bad? In this issue, we invited artiste Chan Kwok Pong to share his experience on parenting with readers. Besides, family expert, Ms Shirley Loo dissected modern parenting culture and shared some parenting tips with readers.

Proverb said "It is difficult to be parents", I think modern parents are facing a far greater challenge than before, but greater the difficulty the more abundant the grace will be. In the technological era, we can easily obtain great tips on parenting from different channels. Haven of Hope Community Health Development Centres have devoted to providing holistic care. Through our family and children services, as well as health enhancing activities and counselling services; we reach families and the community, helping them to enhance their physical, psychological, social and spiritual health. 26 March 2016 will be Haven of Hope Flag Day. In order to raise fund for Haven of Hope Community Health Development Centres, we do need your support.

Lam Ching-choi

Dr. Lam Ching-choi, BBS, JP
Chief Executive Officer

現代家庭需要之轉變－「誰是一家之主？」

幾年前，有廣告指養一個小孩要四百萬，旋即引來極大迴響，有家長質疑巨額使費未必等如可以培育資優兒童，事實上，父母那一輩家境大多並不富裕，但仍然可以孕育出社會棟樑；另有一些家長則認為四百萬根本不足夠培養好孩子，他們視孩子如珠如寶，孩子就仿如一家之主，究竟現今香港社會，家長的心態是怎樣呢？

專訪藝人陳國邦

「女兒未出世前，坊間流行討論『贏在起跑線』，有些人甚至認為七百萬也遠遠不足供養一個孩子，因為要參加各種興趣班、baby gym等，當時都有些擔心，女兒一出生就要面對這些問題，所以我們花了很多時間去討論，做好心理準備，我和太太都不想做『怪獸家長』，希望女兒快快樂樂，享受童年。」育有一名女兒的藝人陳國邦指。

一般家長的教養方法都深受父母影響，但陳國邦與太太羅敏莊的管教方法卻是從觀看動物紀錄片揣摩得來。從紀錄片中他們發現小獅子、貓兒，甚或其他動物，由出生至成長階段，最重要就是玩耍，從而學習各種技能，例如朋友間搶玩具，如何調解爭執，都非從書本可以學曉。陳國邦十分贊成聯合國兒童基金會的建議，家長每天最少讓孩子自由遊戲一小時，還他們一個真正的童年，因此，他們喜歡帶女兒看海、拾石頭，而絕不會強迫女兒上這個、上那個興趣班。

除了注重女兒有沒有足夠時間遊戲，陳國邦認為夫妻之間的關係也直接影響孩子的成長。他坦言即使婚後仍與太太繼續拍拖，飯前飯後也會親吻，所以女兒也很喜歡親近父母。當夫婦二人持不同意見，他們會先順從一方，事後再理性討論，但絕不會在女兒面前爭執。

女兒現在已經三歲，時常都笑容滿面，帶給身邊人無限歡樂。偶然也有頑皮的時候，尤其是當她還未能用言語表達自己。「我會用較強硬的手段控制情況，先請她到“punish corner”，待她發洩完，才慢慢了解，然而，強硬也有底線，我不贊成父母把孩子打至留下藤條印。」

陳國邦認為時代轉變了，子女的確是家庭的中心。從前父母那一代知識水平不高，為了生計日忙夜忙，相處時間不多。現今父母愈來愈重視孩子成長，他們是家庭的焦點，但問題是具體如何實踐這原則。他希望女兒成為一個「開心但不任性，有主見但不魯莽行事的人」，

所以夫妻二人更著重悉心培育她，有時在街上看見一些孩子向工人、甚至父母大發脾氣，孩子「要風得風，要雨得雨」，可能很快樂，但也十分任性，令身邊的人不快樂。

孩子的成長影響他們一輩子，陳國邦認為父母必須謹慎：「我們教養的第一條原則是情感上好好照顧女兒，並非只是提供物質的滿足，多發放正能量，把家庭快樂感染別人。」



陳國邦小資料

畢業於香港演藝學院，熱愛演戲，過去二十年曾參與之電影多達五十部。近年醉心舞台劇演出，包括《相約星期二》等。

About Chan Kwok Pong

Graduated from Hong Kong Academy of Performing Arts, Pong was enthusiastic about acting and has taken part in more than 50 film production in the past 20 years. In recent years, Pong was dedicated to stage drama; performances include "Tuesdays with Morrie", etc.

Changes in the need of modern family – 'Who is the king of family?'

Few years ago, a commercial pointed out that it costs four million to raise a kid and it instantly led to big resonance. Some parents questioned even with such great expenses, it didn't mean you could nurture super kid. In fact, for the parent generation, most of their families were not affluent. However, they can still become the anchors of society. On the other hand, some parents think that four million is not enough to nurture a kid. They treat their precious children as jewels, these children act like the head of household. In today's modern society, what is the mentality of parents?

Interview with Artiste Chan Kwok Pong

"Before our daughter was born, there was a popular discussion on 'winning on the starting line.' Some even think seven million is far not enough to raise a kid. At that time, we did feel a bit worried that our daughter might need to encounter all these problems after she was born. Therefore, we spent a lot of time on discussion and tried to be psychologically prepared. Both my wife and I don't want to be 'monster parents' and we hope our daughter can enjoy her childhood." Artiste Chan Kwok Pong said.

For most parents, their parenting skills are deeply affected by their own parents. However, Chan Kwok Pong and his wife Lo Man Chong's parenting skills are acquired by carefully studying animal documentaries, from which they discovered something special about lion cubs, kittens and other animals. From newborn to their childhood, the most important thing is playing through which the cubs can acquire different skills. For instance, playmates may grab toys from one another, how should they settle such argument, all these won't be taught in books. Pong very much agrees with the suggestion of UNICEF, which is, parents should allow their kids to have at least one hour of free game time a day. Hence, they like to bring their daughter to look at the sea, pick up pebbles; instead of forcing her to attend different interest classes.

Apart from ensuring their daughter has enough play time, Pong thinks marital relationship also directly affects a child's development. He frankly admits that even after marriage, he still continues to date with his

wife. Besides, they will kiss each other before and after meal, therefore their daughter also loves to stay close to them. When the couple has different opinions, they will submit to one party and have a rational discussion afterwards. They never argue in front of their daughter.

Their daughter is now three years old and always wears a big grin on her face; bringing a lot of joy to the people around. Occasionally, she will be naughty, especially when she fails to express herself verbally. "I will use tougher means to control the situation. I will ask my daughter to go to the 'punish corner'. After she calms down, I will then talk to her patiently. Although there are times of being tough, but there is also a bottom line. I never agree with parents to hit their children which leaves behind cane marks."

Pong thinks the new era has changed as children are the centre of the family. In our previous generation, parents might not have high education level. In order to make a living, they had to work day and night and thus did not have much time to spend with their kids. In contrast, modern parents pay more attention on the growth of their children. Children become the focal point of the family and the crux of the matter is how we act as parents. He hopes his daughter can become a person who is "happy yet not capricious, assertive but not reckless". The couple nurtures their daughter with loving care. Sometimes they may see some children lose temper towards their domestic helper or even parents. These children may get whatever they want; they may feel happy but can be very capricious at the same time.

The growth of children can affect their whole life. Pong thinks parents must be prudent. "Our first parenting rule is to address to her emotional need and not just to satisfy her material need. Our family hopes to release more positive energy and bring joy to people around."



專訪資深教育工作者羅乃萱

「兩個就夠晒數」是本港七十年代初家計會的廣告宣傳片口號，當時人口膨脹，家計會製作了此廣告宣傳片呼籲市民控制生育。但隨著時代轉變，本港嬰兒出生率持續下降，由1981年每名女性平均生育1.9個嬰兒，降低至2012年的1.3個，核心家庭人口亦下降至近年只有2.9人，現代家庭即使願意生育，亦是一個起兩個止。子女數目愈來愈少，家長都把專注力投放在一個孩子身上，衍生的管教問題日益增加。

資深親子及婦女教育工作者的羅乃萱形容，新一代家庭不愛生育，就算生育都只生一個孩子，導致家長過份溺愛子女，成為「溺愛世代」。此外，資訊發達，孩子年紀小小已懂得批判身邊事物，變得愈來愈強權，甚至成為家中主人，跟父母起衝突。羅乃萱認為管教孩子最重要是懂得放手。

「放手絕不代表放任，孩子仍是需要管教的！」她認為家長不應過分溺愛孩子，要掌握應有的權柄，且要學懂如何跟孩子相處，要讓孩子知道他們應有的責任。

「例如孩子可以選擇完成功課後才看電視，還是先看電視後做功課，但無論如何他們都要做功課，因為這是他們的責任。」

近年家長希望子女成才，贏在起跑線，彷彿已變成社會風氣，羅乃萱對這現象又有何睇法呢？

「我覺得家長要學懂因材施教，不要把所有期望放在子女身上，因為不是每個人都適合上大學，現在已是終身學習的年代，孩子上不到大學，往後也可以繼續進修。」

羅乃萱亦提醒家長應容許孩子失敗。「家長可以切身處地想想自己少時也會失敗，就能體會孩子失敗的心情。冠軍只有一個，要教導子女學懂失敗過後自我檢討，調整得失心態。」

羅乃萱亦說，夫妻關係和諧與教導子女亦有莫大關係，夫妻和睦孩子亦可從中學懂互相尊重。「為人父母要有耐性教導孩子，態度亦要堅定、口徑一致，才能教好孩子。」



羅乃萱小資料

家庭發展基金總幹事，資深青少年工作及親子教育工作者。喜探討親子溝通與管教、家庭德育、女性成長等課題，亦經常主領有關的講座。

About Shirley Loo

General Secretary of Family Development Foundation, experienced youth and parent-child education worker. Interested in discussion of parent-child communication, parenting, family ethics, women growth, etc. Frequent host of related seminars.

Interview with experienced educator Shirley Loo

"Two is enough" is a campaign slogan of Family Planning Association of Hong Kong in the 70s. At that time, the Hong Kong population was exploding, the association thus made this widely publicized video clip to advocate birth control. However, as society evolves over the past decades, the birth rate in Hong Kong has been decreasing. In 1981, each female on average gave birth to 1.9 babies and it descended to 1.3 babies in 2012. The average number of family members is 2.9. For those families with children, they will only have one or two. With the dwindling number of children, parents tend to focus their attention on their only child in such a way that leads to a proliferation of parenting problems.

Shirley Loo, an expert in parent-child and women education, gave us a description of the above phenomenon. The family from the new generation doesn't like to have children. If they are willing to give birth, they will choose to have one child only. This explains why parents will be doting their children excessively, leading to a "Doting Generation". Besides, with booming information, children know how to criticize things around them at a very young age. To some extreme, these children may become very domineering and become the king of the family. Parent-child conflict is not uncommon. Shirley thinks that the very first rule of parenting is willing to let go and not to over control.

"Letting go doesn't mean to connive, children still need discipline!" She thinks parents should not spoil their children. Instead, they should exercise their authority. Parents need to learn how to get along with their children, letting the children realize they should bear their responsibilities.

"For instance, children can choose to finish their homework first before watching TV or watch TV first before doing their homework. No matter what, they still need to do their homework as this is their responsibility."

In recent years, parents hope their children can win on the starting line, such ideology has become a social atmosphere. How does Shirley respond to such phenomenon?

"I think parents need to teach their kids in accordance with their aptitude. They should not cast all hopes on their children, as not everyone is suitable for attending university. Now is an era of life-long learning, even if the children can't attend university, they can still enrich themselves through continuous learning."

Shirley also reminded parents to allow their children to fail at times. "Parents should try to be in the shoes of their children and recall how they experienced times of failure when they were young. Parents can therefore understand the feeling of children when they experience failure. There is always only one champion, parents need to teach children to evaluate after failure and adjust how they view failure."

Shirley also elaborated that parents having a harmonious marital relationship is closely related to effective parenting. If the couples are having a harmonious relationship, children would learn how to respect one another. "Parents must teach their children patiently and be assertive at the same time. They also need to be consistent to nurture good kids."



靈實社區健康發展中心 為現代家庭提供全人服務

香港生活指數高企，大部份現代父母都是雙職，日間要應付繁忙的工作，晚間則要處理家中大小事務，家境較富裕的可以依賴家傭料理家務及煮食，但對管教子女仍然責無旁貸，遇上他們鬧情緒、學習態度散漫，甚或出現各種行為問題，有時會令父母束手無策。曾聽聞有家長在職場上縱橫馳騁，所向無敵，但面對家中的寶貝卻仿如唯唯諾諾的「奴隸獸」，全因管教子女沒有一套規律的法則可循，必須按其才能性向，因材施教，悉心培育。

靈實深明現代家長的需要，透過位於將軍澳寶林、景林及尚德三間社區健康發展中心，致力提供家庭及兒童服務、輔導服務、外展服務、健康促進服務、義工發展及慈惠服務，協助區內家庭建立健康生活模式，宣揚家庭互愛、全人健康精神，促進社區人士身、心、社、靈健康發展。

針對管教子女的需要，靈實社區健康發展中心近年特別為家長推出一些親職教育課程，包括孩子潛能啟動課程、兒童遊戲治療；中心更從夫婦關係入手，舉辦各種活動，如生態大自然體驗活動、婚姻輔導等，促進夫婦感情，維繫家庭情誼，鞏固夫妻及親子關係。

靈實社區健康發展中心將於今年3月26日舉行全港賣旗籌款，為上述各種非政府資助，但極具意義的服務籌募港幣一百萬經費，如你有感動，我們誠邀你填妥第十八頁的捐款表格或參與成為賣旗義工，詳情請致電2703 3290聯絡陳小姐。

Community Health Development Centres providing families with holistic services

The living Index of Hong Kong has always been high. Most of the modern parents are working parents. During day time, they have to cope with their busy job; while in the evening, they need to deal with all kinds of family matters, big and small. For the more affluent household, they can rely on domestic helpers to take care of household chores and cooking. However, parents are the ones who are responsible for the parenting of children. Whenever children get cranky, displaying poor learning attitude or all kinds of behavioural problems, parents can feel helpless at times. Some of the parents achieve great success in their career; yet, when they are at home with their children, they can become weak and a "yes" parent as if acting like a "slave". It is because they have no good

references and rules to follow in their parenting. Children have to be nurtured patiently according to their personality and talents.

HOHCS understands the needs of modern parents. Three of our Community Health Development Centres located at Po Lam, King Lam and Sheung Tak in Tseung Kwan O have been devoted to providing family and children services, counseling service, outreach service, health enhancement service, volunteer development and charity services. Their aim is to help families to lead a healthy living style, advocating love within families as well as holistic life; enhancing the physical, psychological, social and spiritual health of the people in the communities.

In light of the needs for effective parenting, these Community Health Development Centres have launched some parenting courses specially designed for parents in

recent years. Such parenting courses include children potential development course, children game therapy; our centres also promote spousal relationship by organizing all kinds of activities such as eco-natural experience, marriage counseling etc, with the hope to enhance the affectionate bond between couples, promoting family bond and strengthening marital and parent-child relationship.

Haven of Hope Community Health Development Centres will hold Flag Day on 26 March 2016, target to raise around a million HK dollars to support the above non-subsidized yet meaningful services. If you are moved and want to give a helping hand, we cordially invite you to fill in the donation form on page 18 and become one of the volunteers for the coming Flag Day. For more details, please contact Ms Chan at 2703 3290.



靈實醫院六十周年院慶
Haven of Hope Hospital 60th Anniversary



2015年9月30日陳健生醫生及各醫院同事分享於靈實醫院事奉的經歷及召命。
Dr Chan Kin-sang and other hospital colleagues shared their service ministry and mission in work on 30 September 2015.



2015年10月17日靈實醫院第一任院牧謝任生牧師於院慶培靈會上證道。
The first hospital chaplain, Rev Yum-Sang Tse delivered a sermon in the anniversary congregation on 17 October 2015.

靈實護養院 Haven of Hope Nursing Home



護養院院友試種芥菜，並從視覺、嗅覺及觸覺不同角度欣賞自己與義工親手種植的成果，面露喜悅的笑容。
Elderly in Nursing Home tried cultivating leaf mustard. Seeing, smelling and touching their produce jointly planted with the volunteers, they felt immensely joyful.



2015年10月17日靈實醫院六十周年院慶生態遊。
Haven of Hope Hospital 60th anniversary eco-tour on 17 October 2015.

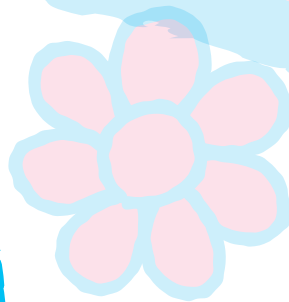


靈實醫院獻詩小組於培靈會上帶領敬拜。
Hospital worship team led the worship during the anniversary congregation.

靈實怡明長者日間護理中心
Haven of Hope Yee Ming Day Care Centre for Elderly



怡明長者日間護理中心開幕禮於2015年9月30日隆重舉行，張建宗先生及陳章明教授蒞臨主禮。
The grand opening ceremony of Yee Ming Day Care Centre for Elderly was held on 30 September 2015. The ceremony was officiated by Mr Matthew Cheung, and Professor Alfred Chan.



靈實司務道寧養院
Haven of Hope Sister Annie Skau Holistic Care Centre



院友到天台與義工切磋球技。
Elderly enjoyed ball games with our volunteer in the roof garden.



製作感謝咭 Hand-making thank you card
老友記用心地製作感謝卡，送贈給探訪義工。
Elderly spent great efforts in hand-making thank you cards as gifts to the volunteer visitors.

靈實恩光學校 Haven of Hope Sunnyside School



中秋佳節，香港共融足球會義工到宿舍大派月餅，並和學生玩遊戲。
During last Mid-autumn festival, volunteers from Hong Kong Integrated Football Club came to Sunnyside School hostel to play games with students and sent them festive mooncakes.



學生積極參與賣旗活動，感動得途人紛紛慷慨解囊。
Students actively participated in flag selling. Passers-by were moved by their passion and instantly made a donation.



髮型師團契義工定期到校，為學生剪頭髮，讓他們可以在熟悉的環境下安靜理髮。
Hair stylist fellowship would visit Sunnyside School regularly to serve our students, so that they could have hair cut in a quiet and familiar environment.



動物醫生又來了 Pet doctor came again
老友記親親「動物醫生」，展露歡顏。
Elderly smiled cheerfully upon seeing the "pet doctor".



義工探訪 Volunteer visit
善寧會3G同學扮演嫦娥與老友記一齊慶祝中秋佳節。
Volunteers from the Society for the promotion of hospice care dressed up as Chang'e to celebrate Mid-Autumn Festival with the elderly.

專訪靈實專業進修學校校長梁文英

本港人口老化問題嚴重，政府未來不僅要增加醫療開支，同時亦引伸到長者照顧問題。試想想當你身邊也是長者，又有誰來照顧我們呢？鑑於人口老化其中一個骨牌效應是照顧人手愈趨缺乏，靈實近年積極投放資源訓練人才，更在2007年成立靈實專業進修學院 (Professional Training Institute, PTI)，由擁有多年護理經驗的導師教授，提供一站式培訓及實習專業平台，致力培訓年輕護理專才。為了令學員完成課程後擁有專業資格，學院已率先把「保健員訓練證書」及「照顧員訓練證書」申請成為政府資歷架構認可課程，並已成功獲認可為資歷架構第三及第二級，讓年輕人在護理行業的資歷得到更大認受性。

靈實專業進修學校校長梁文英表示，學院著重培訓學員專業護理知識、技巧和正確態度，更安排學員直接到靈實長者或智障人士院舍實習，並參觀靈實醫院了解實際運作，這些並非其他訓練機構所能做到。她希望學員除了吸收課堂知識，亦可親身累積實戰經驗，絕非紙上談兵式學習。

「曾在院舍工作的學員一般經驗變得更豐富，不但懂得基本護理，應變能力亦大大提高，成為『一專多才』的專才。」

本身擁有資深註冊護士資格的梁文英，曾在靈實醫院教授護士課程長達十四年，放下教鞭後轉職護理行政，最終重回作育英才的道路，管理靈實專業進修學院。梁文英接觸過不少年輕學員，從觀察所得，學員完成課程後，會變得成熟，懂得關心別人。她寄語新一代學員不要輕易放棄，要繼續努力學習，才能成為有承擔的護理專才。



Interview with Principal of Haven of Hope Professional Training Institute

Hong Kong's population is ageing darily. In the future, the government not merely has to increase medical expenditure but also tackle the problem of increasing demand for elderly care. Try to imagine when all people around us are elders, who are going to look after us? HOHCS foresees one of the domino factors of ageing as the insufficiency in caretakers. In light of this, more resources are invested in professional training. In 2007, Haven of Hope Professional Training Institute (PTI) was established. A one-stop training and practicum professional platform is provided to groom more young caretakers. In order to let our students obtain professional qualification upon the completion of the programme, PTI has taken the lead in applying for government accreditation for the following courses, namely "Certificate in Health Worker Training" and "Certificate in Personal Care Worker Training". Both courses have been successfully accredited as Qualifications Framework Level 3 & Level 2 respectively, letting youngsters gain greater recognition for qualification in health care industry.

Dolly Leung, the Principal of PTI expressed that the school emphasizes professional health care knowledge, application of techniques and the right attitudes. Upon completion of the training, students will be arranged to have practicum in Haven of Hope elderly homes or hostels for persons with intellectual disabilities. Besides, students will have the opportunity to tour around Haven of Hope Hospital to get a better understanding of its actual operation. Other training institutes may not be able to provide such comprehensive training. She hopes students not only obtain knowledge in class but also get more hands-on experience.

"Having practicum in hostels, students' experiences are enriched. Apart from knowing fundamental health care knowledge, their abilities to deal with emergencies are greatly elevated. They have become a group of versatile workers with a specialism."

Dolly is a senior registered nurse. She had taught nursing courses in Haven of Hope Hospital for 14 years. She then quitted and met the challenge as an nursing administrator. And now, she returns to the path of grooming future talents. Dolly has been in touch with many youngsters. From her observation, upon completion of the programme, students will become more mature and caring. She reminds young people not to give up easily. They must endeavor to learn in order to become a responsible health care professional.



靈實專業進修學院課程一覽表

Haven of Hope Professional Training Institute Course Overview

	課程名稱 Course title	頒發資歷機構 Awarding organization	資歷級別 Qualifications framework level	入讀資格 Requirement
1	照顧員訓練基礎證書 Foundation certificate in personal care worker training	評審局* HKCAAVQ*	第二級 Level 2	初中程度 Junior secondary
2	保健員訓練證書 Certificate in health worker training	評審局 HKCAAVQ	第三級 Level 3	完成中五或以上程度 F.5 or above
3	醫療支援人員(臨床病人服務) 訓練基礎證書 Foundation certificate in care-related support worker training	僱員再培訓局/ 已通過評審局 Employees Retraining Board/passed HKCAAVQ	第二級 Level 2	中三或以上 F.3 or above
4		評審局 HKCAAVQ	第二級 Level 2	中三或以上 F.3 or above
5	護理員實務技能(照顧智障人士) 基礎證書(兼讀制) Foundation certificate in practical skills for care worker(caring persons with intellectual disabilities) (part-time mode)	僱員再培訓局 Employees Retraining Board	第二級 Level 2	小六或以上 P.6 or above
6	智障人士照顧基礎證書 Foundation certificate in care for persons with intellectual disabilities	評審局 HKCAAVQ	第二級 Level 2	小六或以上 P.6 or above
7	紓緩照顧基礎證書 Foundation certificate in palliative care	評審局 HKCAAVQ	第二級 Level 2	初中程度 Junior secondary
8	復康治療助理培訓證書 Certificate in rehabilitation assistant training	評審局(審批中) HKCAAVQ(under approval)	第三級 Level 3	中三或以上 F.3 or above

	在職培訓計劃名稱 On-the-job training course title	計劃年期 / 完成後取得之證書 Duration / Qualifications attained upon completion	資歷級別 Qualifications framework level	入讀資格 Requirement
1	護理見習生計劃 (在靈實單位內實習) Healthcare Trainee Programme (placement in HOHCS' service units)	課程為期一年 1-year programme 照顧員證書 personal care worker certificate 保健員證書 health worker certificate	第二級 Level 2 第三級 Level 3	完成中五或以上程度 F.5 or above
2	青年護理服務啟航計劃 (在安老或復康服務單位內實習) Navigation Scheme for Young Persons in Care Services (placement in elderly or rehabilitation units)	課程為期兩年 2-year programme 照顧員證書 personal care worker certificate 保健員證書 health worker certificate 急救證書 first-aid certificate	第三級 Level 3 第二級 Level 2	18-25歲 Aged 18-25 完成中五或以上程度 F.5 or above

*評審局:香港學術及職業資歷評審局

*HKCAAVQ: Hong Kong Council for Accreditation of Academic and Vocational Qualifications

Impacting Life Story

Interview with PTI alumni

Without any nursing background, Ricky was determined to enter the nursing profession after volunteering in Haven of Hope Nursing Home. His family was a bit dubious about his decision; yet, they still supported him. To enrich his knowledge and experience, they encouraged Ricky to enroll in the Healthcare Trainee Programme offered by Haven of Hope Professional Training Institute.

During his one-year on-the-job training, Ricky was responsible for taking care of the aged in both residential homes and community setting. "I am their help, especially for those who suffer from muscle contraction, stroke or have undergone amputation surgery." Ricky pointed out. Even though work is tough and Ricky has to help elderly with toileting, he feels contented when elderly are happy and healthy.

In return, Ricky also earned precious relationships. "The elderly care much about young people. They always ask us how we are doing." he said. Ricky once took care of a hundred-year-old elderly. Since the whole of his family were staying overseas, he constantly felt lonely and got emotional at times. Ricky made extra efforts to show his loving care for him, for instance, he would close the window or add a blanket for the elderly in cold days. These small deeds help them establish an intimate relationship. The elderly passed away later and Ricky was very saddened. He understood how fragile life is and strengthened his will to serve the elderly in the future.

Ricky is currently a student of a nursing degree programme. Upon graduation, he will be a registered nurse. His mother, Regina admitted that his son was like a "prince" before; yet, with experience in serving the elders, he now becomes more family-oriented and responsible. She encouraged parents to support their children and help them identify goals if they are willing to enter the care profession; so that they can realize their dreams one day.



專訪專業進修學院舊生

商科畢業，沒有護理相關背景的Ricky，在靈實護理院做義工後毅然希望成為一位護士。雖然感到疑惑，但家人仍然支持他，並鼓勵他報讀靈實專業進修學院的「護理見習生計劃」，豐富護理方面的知識和經驗。

在一年的在職培訓中，Ricky曾到長者院舍及社區長者服務單位擔任照顧工作。「對體弱，尤其是肌肉萎縮、曾中風、或接受過截肢手術的長者來說，我就是他們的助手。」他指出。雖然工作辛勞亦要處理大小便，但見所服侍的長者舒適愉快、身體機能提升，他就心滿意足。

除了付出，Ricky也獲得珍貴的感情。「長者都很關心年青人，不時主動問候我們。」他說，他曾照顧一位近百歲的伯伯，由於家人皆在海外，伯伯孤身一人，情緒容易波動，Ricky特別關心他，例如天氣寒冷時替他蓋被、關窗。微小的事情卻令兩者建立親密的情誼。伯伯其後離世，Ricky心裡異常難過，更體會到生命無常，立志日後更珍惜照顧長者的機會。

Ricky現正就讀護理學學位課程，畢業後可成為註冊護士。母親Regina坦言兒子以前像個「少爺仔」，但透過服侍和與長者相處，現在更有家庭觀念，亦樂意承擔並珍惜身邊人。她寄語年青人的家長：若子女願意服侍照顧別人，作為父母的應該支持，並幫助他們認清目標，邁向理想。



何嘉麗試穿高齡體驗套裝
Connie Ho tried on the specially designed wears which lets her taste the feeling of being old.

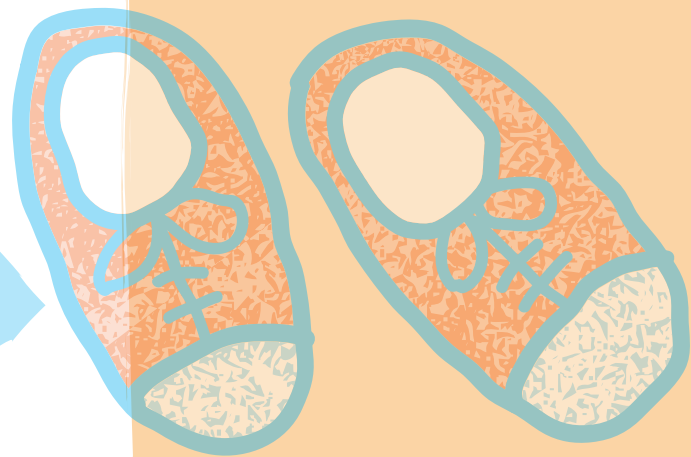
2015靈實耆趣跑

香港人近年愈來愈注重健康，除了注意均衡飲食，亦開始「動」起來，參加各種長跑活動。基督教靈實協會趁著2015年長者日的前夕(11月14日)舉行了首屆「靈實耆趣跑」。有別於其他長跑競賽，「靈實耆趣跑」與長者有關，活動希望透過讓參加者親身試穿高齡體驗裝，感受長者的困難，從而喚醒社會各界關注長者，為長期病患長者及復康人士籌款。

前劍擊選手、香港精英運動員協會義務秘書何嘉麗是任首屆「靈實耆趣跑」的主禮嘉賓之一，她除了親身支持活動外，更試穿了大會安排的高齡體驗裝，頭帶著特製的眼罩模擬患上老花、黃斑症、同時穿上負重背心和拐杖親歷長者「眼矇矇、行動緩慢」的感受。

「穿著負重背心就連站著也有困難，親身經歷過才知道原來長者彎腰行路是這樣辛苦。」何嘉麗續稱，長者過去為社會作出貢獻，我們很應該善待他們，協助他們安享晚年。當天近一百名慈善跑選手一早整裝待發，到達會場熱身，槍聲一響，健兒悉力以赴，爭取名次。當天天公造美，秋高送爽。經過一輪龍爭虎鬥後，各分齡組別產生了勝利者，其中在團體賽中更吸引了有「香港氣袋」之稱的健兒徐志堅參加，他指活動既能做善事又可當作熱身賽，覺得很有意義，於是便跟跑會的成員一起參加。

活動當天，除了慈善跑還包括緊接的三公里步行，近一百位善長與靈實創毅中心的智障人士身體力行，齊為長者出一分力，也為今年的「靈實耆趣跑」劃上完美句號。



Haven of Hope Charity Run 2015

Hong Kongers have become more and more health conscious in recent years. Apart from leading a balanced diet, they begin to unfold their active side by participating in various kinds of running activities. Since 14 November 2015 was the eve of Senior Citizen's Day, HOHCS held the Haven of Hope Charity Run 2015 for the first time. The word "Qi" appeared in the Chinese name of the event, literally means something related to elderly, making this event distinguished from other running competitions. Through the Charity Run, we hoped participants could get the opportunity to put on the specially designed wears for experiencing the difficulties faced by elders so as to arouse the community's awareness for elderly and raise fund for those who are chronically ill or under rehabilitation.

Ms Connie Ho Ka Lai, former fencer, Honorary Secretary of Hong Kong Elite Athletes Association (HKEAA), is one of the officiating guests for this year Charity Run. Apart from showing her support by attending the event in person, she tried on the specially designed wears with her head putting on the special goggles which simulates the effect of presbyopia and macular degeneration. Meanwhile she also wore the weighed vest and held a crutch to get a taste of being an elderly who suffered from blurred vision and could only walk slowly.

"The weighed vest made me difficult to stand. After this special personal experience, I realize that it is such a hardship for elders to walk with a stoop." Connie further elaborated that elders had contributed a great deal to society in the past; we should be treating them well, helping them to lead an enjoyable life in their twilight years. Nearly a hundred of runners arrived early to get ready and start warming up; with the sound of the gun shot, all runners tried their best to compete. It was thankful that the weather was good with sunshine and breeze. After the tight competition, there were winners for different age groups. In the team competition we had Hong Kong top-ranked runner Tsui Chi-Kin being one of the participants, he is named as "Hong Kong air bag". He was delighted to join the charity run as he could commit himself to a philanthropic activity and treat this as warm-up competition. In view of this meaningful event, he thus decided to join the Charity Run with other members of the running club.

On the event day, right after the charity run, there was the 3km charity walk. Around a hundred of elders and mentally disabled from Haven of Hope Integrated Vocational Rehabilitation Services Centre participated in the walk, endeavoring to raise fund for elders which had brought a perfect closure for the Haven of Hope Charity Run 2015.

靈實將於2016年3月26日(星期六)舉行賣旗籌款，為基層健康服務籌募經費，然而賣旗當天恰巧是復活節假期，相信將增加招募義工的困難，我們衷心希望各善長可以「有錢出錢，有力出力」，透過捐獻或參與賣旗義工，支持靈實賣旗，支持非政府資助基層健康服務。

賣旗義工查詢及報名：2703 3290 (陳小姐) / 2703 3371 (鄭小姐)

HOHCS is organizing a territory-wide flag day on 26 March 2016 (Saturday), coincidentally it is an Easter holiday, which may add obstacles in recruiting volunteers. Since we sustain our Primary Health Services through various fundraising events like flag day, we earnestly appeal for your support in terms of donation or joining us as a volunteer. Do enthusiastically support this non-government funded Primary Health Services.

Volunteer enquiry & enrolment: 2703 3290 (Ms Chan) / 2703 3371 (Ms Cheng)

捐款表格

致: 基督教靈實協會傳訊及籌募部
(傳真: 2702 8173 電郵: ctchan@hohcs.org.hk)

基督教靈實協會3月26日全港賣旗日義工報名 / 捐款表格

姓名: _____
電話: _____ 電郵: _____
地址: _____

我將透過以下形式支持基督教靈實協會全港賣旗籌款活動:
(請於適當的□加上「✓」, 可選擇多於一項)

- ☐ 本人樂意成為義工, 參與基督教靈實協會全港賣旗, 共_____人。
- ☐ 本人樂意認購金旗_____枚[金旗每版港幣300元/50元一枚] (FD_BL_DM_1603_GF)
- ☐ 本人樂意捐款港幣_____支持是次籌款活動。

捐款方法:

- ☐ 郵寄劃線支票 (支票抬頭為「基督教靈實協會」) 4
- ☐ 直接存款予靈實 (匯豐銀行戶口: 018-030023-010 4, 請把入數紙正本寄回本會)
- ☐ 信用卡 4
- 持咭人姓名: _____
- 信用卡號碼: _____
- 信用卡有效日期: _____ / _____ (月/年)
- 持咭人簽署: _____

備註:

1. 請於2016年3月1日或之前透過郵寄、傳真或電郵交回此回條。
2. 賣旗義工於賣旗日當天必須已經年滿14歲, 未滿14歲者, 必須由家長或成年人陪同。
3. 靈實將為所有合資格賣旗義工購買保險。
4. 凡捐款港幣一百元或以上, 將獲發捐款收據供申請扣稅。
5. 旗袋派發安排將稍後通知。如有任何查詢, 歡迎致電2703 3290與陳小姐聯絡。

Donation Form

FD_BL_NL_1603

To: Haven of Hope Christian Service CRD Department
(Fax: 2702 8173 email: ctchan@hohcs.org.hk)

Haven of Hope Christian Service 326 Flag Day
Volunteer Registration / Donation Form

Name: _____
Contact Number: _____ email: _____
Address: _____

In support of 326 Flag Day, I will (Please "✓" in appropriate boxes)

- ☐ Support as volunteer on 26 Mar 2016 and recruit total _____ volunteers
- ☐ Purchase Golden Flag _____ page [\$300/page, \$50/piece] (FD_BL_DM_1603_GF)
- ☐ Donate HK\$ _____ to support

Donation Method

- ☐ Crossed cheque payable to HAVEN OF HOPE CHRISTIAN SERVICE 4
- ☐ Direct deposit to bank HOHCS Bank of China A/C Code : 018-030023-010 4 (Please send us back the original deposit slip by post)
- ☐ Credit card 4
- Cardholder Name: _____
- Authorized Signature: _____
- Card Expiry Date: _____ (mm/yy)
- Card Number: _____

Remarks:

1. Please send this form to our Communications and Resource Development Department on or before 1 Mar 2016 by post, fax or email.
2. Volunteers should be aged 14 or above, or else they should be accompanied by adults aged 18 or above.
3. Insurance will be covered for all volunteers.
4. Tax deductible receipt will be given to donations of HK\$100 or above.
5. The collection method of Flag Bag will be notified later. Please contact Ms Chan at 2703 3290 if you have any queries.



靈實司務道寧養院十周年呈獻

今年是司務道寧養院十周年院慶, 為紀念這重要時刻, 我們將會舉行一連串慶祝活動, 打響頭炮的是「2016雛聲頌揚: 兒童粵曲折子戲」, 詳情如下:

日期: 2016年4月16日 (星期六)
地點: 油麻地戲院
門票: \$1,000, \$480, \$360, \$150
受惠服務: 寧養院慈惠病床服務及夾心階層寧養病床補助計劃
查詢服務: 2703 3373 (李小姐) / 2703 3284 (何小姐)

最新消息, 請密切留意靈實網頁www.hohcs.org.hk

Tenth Year Anniversary of Sister Annie Skau Holistic Care Centre

This year marks the 10th year anniversary of Sister Annie Skau Holistic Care Centre. To commemorate this remarkable moment, we are organizing a series of celebration events, first of which is the Junior Charity Cantonese Opera 2016. Details are as follows:

Date: 16 April 2016 (Saturday)
Venue: Yau Ma Tei Theatre
Ticket: \$1,000, \$480, \$360, \$150
Beneficiary: Relief & Charity Beds Service and subsidized bed for the sandwich class
Enquiry: 2703 3373 (Ms Lee) / 2703 3284 (Ms Ho)

Please visit our website www.hohcs.org.hk for updated news.



淺談兒童及青少年精神健康

精神科是治療情緒、思想和行為失調的一門醫學。其實大部分精神病都是因一些正常但失調了的思緒而引起的，並不值得害怕和抗拒。近年坊間對兒童精神健康似乎關注多了，除了育兒和教育制度的討論外，一些精神病如專注力失調/過度活躍症 (Attention deficit hyperactivity disorder) 和自閉症 (autistic spectrum disorder) 等，都在主流媒體中不時被提起。兒童的成長在乎先天和後天的因素。先天因素包括體格、智力、和基本性格。後天因素包括教養方式、家庭關係、成長環境和學校環境。要判斷孩子的身心問題有否不妥，必須要考慮孩子的成長階段。以下筆者會介紹一下兒童在不同階段可能會有的精神問題。

幼兒期

零至三歲是腦部發育的關鍵時期，家長要注意孩子有足夠的營養、睡眠、和互動。這個時期可能出現的精神問題主要是發展上的遲緩，如智力、語言、和體能。此外一些生理習慣如進食、睡眠、和排泄也可能出現失調的情況。而情緒方面的困擾則主要有分離焦慮症 (separation anxiety) 和激動情緒。

專注力失調/過度活躍症主要有兩種症狀。顧名思義，前者包括善忘、不專心、處事沒條理。後者則包括無耐性、坐不定、和說話過多。自閉症也有兩種主要症狀：溝通困難和狹窄而重複的行為。前者包括語言表達困難、意會他人和分享感受的能力低。後者包括異常偏好和重複行為。這兩種病皆有一些共通之處：1) 它們都是在幼兒期就開始顯露的；2) 病者的情況不盡相同，有輕重之分；3) 男性和有家族歷史的兒童較大機會患上。

兒童期

這是孩子開始正式上學的階段。他們若有智力問題或學習障礙的話，家長或老師會更能察覺得到。此外，因為孩子開始有較多社交活動，一些影響社交的病症如焦慮或自閉症亦會更加明顯。有一點要注意的是，這個年紀的情緒問題呈現的形式與成人是有別的。

李卓穎醫生
精神專科醫生

兒童未必能以言語表達自己的不妥，反而會訴諸身體上的不適，如肚痛、頭痛、嘔吐等。若果不夠細心的話，家長或許會聚焦在身體不適上，而忽略情緒問題的可能性。

少年期

這年紀的孩子已進入青春期的階段，要開始尋找自我，準備獨立。他們所受的精神困擾和成人較近似，主要以情緒和焦慮症為主。青少年較受人際關係影響，所以朋輩或感情問題都是情緒病的普遍誘因。也因這緣故，不良嗜好和其他反叛行為通常都是在這年紀開始的。此外，一些少有但較嚴重的精神病如思覺失調，兩極症等都有可能在這階段發病。

現今的家長比較著重栽培而忽略關係的建立。事實上身心健康是幸福人生的關鍵，而父母的愛和肯定能為孩子打好這方面的根基。病向淺中醫，這句話在兒童精神問題上尤其重要。家長若果留意到孩子在成長中出現不適應的話，可以跟家人或老師商量一下，如有疑惑便應尋求專業幫助。



Overview of child and adolescence mental health

Psychiatry is a medical specialty that treats disorders of emotions, thoughts and behavior. Since many of the symptoms are actually perturbation of normal experiences, one should not fear or feel stigmatized in seeking help. There seems to be an increase in awareness of children mental health in community, as reflected by the discussion of the education system, parenting, as well as mental illnesses such as attention deficit hyperactivity disorder (ADHD) and autistic spectrum disorder in the media. Child development is determined by inborn factors and environmental factors. The former includes intelligence, personality predisposition, and physical state. The latter includes parenting, family relationships, life events, and school environment. When assessing a child's well-being, one needs to consider his or her developmental stage. In this article I will describe mental perturbations that can occur in various stages of a child's development.

Toddlers and Pre-schoolers

The first three years of life is a crucial period for brain development, therefore parents should ensure that their child receives adequate nutrition, sleep and interaction. Mental perturbations during this period are related to various aspects of child development such as intelligence, language, and motor functioning. In addition, regulatory problems in sleep, eating and excretion may also occur. Emotional problems during this period mainly consist of separation anxiety and emotional outbursts.

There are two groups of symptoms in attention deficit hyperactivity disorder. As the name suggests, attention deficits may present as poor concentration, poor organization skills and forgetfulness. Hyperactivity may present as impatience, talkativeness and restlessness. Autistic spectrum disorder also consists of two symptom groups: problems in social communication, and repetitive and restricted behavior. The former may present as inability to share feelings and attention, and difficulties in verbal and non-verbal communication. The latter may present as having rigid routines and peculiar interests. There are three common features shared by these disorders: 1) They both begin in early childhood, 2) Symptoms occur in a spectrum that varies in severity, 3) Boys and those with a family history have higher risk of having a diagnosis.

Children

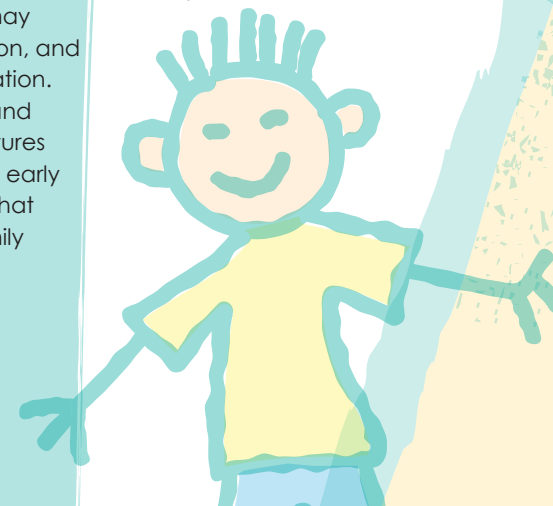
This period corresponds to the beginning of formal school life. Developmental problems in learning will become more noticeable by teachers and parents. The same can be said of anxiety and autistic spectrum disorder as children are involved in more social activities. One needs to be aware that emotional problems present differently in children than in adults. Children are more likely to report physical complaints such as stomach ache, headache or vomiting than verbalize their anxiety. Parents are likely to miss the underlying cause if they only focus on their children's physical complaints.

Adolescence

Children in this age group have entered puberty and are faced with the task of finding self-identity as they individuate from their parents. Their mental problems are similar to that of adults, with depressed mood and anxiety being most common. Adolescents are more likely to be influenced by peers, and so problems in relationships are a common cause of mood disorders. This also explains why substance abuse and delinquency tends to start in adolescence too. In addition, severe mental illness such as schizophrenia and bipolar disorder, although not as common, often start to declare themselves in this age period.

Today's parents are very much concerned with training their children than relating to them. Nevertheless, psychological well-being is crucial to a happy life which is founded on the love and recognition from our parents. Prevention is always better than treating an established disease, and this is particularly true in regards to children mental health. Parents who notice problems in their child's development should first seek corroborative information and then seek professional help if concerned.

Dr. Li Cheuk Wing
Psychiatrist



給捐贈者的話 Message to donor

給善長的話

農曆新年，中國人傳統由長輩向晚輩派利是，寓意祝
福來年事事如意。記得小時候，傳統節日氣氛比較濃
厚，小孩子過新年都會特別興奮，心裏盤算著如何運
用這些額外的零用錢添置衣裳、電玩或課外讀物。根
據傳統，我們要等待至大年初七「人日」那天才可以
把所有利是拆開，所以心急的小孩通常會在收到利是
後，回家把利是逐一放在枱燈下，照一照利是封內裡
的乾坤。我相信你和我都曾收藏過一些未拆開的利是，
珍而重之，好好保存至今。這些寶貝是父母長輩的一
份心意，物輕情意重。現在我們都長大成人，你又有
沒有想過回饋上一代，答謝他們的情意呢？

香港人口老化嚴重，面對老年人口急劇上升，靈實即
將推出各項基建發展項目，增加靈實醫院康復病床及
相關配套，加強司務道寧養院紓緩治療服務，擴展恩
光學校智障人士宿舍服務，並添加坑口護理院及護養
院宿位，以人的需要為出發點，使靈實繼續成為祝福
人的美地。

整個基建發展計劃為期十年，政府將資助大部份基建
工程費用，但靈實仍然要自行籌募數以億計的資金，
倘若你願意為我們有需要的長輩預備一個紅封包，
與他們分享福氣，請利用隨書附上之利是封，為靈實發
展計劃送上一份祝福！

Message to donor

During Lunar New Year, Chinese will follow the tradition
of having the older generation giving red packets to
the younger ones, implying a blessed new year with
everything going well. Flash back to our younger days,
the traditional festive atmosphere was much more
fervent, children would be extremely excited, pondering
how to make good use of the windfall to buy new
clothes, electronic gadgets or books. According to
tradition, it is only till the 'man-day' which is the
seventh day of the first lunar month that we could
open all red packets. Those impatient children would
place each red packet under the desk light and took
a good peek of what it was inside. Some of us would
have the experience of collecting some red packets
that had never been opened before, treating them as
valuable treasures. These valuable treasures which
have great sentimental value represent the love and
the care of our parents and elders. Reaching adulthood,
have you ever think of reciprocating the older genera-
tion and giving thanks to their kindness?

Ageing population in Hong Kong is intensifying. In face
of a serious surge in ageing population, HOHCS is
launching various capital development projects, which
include increasing the number of rehabilitation beds
and supporting facilities, enhancing the palliative care
of Sister Annie Skau Holistic Care Centre, expanding
Sunnyside School's hostel service for mentally disabled
people, as well as increasing the residential service at
Haven of Hope Hang Hau Care and Attention Home
for severely disabled. We always attend to people's
needs through our services, making Haven of Hope a
wonderful place that brings blessings to people.

The whole capital development project will take ten
years to complete. Most of the cost will be subvented
by the government but HOHCS still needs to raise more
than 100 million dollars to realize our plans. If you are
willing to prepare red packets for the elders in need
and share your blessing with them, please make use of
the red packet enclosed and send Haven of Hope
your blessings!

個人資料收集聲明 Use of Personal Data Declaration

基督教靈實協會尊重閣下所提交的個人資料，並會確保所有個人資料都根據《個人資料（私隱）條例》所載的規定妥善保存及適當使用。本會將使用閣下所提交的個人資料（包括閣下的姓名、住址、電話號碼及電郵地址）進行服務宣傳及慈善籌款推廣用途，但我們在未得到閣下的同意之前不能如此使用你的個人資料。

We (Haven of Hope Christian Service) intend to use your name, telephone number, email and address for our communication in future, including our fundraising events and donation appeal, but we cannot use your personal data without your consent.

請於方格加上☑及簽署，以便本會跟進。

Please ☑ to indicate your intention and sign at the end of this statement.

☐ 本人 **同意** 基督教靈實協會及其服務單位使用本人個人資料傳遞服務通訊、活動宣傳及慈善籌款募捐之用。
I **AGREE** to the proposed use of my personal data.

簽署 Signature : _____ 日期 Date : _____



捐款回條 Donation Form

基督教靈實協會創立於一九五三年，是一所非牟利的社會服務機構，透過關懷全人的事工，致力與人分享福音及建立基督教社群，在基督的愛中，以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。

Haven of Hope Christian Service (HOHCS) is a non-profit social organisation founded in 1953. Through a ministry of holistic care, HOHCS strives to share the Gospel and develop a Christian community. In the love of Christ, HOHCS delivers services in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

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牌人支付

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Paid by Licensee

您毋需貼上郵票；但如果您能貼上郵票，本會便可以節省
所需的郵票費。請幫忙減低我們的開支。

如在本港投寄
毋需貼上郵票

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Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

基督教靈實協會
Haven of Hope Christian Service

香港新界將軍澳靈實路七號
7 Haven of Hope Road, Tseung Kwan O, N.T., Hong Kong

請沿實線剪下信封並按虛線接疊及封口

請沿實線剪下信封並按虛線接疊及封口