

靈感 HAVEN OF HOPE NEWS

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SEPT 2013

專題

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SPIRITUAL VALUE

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HOHCS FLAG DAY

良心企業・企業良心
CORPORATE SOCIAL RESPONSIBILITY
&
BUSINESS ETHICS



60th
周年
Anniversary



基督教
靈實
協會
HAVEN
OF HOPE
CHRISTIAN SERVICE

尊重生命・改變生命

行政總裁的話 From the CEO



親愛的靈實支持者：

基督教靈實協會（以下簡稱靈實）與香港並肩發展，靈實自90年代開始著力發展地區服務，其中包括：社區健康發展中心、老人中心、長者護理及支援中心、專科診所等。近年，我們看見社會對健康和長者服務的需要日增，因此把服務網絡拓展至筲箕灣、銅鑼灣、灣仔、觀塘、黃大仙和西貢，讓更多人得到適切的醫療、心靈關顧和長者服務等。

有見社企在香港發展日趨成熟，我們亦於2009年正式展開社企項目，在兼顧營運利潤之餘，亦照顧弱勢社群的需要，例如訓練智障人士於職員餐廳服務、聘請退休人士於社企工作，及於節日舉辦長者活動等。但隨著經濟環境改變，人力資源和原材料成本增加，這些因素都有礙靈實社企的發展。

面對這些困難，我們實在很需要每位「靈實人」的支持，與我們一起秉承司務道教士的精神服務社會，一起實踐「尊重生命•改變生命」的理念。而靈實社企服務亦將繼續努力，以積極進取的態度、專業的精神，服務人群。

Dear supporters,

Haven of Hope Christian Service (HOHCS) witnesses the development of Hong Kong since the 1990s, it has been focusing on the launching community services which includes community health development centres, elderly centres, geriatric care and support centres, and specialist clinics. In view of the intensifying need for health care and elderly services in recent years, we are extending our geographic scope of services to as far as Shau Kei Wan, Causeway Bay, Wanchai, Kwun Tong, Wong Tai Sin and Sai Kung for better support of those in need.

With the rapid development of social enterprise in Hong Kong, HOHCS kickstarted its own social enterprise unit in 2009 to serve the socially marginalised groups in this new business mode. We train mentally disabled persons to work at staff canteen, recruit retirees to help out at our affiliated social enterprise units, and organise elderly activities on major festive occasions. However, the significant increase in operation cost, remain major barriers to growth and success of our program.

Your full support in the face of these imminent challenges is critical. Let's uphold Sister Annie Skau's spirit of serving, and put our faith into practice through respecting and impacting lives. Our social enterprise unit, regardless of the obstacles that are placed in their way, will continue to strive for excellence and serve the community with progressiveness and professionalism.

行政總裁
Chief Executive Officer

林正財醫生
Dr Lam Ching-choi

靈感

第八十三期 二〇一三年九月

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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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良心企業・企業良心

「隨著互聯網和社交媒體的發展，企業運作不能只顧盈利，也需要照顧員工和其他持份者的感受。因此，『企業社會責任』在機構的角色變得越來越重要。」英國特許市務學會主席邵信明先生指出。

互聯網與企業社會責任

隨著社交網絡迅速發展，差不多每個人都擁有一個，甚至數個社交網絡帳號。一個不滿企業的留言，可能有數千人瀏覽，甚至引起網絡熱烈討論，因而損害公司的品牌形象。「因此，企業管理不能再只顧盈利，也需要兼顧員工和持份者的感受和需要，積極推行『企業社會責任』。」英國特許市務學會主席邵信明先生解釋。除此以外，也有些企業以「企業社會責任」作為品牌建立的工具。「正如所有品牌建立都需要時間，以企業社會責任作品牌宣傳的機構，也需要長時間投資於某一個，甚至幾個社會責任範圍，才能達到宣傳效果，因此『企業社會責任』在機構將持續擔當重要的角色。」

香港社企的概況

社企在香港近年發展迅速，除了因為傳媒積極報導及分享成功和創新的社企故事外，私人機構也樂於與社企合作，使之成為其「企業社會責任」(Corporate Social Responsibility, CSR)的一部份¹。而社企得到市民的正面回應，則使企業更踴躍參與或投放資源於社企營運。

根據社聯——滙豐社會企業商務中心於2012-2013進行的調查，全港共有406個社企項目，比2011-2012年增加超過



英國特許市務學會主席邵信明先生接受《靈感》訪問，分享市場推廣策略在社企行業的角色。

Mr Wilson Shao, Chairman of The Chartered Institute of Marketing, Hong Kong, shared with Haven of Hope News about the role of social enterprise in marketing strategy.

10%。然而，半數社企都處於虧損狀況，其中原因包括成本及租金昂貴和缺乏管理人才等²。

雖然很多社企都面對經營困難的問題，但亦有少數社企能成功突圍，如平安鐘和黑暗中對話等。這些成功社企的產品或服務貼近市場需要，並能有效地向消費者推廣其品牌和產品的特色，這正是良好市場推廣策略的功效。「良好的市場推廣策略能為企業建立正面的品牌形象，而且市場推廣人才為產品／服務品質管理和成本效益提供合適的意見，是社企行業必須考慮吸納的人才。」邵信明先生建議。

Corporate Social Responsibility in Hong Kong

“With the expeditions development of the internet and the social media, corporations can no longer focus merely on profit-making, but should take the interest of their staff and stakeholders into consideration. Therefore, ‘Corporate Social Responsibility’ (CSR) is playing an increasingly vital role in organisations and corporations strategies.” said Mr Wilson Shao, Chairman of The Chartered Institute of Marketing, Hong Kong.

The Internet and Corporate Social Responsibility

The rapid growth of social media leads to where we are today: most of us are connected with at least one social media platform. Corporate images, against such a backdrop, are more vulnerable than ever. Any single complaint about a corporation on the social media can go viral in no time. “Therefore, corporate management is not just about making profits these days. The sentiment and perception of the staff members and stakeholders are equally important. Corporate social responsibility, in this sense, should be given a priority.” Mr Shao further elaborated on the role and functions of CSR. CSR, according to him, is also an effective tool in brand building. “Brand building takes time. In the long run, organisations that wish to integrate CSR into the brand character should concentrate on serving one or few social sectors for better results. I believe CSR will continue to play a crucial part in organisations and corporations strategies.” Mr Shao added.

An Overview of Social Enterprise in Hong Kong

Social enterprise is growing darterly in Hong Kong. Thanks to the positive media coverage and sharing of success stories, there is one more reason behind the rapid growth: private businesses are often more than happy to collaborate

with social enterprises and incorporate it into their CSR policy.¹ Positive response from the public, in turn, attracts incessant input and greater interest of private businesses in investing in social enterprises.

According to the 2012-2013 Annual Survey conducted by the HKCSS-HSBC Social Enterprise Business Centre, there are a total of 406 social enterprises in total in Hong Kong, seeing a 10% growth compared with the year 2011-2012. However, half of these social enterprises are currently experiencing losses, with major reasons being high costs and a lack of management talents.²

Despite the fact that many social enterprises are struggling to survive in such challenging times, there are a few lucky ones being able to break through the barriers. Senior Citizen Home Safety Association (PE Link, commonly known as “Safety Bells”) and Dialogue in the Dark are two of the best examples. Their successful products are designed to attend to market needs, and their product features as well as brand values are clearly communicated to the clients. Good marketing strategies play an essential role here. “Good marketing strategies help create a positive brand image, whereas marketers are key to provide enlightening advice on product/service quality management and cost effectiveness. They are the ‘must-haves’ for social enterprises today.” said Mr Shao.

港人重視精神價值

市民越來越重視「良心企業」的工作，是很好的現象，證明香港人在享受生活之外，亦同時追求精神價值。好像近期的明哥送飯事件、代用咖啡，甚至free hug（免費擁抱）活動等，除了得到網絡的熱烈迴響外，亦得到傳統媒體的廣泛報導。



靈實的精神及價值

靈實的精神是「以愛心關懷及積極進取的態度、專業的精神，服務人群、傳揚福音。」而靈實的價值在於實踐「尊重生命・改變生命」的理念，更周全地服侍有需要的人，讓他們感受到被尊重、被愛，從而令自己或身邊的人的生命得到改變。

靈實社會企業

作為一間慈善機構，靈實早已符合社企其中的一項營運目標——社會目標。有見社會企業在香港的發展漸趨成熟，靈實亦多走一步，於2009年正式開展社企項目，希望在協助弱勢社群外，還能達到收支平衡的目標。

靈實社會企業項目包括靈實全護通、長者日間暨復康中心（港島東）、誌實老人科診所及記憶護理中心、樂田原，

和三項駐靈實醫院服務（醫院職員餐廳、便利店、醫院停車場）。首三項服務是為了照顧長者的需要；而樂田原則以有機耕種方式，推動綠色生活。此外，職員餐廳亦提供訓練予智障人士，讓他們有機會受聘於餐飲行業，融入社會。

靈實社企雖然推出多元化的服務，但亦飽受經濟和社會環境的威脅，人力資源成本和原材料等令經營成本不斷上漲，要做到收支平衡絕不容易。

靈實社會企業項目極需要您的支持，讓經濟困難的長者、智障人士及其他弱勢社群得到適切的援助。如欲捐款，可於靈感尾頁的捐款回條中選擇「社會企業」一項，填妥後傳真或寄回靈實。如欲查詢更多詳情，請致電2670 9110或電郵至bennymak@hohcs.org.hk與麥家樂先生聯絡。

甚麼是社企？

在香港，社企的基本定義是以經營實業的模式，達至雙重目標（double bottom-lines）：社會目標和經濟目標。要實踐這雙重目標，除可由企業家在經營以外加上公益目標，亦可由社會公益機構轉去以企業方式經營。然而，兩者有效地結合，才是成功的社企。³

在英國，政府定義「社會企業」為「以社會目標為基本營運目標的商業機構，並把營利再投資回所認定的社會目標或社群，而非以持份者及機構擁有人的利益為營運目標。」（以英文版本為準）⁴

參考資料 Reference：

¹ Lee Ching Yee (2010, November 2). Social Enterprises show the public new values. *Hong Kong Economic Journal*. Retrieved from [http://wisearch.wisers.net/wortal/tool.do?wp_dispatch=confirm-view&federated=true&doc-ids=news:0563^201011023910102\(S:142394851\)&menu-id=&on-what=selected&from-list&display-style=all&tooldisplay=true¤tsubdb=wisearch](http://wisearch.wisers.net/wortal/tool.do?wp_dispatch=confirm-view&federated=true&doc-ids=news:0563^201011023910102(S:142394851)&menu-id=&on-what=selected&from-list&display-style=all&tooldisplay=true¤tsubdb=wisearch)

² Social Enterprise Business Centre and Hong Kong Council Of Social Service (2013). Power of Good: Hong Kong Social Enterprise Landscape Study 2012-2013. Retrieved from <http://www.socialenterprise.org.hk/en/content/news-update-1>

³ Tsang Tak Sing, GBS, JP, Secretary for Home Affairs (2008, November 21). Speech by PSCT at Joint International Computer Conference. *HKSAR Government Press Releases*. Retrieved from <http://www.info.gov.hk/gia/general/200811/21/P200811210117.htm>

⁴ As reported in Social Enterprise UK website (2013) The Mark: What is Social Enterprise? Retrieved from <http://www.socialenterprisemark.org.uk/the-mark/what-is-social-enterprise/>

Spiritual Value is What Hong Kong is After

Hongkongers are increasingly concerned with the ethical implication of business operations, alluding that their personal pursuit are well beyond material enjoyment. “Ethical businesses”, these days, are featured not only in the cyberspace but also by traditional mass media. “Ming Gor” (Mr Chan Cheuk-ming)’s free meals campaign, introduction of “suspended coffees” to local cafés, and free hugs are amongst the best examples of how social awareness is promptly emerging in our society. Spiritual wealth, in light of this, has become a buzzword to date.

Our Spirit and Core Values

Haven of Hope Christian Service believes that everyone deserves a life filled with love and respect. Based on our core values “With loving care and professionalism, we serve; with progressive and evangelistic attitudes, we commit”, we strive to continue to serve people in need and impact lives with compassion and care.

HOHCS’ Social Enterprise

As a non-profit charitable organisation, Haven of Hope has already achieved one of the ultimate goals of social enterprise – the social objectives. Witnessing the development of social enterprises in Hong Kong, we show our determination to contribute by launching our own social enterprise projects in 2009 to serve the community on a self-financing mode.

HOHCS now runs a number of social enterprise units, including TotalCare, Haven of Hope Day Care cum Rehabilitation Centre for Elderly (Hong Kong East), Haven of Hope Chi Po Geriatric Clinic & Memory Care Centre, Haven of Hope Organic Farm, and three of the Haven of Hope Hospital site service units (Haven of Hope Hospital Staff Canteen, Convenience Store, and Car Park). The first three focus on elderly care, whereas the Organic Farm promotes green living through organic farming. The Staff Canteen, other than regular catering services, also provides training to the mentally disabled to prepare them for mainstream jobs and ultimately integrate into the society.

Notwithstanding, HOHCS Social Enterprises are endeavoring our utmost to maximise business effectiveness with diversification, it is by no means an easy task to breakeven owing to recent market challenges and skyrocketing



operating costs. Thus, we need your fervant support. Make a donation today by filling out the Donation Form on the last page of Haven of Hope News. Please select the option “Social Enterprise” and return the completed form to us via fax or post. For further details and information, please contact Mr Benny Mak at 2670 9110 or email to bennymak@hohcs.org.hk.

What is “Social Enterprise”?

In Hong Kong, the basic definition of “Social Enterprise” refers to the operation of business to achieve “double bottom-lines”: social objectives and economic objectives. It could be achieved either by running a business while doing charity; or doing charity on a business running model. However, a successful social enterprise, in short, is the marriage of the two.³

In the United Kingdom, the Government defines social enterprises as “businesses with primarily social objectives whose surpluses are principally reinvested for that purpose in the business or in the community, rather than being driven by the need to maximise profit for shareholders and owners.”⁴

1

獨居長者探訪日：義工及其女兒一同為長者按摩，舒解疲勞。(靈實白普理景林社區健康發展中心)

Senior Citizen Visiting Day: A volunteer and her daughter giving the elderly massages to help lessen fatigue. (Haven of Hope Bradbury King Lam Community Health Development Centre)

2

佐敦谷公園參觀活動：麗卿和惠曼最愛親親大自然！(靈實寶林日間活動中心暨宿舍)

Jordan Valley Park Excursion: Lai Hing and Wai Man love being in nature. (Haven of Hope Po Lam Day Activity Centre cum Hostel)

3

半月灣船河暢泳：炎炎夏日，最佳消暑節目就是碧波暢泳，看我們人多勢眾，多有氣勢！(靈實恩光學校)

Half Moon Bay Visit: Swimming is the best way to cool off on a hot summer's day! (Haven of Hope Sunnyside School)

4

參與「伴你飛翔」計劃的學生，創新地以小提伴奏的形式，獻唱「帝女花」及「月亮代表我的心」，為護養院的長者表演。(靈實白普理景林社區健康發展中心)

Students from the Youth Mentorship Project perform *Princess Changping* and *The Moon Represents My Heart* with violins for the seniors of Haven of Hope Nursing Home. (Haven of Hope Bradbury King Lam Community Health Development Centre)





5

5

課後託管服務是為了舒緩家長照顧子女的壓力，以及協助學童在品學上成長。家長及同學的歡笑臉，就是課後託管服務成功的見證。(靈實尚德社區健康發展中心)

Our afterschool care programme supports students in their academic and personal growth and helps take some pressure off of parents. The smiling faces of both participants and their parents testify to the programme's success. (Haven of Hope Sheung Tak Community Health Development Centre)



6

6

同工與院友一起做健身操，鍛練體魄。(靈實寧養院)

Staff and residents of the centre do fitness exercises to keep healthy. (Haven of Hope Holistic Care Centre)



7

7

院友行花市選購風車，增添節日氣氛。(靈實坑口護理院)

Residents joining in the festive cheer at the Chinese New Year market and buying paper windmills. (Haven of Hope Hang Hau Care & Attention Home for Severely Disabled)



8

8

院牧探訪病人，向院友傳揚福音，照顧病人的身、心、靈的需要。(靈實寧養院)

The chaplain provides psycho-social and spiritual care to patients through visits and through sharing the gospel. (Haven of Hope Holistic Care Centre)

用愛擁抱晚晴 寧養院慈惠病床

寧養院慈惠病床
惠及綜援及低收入人士

由於公立醫院病床緊張，院方很多時會鼓勵晚期病人離院，待他們有需要時再到醫院求診。可是此舉往往令病人及其家屬感到徬徨失措，「當醫生告訴我丈夫需要出院時，我真的很徬徨，還在醫院的走廊上哭起來！我找了十多間護老院舍都覺得不適合，身心非常疲累。」英太太的丈夫是靈實慈惠病床的受惠者，透過醫院醫務社工的審核和轉介，於2012年5月入住基督教靈實協會轄下，以自負盈虧模式運作的靈實寧養院。

晚期病人縱使在世的日子不多，但他們同樣需要優質服務、關懷和尊重。靈實寧養院得到善長們的愛心捐助，由去年4月開始提供慈惠病床服務，與醫管局九龍東及九龍中聯網醫院的社工及醫護合作，讓有需要較長住院期的晚期病人，能夠在院內理想的環境中得到免費的醫療及住院服務。單是上年度，寧養院免費讓16位被確診患上末期癌症的綜援或獲醫管局豁免費用的人士，得到適切的住院服務。

服務優質 專業團隊

「寧養院的服務及設施十分優質，而且費用全免，真叫我喜出望外！」英太太笑著說。寧養院的醫療團隊，由老人科及舒緩治療專科醫生和護士帶領，為院友提供24小時專業

護理及全面醫療評估。駐院醫生每個工作日巡房，為院友提供快速有效的徵狀控制和醫療護理，竭力避免院友不必要進出急症室及急症醫院，讓他們能夠在寧養院幽靜溫暖的環境中，安度晚年。

心靈關顧 共渡時艱

此外，寧養院更為院友及其家人提供情緒支援、哀傷輔導、牧養關懷及其他社交活動等心靈關顧。院牧、社工、復康治療師、醫生及護士等整個團隊，以「用愛擁抱晚晴」的精神服務，與晚期病人及其家人們共度厄困，「寧養院院牧每天探訪我丈夫，為他讀聖經、祈禱。而社工和院牧經常安慰我、關心我，並成為我的精神支持。即使丈夫走了，她們還繼續致電慰問我，令我感覺很溫暖。」這是英太太的心底話。

靈實精神 服務社群

靈實本著基督的精神，在有限資源下，仍然致力在各服務範疇及單位擴展慈惠服務，使貧苦大眾可以受惠於靈實的優質服務。寧養院憑信心，決定在2013至2014年度提供最少五張慈惠病床，並訂下免費服務30位晚期病友的目標。請你們繼續支持和代禱。

“Embrace the Last Journey with Love”

Charity Beds at Holistic Care Centre:

Timely Relief for Welfare Recipients and Low-Income Individuals

As bed shortage in public hospitals intensifies, patients with late stage diseases are often encouraged to be discharged and admitted only if necessary. Sometimes, this practice will leave patients and their families in helpless situation. “When the doctor told me my husband had to leave the hospital, I hardly knew what to do but bursted into tears. I looked everywhere for a place suitable for my husband, but failed to do so even after checking with more than 10 elderly homes. I was so exhausted!” Mrs Ying shared. Her husband was admitted to the charity bed program of the self-financing Haven of Hope Holistic Care Centre (HCC) in May 2012, upon referral by the hospital social worker.

Though their time might be limited, late stage patients need as much quality care, love and respect as others. With donation support, HCC started to offer the Charity Bed Service in April 2012 whereby people in need are offered free medical and in-patient care. A total of 16 late stage cancer patients, either welfare or Hospital Authority fee waiver recipients, were admitted under this scheme in the year 2012-2013.



Quality Service and Professional Team

“The quality of services and facilities at HCC was so good and it’s free of charge. This was more than I had expected!” Mrs Ying recounted with a smile. The team in the HCC was led by medical and nursing specialists in geriatrics and palliative care. It provides 24-hour professional care and comprehensive medical assessments. Doctors check the patient every working day and provide efficient and effective symptom control and medical care. The goal is to minimize the patients’ needs for emergency room use, so as to allow maximum comfort and peace to spend their final days in the tranquil and homely environment of the Centre.

All-Round Care for the Suffering Souls

In addition, HCC provides patients and their families the much needed psycho-social and spiritual support, including pastoral care, social activities and bereavement counseling. Chaplains, social workers, rehabilitation therapists, doctors and nurses serve with the spirit of “embrace the last journey with love” and are always ready to support. “The chaplain visited my husband every day. She read the Bible and prayed for him. Taking care of my husband did drain me of energy. Fortunately, the comforting words and care I got from the chaplains and the social workers strengthened me. They were my emotional support. Till now, even after my husband’s passing, they still call me every now and then to see if I’m doing alright. This is truly heartwarming.”

Together We Serve and Care

In the spirit of the love of Christ, even under resources constraint, HOHCS still strives to expand relief and charity services in different areas and services units, so that the poor and sick could enjoy our quality service. HCC has decided, as a step of faith, to increase the number of free charity beds to a minimum of five to serve a minimum of 30 late stage and needy patients, with holistic end-of-life care in 2013-14. Your continue prayer and support to this meaningful program are much appreciated.

靈實 援助及 慈惠服務

本文刊登於7月24日蘋果日報A13版

靈實一直竭力幫助弱勢社群，協助有需要的人走出困厄，實踐「尊重生命 • 改變生命」。貧窮問題令基層市民無法解決生活基本需要，而靈實援助及慈惠服務的宗旨就是向社會上有需要的人，提供生活必須的支援。靈實援助及慈惠服務包括「愛心傳遞」計劃、長者椅及輪椅雨衣送贈計劃、新來港人士鄰里互助計劃、課後託管服務、慈恩醫療服務等。這次讓我們介紹一下靈實慈恩醫療服務。

靈實於2008年推出慈恩醫療服務，提供中醫診治、長者視光檢查及牙科服務。此外，有見香港數萬人在等候進行公營醫療提供的白內障手術，我們亦設有免費白內障手術，改善病者的生活質素。申請人最快可於申請後一個月後進行手術。

獨居的楊婆婆2006年左眼接受了白內障摘除手術，但由於手術後仍受到黃斑病變的影響，婆婆只能依靠右眼看東西。2008年，婆婆的右眼也患上了白內障。「當甚麼事物也看不清，眼裡的世界只有模糊的影像時，真的甚麼也做不到。」婆婆一臉愁容地道出。

眼睛出了問題後，楊婆婆只會選擇到一些自己曾去過的地方，亦盡可能與朋友同行。但最令婆婆憂愁的是她只能靠朋友或家人的聲線來辨認他們。

靈實長者地區服務的社工探訪楊婆婆後，認為獨居的她有迫切接受白內障摘除手術的需要，便立即替她申請服務。整個手術非常順利，重見光明的一刻，婆婆臉上重現了久違了的笑容。她開心地向醫生、護士及社工道謝：「可以再次看見事物的感受真是開心得難以形容，現在最希望可以見家人，細看他們的臉容。」

靈實尊重生命，透過服務使人的生命變得更美好，慈恩醫療服務竭力讓有需要的長者回復健康，重拾燦爛的笑容。



靈實課後託管服務定期舉行活動，讓學童在活動中學習與朋友相處之道，培養良好品格。

HOHCS' After School Care Service regularly organises activities for school children, hoping to nurture children's characters and their interactive skills.

HOHCS' Relief and Charity Services

This article was published on Apple Daily on 24 July, 2013

At Haven of Hope Christian Service, we have been doing our best to put "Respecting Life. Impacting Life." into action and help the needy out of difficulties. Responding to the poverty issue that has caused the grassroots to be deprived of basic everyday needs, the HOHCS set up its Relief and Charity Services with a mission to provide timely relief for those in need. Its range of services includes the "Food Pack with Love" Charity Scheme, the Geriatric Chair and Wheelchair, Raincoat Donation Scheme, the Neighbourhood Support Scheme for Newly Arrived Immigrants, After School Care Service, as well as the Charity Medical Service. In this column, we would like to introduce to you our Charity Medical Service.

The Charity Medical Service was launched in 2008 by HOHCS and offers Chinese medicine, optometric and dental services for the elderly. For the fact that there are tens of thousands of cataract sufferers on the public hospital waiting list, the Charity Medical Service is keen on further meeting societal needs by providing free cataract surgeries. With the patients' quality of life being the utmost concern of the team, such surgeries are arranged as soon as within one month upon submission of applications.

Ms Yeung, who lived on her own, received her very first cataract surgery in 2006 on her left eye. Nevertheless, her vision in the left eye remained affected by macular degeneration and she could only see out of her right eye. Worse still, Ms Yeung got cataract again in 2008, this time in her right eye. "Back then I couldn't see anything clearly. There was literally nothing I could do, as everything looked blurry to me," she recounted her difficult experience from a few years ago.



靈實援助及慈善服務：「愛心傳遞」計劃。
HOHCS Relief and Charity Services - "Food Pack with Love" Charity Scheme

As her eyesight deteriorated, Ms Yeung chose to only visit places she had been to while trying to seek her friends' company. But the thing that saddened her most was she could only identify her family and friends by their voices.

A social worker from Haven of Hope District Elderly Community Service later visited Ms Yeung and decided that the elderly lady was in urgent need of cataract surgery. Application was then submitted on Ms Yeung's behalf, and soon she was arranged for the operation. It was a success and the clear vision put the smile back on Ms Yeung's face. She thanked her doctor, the nurses as well as the social worker with wholehearted joy. "It was such an inexplicable feeling of happiness when I finally saw the world again. My immediate wish is to meet with my family and have a closer look at their faces."

HOHCS respects life and make people's lives better through our services. The Charity Medical Service is a good example that strives to restore the elderly in need to health – and to bring happiness back into their lives.

817靈實賣旗 順利完成

HOHCS Flag Day successfully held on 17 August

把愛傳遍香港

受颱風「尤特」影響，8月17日早上還下著大雨，但超過2,500名義工無懼風雨，帶著熱心和燦爛笑容，為靈實非政府資助的基層健康服務籌款，使我們能繼續照顧社區居民身、心、社、靈的健康。

我們感謝各位義工、捐款者及同工的參與和支持，透過這個全港性的活動，靈實把「尊重生命・改變生命」的信念實踐，並推廣至社區。除了為所籌得的善款感謝主外，我們還為義工們因行善所得的喜樂，把榮耀歸予神！

Spreading love across Hong Kong

Despite the heavy downpour in the wake of Typhoon Utor, over 2,500 volunteers braved the rain with their enthusiasm and bright smiles to fundraise for our primary healthcare services. These healthcare services, which are not subsidized by the government, provide holistic care addressing the physical, emotional, social as well as spiritual aspects of health to local communities across Hong Kong.

We are thankful to all volunteers, donors and staff for your participation and support. Through this event, HOHCS put our belief of "Respecting Life. Impacting Life" into action, and spread it to our communities. We thank the Lord for the fund raised and also give glory to Him for the joy we saw our volunteers experienced through their service.

香港專業教育學院同學在
青衣為我們落力賣旗！
Students from the Hong
Kong Institute of Vocational
Education selling flags in
Tsing Yi.



靈實寧養院服務使用者家屬分
享：「我和媽帶著歡欣喜樂的心
做義工。真知道一句好感恩的說
話：『施比受更為有福！』」
"My mother and I experienced
so much joy in volunteering. It's
true that it's more blessed to give
than to receive!" our volunteer
expressed.



四歲的樊晞彤和何卓敏小朋友第一次參與賣旗。樊晞彤媽媽分享：「很感謝靈實給予我們參與賣旗的機會，晞彤在這次賣旗中學懂了做義工的意義。現在，她每次見到賣旗活動都會問我：『媽媽，你有無賣旗呀？有無做善事呀？』我真的感到非常欣慰！下次我們一定會再參加靈實的義工活動！」

Four-year-old Hazel Fan and Chami Ho participated in their first ever flag sale. "We are thankful to HOHCS for this opportunity to participate," said Mrs. Fan, Hazel's mother. "Now every time Hazel sees flag sales, she would ask if I have bought my flag. I'm proud of her. We look forward to join other HOHCS' volunteer activities next time!"



麥兜在Youtube分享對「尊重生命·改變生命」有趣的看法！

McDull shares his interesting view on "Respecting Life. Impacting Life" on Youtube.



兩款普通裝 (\$20) 及禮盒裝 (\$80) 麥兜耆樂餅。

Two versions of Regular Packs (\$20) and Gift Box (\$80).

麥兜義賣耆樂餅

McDull x Qile Cake

一年一度的靈實耆樂餅義賣又到了！在過往的日子，我們一直透過提供長者、復康、醫療健康及福音關懷等服務，與市民分享「尊重生命·改變生命」的意義。今年，我們更邀得香港著名卡通人物麥兜與我們一起發放正能量！麥兜為耆樂餅所製作的短片可於Youtube*或靈實網站觀看，歡迎大家欣賞及轉載，一起笑著分享麥兜對「尊重生命·改變生命」的看法！

今年耆樂餅義賣產品是人見人愛的麥兜耆樂餅（合桃酥），為了迎合不同的需要，靈實耆樂餅分為普通裝（兩款@港幣\$20）及禮盒裝（港幣\$80），送禮自用皆宜。

麥兜是老少咸宜的卡通人物，為「豬」正直善良，誠邀大家購買耆樂餅，做善事關懷長者。請即上www.hohcs.org.hk，訂購麥兜耆樂餅及登記成為公開義賣的義工！

It's the annual "Qile" Charity Cake Sale again! Through our elderly, rehabilitation, medical and evangelical services, we've been serving Hong Kong for the past few decades while putting "Respecting Life. Impacting Life" into action. McDull, one of the most energetic and popular local cartoon characters, is coming along to spread the positive message with us. Log on now to Youtube* or www.hohcs.org.hk, and check out the latest McDull-featured "Qile" Charity Cake Sale promo video!

Qile Cake (walnut pastries) in McDull-themed boxes will be available at the open sale. There are altogether 2 types of packaging for your own choice, the Regular Packs with 2 versions (HK\$20 each) and the Gift Boxes (HK\$80 each). Let's delve into the yummy cookies with our beloved McDull, and share your love with elders in our community! You may make your purchase of "Qile" Charity Cakes and register as volunteer for public sale by visiting www.hohcs.org.hk.

公開義賣詳情

日期	: 2013年10月26至27日 (六及日)
義賣時間	: 下午1時至5時
義賣物品	: 靈實耆樂餅 (盒上印有麥兜卡通的盒裝合桃酥，義賣價港幣\$20)

Public Sale Details:

Date	: October 26 and 27, 2013 (Sat & Sun)
Time	: 1:00pm-5:00pm
Items for Sale	: HOHCS Qile Cake (Walnut Pastries in McDull-themed Boxes, HK\$20 per Regular Pack)

* http://www.youtube.com/watch?v=HyCL_7bUJ6o&feature=youtu.be

保協慈善 明星足球賽

為靈實寧養院 心靈社交關顧服務籌募經費

由香港人壽保險從業員協會慈善基金主辦「保協慈善明星足球賽」已於2013年6月23日順利完成。感謝保協慈善基金、香港明星足球隊及其他參賽隊伍的支持，是次活動為靈實寧養院的免費心靈社交關顧服務籌得港幣30萬元經費。保協慈善基金更額外贊助港幣40萬元，為寧養院購買復康巴士，供病人外出覆診之用。

LUA All Star Charity Football Match Fundraise for Haven of Hope Holistic Care Centre

Organized by the LUA Foundation, LUA All Star Charity Football Match was successfully completed on 23 June 2013. HK\$300,000 was brought in to benefit Haven of Hope Holistic Care Centre's psycho-social-spiritual care. LUA Foundation generously donated additional HK\$400,000 to purchase rehabilitation bus providing accessible transport service for follow-up consultations.



「保協慈善明星足球賽」支票頒贈儀式。
LUA All Star Charity Football Match cheque presentation.

靈實恩光學校 / 靈實恩光成長中心 義工嘉許禮2013

獲「攜手扶弱基金」及DFS Group Limited 贊助的義工嘉許禮已於7月13日舉行，表揚各團體、個人及家長義工。嘉許禮除了邀得自閉症少年——張偉健演唱外，還安排了兩名唐氏綜合症少女表演，參與嘉許禮的義工、學員和家長在觀賞表演時，都顯得非常雀躍！另外，大會亦安排了義工分享，娓娓道出參與義工活動的各種體會及感受。

獲嘉許的團體義工包括：五邑司徒浩中學、喇沙書院、迦密主恩中學、乘風航、平等機會委員會等。



Haven of Hope Sunnyside School / Sunnyside Enabling Centre Volunteer Commendation Ceremony 2013

Under the co-sponsorship of the Partnership Fund for the Disadvantaged and DFS Group Limited, our volunteer commendation ceremony was held on 13 July to express our appreciation to organisations and individuals who have volunteered with us. Wai-kin Cheung, a young man with autism, sang for us at the ceremony; and performers also included two young ladies who have Down's syndrome. Volunteers as well as students and parents of the Sunnyside School and Sunnyside Enabling Centre were all delighted with the performances. Volunteers also shared their thoughts and experiences.

Volunteer groups receiving commendation included FDBWA Szeto Ho Secondary School, La Salle College, Carmel Divine Grace Foundation Secondary School, Adventure-Ship and Equal Opportunities Commission among others.



靈實參與 長者社區照顧 服務券試驗計劃 配合「居家安老」 照顧模式

“Ageing in Place”: HOHCS Participate in the Pilot Scheme on Community Care Service Voucher for the Elderly

長者社區照顧服務券試驗計劃（後稱服務券）

為加強支援「居家安老」的社區照顧服務。今年9月起，社會福利署以「錢跟人走」的嶄新資助模式，向合資格的長者每月發放服務券。長者可因應個人需要，自由選擇合適的照顧服務，以混合模式（日間中心及上門照顧服務）或單一模式（只有日間中心的服務）使用服務。

兩間附屬靈實全護通的長者中心—靈實長者日間暨復康中心（港島東）及靈實樂華長者日間中心（觀塘），以混合模式提供不同的服務組合。位於港島東的中心每天服務名額達到106人，全港最多。中心添置了各種專業復康儀器，假如您的親友符合申請服務券的資格，歡迎到上述兩間中心參觀及查詢（電話：2663-3001）。兩間中心同時接受醫療券的使用。

有關服務券詳細內容，可瀏覽：www.hohcs.org.hk或www.totalcare.org.hk。

中心地址

靈實長者日間暨復康中心（港島東）

香港筲箕灣阿公岩道25號明華大廈A座地下低層B室

靈實樂華長者日間中心（觀塘）

九龍觀塘樂華北邨達華樓地下14-15號

About the Pilot Scheme on Community Care Service Voucher for the Elderly (hereafter referred to as “the Scheme”)

To reinforce support for “Ageing in Place” community care services, the Social Welfare Department is launching an innovative user-based funding system in which eligible elders receive Community Care Service Vouchers each month. They can freely select their preferred day care centre according to their own needs, and use the services in either mixed mode (i.e. using both day care centres and home care services at the same time) or single mode (i.e. using day care centres only).

Two of our elderly centres, namely the Haven of Hope Day Care cum Rehabilitation Centre for Elderly (Hong Kong East) and the Haven of Hope Lok Wah Day Care Centre for Elderly (Kwun Tong), offer community care services in mixed mode. The former can serve up to 106 elders per day and has the largest capacity within the territory. Both centres are well-equipped for different types of rehabilitation programmes. If there are eligible elders in your family who are interested in applying for the Scheme, please feel free to talk to us or arrange a visit to the aforementioned centres (Enquiries: 2663-3001). Note: Both centres accept Health Care Vouchers as well.

For more details, please visit: www.hohcs.org.hk or www.totalcare.org.hk.

Centre Addresses

Haven of Hope Day Care cum Rehabilitation Centre for Elderly (Hong Kong East)

Room B, LG/F, Block A, Ming Wah Dai Ha, 25 A Kung Ngam Road, Shaukeiwan, Hong Kong

Haven of Hope Lok Wah Day Care Centre for Elderly (Kwun Tong)

G/F, Nos. 14-15, Tat Wah House, Lok Wah (North) Estate, Kwun Tong, Kowloon





香港傑出護士選舉

Hong Kong Outstanding Nurse Award

司務道教士以「尊重生命・改變生命」的心服侍病人的身心靈，獲得病人和同事的愛戴。
Sister Annie served the patients with the spirit of "Respecting Life, Impacting Life", and her work had been widely recognized by patients and colleagues alike.

為了表揚竭力持守「尊重生命・改變生命」精神的護士，基督教靈實協會與香港護士協會攜手合辦「香港傑出護士選舉」。

延續尊重生命故事

「香港傑出護士選舉」同時希望發掘動人心弦的護士故事，以延續司教士尊重生命的精神。司教士本著「尊重生命・改變生命」的精神服務患病、受苦的人，她開辦護士學校、兒童之家、傳揚福音，照顧病人的身心靈。她的貢獻受到社會肯定，屢獲勳銜，分別於1961年及1979年獲得南丁格爾（Florence Nightingale Medal）獎章及OBE勳章。¹

一起參與「香港傑出護士選舉」

歡迎現職或退休護士參與，提名人亦可獲獎狀乙張。「香港傑出護士選舉」將於10月開始接受提名，詳情請瀏覽 www.hohcs.org.hk 或 www.nurse.org.hk。您亦可與我們分享您親身經歷的尊重生命護士故事，請把有關故事摘要（500字以內）電郵至 fayetsang@hohcs.org.hk。



那打素醫院護士長於1957年主持第一屆護士學生加冠禮。

The 1st Capping Ceremony for Student Nurses was hosted by the Matron of the Nethersole Hospital in 1957.



司教士於1955年設立護士學校。
Sister Annie founded the Haven of Hope Nursing School in 1955.

¹ 資料來源 Reference: The Mission Covenant Church website. Retrieved September 9, 2013, from http://www.mcc.org.hk/profile_annie.htm

靈實 尊重生命頻道

為把靈實「尊重生命・改變生命」的精神進一步向社會人士推廣，我們定期於蘋果日報及經濟日報撰寫專欄，期盼與每位尊重生命的「靈實人」分享有關故事。請留意隔週三於蘋果日報刊登的「靈實台」，及逢星期四於經濟日報刊登的「盼望之灣」專欄。



HOHCS Respecting Life Channels

To further promote our "Respecting Life. Impacting Life" belief in the community, we begins newspaper columns in both Apple Daily and Hong Kong Economic Times to share our respecting life stories. You can find our columns every other Wednesday in Apple Daily and every Thursday in Hong Kong Economic Times.

傷健共融運動會

靈實一向致力推動殘疾人士多做運動，強身健體。為體現「平等參與」精神和建立「共融社區」，我們夥拍基督教懷智服務處獲得西貢區議會贊助，合辦「傷健共融運動會」。比賽項目包括：10米競步、100米賽跑、4x50米接力賽、立定跳遠及自由體操等，由來自不同服務或社區之傷健人士報名參加。歡迎市民到場為每位傷健人士打氣，同建「共融社區」。

Rehabilitation Sports Day

HOHCS has been a keen supporter of disability sports. To promote equal participation of the disabled and building of integrated communities, we are co-organising the Rehabilitation Sports Day with Wai Ji Christian Service under the sponsorship of Sai Kung District Council. Competitions include 10m race walking, 100m running, 4 x 50m relay, standing long jump and floor exercise. They are open to disabled from all service centres or districts. You are welcome to join us too for a fun-filled afternoon!



日期：2013年10月6日(星期日)

時間：下午1時30分至5時

地點：將軍澳運動場

Date：October 6, 2013 (Sunday)

Time：1:30pm~5:00pm

Venue：Tseung Kwan O Sports Ground

自購輪椅須知

張杏賢姑娘，資深職業治療師

不少體弱者的家人會自行到復康用品零售店選購輪椅予患者作代步之用，但要知道不合適的輪椅除了會影響患者的日常功能，還會引發不良坐姿，導致肌肉萎縮、骨骼變形等問題。以下是一些購買輪椅的須知：

購買前：

- 應先量度家居各出入口位置的闊度，桌椅及床的高度，以配對合適的輪椅。
- 理想的坐姿是坐下時背部盡量貼近椅背，大腿平放，小腿垂直而雙腳平放於腳踏上（即髖、膝及腳踝維持約90°），雙手手臂放於扶手上亦成直角。
- 如情況許可應帶同使用者親身試坐。

坐位闊度

一般尺寸為16或18寸，坐位太窄會影響血液循環（尤其在冬天穿較多衣服時）；太闊則無法固定軀幹，減低下時的穩定程度。一般左右預1寸空間。

坐位深度

太深的坐椅令背部不能貼近椅背（見圖一），令腰背沒有足夠承托，長期使用會造成腰背痛；太淺則不夠力承托大腿。

輪呔

普遍為氣呔或實芯呔。氣呔適合在凹凸不平的路面上行

走，但需要定期檢查及泵氣；實芯呔相對耐用但避震能力稍遜。後輪大小亦會影響患者推動輪椅的自主性。

扶手/腳踏

分固定式和分拆式。分拆式的扶手和腳踏便於過床、過椅的轉移，部分扶手／腳踏更可調較高度，可按需要選擇。（見圖二）

坐墊

配合坐墊可以令患者坐得更舒適，但如果長者的皮膚狀況較差（容易有破損）或容易跣下，便切勿胡亂選購坐墊，以免弄巧成拙。

其他注意事項

- 確保鎖掣運作正常，鎖緊輪椅後不容易移動；四輪均可順暢轉動，不會偏左或偏右。
- 座位用的物料，一般為尼龍、人造皮或布質，需考慮其透氣度及清潔因素。
- 詢問是否設有配件如腳後帶、安全腰帶等。

以上的僅是基本參考資料，如患者身體較弱或有特別需要，則需考慮更多因素或使用其他配件。請先諮詢治療師的意見，以免購買了不合適的輪椅！



圖一：太深的坐椅令背部不能貼近椅背
Figure 1: The back is unable to lean firmly against the chair because the seat is too deep.



圖二：選用標準輪椅（後輪一般為24吋呔）的好處是可以讓患者自行推動輪椅或由其他人協助推動
Figure 2: Standard wheelchairs (with 24-inch rear wheels) can be both self- and attendant-propelled.

What you need to know about choosing a wheelchair

Hang-yin Cheung, Occupational Therapist

It is not uncommon for families who have loved ones in frail health to make their own wheelchair purchase at a rehabilitative supplies store. While it improves a loved one's mobility, an unsuitable wheelchair can actually hinder the user's daily activities function. It may result in poor sitting posture, muscular atrophy, and even skeletal deformities. Here are some important things to note when buying a wheelchair:

Before making your purchase:

- Take measurements of the doorway width, as well as the height of chairs, desks and the bed, in order to accommodate the wheelchair.
- Find the wheelchair that fits best. The correct posture is to have the back firmly against the chair, legs side by side with the feet flat on the footrests. The hips, knees and ankles should all maintain an angle of approximately 90°, and the same goes for the forearms when resting on the armrest.
- If possible, have the user try out the wheelchair.

Seat width

Typically, it measures 16 or 18 inches. A seat that is too narrow will hinder blood circulation, especially in the winter months when the user is sporting more layers. A seat that is too wide will be unable to secure the trunk, causing instability while the user is seated. Leave about 1 inch on both sides.

Seat depth

The seat should not be so deep that the back cannot lean firmly against the chair (see figure 1). Improper support will lead to back and waist pain over long-term usage. If the seat is too shallow, it will be unable to support the weight of the legs.

Tires

Typically, they can be air-filled or solid. Air-filled tires are suited for bumpy surfaces. They should be pumped and inspected regularly. Solid tires are more durable, but less shock absorbent. The size of the rear wheels determines by the user's self-propel ability.

Armrest / Footrest

These can be fixed or removable. Removable armrests and footrests facilitate moving the user to the bed or chair. The

height of armrests and footrests is also adjustable in certain models. (See figure 2)

Seat cushion

Seat cushions can increase comfort while sitting. Select seat cushions with care, especially if the user has a skin condition (such as skin that scratches easily).

Improper seat cushions can put users at risk.

Other

- Ensure that the wheel locks firmly secure the wheelchair when engaged. Check that the wheels rotate smoothly without veering left or right.
- Consider breathability and ease of cleaning of seat fabric. Typically, you can choose between nylon, synthetic leather, or fabric.
- Inquire about accompanying accessories such as foot straps and seat belts.

The above provides basic guidelines for reference. For users with special needs or medical conditions, you may need to take other factors and wheelchair accessories into consideration. To avoid making the wrong purchase, seek advice from your occupational therapist!



給捐款者的話 *Message to Donor*

您的捐款讓我們能幫助……

Your support enable us to provide...

只要捐助 港幣\$300:

32名長者可免費進行血糖測試，令長者能及早發現致病的高危因素，得到適當診治。

Donate HK\$300:

32 seniors would receive free diabetes testing to identify risk factors and allow preventative intervention and timely treatment.

只要捐助 港幣\$200:

20名長者能在靈實長者地區服務中心享用營養湯水。

Donate HK\$200:

Free nutritious soup to 20 seniors



基督教海面傳道會的福音粵曲義工隊為粵曲配上新詞
The Cantonese Opera Evangelistic Team singing Cantonese opera classics with new lyrics

只要捐助 港幣\$600:

30名長者能參加靈實「愛心傳飯計劃」，並獲發新鮮餸菜包煮食。

Donate HK\$600:

30 seniors could join our "Food Pack with Love" Charity Scheme to get free fresh food packs.



只要捐助 港幣\$1,000:

4名長者可獲由註冊護士進行的免費認知障礙症初部評估。

Donate HK\$1,000:

4 seniors could get a free mild cognitive impairment primary assessment by registered nurse.

靈實其他慈惠服務

端午福音粵曲欣賞會 送糉送歌暖長者

今年端午節，靈實長者日間暨復康中心（港島東）邀請了基督教海面傳道會的福音粵曲義工隊於端午節前夕，為46名居住於筲箕灣的長者送上別出心裁的節日祝福。義工隊在經典舊曲中配上新詞，為長者表演，唱出信仰生命。另外，每位長者獲贈端午節糉一只，讓他們更感受到節日的氣氛。

Other charity relief services Cantonese Opera Evangelistic Outreach

This year's Dragon Boat Festival, a team of volunteers and Cantonese opera aficionados from the Hong Kong Harbour Mission Church delivered a special festive greeting to the 46 elderly residents at Haven of Hope Day Care cum Rehabilitation Centre for Elderly (Hong Kong East), Shau Kei Wan. The team, singing Cantonese opera classics with new lyrics, shared about living a life of faith. Each elderly resident received a glutinous rice dumpling — the signature food item of the Dragon Boat Festival.

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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.

請表示你的意願，並於適合的方格加上 ☒ 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.

☐ 本人 **不同意** 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 **OBJECT** to the proposed use of my personal data.

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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化社群，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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本人樂意支持基督教靈實協會的服務，願意捐助 In support of Haven of Hope Christian Service, I donate :

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☐ HK \$200 ☐ HK \$400 ☐ HK \$600 ☐ HK \$800 ☐ HK \$1,000 ☐ Other _____

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Make payment through telephone 18033 or www.ppskhk.com, merchant code "9453".

☐ 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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