



# 照顧員的夢與想

The Dreams and Thoughts  
of the Caregivers



基督教  
靈實  
協會

HAVEN  
OF HOPE  
CHRISTIAN SERVICE

以愛心服事關懷 | With Love, We Serve and Care

# 行政總裁的話

## From the CEO

親愛的靈實支持者：

若有人問，一間醫院／院舍最重要的是誰？我相信十居其九會說是醫生。身為醫生的我，卻有另一番體會，我認為最重要的是一班前線的同工，包括照顧員。

靈實的照顧員每天辛勞地照顧服務使用者，每發生事故，例如病患者氣促、發燒等，第一時間發現的通常是照顧員，他們會第一時間進行急救及通知醫生。這班照顧員日復日的服事，與服務使用者建立了深厚的情誼，不難發現在靈實的院舍的壁佈版上，有不少表揚他們無私奉獻的感謝卡。

剛過去的高考放榜，眼見一班年輕人，他們縱有雄心大志，可惜卻因為成績不理想而窒礙發展。靈實一直希望關心這班年輕人，並認為他們是照顧員的適合人選，故此我們推出「護理見習生」計劃，透過計劃去重新建立他們，令他們有入讀大學的機會。

「護理見習生」計劃為期一年，為有志投身護理行業的年青人而設，只要完成中五全科課程、具耐性、有愛心、樂意服務長者或智障人士便可以申請。學員畢業後，除可獲得相關護理經驗外，更可考取安老院及殘疾人士的保健員資格。若完成課程及成績滿意者，則有機會入讀大專院校的安老服務高級文憑課程。

靈實的員工當中，有數位曾就讀「護理見習生」課程，畢業後一邊在靈實當照顧員，一邊進修登記護士的認可課程，他們均稱：「當年會考成績並不理想，以為一定無前途，要做非專業的職位。想不到，我還有機會可以入大學、當護士。我的前途從此不再一樣，護理的專業更加可以幫助有需要的人。」

掌握明天，創造未來，我誠意推薦你參加「護理見習生」計劃。

Dear Supporters,

If somebody asked, "Who is the most important person in a hospital or residential care home?" I believe nine out of ten would reply, "The doctor". However, as a doctor, I recognise that the service of front-line colleagues, including Personal Care Assistants (PCAs), is far more valuable.

The hard-working PCAs at Haven of Hope Christian Service (HOHCS) labour relentlessly each day to take care of the service users. Whenever an emergency occurs, for example if a patient becomes short of breath or contracts a fever, the first person to be aware of the situation is usually a PCA, who will provide instant assistance and notify the doctor. Unsurprisingly, the PCAs often establish deep friendships with the service users, and many of the thank-you cards on the boards of our residential care homes are filled with appreciative messages detailing the selfless ministry of our PCAs.

Following the recent release of the HKALE results, we noticed that the prospects of a group of highly ambitious youngsters were in tatters with poor examination results. HOHCS always has had a strong concern for these young people, and we believe that many will prosper by serving as PCAs. Therefore we offer a *Health Care Trainee Programme* to resurrect their aspirations and to provide them with opportunities to enter university.

The *Health Care Trainee Programme* is a one-year course intended for those young people considering the health care profession. Entrants to the course must have completed form 5 of secondary school, but the only other admission requirement is that the entrant is good-hearted, willing to serve elders and the mentally handicapped with compassion and patience. Completion of the programme will give the trainees both experience working in a health care environment and qualifications as health workers in residential care homes for elders and the mentally handicapped. Those who successfully complete the course will be eligible to apply to a further education institute to study towards the Higher Diploma for health workers specialising in care services for the elders.

Some of the current staff of HOHCS launched their careers with the *Health Care Trainee Programme*. After successfully completing the course, they trained to be registered nurses while continuing to work for HOHCS as PCAs. They agree, "My HKCEE examination result was very disappointing, and I thought that my hope for entering a respectable profession had vanished. Then I was surprised to be given the chance to become a nurse and enter university. I had reignited my expectations and I am delighted to have such a rewarding career helping the needy."

Master your tomorrow and create your future. I enthusiastically recommend that you participate in the *Health Care Trainee Programme*.

行政總裁  
Chief Executive Officer

林正財醫生  
Dr Lam Ching-choi

# 靈·感

第八十期 二〇一二年九月

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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 the 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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# 照顧員的夢與想



基督教靈實協會(靈實)的照顧員一直被外界讚賞，因為他們以「心」服事人群，從不把工作當成一份例行差事。照顧員在院舍內擔當重要的角色，每天辛勤體貼地照顧院友，是院友最親近的醫護人員。靈實明白照顧員的需要及尊重他們敬業樂業的精神，積極地協助他們實踐夢想與使命，以致日後他們能在醫護行業發揮所長、奉獻自己。

## Mocha:

**“當照顧員，令我能考入大學，向護士專業進發。”**

才二十出頭的莫嘉恩(Mocha)預科畢業後立志成為護士，她認為護士是專業的行業，充滿前景。可惜，當年的預科成績並不理想，故此未能考入護理系的課程。「當時我真的很失望，收到成績單後，理想立時幻滅！」她續稱：「及至後來，我得知靈實專業訓練學院推出照顧員培訓課程，課程竟可助我達成當護士的夢想，於是我便報名。」

因著Mocha的決心，她已一步一步地走向護士的專業。現在，她已完成靈實的照顧員課程，並正在靈實護養院擔任照顧員，一邊吸取經驗，一邊進修保健員課程，並將於今年10月修讀大學的護理系高級文憑課程。能夠成功地考入大學，她認為並非偶然，這全憑她的工作經驗及心態。畢竟她已經在靈實工作一段日子，並已掌握一定的護理經驗，故此她相較其他考生優勝。加上，她熱愛照顧長者，面試時充份流露出對護理行業的熱誠，她稱：「很多人都會怕替長者清理大小二便，其實並不可怕，只要我能替他們處理得宜，便可減輕病患者的不適。」



由於工作的熱誠與經驗，Mocha最終得到大學的取錄。  
For her passion and experience in her work, Mocha eventually gained acceptance into university.

在求學時期已經兼職收銀員賺取生活費的Mocha稱：「遇上沒禮貌的客人，自己態度再好也會受氣；老人家就不同，只要照顧員做好本份，就算是幫他們倒一杯水，他們也表示感激。」她又說，靈實的課程著重實習與經驗，輔以其獨特的使命，以關懷、專業及進取的精神提供服務，故此靈實的畢業生明顯優勝。



# The Dreams and Thoughts of the Caregivers

Many people praise the Personal Care Assistants (PCA) of Haven of Hope Christian Service (HOHCS). PCAs perform a critical role in residential nursing homes, labouring tirelessly attending to the service users' daily needs. Our PCAs at HOHCS have never treated their vocation as just another routine job, but always fully devote their hearts towards serving the needy. Of all the caregivers, they are the ones closest to the service users, and everyone at HOHCS appreciates the joy their dedication brings to our ministry. In turn, we help them fulfil their potentials and establish themselves in the health care industry.



當照顧員的Mocha現已一步步向護士夢邁進。

A PCA now, Mocha is advancing step-by-step towards her dream career in nursing.

## Mocha:

**“My experience as a PCA is a step towards fulfilling my dreams of nursing.”**

Mocha Mok, now in her early twenties, has dreamed of a career in nursing for a long time. She sees it as a worthwhile profession with good prospects, but was barred from entrance to university nursing programmes by poor advanced level examination results. She commented, “I was distraught when I opened the result slip and felt my dream vanishing into thin air! Luckily, I learnt that Haven of Hope Professional Training Institute (PTI) ran a Health Care Trainee programme through which I could work as a PCA as a step towards achieving my dreams of nursing. I immediately enrolled.”

Through her determination, Mocha is now progressing step-by-step towards the nursing profession. Having completed the initial training with its firm emphasis on placement and practical experience, she is currently undertaking the Health Worker Programme while serving as a PCA at Haven of Hope Nursing Home. There she is gaining useful working knowledge before enrolling to study a university Higher Diploma in Nursing this October. Through hard work and commitment, she has

overcome her disappointments and has proved that she is not afraid of tackling the grittier jobs in elderly care. She remarked, “Many people are apprehensive towards cleaning the urine and stools of the service users. It is not really so frightening if we see it as a way of relieving their discomfort.” With the competitive advantage given by her time at HOHCS, she is well on the way towards fulfilling her ambitions.

Mocha previously worked as a part-time cashier to cover her living costs while she was studying. “Despite my good attitude, I would still suffer abuse when encountering impolite customers; but working with the elders is different. They would show their gratitude even if I were simply pouring them a glass of water.” She is eager and enthusiastic in her service towards the elders, and her attitude, visible even during her university application interview, provides a good example of HOHCS’s unique ethos of providing quality professional service with a caring and compassionate heart.



當勝姐談及已去世的父親，都不禁流淚。

Sister Sing cannot help but shed tears when speaking about her father.

當勝姐談及去年離世的父親，仍不禁流淚。然而，她並沒有感到愧疚或遺憾——因為她在工作上學會的一切，可以讓父親在女兒的照顧下舒適地走過人生最後一程。

「由陌生的醫護人員照顧，爸爸總會感到尷尬，但由女兒照顧就從不介意。」

在靈實醫院有18年照顧經驗的勝姐，替病人轉身、洗澡等都駕輕就熟。過去的經驗及學習令她掌握照顧病人

## 勝姐：

“當照顧員，  
令我可以陪伴院友走過  
最艱難的時刻。”

的正確方法，透過每日的接觸，與病人彼此建立親密的關係。勝姐回憶過往的日子，曾有長者在出院後仍主動找她到酒樓飲茶聊天；她更挽著院友的手一起到巴士站等車；更有院友在臨終前要求勝姐前來與他道別，這些回憶都教人感動，猶如服事家人般。

凡此種種，令勝姐更加投入工作，並視為終生的職業。對一些麻煩的院友，她會以接納及包容去對待，她認為：「他們身體不適，脾氣差一點實在可以理解。」最初因為薪金吸引而投身醫護行業的勝姐，經歷多年的服事，她十分看重人的生命，現在她最滿足的是可以陪伴病友走過最艱難、痛苦的時刻。

## 阿金：

“當照顧員，  
令我可以為病友祈禱，  
安慰他們。”

靈實雖然是一所基督教機構，但總有非基督徒的同工。入職初，照顧員阿金並非基督徒，但她希望做「人」的工作，故此她加入靈實的大家庭。靈實一直希望透過事工來傳揚福音，由於阿金的個人經歷及得到同工們的關

阿金在職場上活出信仰，最愛為病友祈禱。

Ah Kam lives out her faith in her workplace. She enjoys praying with service users in her care.



懷、包容，她慢慢地接觸基督教信仰，並於07年受洗信主。

阿金是前線的工作人員，每天長時間接觸不同的病人，她總以耶穌的說話來勉勵自己：「人子來並不是要受人的服事，乃是要服事人。」(可10:45) 阿金每天以基督的愛去服事身邊的院友，曾有一位中風後完全失去自理能力的長者，經阿金的悉心照顧下，他慢慢從新學會說話、走路。阿金在工作上最大的滿足感是她能每天與院友祈禱，使他們得到心靈的平安。為讓自己的服事更加專業，阿金現正進修「關顧技巧課程」，希望能在院友病痛之時有效地關顧、安慰他們。

照顧員的夢與想

The Dreams and Thoughts  
of the Caregivers

護理培訓課程

Health Care  
Trainee Programme



## Sister Sing:

**“As a PCA, I can guide the residents through the most difficult times.”**

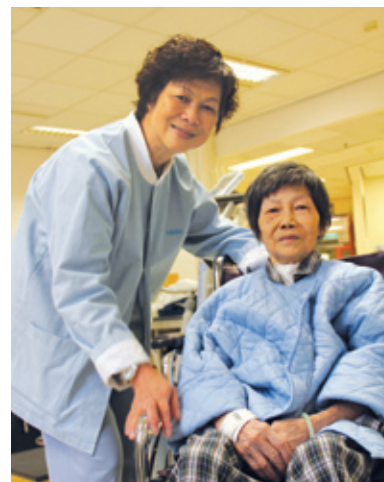
Sister Sing still cries when she talks about her father, who passed away last year. Yet she found solace because she was able to use the knowledge gained as a PCA to comfort him in his final illness. “My father would have felt embarrassed were a stranger to care for him, but he was far more at ease being looked after by his daughter.”

Sister Sing has worked as a PCA at Haven of Hope Hospital for eighteen years, and she has mastered the techniques and routines of patient care, such as bathing and turning patients. She has also become very close to the service users, and some even contacted her after release from hospital so that they could go yum-cha together. She treated the service users as though they were her own family, and accompanied them in their final moments.

Her experiences have increased Sister Sing’s devotion to her calling and motivated her to adopt care-giving as

勝姐悉心照顧院友，熱愛工作。

Sister Sing wholeheartedly care for the elders, and is devoted to her work.



a life-long profession. Even though some residents are irksome, she accepts them, stating, “Their bad temper is understandable because of their physical discomfort.” Though it was the attractive salary that initially drew Sister Sing towards health care, she is now more motivated by her appreciation of the value of human life, and cherishes the knowledge that she can offer relief while those she cares for walk through the most difficult and painful moments.

## Ah Kam:

**“As a PCA, I can pray for patients and offer them comfort.”**

Although HOHCS is a Christian organisation, it also has non-Christian employees. Ah Kam first joined the HOHCS family looking for a people-facing job, but through personal experience and acceptance by her co-workers she came to understand Christianity and was baptised in 2007.

As a front-line worker, Ah Kam meets different service users and works long hours. She encourages herself with Jesus’ words: “For the Son of Man did not come to be served, but to serve.” (Mark 10:45) She channels Christ’s love in her service, and has helped service users recovering from strokes to speak and walk again. But she finds the greatest contentment in sharing peace in her daily prayers with the residents. Ah Kam is now taking a Care Technique Training Course to further enhance her

skills as a PCA, so that she can comfort those residents who are enduring pain even more effectively.



護理之外，阿金又以與長者插花為樂。

Outside of care-giving tasks, Ah Kam enjoys spending time arranging flowers with service users.

# 有薪護理培訓課程 升讀大學理想階梯

香港人口老化嚴重，靈實支持「年青人照顧老人家」的理念，故此我們希望透過「護理見習生」課程吸納更多年輕人投身醫護界的行業，以回應社會的需要。「護理見習生」課程能助學生達成加入護士專業及考入大學的梦想。只要學生完成中五課程，有耐性、有愛心、樂於助人，便可修讀。

「護理見習生」課程只需一年便可完成，每月更賺取港幣\$8,000的薪金(首月港幣\$7,660)。畢業後，學生除獲得相關護理經驗外，更可考取安老院及殘疾人士的保健員資格。若完成課程及成績滿意者，則有機會入讀大專院校的高級文憑課程。

## 「護理見習生」課程

### 計劃內容

本計劃為有志投身護理行業的年青人而設，設計建基於教育理念，給予學員在知識、技巧和態度三方面的培訓。學員於靈實轄下單位擔任照顧工作，確保其掌握前線照顧技巧，並接受保健員訓練課程。完成整期培訓及考試及格者將獲取「註冊保健員」資格，並有機會直接受聘於靈實轄下單位。

### 特色

- 整個課程只需一年時間
- 港幣\$8,000的薪金(首月港幣\$7,660)
- 可獲取護理經驗
- 可考取兩個社署頒發的保健員資格(安老院、殘疾人士保健員)
- 有機會入讀大學高級文憑及後完成學位課程

### 課程／上班日期及時間

日期：2012年10月8日至2013年10月7日

時間：每星期48小時(不包括用膳時間)，需輪班工作

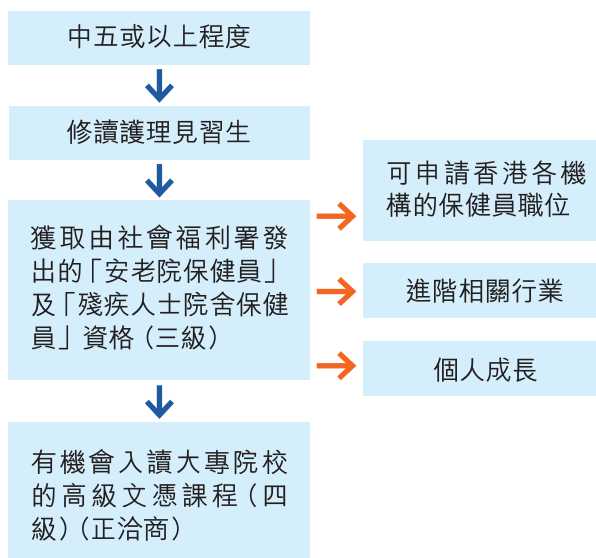
### 薪酬

見習生首月薪金\$7,660，其後每月增至\$8,000，並獲保健員訓練課程學費\$9,500資助。

### 獲取資格

獲取資格	頒發機構
註冊安老院保健員(三級)	社會福利署
註冊殘疾人士院舍保健員(三級)	社會福利署
護理見習生證書	基督教靈實協會
照顧員訓練證書(二級)	基督教靈實協會
急救學證書	聖約翰救傷隊

### 職業發展前景



### 簡介會及招聘詳情

日期：2012年9月13日(星期四)

時間：上午9時至下午12時30分／下午2時至5時

(上、下午簡介會分別於上午9時30分及下午2時30分開始)

地點：將軍澳坑口培成里8號靈實胡平頤養院地下(坑口港鐵站B出口)

應徵者請帶同身份證及學歷正、副本，準時到達上述地址登記及考試

查詢電話：2703 3323／2703 3238

護理培訓課程

Health Care  
Trainee Programme



# Salaried Health Care Trainee Programme

## Stepladder to your university dream

The ageing population is becoming a severe problem for Hong Kong. At Haven of Hope, we believe in the principle of “the young taking care of the old.” Through the Health Care Trainee Programme, we hope to encourage more young people to respond to the needs of society by devoting themselves to a career as professional health workers. Our only admission requirements for this course are for the candidate to have completed form 5, patience, and a compassionate heart that always seeks to serve others.

The Health Care Trainee Programme is a one year course with a monthly salary of HK\$8,000 (HK\$7,660 in the first month). Upon completion of the programme, students will have obtained both experience working in a health care environment and qualifications enabling employed as health workers in residential care homes for the elderly and the disabled. Those who successfully pass the course requirements will be qualified to apply to a further education institute to study towards a Higher Diploma for health workers specialising in care services for the elderly.

## Haven of Hope Christian Service “Health Care Trainee Programme”

### Programme Contents

This programme is intended for young people who would like to devote themselves to the health care profession. The course is designed to provide training in following areas: theoretical knowledge, practical techniques and attitude. Trainees will work in health care units within Haven of Hope, ensuring that they can master all the skills required for working as a caregiver while taking this training course. After passing the examination upon completion of the training programme, the trainees will qualify as Registered Health Workers, and will have the opportunity to be employed directly by Haven of Hope’s subsidiaries.

### Features

- The programme lasts for one year;
- A monthly salary of HK\$8,000 is provided (\$7,660 in the first month);
- An opportunity to gain health care experience;
- The possibility to gain two qualifications issued by Social Welfare Department (Certificate for Health Worker in Residential Care Homes for the Elderly; Certificate for Health Worker in Residential Care Services for Persons with Disabilities);
- Successful trainees will have the opportunity to study for a Higher Diploma in nursing at a university, with further opportunities to apply for a degree course.

### Duration of the programme

Date: October 8, 2012 – October 7, 2013

Time: 48hours/week (excluding meal breaks), shift work required.

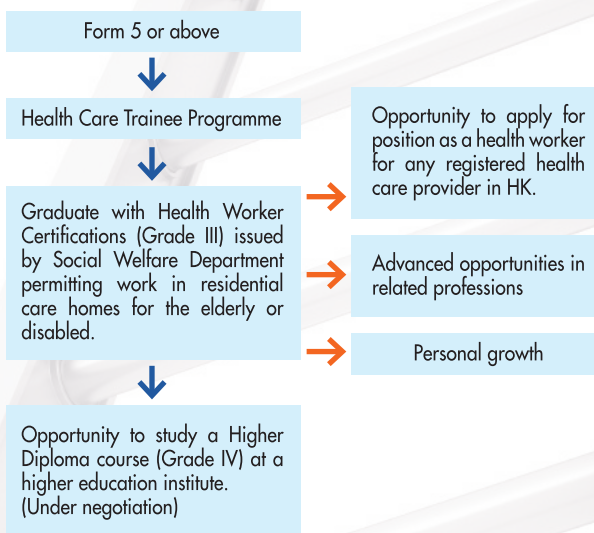
### Salary

The monthly salary for a trainee is HK\$7,660 in the first month, then HK\$8,000 for each month after. The tuition fee of HK\$9,500 is fully subsidised.

### Qualifications Awarded

Qualifications Awarded	Issuing Authority
Registered Health Worker in Residential Care Home for the Elderly (Grade III)	Social Welfare Department
Registered Health Worker in Residential Care Home for Persons with Disabilities (Grade III)	Social Welfare Department
Certificate for Health Care Trainee	Haven of Hope Christian Service
Certificate for Personal Care Trainee (Grade II)	Haven of Hope Christian Service
First Aid Certificate Course	Hong Kong St. John Ambulance

### Career Development Prospect



### Information & recruitment session

Date: 13 September 2012 (Thursday)

Time: 9:00a.m. - 12:30p.m. / 2:00p.m. - 5:00p.m.

(Morning and afternoon sessions begin at 9:30a.m. and 2:30p.m. respectively)

Venue: G/F, Haven of Hope Woo Ping Care & Attention Home,  
8 Pui Shing Lane, Hang Hau, Tseung Kwan O (MTR Hang Hau Station Exit B)

Candidates should bring originals and photocopies of their Hong Kong Identity Cards and academic certificates, and arrive punctually at the address above for registration and test.  
For enquiries: 2703 3323/2703 3238

## 黃智賢： 以聲傳愛



藝人出席義工活動比比皆是，以達正面宣傳的果效。然而，有一位藝人，他希望找一份義工可以避免宣傳，以達至用心服事的境界，他就是人稱阿海的黃智賢。

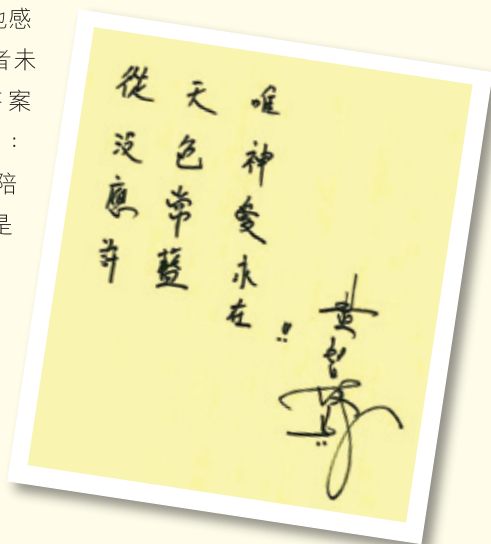
黃智賢曾於06-09年在靈實白普理寶林社區健康發展中心開設的「靈心輔導熱線」擔任「輔導熱線義工」，事隔數年，一直不為人知。原來，樂於服務他人的黃智賢，一直對義務工作有很大興趣，由於他不希望把義工當成宣傳的工具，最後他決定在聽筒後服事他人。他稱：「輔導熱線義工不需要面對面接觸人群，一個電話，一把聲音，就能把關懷和愛心傳達給有需要的人。」

三年的電話輔導經驗令黃智賢體會到人的弱點：「人是需要安慰的，需要被人接納，聆聽是醫治的一部份。」他不斷的聆聽，不斷的替人家吹氣，因為他認為一個人就像一個氣球一樣，有漏氣的時候，而他的工作就是要當氣球漏氣之時，去補充漏掉的氣，令氣球保持彈性。曾經有一個服務使用者，一天內多次致電給他，當時他並沒有怨言，覺得人家麻煩，相反，他只覺得早上吹滿的氣已經漏光，現在又是要吹氣的時候。

由於服務使用者並不知道他的身份，令他說話更加自在，有服務使用者致電問：「今晚食乜餸好？」身為演員的他立時代入角色，就像「乜太教煮餸」節目中，暢談「番茄薯仔煲魚」、「炸菜蒸豬肉」等菜式。然而，在

輔導的過程中，他體會到自己能力有限：「我不是醫生，不能止痛，也不能醫病，我的角色就是要陪伴他，與他傾談，令他暫時忘記病痛。」黃智賢憶述一位長期受食物敏感困擾的病患者致電，他每逢進餐都會流鼻水，嚴重影響社交生活。黃智賢當時只有陪伴他，更與他一起背誦聖經金句、祈禱，希望上帝的話語、平安留在他心中。

曾有好幾次等了一整天也沒有求助的來電，但他並不覺得光是浪費時間，反之，他說：「咪好羅，人人都咁開心！」正面、樂觀的黃智賢十分投入這份有意義的工作，除了可以幫助別人，他認為更可幫助自己，在與人相處的過程中，他感受到服務使用者未必想要一個答案或是解決方法：其實，安慰、陪伴、認同等才是最重要。他稱：「這份體會令我轉變，尤其是用於太太身上！」



黃智賢親筆以「從沒應許天色常藍，唯神愛永在」鼓勵讀者。

To readers of Haven of Hope News, Ben Wong wrote, "God has never promised that the skies will always be blue, but He has promised His love will endure forever."



# Ben Wong:

## Sharing Love with My Voice

Artistes often like to use voluntary work as a tool for self-promotion, though there are exceptions. Actor Ben Wong, best known for portraying “Ah Hoi” in a popular TV series, chose to keep his voluntary work a secret as his motivation was not publicity but an honest desire to helping people. Mr Wong worked as a tele-counsellor in ambiguity from 2006 to 2009 at the Haven@Heart Hotline, which is run by Haven of Hope Bradbury Po Lam Community Health Development Centre (PLCHD). He remarked, “Tele-counsellors do not need to contact people face-to-face, but, just using a telephone and voice, they can still convey their concern and love to the needy.”

Three year’s worth of experience as a tele-counsellor led him to a deeper understanding of human frailty: “People need to be consoled and accepted. Listening is part of healing.” He pictures people as balloons which sometimes leak air which then needs to be replenished. He felt that by listening to their worries he was refilling the balloon, replacing the lost air, and maintaining its shape. He did not complain about a service user who repeatedly called him during a day—for Mr Wong, this user was not a troublemaker but merely someone with a very leaky balloon.

As service users did not recognise him, he was able to speak far more freely. On one occasion, he was asked, “What should I cook this evening?” He immediately channelled his acting skills to pretend to be a TV cookery instructor, and enthusiastically discussed recipes such as “Boiled Fish with Tomato and Potatoes” and “Steamed Pork with Pickled Mustard Greens”. His work as a tele-counsellor however also taught him about his own limitations. He noted, “I am not a doctor and can neither relieve pain nor heal. My role is just to accompany and talk with people so they may forget their sickness and anguish, but I cannot provide a permanent relief.” Ben Wong recalled that a service user suffering from a long-term food allergy once called him to say that his social life suffered immensely because he would have a runny



黃智賢向「靈心輔導熱線」義工分享當年服務的經驗和心得。

Ben Wong shares with volunteers at the Haven@Heart Hotline his experience and lessons learned through serving at the hotline.

nose during every meal. Ben Wong could do no more than listening, expressing compassion, reading Bible verses and praying with him, hoping that God’s words and peace would rest in his heart.

On several occasions, he spent the whole day without receiving any calls for assistance. He did not feel that he was wasting his time—on the contrary, he said to himself, “It is a good sign, as it shows that everyone is so happy!” His attitude was positive and optimistic and he became deeply involved in this meaningful volunteer work, through which not only did he help others, but also himself. While he was communicating with his callers, he learnt that they might not be seeking a solution or an answer to their problems, but were in fact more in need of consolation, company and acceptance. He remarked, “Learning this changed me, and particularly helped my relationship with my wife!”

# 靈實 耆樂餅

## 義賣籌款2012

愛心飛躍60年

### 籌款目的Objective

為有需要的長期病患長者提供適切的家居護理及照顧服務。

To help the chronic illness elderly in need to receive proper Home Care Service.

### 公開義賣日Open Sale

- 義賣日期 / Date : 17-18/11/2012 (Sat & Sun)
  - 時間 / Time : 下午1:00p.m. - 5:00 p.m.
  - 地點 / Venues : 港、九、新界各大商場及港鐵站 Shopping malls and MTR Stations
- ( 義賣地點詳情請於10月中旬致電 2703 3373 查詢  
或瀏覽耆樂餅網站 [www.hohcs.org.hk/Qilecake2012](http://www.hohcs.org.hk/Qilecake2012) )  
(For details, please call 2703 3373 or visit [www.hohcs.org.hk/Qilecake2012](http://www.hohcs.org.hk/Qilecake2012) from mid-October)

- 義賣產品 / Product :

一套四款精美咖啡杯，內附黑糖沙其瑪小食、VanGO便利店優惠券、芥菜種優惠券、靈實全護通及靈實長者日間暨復康中心(港島東)優惠券

A collection of 4 exquisite coffee cup with Sachima snack, VanGO Convenience Store coupons, Kelvin Collections, TotalCare and Haven of Hope Day Care cum Rehabilitation Centre for Elderly (Hong Kong East) discount offer

每款港幣HK\$30  
per pack



主辦機構 Organiser :



基督教  
靈實  
協會  
HAVEN  
OF HOPE  
CHRISTIAN SERVICE

耆樂夥伴 "Qile" Partner :

宏利  
Manulife

指定插畫師 Illustrator : 義賣夥伴 Retailing Partner :



VanGO 便利店





## 訂餅/捐餅 Cake Order / Cake Donation

### ●日期 / Date :

由即日起至 30/11/2012 From Now till 30/11/2012

### ●訂購方法 / Ordering Method :

請填妥後頁表格 Please fill in the form in the next page

## VanGO便利店義賣點 Charity Sale at VanGO Convenience Store

### ●義賣日期 / Charity Sale Period :

24/10/2012 – 25/11/2012

### ●義賣地點 / Location Details :

全港、九、新界約70間分店

(詳情請於10月份瀏覽耆樂餅網站)

Approx. 70 stores in the territories (Please visit the "Qile" website from October)

媒體夥伴 Media Partner  
(排名不分先後 In no particular order) :



耆樂愛心企業 "Qile" Companies  
(排名不分先後 In no particular order) :

## 耆樂餅捐款／捐餅／訂餅表格

請以正楷填寫下列表格，並在適當的方格加上「✓」號。

\*請刪去不適用者

### 個人資料

姓名：\_\_\_\_\_ 先生／太太／小姐

聯絡電話：\_\_\_\_\_

地址：\_\_\_\_\_

電郵：\_\_\_\_\_

### 捐款

(FR\_QC\_NS\_HOH\_0812\_D)

☐ 本人／本機構樂意支持靈實長者服務，並願意捐助港幣

☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 \_\_\_\_\_

捐款收據抬頭名稱：\_\_\_\_\_

### 捐餅

(FR\_QC\_NS\_HOH\_0812\_CD)

☐ 本人／本機構樂意捐贈 \_\_\_\_\_ 盒耆樂餅予長者，合共港幣 \$ \_\_\_\_\_ (每盒愛心價港幣\$30)

捐款收據抬頭名稱：\_\_\_\_\_

☐ 請代本人／本機構將耆樂餅捐贈給獨居或住在院舍的長者

☐ 請代本人／本機構將耆樂餅捐贈給（捐贈50盒或以上）：

機構名稱：\_\_\_\_\_

地址：\_\_\_\_\_

☐ 本人會自行安排將耆樂餅捐贈給其他長者中心／院舍

(註：若你選擇自行將耆樂餅捐贈給其他長者中心／院舍，本會將於你呈交中心／院舍發出的收貨證明文件後才發出減稅收據。)

### 訂餅

(FR\_QC\_NS\_HOH\_0812\_CO)

☐ 本人／本機構現訂購 \_\_\_\_\_ 盒耆樂餅，合共港幣

\$ \_\_\_\_\_ (每盒愛心價港幣\$30)，請於 \_\_\_\_\_ 月 \_\_\_\_\_ 日的辦公時間內送貨（訂購50盒或以上）。

送貨或郵寄餅券地址（如跟上述地址不同）：

收貨人名稱：\_\_\_\_\_ 先生／太太／小姐

聯絡電話：\_\_\_\_\_

訂購收據\*：☐ 要 ☐ 不要

(\*註：訂購收據並不能作減稅之用。)

### 捐款／付款方法：

☐ 劃線支票：〔 祈付「基督教靈實協會」 〕

☐ 直接存入戶口：中國銀行戶口 012-874-0-012319-5

☐ 繳費靈：輸入商戶編號「9453」後，選擇「01」

☐ 信用咭（請將填妥之表格直接傳真至2702 8173）

☐ VISA ☐ MasterCard ☐ Diners Club International ☐ American Express

持咭人姓名：\_\_\_\_\_

信用咭號碼：□□□□□□□□□□□□□□□□

有效日期：\_\_\_\_ / \_\_\_\_ 持咭人簽署：\_\_\_\_\_

本人未能支持是次活動，但願意／不願意\*收取

☐ 靈實電子通訊 ☐ 靈實刊物《靈·感》。

(請填妥「個人資料」並傳真至2702 8173或寄回本會)

備註：

1. 請將支票或銀行入數收據及填妥之表格一併寄回本會。

地址：香港新界將軍澳靈實路七號基督教靈實協會傳訊及籌募部收。

2. 捐款／捐餅港幣\$100或以上，將獲發減稅收據。

3. 根據《個人資料（私隱）條例》，閣下可隨時選擇不收取本會以後之任何宣傳郵件，如欲辦理有關手續，請致函上述地址。

## "Qile" Cakes Cash Donation/Cake Donation/ Cake Order Form

Please fill in the form in block letters and mark a "✓" in the appropriate boxes.

\* Please delete whenever applicable

### Personal Information

Name : \_\_\_\_\_ Mr / Mrs / Miss

Contact No. : \_\_\_\_\_

Address : \_\_\_\_\_

Email: \_\_\_\_\_

(FR\_QC\_NS\_HOH\_0812\_D)

### Donation

☐ I/ My organisation would like to support the elderly care service of Haven of Hope Christian Service, and donate (in HKD)

☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ Others \_\_\_\_\_

Name of recipient on the donation receipt: \_\_\_\_\_

(FR\_QC\_NS\_HOH\_0812\_CD)

### Cake Donation

☐ I/ My organisation would like to donate \_\_\_\_\_ cup(s) of "Qile" cakes to the elderly. The total amount is HK\$ \_\_\_\_\_ (\$30/cup). Name of recipient on the donation receipt: \_\_\_\_\_

☐ Please donate the cakes to the singleton elderly or elderly at elderly homes on my/ my organisation behalf.

☐ Please donate the cakes to (for cake donation of 50 cups or above):

Name of Organisation : \_\_\_\_\_

Address : \_\_\_\_\_

☐ I will donate the cakes to the elderly centres / homes by myself. (Remarks: If you would like to donate the cakes to the elderly centres/ homes by yourself, tax deductible donation receipt will be issued after the submission of the cakes delivery note from the designated elderly centres/ homes.)

(FR\_QC\_NS\_HOH\_0812\_CO)

### Cake Order

☐ I/ My organisation would like to order \_\_\_\_\_ cup(s) of "Qile" cakes. The total amount is HK\$ \_\_\_\_\_ (\$30/cup). Please deliver the cakes to the following address during the office hours on \_\_\_\_\_ (Date).

Cakes / cake coupons delivery address (if different from the above address) : \_\_\_\_\_

Name of Recipient : \_\_\_\_\_ Mr/ Mrs/ Miss

Contact No. : \_\_\_\_\_

Require Cake Order Receipt\* : ☐ Yes ☐ No

(\*Remarks : Cake order receipt cannot be used for tax deduction.)

### Donation/ Payment Method:

☐ Crossed cheque<sup>1</sup>: (Payable to "Haven of Hope Christian Service")

☐ Direct Debit Cash to Bank<sup>1</sup>: Bank of China 012-874-0-012319-5

☐ Payment by Phone Service (PPS): Insert the merchant code "9453" and choose "01"

☐ Credit Card (Please fill in the form and fax to us at 2702 8173)

☐ VISA ☐ MasterCard ☐ Diners Club International ☐ American Express

Cardholder Name: \_\_\_\_\_

Card Account No.: □□□□□□□□□□□□□□□□

Card Expiry Date: \_\_\_\_ / \_\_\_\_ Authorised Signature: \_\_\_\_\_

I/ My organisation could not support this event, but would/ would not\* like to receive

☐ eNewsletter ☐ Newsletter (hard copy)

(Please fill in the personal information and send to the Haven of Hope by fax at 2702 8173 or by mail.)

Remarks:

1. Please send cheques or deposit slips together with this form to "Communications and Resource Development Department, Haven of Hope Christian Service, 7 Haven of Hope Road, Tseung Kwan O, New Territories, Hong Kong".

2. Tax deductible receipt will be given to donation/ cake donation of HK\$100 or above.

3. According to the "Personal Data (Privacy) Ordinance", donors who do not want to receive any promotional materials, please write to the above address.





一眾嘉賓在音樂會開始前合照留念。部份嘉賓包括：中國基督教播道會港福堂堂主任吳宗文牧師(左二)、基督教靈實協會董事兼服務管治委員會主席陳許多琳女士(左四)、社會福利署署長聶德權太平紳士(左五)、基督教靈實協會行政總裁林正財醫生(左六)、基督教靈實協會董事會副主席黃李玉平女士(右五)、靈實寧養院院長梁智達醫生(右四)。

A commemorative group picture of all the officiating guests before the start of the concert. The honoured guests included: Rev Daniel Ng, Rector of the E.F.C.C. – Kong Fok Church (2nd on the left), Mrs Doreen Chan, Director of the Haven of Hope and the Chair of its Service Governing Committee (4th on the left), Mr Patrick Nip, JP, Director of Social Welfare (5th on the left), Dr Lam Ching-choi, CEO of Haven of Hope Christian Service (6th on the left), Mrs Agnes Wong, Vice-chairman of the Haven of Hope Board of Directors, and Dr Anthony Leung, Medical Superintendent of HCC (4th on the right).

## 奇異恩典 慈善合唱音樂會

藉著神的帶領，「奇異恩典」慈善合唱音樂會已於2012年7月13日(五)假國際基督教優質音樂學校舉行。我們邀請了社會福利署署長聶德權太平紳士、中國基督教播道會港福堂堂主任吳宗文牧師、基督教靈實協會董事兼服務管治委員會主席陳許多琳女士主持儀式。在此，特別鳴謝是次音樂會的合作單位香港西貢合唱團及客席演出單位—Die Junge Konzertisten，以優美的歌聲，把愛與關懷的訊息帶給現場每位觀眾。

最後，感謝各善長的支持，您的捐獻為靈實寧養院的免費心靈關顧和哀傷輔導服務籌得超過100萬港元的善款，讓院友在面對身體衰退甚至死亡時，除可得到適切的醫療外，心靈更得享平安。



感謝香港西貢合唱團落力的演出，合唱團美妙的歌聲，配合充滿活力的舞蹈編排，為現場觀眾帶來嶄新的聽覺與視覺享受。

Everyone appreciated the delightful performance of the Hong Kong Sai Kung Chorus. Their beautiful tunes, combined with energetic choreographed dances, provided an enchanting acoustic and visual experience for the audience.

## Amazing Grace Charity Choral Concert

Amazing Grace Choral Charity Concert, organised by Haven of Hope Christian Service (HOHCS), was held at the International Christian Quality Music Secondary and Primary School on Friday, July 13, 2012. Patrick Nip, JP, Director of Social Welfare, Rev Daniel Ng, Rector of the E.F.C.C. – Kong Fok Church and Mrs Doreen Chan, Director of HOHCS and the Chairman of its Service Governing Committee were invited to preside over the concert. The purpose of this concert was to convey a message of compassion and care through an inspiring musical performance by two established choirs: Hong Kong Sai Kung Chorus and the guest performers, Die Junge Konzertisten.

HOHCS is grateful to donors for their support. In total, over one million Hong Kong Dollars have been raised for the Free Psycho-Social-Spiritual Care and Bereavement Counselling Service of Haven of Hope Holistic Care Centre (HCC). This funding ensures that the residents of HCC may obtain appropriate therapy, and more importantly, find psychological and spiritual peace in the face of physical deterioration and even death.



合唱團的無伴奏人聲組合。  
Vocal Ensemble—Music Shake.



## 2012清水灣 高爾夫球慈善賽 完滿結束

2012清水灣高爾夫球慈善賽已於六月十三日完滿結束。比賽當天陰晴不定，但參賽的球手在風雨下，仍能把球技發揮得淋漓盡致，盡興之餘，亦為靈實寧養院的「免費心靈關顧服務」籌得港幣五十萬元善款。今年是清水灣鄉村俱樂部三十周年慶典，而明年將會是靈實與清水灣鄉村俱樂部合作第六年，同時亦是靈實成立六十周年，我們誠邀各高爾夫球愛好者參與，讓我們籌得更多善款，為靈實送上一份最有意義的鑽禧禮物。



清水灣鄉村俱樂部主席李維仁醫生（左四）、梁智鴻醫生（右五）、清水灣鄉村俱樂部會籍委員會主席黃偉光醫生（右四）、靈實協會行政總裁林正財醫生（右三）、靈實寧養院院長梁智達醫生（右二）在慈善晚宴上祝酒。Clearwater Bay Golf & Country Club Chairman Dr Ryan Li (fourth from left); Dr Leong Che Hung (fifth from right); Clearwater Bay Golf & Country Club Membership Committee Chairman Dr Wong Wai Kwong (fourth from right); CEO of HOHCS Dr Lam Ching-choi (third from right) and Medical Superintendent of HCC (second from right) Dr Antony Leung toast at the charity dinner.

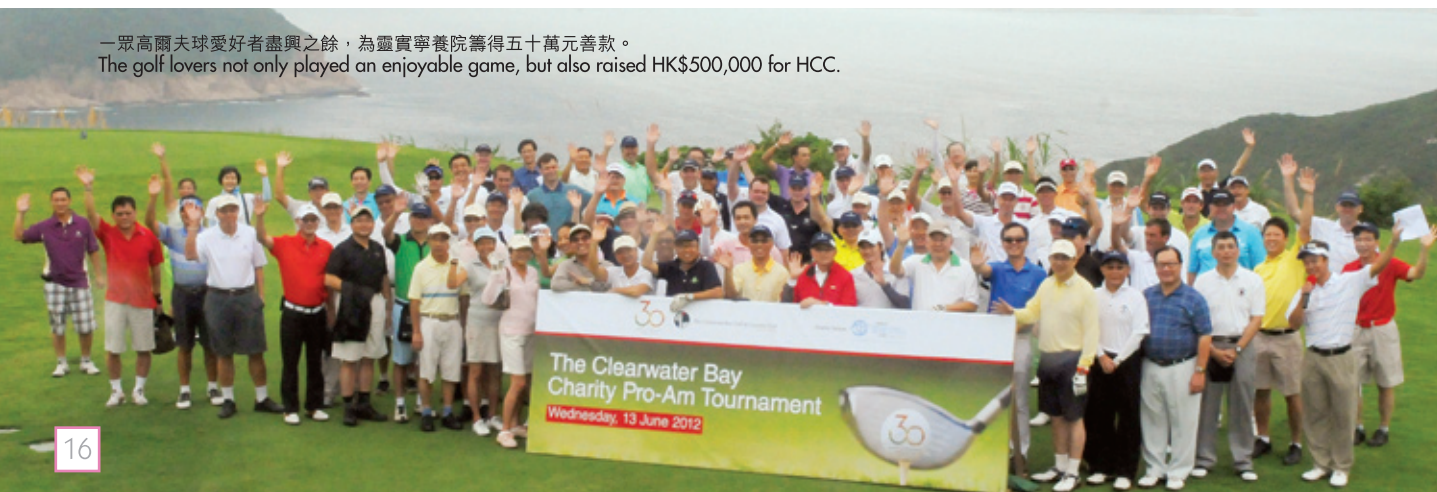
## The 2012 Clearwater Bay Fundraising Golf Tournament successfully held

The 2012 Clearwater Bay Fundraising Golf Tournament was successfully held on June 13th. Although the unstable weather that day added to the difficulty of play, participants rose to the challenge. Braving the rain, the golfers played to their best. The tournament raised HK\$500,000 for the Psycho-Social-Spiritual Care ministry at Haven of Hope Holistic Care Centre (HCC). Next year will mark the Club's thirtieth anniversary and the sixth year of partnership between HOHCS and The Clearwater Bay Golf and Country Club, as well as the 60th anniversary of the founding of HOHCS. We cordially invite all golf lovers to join in next year's charity tournament, celebrating with us our diamond jubilee with abundance.



球手比賽前互相打氣。  
Golfers cheering one another on before the game began.

一眾高爾夫球愛好者盡興之餘，為靈實寧養院籌得五十萬元善款。  
The golf lovers not only played an enjoyable game, but also raised HK\$500,000 for HCC.



靈實

# 長者專科復康中心 即將啟用

位於靈實寧養院4樓的靈實長者專科復康中心將於10月份正式啟用。中心特別為手術後或剛出院而需要密集式復康訓練及專業醫療護理之長者而設，提供老人醫學專科評估、藥物調校、物理及職業治療，配合到診中醫針灸、香薰按摩、言語治療、足部治療等服務，使長者能在復康的黃金階段得到最適切的醫療護理和復康照顧。查詢服務詳情，歡迎致電2703 3000。

## Haven of Hope Specialist Geriatric Rehabilitation Centre

*will be.  
opening soon*

Haven of Hope Specialist Geriatric Rehabilitation Centre (SGRC), on the fourth floor of The Haven of Hope Holistic Care Centre, is due to officially open in October 2012. This centre is specifically designed to provide intensive rehabilitation therapy and professional medical care for elders who have newly undergone surgery or been discharged from hospital. SGRC provides specialist geriatric assessment, medication management, physiotherapy and occupational therapy. These services are enhanced on-site acupuncture by Chinese medicine practitioners, aromatherapy, speech therapy, and podiatry treatments. In this way, service users receive pertinent medical and rehabilitation care in the most critical stage of their recovery. For enquiries, please call 2703 3000.



跨專業團隊的協作讓長者得到最適切的復康照顧。  
The multidisciplinary approach produces the best rehabilitation care for service users.



中心備有專業先進的復康器材。  
SGRC is equipped with advanced rehabilitation equipment.





參觀地質公園的同工與親友們在船上一邊唱詩，一邊觀賞上帝的創造。(福音事工部)

Colleagues, friends and their families worship with hymns while basking in God's creation on the way to visiting Hong Kong Geopark. (Evangelistic Work Department)

義工同賀慶生辰。(靈實胡平頤養院)

Volunteers celebrate with a resident his birthday. (Haven of Hope Woo Ping Care and Attention Home)



▲ 護航員帶領鳴遠中學的學生探訪靈實護養院的院友，伯伯開心不已。(靈實白普理景林社區健康發展中心)

A mentor leads students from Catholic Ming Yuen Secondary School on a visit to the Haven of Hope Holistic Care Centre, to the delight of the residents there. (Haven of Hope Bradbury King Lam Community Health Development Centre)



▶ 明德邨鄰里義工定期為長者免費剪髮。(靈實白普理景林社區健康發展中心)

Volunteers from Ming Tak Estate regularly provides free haircuts to the elderly. (Haven of Hope Bradbury King Lam Community Health Development Centre)







靈實同工於「愛心傳遞」活動中派發餸包，受惠長者眾多，他們臉上都露出感恩的笑容。協助的同工也覺得十分有意義和快樂。(靈實體弱長者家居照顧服務)

Colleagues of the Haven of Hope distributed food packs for the "Food Pack with Love" Charity Scheme. Appreciation was written on the faces of the elderly benefited with big smiles. The staff who assisted with the distribution also found the event to be meaningful and rewarding. (Haven of Hope Home Care Services for Frail Elders)



學員參與端午節活動，品嚐粽子。(靈實創毅中心)

Students participating in Dragon Boat Festival activities and enjoying leaf-wrapped glutinous rice dumplings. (Haven of Hope Integrated Vocational Rehabilitation Services Centre)



「我畢業了！」在畢業典禮中，處處見歡笑。(靈實恩光學校)

"I graduated!" Joy abounds at the graduation ceremony. (Haven of Hope Sunnyside School)

牧師在院友床前為她施行灑禮。院友公開接受耶穌基督為救主，並得著永遠的生命。(靈實寧養院)

A reverend baptising a resident in her bed by sprinkling her with water. By openly accepting Jesus Christ as her saviour, the resident received eternal life. (Haven of Hope Holistic Care Centre)



# 訪問

## 靈實恩光學校 羅啟康校長

何少珊

靈實恩光學校行政經理



羅校長(右一)與一眾校董及Captain Jack Smith夫婦(左三、四)在恩光大樓重建後的大門外合照。

A group picture of Principal Law (the first person on the right), School Councillors and Mr and Mrs Captain Jack Smith (the third and fourth persons on the left) outside the entrance gate of the rebuilt Sunnyside School building.



羅校長(右二)及同工在衛奕信夫人(右五)探訪寶林邨臨時校舍後合照留念。  
A group picture of Principal Law (the person on the right), staff and Mrs Natasha Wilson (the fifth person on the right), as she completed her visit to the temporary Sunnyside School building in Po Lam Estate.

年日復年日，十年又十年，羅啟康校長在靈實恩光學校不經不覺已工作了二十個年頭。他猶記得初入職時，恩光的主樓因石屎剝落而被封為危樓，眾校董齊心為保存校舍而奔走，同工則堅守崗位，甚至逐一到學生家中教學，盡量不影響他們的學習，令他感動不已。當其時，恩光雖陷困境，羅校長已見到學校身處安達臣道半山，醞藏著無窮發展潛能。今天，恩光重建後的發展，可作見證。

領導學校多年，羅校長經歷特殊教育的各項轉變，尤其是2000年教育改革以來的急促發展，學校由為學生提供服務，至現時講求課程內容，講求學生的客觀學習成果，在在考驗掌舵手的智慧，於編製課程及管理各項資源上取得平衡。

身為基督徒的羅校長，常常感恩神對恩光的眷顧，多年來，恩光常獲意外驚喜，如港督衛奕信夫人突然到訪寶林邨臨時校舍、恩光之友會捐助校巴、新鴻基地產協助籌建感官花園、及其他天使的適時幫助等等。對恩光之友會創辦人之一的已故 Captain Jack Smith，羅校長更是銘記於心，感謝他對智障學生持續多年的關懷愛護、身體力行的支持！

二十年的校長生涯，讓羅校長印象最深的，是學生在未畢業前，每每因種種緣故而辭世。最近的一宗在本年中發生，羅校長與同工在醫院親眼看著醫生為垂危的學童搶救，大家同心為他祈禱，最後目送他離開。縱使老師和同工如何努力地教導學生，每年總有一至兩位學生離世。因此，羅校長特意請社工在校推行生命教育，讓家長和同工面對生離死別時，作好心理準備，能繼續積極生活。

羅校長認為每位智障小朋友都是特別的，上帝特意令他們很特別。他深信：讀書不分能力、學習無分界限。雖然智障學生不會因接受特殊教育而完全康復，但是其一分一毫的改進，卻大大推動羅校長和他的團隊不斷努力，貢獻其所有。



校園內種有兩棵樹，分別紀念兩位已故的學生。

Two trees have been planted on the campus of Sunnyside School as a memorial for two deceased students.



# An Interview with

## Mr Law Kai-hong, the Principal of Haven of Hope Sunnyside School

Ms Susan Ho  
Executive Manager,  
Haven of Hope Sunnyside School

Year after year, decade after decade, time flies so fast. Principal Law Kai-hong has been working at Haven of Hope Sunnyside School for twenty years. He still recalls the earliest days of his time there when that the main block of the School was declared a dangerous structure because of its spalling concrete. His heart was greatly touched to see the school councillors' effort for preserving the school, and to see all the staff members working diligently, even travelling to teach in their pupils' homes so that their study would be unaffected. At that difficult time, Principal Law already saw the vast promise and potential Sunnyside School possessed at its Anderson Road hillside location; the developments that have taken place in the rebuilt school today stand as the fulfilment of that promise.

Over his long years of leading the school, Principal Law has witnessed many changes in the approach towards special education, especially the rapid transformations following the reformation of the education system in 2000. Since that time, the school has progressed from a mere provider of services to students to one with emphasis on the quality of its course contents and the material goals of the students' study. Balancing the curriculum while managing limited resources has proved to be a rigorous test of the administrator's acumen.

As a Christian, Principal Law has always been thankful for God's care of Sunnyside School. Over the years, Sunnyside School has been blessed with one pleasant surprise after another. One such occasion was when Mrs Natasha Wilson, the wife of the twenty-seventh Hong Kong Governor David Clive Wilson (now Lord Wilson of Tillyorn), suddenly visited Sunnyside School at its temporary location in Po Lam Estate; another was the donation of a school bus by Sunnyside Club; yet another was when Sun Hung Kai Properties helped sponsor and construct the "Sensory Garden"; and there were many more examples of opportune assistance from other "angels". Principal Law particularly remembers the late



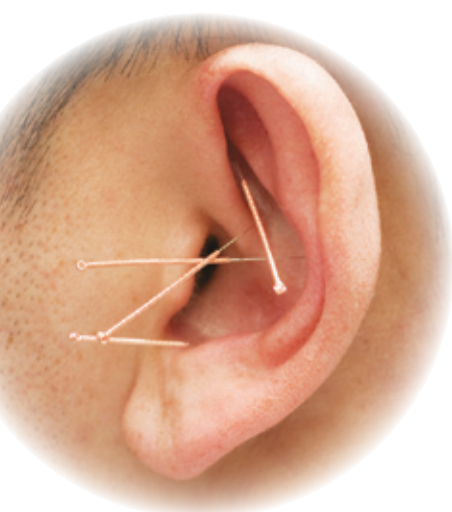
Captain Jack Smith夫人(左一)在夫婿離世後，仍常到訪恩光，關懷學生。  
Mrs Captain Jack Smith (the first person on the left) continues to visit Sunnyside School and be concerned for its students even after her husband passed away.

Captain Jack Smith, one of the founders of Sunnyside Club, for his long-held and persistent concern and care towards the mentally handicapped and his prominent example of "walking his talk".

For Mr Law, the most emotional moments in his twenty years as School Principal were when students, on several separate occasions, died before their graduation. The most recent departure occurred in the middle of this year. Principal Law and the staff witnessed the doctor trying to rescue the life of a critically ill student in hospital. They prayed for him together and at the end watched him depart from this world. Despite the continued dedication to nurturing students by the school, one or two students still die each year. Principal Law has, therefore, specifically brought in social workers to promote life education in the school, to help the parents and the staff to psychologically ready themselves so that they can maintain a healthy outlook even when facing separation from their loved ones.

Principal Law considers every mentally handicapped child significant—God particularly chose to make them so special. He deeply believes that the right to and need for education are not limited or bounded by capability. Although the special education provided by the school will not heal the mentally handicapped students, every small improvement greatly encourages Principal Law and his team workers to ceaselessly commit their every effort.





# 耳穴療法 —便秘、失眠

郭君堯中醫師

基督教靈實協會—香港中文大學中醫教研中心

中醫認為「耳者宗脈之所聚」，人體十二經脈均匯聚於耳，故臟腑、四肢皆與耳廓有緊密聯繫。人體各臟腑、部位、器官在耳廓上皆有相應反應區，而有規律地分佈在耳上。

耳穴療法是指對耳穴進行刺激，從而調整經絡氣血，提升人體各部位功能活動，至達到防治疾病的功效。

常用的耳穴治療方式有針刺、埋針及壓貼幾種，而在耳部貼壓王不留行子較適合大眾使用：

## 方法：

- 1) 局部消毒
  - 2) 用王不留行子連膠布貼在患者一側耳指定穴位（貼穴時間根據個人耐受度及天氣而定，一般1-3天）
  - 3) 每天按壓3-5次，每次60秒（力度以稍痛為限）
  - 4) 換另一側耳進行
- 每週貼穴2次，4週為1療程。

## 便秘常用穴位及位置：

大腸：耳輪腳上方前部

小腸：耳輪腳上方中部

直腸：耳輪腳棘前上方的耳輪處

三焦：耳甲腔底部屏間切跡上方

## 失眠常用穴位及位置：

神門：三角窩內，對耳輪上下腳分叉處稍上方

心：耳甲腔中央

內分泌：耳甲腔底部屏間切跡內

交感：耳輪下腳的末端與耳輪交界處

以上治療方法只供參考，使用前需諮詢合資格註冊中醫師。

# Auricular Therapy for Constipation and Insomnia

Kwok Kwan-yiu Patrick, Chinese medicine practitioner,  
Haven of Hope Christian Service - The Chinese University of Hong Kong  
Chinese Medicine Centre for Training and Research

According to traditional Chinese medical theory, "the ear is where the tendons of all channels converge". This means that all the twelve principal meridians of the body, the channels which carry blood and Qi, pass through the ears. Thus, the "zang" organs (the Yin or interior organs without empty cavities) and the "fu" organs (the Yang or exterior organs with cavities), the limbs and all other areas and organs of the body are closely linked to each ear, and have their corresponding reflexive points distributed regularly across the auricle.

Auricular Therapy is designed to stimulate these acupuncture points. It therefore regulates the flow of the healing energy Qi and the blood as they permeate the body along the meridians. This prevents illness by improving the immune system and helping every part of the body to function effectively.

The techniques of Auricular Therapy commonly include needle acupuncture, submerged needles and seed press. In the majority of cases, the most suitable treatment is to tape a vaccaria seed on the designated area of the ear and apply pressure.

## The method for this treatment is to:

1. Sterilise the local area where the acupuncture will be performed.
  2. Place the vaccaria seed underneath a plaster and attach it to the designated acupoint on a ear. The length of time required for this treatment depends on each individual's endurance and the weather. Generally it will be between one to three days.
  3. Apply acupressure for sixty seconds three to five times each day. The strength of the pressure should be such that it does not cause more than mild discomfort.
  4. Apply the same procedure to the other ear.
- The seeds are taped to the acupuncture points twice each week, and a complete course of therapy lasts for 4 weeks.

## Common acupuncture points used to treat constipation are located at:

- Just above the front end of the Helix Crus (for the large intestine).
- Just above the centre of the Helix Crus (for the small intestine).
- On the Helix just above where it joins with the Helix Crus (for the rectum).
- At the bottom of the Cavum Concha above the Intertragic Notch (for the Triple Energizer, or San Jiao).

## The acupuncture points used to treat insomnia are located at:

- Inside the Triangular Fossa; a little above the point where the Superior Antihelix Crus and Inferior Antihelix Crus meet (to target the Ear Shenmen).
- At the centre of Cavum Concha (for the heart).
- At the bottom of the Cavum Concha, inside the Intertragic Notch (for the Endocrine).
- Just above the front end of the Inferior Antihelix Crus, close to where it meets the Helix (targeting the sympathetic nervous system).

The details above are for reference only. Please consult a registered Traditional Chinese Medicine practitioner before applying this treatment.

※ 機構團體注意：如收件人已轉職，請將《靈·感》轉交其他有關同事，並請填妥下列資料，通知本會。  
For organisations: If the recipient has resigned/transferred to other post, please pass the Haven of Hope News to the related staff and fill in the following form for our information.  
※ 如閣下收到額外的，敬請見諒，希望你能轉送給親友，讓更多人了解我們的服務。  
If you received an extra copy of the Haven of Hope News, please pass it to your friend. Thank you.

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Please complete the above form in block letters and mail/fax this notification together with you old mailing address label to Communications and Resource Development Department, Haven of Hope Christian Service.



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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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☐ 按月自動轉賬 Autopay : 會按上述個人資料寄上「直接付款授權書」，或可於本會網頁內下載www.hohcs.org.hk。  
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