

靈感 HAVEN OF HOPE NEWS

JAN 2024

靈實新領域
HAVEN OF HOPE:

走得更遠 做得更專
Go Further and Deeper

專題 FEATURE

專業護理訓練 明確晉升階梯
Professional Training in Nursing,
Clear Promotion Pathway

捐贈遺產 造福社會
Donate Your Legacy to Benefit the Society



基督教
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HAVEN
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CHRISTIAN SERVICE



燃點盼望・躍動生命

CONTENTS

2024 ISSUE 112

HAVEN OF HOPE NEWS

主題：靈實新領域 走得更遠 做得更專

Theme : Haven of Hope:
Go Further and Deeper 4 — 7

專題：專業護理訓練 明確晉升階梯

Feature: Professional Training in Nursing,
Clear Promotion Pathway 8 — 9

改變生命的故事

Impacting Life Story 10 — 11

尊重生命 Blog

Respecting Life Blog 12 — 13

一行一故事

Tell Us Your Story 14 — 15

您的支持帶來改變

You Can Change the World 16 — 17

最新消息

What's New 18 — 19

健康知多少？

Health Tips 20 — 21

給捐贈者的話

Message to Donors 22

《靈感》電子版

HAVEN OF HOPE NEWS Digital Version

<https://hohcs.org.hk/靈實刊物-靈實-2/>



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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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親愛的靈感讀者：

靈實臺位於半山丘上，被大自然包圍，和鄰近鄉村相依。基督教靈實協會在西貢區扎根70年，一直與鄉村保持緊密接觸。回想司務道教士仍在靈實服務的年代，也會到附近的村落治療病人，向他們傳福音，關懷他們。後來我們發展家居照顧服務，醫生護士們亦一起到訪鄉郊，為村民看病，陪獨居長者聊聊天。

時代不斷發展，雖然我們逐漸將服務重點投放在將軍澳新市鎮，但我們沒有忘記和村民的關係，一直和鄉郊及村長們保持聯絡，交流意見，推動健康生活和提倡改善家居服務。

服務鄉郊需要有力的據點，因此我們活化舊建築物，賦予它們新的意義。西貢的原對面海街市化身成西貢改善家居及社區照顧服務中心，而前西貢中心小學校舍也被改建為蠔涌福利設施大樓，這些新據點已經投入服務，靈實可以趁這個機會更好地服務鄉郊居民。其實從資源角度來看，鄉郊工作的成本利益較低，但我們抱著「尊重生命・改變生命」的精神，看見住在鄉村偏遠地方的村民看病難、欠缺照顧、難以獨自前往服務中心，希望能盡量幫他們解決難題。

隨著樂齡科技的發展，大家的距離大大拉近，我也希望在鄉郊服務多善用科技。有部分獨居長者的子女搬離鄉郊外出工作，可以說是叫天不應，叫地不聞。現時有不少樂齡科技產品，日間既可以監察長者，能夠保障他們的私隱，減少家居意外，讓子女和家人放心。我們會繼續測試和評估不同產品，更會探討使用器材協助長者動起來做運動，並全方位地照顧村民的需要。

行政總裁
林正財醫生

Dear Haven of Hope Supporters,

The Haven of Hope Terrace was situated on a hill, surrounded by nature and in proximity to the neighbouring villages. Having been rooted in the Sai Kung District for 70 years, Haven of Hope Christian Service has consistently maintained close ties with the villages. During the time when Sister Annie Skau was serving at Haven of Hope, she would visit the neighbouring villages to tend to the sick, care for them, and preach the gospel. Subsequently, as we developed our Home Support Service, doctors and nurses also participated in the visits to offer medical treatment to villagers and engage in conversations with the elderly living alone.

As time passes, although our service focus has gradually shifted to Tseung Kwan O New Town, we never forget our relationship with the villagers. For years, we have consistently kept in touch with the suburban villager and village heads, exchanging opinions, promoting healthy life, and advocating for improved home services.

Serving the suburban areas requires firm footholds, so we revitalize old buildings and give them new and meaningful purposes. The Tui Min Hoi Market has been transformed into the Sai Kung Enhanced Home & Community Care Service, and the former Sai Kung Central Primary School has been converted into the Ho Chung Welfare Facilities Block. With the commissioning of these new centres, we will seize every opportunity to better serve the suburban residents. Despite the relatively low cost-effectiveness of rural work, guided by the spirit of "Respecting Life • Impacting Life", we aim to help villagers in remote areas solve their problems as much as possible. Given that some lack care and find it difficult to see a doctor or go to the service centre on their own, we strive to bridge these gaps and enhance their well-being.

With the advancement of gerontechnology, the distance between us has significantly shortened. I genuinely hope that we can utilize technology in our suburban services. Some of the children of the singleton elderly have moved to the city centre for work and are unable to respond to their needs in a timely manner. Nowadays, there are quite a number of gerontechnology products that can monitor the elderly while protecting their privacy and minimizing accidents at home, allowing their children and family members to rest assured.

We will continue to test and assess various products, exploring the use of equipment to help the elderly be more active, engage in exercise, and cater to the needs of villagers in a holistic manner.



Dr Lam Ching-choi
Chief Executive Officer

靈實新領域 走得更遠 做得更專

「敢於創新」是靈實的一貫的服務理念，司務道教士於1950年代來到一片荒蕪的調景嶺，憑信心與同工們一起開墾荒原，興建靈實肺病療養院，成立護士學校，創辦恩光護幼院。承傳這種創新和開拓的精神，靈實不斷突破原有的框架，因應社區需要，在服務模式上不斷積極擴展創新，在復康、長者、教育和健康四大服務的範圍，走得更遠和更專業。

改裝蠔涌舊校舍 提供生態治療

靈實以往主要透過外展方式服務西貢區鄉郊居民，現在終於正式落戶西貢的蠔涌和對面海。由前西貢中心小學改建而成的蠔涌福利設施大樓，是香港第一間由學校改裝而成的智障人士院舍和安老院。賦予舊建築物「第二生命」和新的意義，是靈實的其中一個特色，這樣可有效減少拆卸舊建築所產生的建築廢料，並減低對周遭環境帶來的影響，促進可持續發展。

蠔涌福利設施大樓內的靈實蠔涌日間活動中心暨宿舍已經啟用，為智障學員和他們的家人提供一個更寬坦和舒服的環境，並且引入公眾較為陌生的生態治療，將創新的復康設施融入於大樓附近優美的天然生態環境，讓學員感受到非一般的院舍生活，提升復康的效益。



大樓挑選了顏色鮮艷和不同質感的植物，藉此在氣味、觸感和視覺上為學員帶來不同的感官體驗，並提升學員的專注力、觀察力和認知能力。室內設置了一個「園藝閣」，在牆上掛滿了綠色植物、學員和家人的溫馨合照，戶外則打造了一個以中國如意結為設計意念的戶外「療癒花園」，學員可以坐著輪椅參與翻土、淋花等種植活動，使他們由室內走到戶外時，充分體驗到由煩囂走到平和的感覺，幫助他們放鬆身心、平復情緒。

靈實蠔涌日間活動中心暨宿舍的社工兼園藝治療師梁淑貞表示，學員首次踏足這個充滿大自然氣息的新院舍時都表現得很雀躍，在天朗氣清日子，他們喜歡到「探索空間」，在大自然的懷抱內，一邊談天說地，一邊善用各種復康器材做運動。生態治療照顧到學員身、心、社、靈的需要，他們慢慢地愛上了這個「家」，甚至主動提出要與其他學員一同種花。



活化西貢舊街市 擴展服務社區網絡

另外，有四十年歷史的西貢對面海街市，經翻新和改裝後，也被活化成靈實西貢改善家居及社區照顧服務的中心，並已經投入服務。靈實希望利用這個契機，把服事社區的網絡擴展到附近的村落，以提供上門個人照顧及護理、復康訓練、家居支援服務、義工探訪等服務，並成為「愛心傳遞」慈善計劃其中一個派發點，讓更多有需要的獨居、雙老長者可以與社區保持接觸。

走出將軍澳 服事九龍東院舍晚期病人

靈實司務道寧養院（下稱寧養院）也走出將軍澳，營運「賽馬會安寧頌—安寧在院舍計劃」，主要服務九龍東內獲政府資助並提供持續照顧服務的護理安老院舍，至今合作院舍已經擴展至15間。透過這計劃，靈實的專業團隊與院舍、醫院管理局社區老人評估小組（CGAT）及計劃資助購買服務的社區醫生及護士建立良好溝通渠道及緊密合作，為居於院舍內患有晚期病患的院友，提供紓緩及臨終照顧服務，讓他們在最後的日子獲得適切的全人照顧，並完滿地走完人生旅程。



遷入市區 成長中心進一步開放

靈實的教育服務也擴展到新的地區，靈實恩光成長中心（下稱成長中心）已經從將軍澳搬到新蒲崗大有街萬迪廣場，繼續為輪候宿舍和政府服務的嚴重智障畢業生，提供專業和個人化的復康支援服務，讓他們在這段過渡期可以獲得持續學習和成長。對於學員和照顧者來說，新址位於市區，交通更加便捷。因此，成長中心期望進一步開放給家長和照顧者，邀請他們到中心觀察和學習訓練學員，讓學員在家中同樣可以接受訓練。

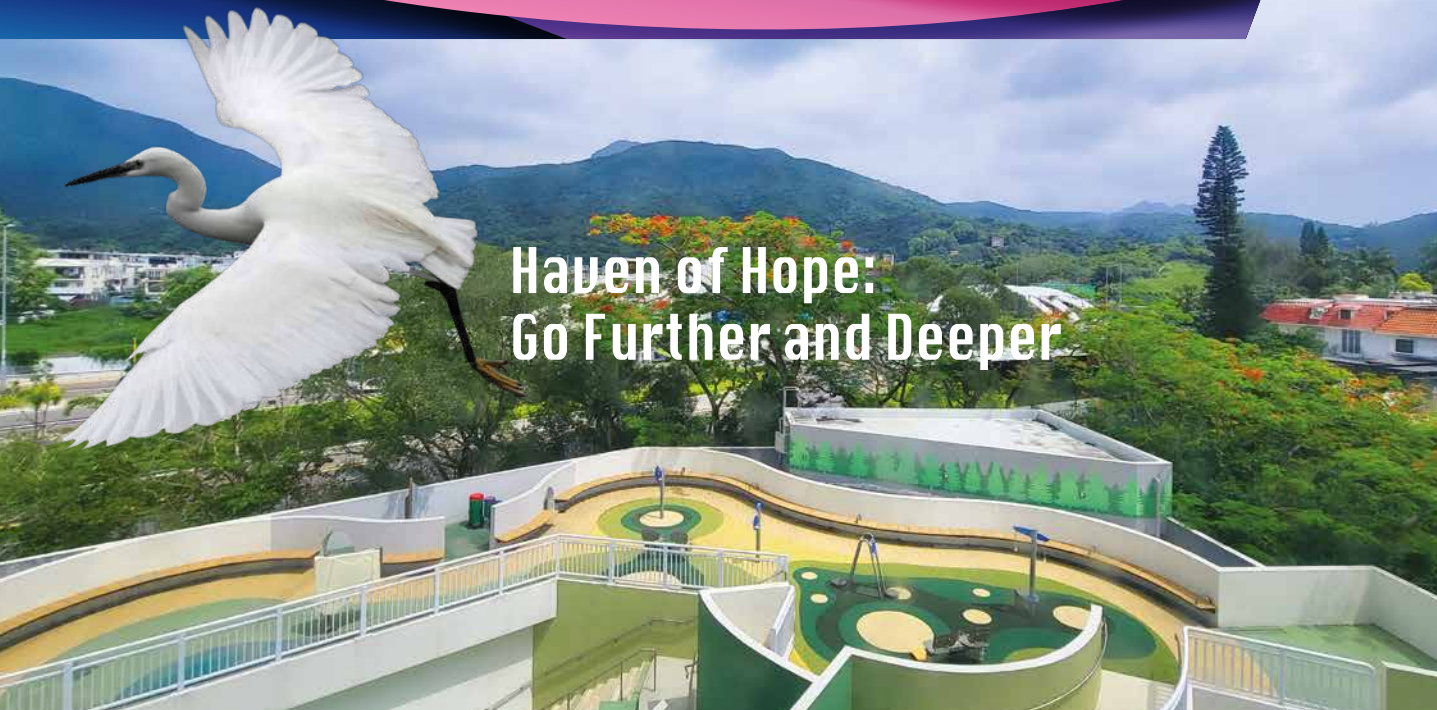
成長中心提供個人化的服務，根據每個學員的需要和能力，制定相應的訓練目標和計劃。透過遊戲、音樂、藝術和其他創意活動，鼓勵學員參與、表達自己，並建立社交互動和溝通能力，這有助於他們融入社會，生命得到改變。嚴重智障畢業生對這項服務的需求很大，成長中心以往主要收錄靈實恩光學校的畢業生，在遷到九龍東後，打算把服務擴展到其他學校的畢業生，以回應社會的需求。



增設婦女健康服務 關顧女性不同階段需要

為加強市民對婦女健康的關注，及為婦女提供全方位的健康照顧，靈實基層健康服務在靈實余兆麒坑口診所增設「婦女健康診所」服務。這類服務從女士的家庭計劃、懷孕、生育、性及其他疾病等問題，關顧婦女不同階段的需要。事實上，女性們往往更願意坦誠地對向女醫生分享她們尷尬的病況，女性醫護人員亦更清楚女性的特別需要，並作出相關的檢查建議。婦女健康診所服務目前在試行階段，暫時只開放給靈實的女同工。靈實會不斷檢視服務質素，與時並進，提供更多適合市民需要的專業服務。

靈實的大型基建發展計劃「築動生命全方位關顧計劃」進展順利，今後將繼續一步一腳印，以「尊重生命・改變生命」的精神，積極擴展更多元化和更專業的服務。



Haven of Hope: Go Further and Deeper

"Dare To Be Innovative" has always been the guiding philosophy of Haven of Hope. In the 1950s, our founder Sister Annie Skau arrived in Tiu Keng Leng, a barren upland, and established Haven of Hope Tuberculosis Sanatorium. She also founded a nursing school and, together with her co-workers, established the Sunnyside Children's Preventorium. To carry on the spirit of innovation and pioneering set by our early founders, Haven of Hope continues to make breakthroughs, responding to the community's needs. We actively expand and innovate in our service model, aiming for further professionalization in our four major service areas: Rehabilitation, Elderly, Education, and Health Care.

Refurbishing the Old School Building in Ho Chung for Ecological Therapy

For years, Haven of Hope has been serving the suburban residents of Sai Kung mainly through outreach programs. We have finally established footholds in Ho Chung, Sai Kung, and Tui Min Hoi now. Former Sai Kung Central Primary School was transformed into the Ho Chung Welfare Facilities Block, marking the first instance of converting a school into an institution for the mentally handicapped and the elderly. Breathing new life into old buildings is one of our proud missions, effectively reducing construction waste generated from demolishing old structures, minimizing the impact on the surrounding environment, and promoting sustainable development.

The Haven of Hope Ho Chung Day Activity Centre cum Hostel, located inside the Block, has been opened to provide a more spacious and comfortable environment for individuals with mental disabilities and their families. The introduction of eco-therapy, a relatively unfamiliar concept to the public, has integrated innovative rehabilitation equipment into the beautiful natural environment surrounding the Block. This integration gives residents an extraordinary experience of institutional life, enhancing the effectiveness of rehabilitation.

Brightly colored plants with different textures are carefully chosen to provide varied sensory experiences in terms of smell, touch, and sight. This selection aims to enhance residents' concentration, observation, and cognitive abilities. Inside, a "Gardening Corner" is established, adorned with green plants and photos of residents and their families hanging on the walls. An outdoor "Healing Garden" is also created, with the Chinese Ruyi Knot (如意結) serving as the design concept. Members can participate in planting activities such as tilling the soil and sprinkling flowers while sitting on wheelchairs. This transition from the indoor to the outdoor area allows them to find a peaceful calmness amid the hustle and bustle. It effectively helps in calming their moods and providing both physical and mental relaxation.

Leung Suk-ching Doris, a social worker and horticultural therapist at the Activity Centre cum Hostel, mentioned that members were very excited when they first stepped into their new nature-filled home. On clear days, they enjoy spending time in the "Discovery Space", engaging in conversations and utilizing various rehabilitation equipment to exercise in the embrace of nature. Eco-therapy caters to their physical, mental, social, and spiritual needs. Gradually, members have developed a fondness for this "home" and have even volunteered to grow flowers together with others.





Revitalising the Sai Kung Old Market and Expanding the Service Network in the Community

In addition, the 40-year-old Tui Min Hoi Market has been renovated and revitalized into the Sai Kung Centre for Haven of Hope's Enhanced Home and Community Care Services, which has already commenced services. We hope to seize the opportunity to expand our community service network to nearby residential areas, providing on-site personal care and nursing care, rehabilitation training, home support services, volunteer visits, etc. It will also become one of the distribution points for the charity program, "Food Pack with Love", ensuring that more singleton elderly individuals and families of elderly doubletons in need can stay connected with the community.



Moving into the Urban Area and Further Opening Up of the Enabling Centre

Our education services have expanded to new districts. The Haven of Hope Sunnyside Enabling Centre (hereinafter referred to as the Enabling Centre) has relocated from Tseung Kwan O to Maxgrand Plaza in San Po Kong. It continues to provide professional and personalized rehabilitation support services to graduates with severe mental disabilities who are on waiting lists for hostels and government services. This enables them to experience continuous learning and growth during this transitional period. The new centre, situated in an urban area, is more easily accessible to graduates and their caregivers. Therefore, Enabling Centre eagerly anticipates opening its doors to parents and caregivers, inviting them to observe and learn from the graduates on-site, with the goal of extending training opportunities to their homes.

Enabling Centre offers personalized services with training objectives and programs tailored to the individual needs and abilities of each participant. Participants are encouraged to engage, express themselves, and enhance their social interaction and communication skills through activities such as games, music, arts, and other creative pursuits. These endeavors help them become integral members of the community and transform their lives. The demand for such services is evident. Prior to relocating to Kowloon East, Enabling Centre primarily admitted graduates from the Haven of Hope Sunnyside School. Now, in response to the community's needs, Enabling Centre intends to extend its services to graduates from other schools.

Outside Tseung Kwan O: Serving Terminal Patients of Kowloon East Residential Homes

The Haven of Hope Sister Annie Skau Holistic Care Centre (hereinafter referred to as SASHCC) has expanded its reach beyond Tseung Kwan O with an outreach program, "JCECC: End-of-Life Care in Residential Care Homes for the Elderly". This program focuses on serving subvented care-and-attention homes, providing a continuum of care in Kowloon East. The number of partnering homes has already expanded to 15. Our professional team has established effective communication channels and worked closely with residential care homes, the Community Geriatric Assessment Teams (CGAT) of the Hospital Authority, and community doctors and nurses service subsidized by the program. This collaborative effort aims to provide palliative and hospice care services to residents with terminal illnesses, enabling them to receive appropriate and holistic care in their final days. Our goal is to support them in completing their lives' journeys with satisfaction.



Pioneering in Women's Healthcare at Different Stages of Life

To enhance public awareness of women's health and provide comprehensive healthcare, the Haven of Hope Primary Health Services has established a "Well Women Clinic" at the Haven of Hope S K Yee Hang Hau Clinic. This clinic addresses women's healthcare needs at different life stages, including family planning, pregnancy, childbirth, sexual health, and other conditions. Recognizing that women may feel more comfortable discussing sensitive medical issues with female doctors, and acknowledging the unique needs of women, the clinic is staffed with female healthcare professionals who provide relevant recommendations for screenings.

Currently on a trial basis, the Well Women Clinic is exclusively open to female staff of the Haven of Hope. We will continuously assess its service quality and adapt to evolving needs to ensure we deliver professional services meeting the public's healthcare requirements.

Our large-scale capital development project, "Haven Project", is progressing well, and we will continue to expand its services step by step with the spirit of "Respecting Life • Impacting Life". We are committed to expanding our services in a more diversified and professional manner, staying true to the spirit of "Respecting Life • Impacting Life".

專業護理訓練 明確晉升階梯

Professional Training in Nursing, Clear Promotion Pathway

“ 1957底，護士學生的數目逐漸增多。看見許多青年人願意奉獻自己，服事病人，心裏的快樂是難以形容的。 ”

By the end of 1957, the number of nursing students was gradually increasing. The joy of seeing so many young people willing to dedicate themselves to serving the sick was indescribable.

摘自《司務道信心行傳》Excerpt from "An Autobiography of Sister Annie Skau Berntsen"

由1955年收錄第一批護士學生開始，到2007年成立靈實專業進修學院，以及落力向政府推動安老業資歷架構，靈實一直致力提供專業訓練和實習機會給有志加入護理行業的人士，不斷為香港醫護系統培育新血，並提供明確的晉升階梯，讓護理人員有機會晉升為院舍管理層。《靈感》邀請了四位在靈實服務、學習和成長的同工和畢業生，分享他們的經驗和對前景的看法。

靈實現時提供健康、長者、復康和教育四大服務，為經驗豐富的醫護人員提供廣闊的發展空間。梁凱慈在公立和私家醫院做了十多年護士後，希望在專業生涯上有突破，加入了靈實，先後在復康和長者院舍工作，再晉升為靈實壕涌頤養院暨長者日間護理中心的營運經理：「以前我在醫院工作，往往是跟著既定流程去做。然而在靈實工作，院舍服務是長期護理和埋身照顧服務，照顧的是院友的起居飲食、院友的生命，更重視人性化的全面照顧。」她近年有機會參與新院舍的設計、規劃工作，讓她學習到更多新事物的機會，她很高興自己在工作上有許多自主權和發揮空間，並得到同工的互相支持和鼓勵。

在培育新血方面，「先聘用後培訓」是靈實近年推行的計劃，卓邦透過這計劃加入靈實，成為健康服務見習生，經過三個月「邊學邊做」，成為護理員。在靈實司務道寧養院工作期間，他接觸過不同病徵的院友，讓他累積到更多知識，並覺得護理員主要是為院友沐浴和餵食，工作範圍較為局限，他希望可以涉足其他範疇，例如學習洗傷口、鼻胃管餵食等技巧，以進一步服事有需要的人士，所以開始修讀保健員課程。

靈實也提供多項獲資歷架構認可的課程，當中包括「在職在學」的靈實青年護理服務啟航計劃。畢業生恩慈起初對護理工作一竅不通，在修讀該課程期間，不僅學會扶抱轉移、注射胰島素、鼻胃管餵食等知識，也學懂她心靈上的關顧，要由外而內貼心對待服務使用者。她可以在工作中實踐所學的護理技巧，而最大得著是見證到許多不同的生命故事，看到不幸的晚期病人，讓她懂得珍惜和感恩自己所擁有的。

佩兒是另一位靈實青年護理服務啟航計劃畢業生，透過計劃，她在靈實專業進修學院學習到新知識，也在靈實司務道寧養院實踐所學。同工不厭其煩教導她嚴謹的護理程序，並在旁指導她，使她印象深刻。在靈實累積的前線護理工作經驗，使她對將來繼續在護理行業發展有更大抱負。恩慈和佩兒獲靈實推薦，現正修讀明愛專上學院的普通科護理學高級文憑，為在護理業晉升再向前邁進一步。

梁凱慈 Virginia Leung

這份工作需要突破傳統思維，並且要懷著對工作和生命的熱情。這樣我服務別人的同時，自己也不斷成長。

It is a job that requires thinking outside the box and a passion for work and life. In this way, while I serve others, I also continue to grow.

卓邦 Cheuk Pong

許多同學都為請假進修而煩惱。靈實好好，同意把我由全職同工轉為兼職，而且批准我預支假期，讓我有更多的時間上課、溫習和休息。

Many students are worried about taking time off for further studies. Haven of Hope is very good as they allowed me to take advance leave and even converted my full-time job to part-time so that I will have adequate time to attend classes, study, and rest.



三名2022/23年度普通科護理學
高級文憑學生獲靈實頒發獎學金。

3 students were awarded the
Haven of Hope Scholarship to pursue
the 2022/23 Higher Diploma in Nursing
Studies (General Health Care).

From the admission of the first batch of nursing students in 1955 to the establishment of Haven of Hope Professional Training Institute in 2007 and its efforts to promote the qualifications framework for the elderly care industry with the government, Haven of Hope has always been committed to providing professional training and internship opportunities to those who are interested in joining the nursing profession. The organization has continuously cultivated new blood for the healthcare system in Hong Kong and provided clear promotion pathway so that nursing staff can have the opportunity to advance to hospital management. Haven of Hope News team invited 4 staff and graduates who have served, trained, and grown at Haven of Hope to share their personal experiences and perspectives on their future.

Currently, Haven of Hope provides 4 major services - Health Care, Elderly, Rehabilitation and Education, giving experienced medical staff a wide range of developmental opportunities. After working as a nurse in both public and private hospitals for more than 10 years, Virginia Leung decided to join Haven of Hope as she wanted to make a breakthrough in her professional career. She worked at Haven of Hope's rehabilitation and elderly care homes before being promoted to Operations Manager of Haven of Hope Ho Chung Elderly Home cum Day Care Centre for the Elderly.

"In the past when I was working in a hospital, I usually followed the established procedures. However, at Haven of Hope, Residential Care Services are long-term with personalized services as we must take care of the patient's day to day diet and well-being. We pay more attention to providing humanized comprehensive care to all our patients", said Virginia. In recent years, she had the opportunity to participate in the design and planning of new residential care homes, which allowed her to learn new things. She is very happy that she has a lot of autonomy and room for development at work and has received encouragement and support from her co-workers.

In terms of cultivating new blood, the "Hire First, Train Later" is a scheme implemented by Haven of Hope in recent years. Cheuk Pong joined Haven of Hope through this scheme as a Health Care Trainee. After 3 months of "Learning by Doing", he became a Personal Care Worker. While working at Haven of Hope Sister Annie Skau Holistic Care Centre, he encountered residents with different symptoms and accumulated a lot more knowledge. However, he felt that his job scope was relatively limited as his main responsibilities were to shower and feed the residents. He hoped to get involved in other areas and learn new skills such as cleaning of wounds and nasogastric tube feeding techniques. Therefore, to further serve those in need, he embarked on a Health Worker Training Course.

Haven of Hope also offers several courses accredited by the Qualifications Framework, including the "Study and Work" Navigation Scheme for Young Persons in Care Services. In the beginning, graduate Yan Chi knew nothing about nursing. During the course, not only did she learn skills such as holding and positioning transfer of patients, injection of insulin, nasogastric tube feeding, etc. She also learnt about spiritual care and how to care for patients from the "Outside In". She was able to practice the nursing skills she learned at work, and the biggest gain is witnessing many different life stories and seeing unfortunate terminal patients, which made her learnt to cherish and be grateful for what she has.

Pui Yi, is also a graduate of the Haven of Hope Young Persons in Care Services Navigation Scheme. Through the program, she was able to learn new knowledge at Haven of Hope Professional Training Institute and put into practice what she had learnt at Haven of Hope Sister Annie Skau Holistic Care Centre. She was very impressed by her co-workers who took the trouble to guide her and teach her the rigorous nursing procedures. The frontline nursing work experiences that she has accumulated at Haven of Hope has made her more ambitions to further develop her career in the nursing industry. Upon recommendations from Haven of Hope, both Yan Chi and Pui Yi are now pursuing a Higher Diploma in Nursing Studies (General Health Care) at Caritas Institute of Higher Education, taking another step forward in their careers in nursing.



佩兒 Pui Yi

我認為護理行業的前景很大，而且科技發展迅速亦方便護理行業多元化發展，日後可能有更多創新的職位和技術，晉升及發展潛力機會很多。

I believe the nursing industry has great prospects. With rapid development of technology, it will facilitate further diversification of the industry. In the future, there would be more innovative positions and new technology, and a lot more opportunities for promotion and development of one's potential.

靈實第一屆護士畢業生
於1958年畢業(前排五人)。

Haven of Hope's first
batch of nursing
graduates in 1958
(The five people in
the front row).

恩慈 Yan Chi

現在的普通科護理學高級文憑課程會教授生物、基礎護理，能夠與過往在靈實院舍的經驗連結，鞏固知識，晉升階梯亦會較高。The current Higher Diploma in Nursing Studies (General Health Care) teaches Biology and Basic Nursing. If we can consolidate our knowledge with the practical experiences acquired at Haven of Hope, the opportunity for promotion will be higher.





陳逸洵先生
Mr Garry Chan

捐贈遺產 造福社會

每當提到「遺愛人間」，在腦海中最先浮現的可能是捐贈器官延續病人生命的動人故事，但要傳承遺愛的文化其實還有其他方式，包括透過保單或遺產捐贈，捐獻給與慈善機構，造福整個社會。這些一筆過較大的捐款，可以幫助機構更妥善地推展和擴充服務。有善心人因為認同靈實的服務和「尊重生命・改變生命」的理念，捐出人壽保單中某個百分比的保額或部分遺產給靈實。靈實近年已經開始收到這類捐款，包括一筆約40萬元的捐款，被撥給靈實胡平頤養院，讓更多長者得到專業和人性化的照顧。

保單捐贈過程其實非常簡單，投保人只需要在現有的保單或新保單上，更改或填寫受益人資料，捐贈全部或部分的保額給指定的慈善機構，便可以於在生時留下一筆善款給慈善事業。由於有「保險槓桿」的作用，投保人一般可以用較低的

保費購買以倍數計的保額，捐獻金額因此會比自己支付的保費大得多。當投保人身故後，只要把相關文件交給保險公司，保險金很快便可支付給保單受益人，包括保單指定的慈善機構。

冀保單捐贈普及 保協積極推廣

事實上，這種捐款方式在西方社會十分流行，本地保險業界和社福界近年也積極進行推廣，希望可以在香港普及，從而成為慈善機構長遠和穩定的善款來源。有50年歷史的香港人壽保險從業員協會（保協），連同保協慈善基金自2005年開展「生命傳愛行動」，希望發揮保險業的專業知識和服務，鼓勵保單持有人透過「保單捐贈計劃」，把1%或更多人壽保額捐贈給心儀的慈善機構。截至2023年6月，累計認捐保單逾一萬四千張，累積認捐保額至4.6億元，超過170間慈善機構為支持機構，當中包括靈實。

保協和保協慈善基金早前舉辦了嘉許禮，嘉許積極推動保單捐贈的保險從業員。生命傳愛行動主席陳逸洵表示，本港過去一年，由保險公司發放給客戶的人壽保險金達1,600億元，「假如每個人都願意捐出1%的保額，便能創造最少16億元的善款。」保協慈善基金主席黃英傑則期望保險從業員付出更大的努力，藉保單捐贈計劃，令全港市民都有機會成為保單的受益人。

遺產捐贈 延續認同理念

除了保單捐贈外，捐款者也可以透過遺囑，將全部或部分的財產，包括現金、股票、物品、樓宇等，以一次過或定期捐助的方式，捐獻給指定的慈善機構。對於許多香港人來說，遺產捐贈可能較為陌生，但有社會企業近年開始在本地進行推廣，免費為符合特定條件的捐贈者訂立遺囑，希望他們透過捐款給指定的慈善機構，宣揚和延續他們認同的價值和理念。

Donate Your Legacy to Benefit the Society

Whenever we mentioned "Leaving your Legacy", the first thing that comes to mind will most likely be the touching stories such as organ donation to prolong the life of a patient. However, there are other ways to pass on your legacy, including the donation of insurance policies to charitable organizations to benefit the society. Such large, one-off donation can help charitable organizations to better develop and expand their services. In recent years, Haven of Hope has received such donations, including a donation of approximately HK\$400,000 which was allocated to Haven of Hope Woo Ping Care & Attention Home so that more elderly people can receive professional and humane care. These are the kind-hearted and compassionate donors who share our mission values of "Respecting Life • Impacting Life" and generously donated a percentage of their life insurance policies or a portion of their inheritance to Haven of Hope.

Insurance policy donation process is actually very simple. The policy holder only needs to change or fill in the beneficiary information on the existing policy or a new policy, to donate all or part of the insured amount to a designated charity when they are alive. Due to the compounding effect of "insurance leverage", policy holders can generally purchase multiples of the sum assured at a lower premium, so that the donation amount will be much larger than the premiums paid. In the event of policy holder's death, insurance benefits will be paid promptly to all beneficiaries as well as any charitable organizations if all relevant documents are given to the insurance company.



Insurance Policy Donation Programme Gaining Popularity

This type of donation is actually very popular in Western societies. In recent years, Hong Kong's insurance industry and the social welfare sector have been actively promoting it, hoping it will gain popularity so that insurance policy donations can become a long-term and stable source of funds for charitable organizations.

In 2005, leveraging on their professional knowledge and services in Hong Kong, the 50-year-old Life Underwriters Association of Hong Kong (LUAHK), along with the LUA Foundation, jointly launched the "Life and Love Action" to encourage policy holders to donate 1% or more of their life insurance to their favourite charities through the "Policy Donation Programme". As of June 2023, more than 14,000 insurance policies have been pledged, with an accumulative amount of HK\$460 million to support more than 170 charitable organizations including Haven of Hope.

Earlier this year, the LUAHK and the LUA Foundation held a commendation ceremony to recognize the efforts of insurance practitioners who have actively promoted the "Policy Donation Programme". According to Mr Garry Chan, Chairman of "Life and Love Action", insurance companies in Hong Kong have disbursed over HK\$160 billion of insurance benefits to customers in the past year. "If everyone is willing to donate just 1% of the total sum assured, at least HK\$1.6 billion can be generated for charity" he said. Chairman of the LUA Foundation, Mr Sidney Wong hopes that insurance practitioners can make greater efforts to promote the "Policy Donation Programme" so that all Hong Kong people can eventually benefit from it.

Creating a Lasting Legacy with Inheritance Donations

In addition to insurance policy donations, donors can also donate all or part of their properties, including cash, stocks, personal items, buildings, etc., to their preferred charity as a one-off or periodical donations through a will.

Inheritance donation might be a relatively new concept for many Hong Kong people, but in recent years, some social enterprises have started promoting it and even provide free will writing services to help eligible donors so that they can leave behind a lasting and impactful legacy that is in-line with their values and identity.



復康服務 Rehabilitation Services

第四屆靈實傷健共融運動會，在將軍澳運動場順利舉行。靈實一向鼓勵市民多做運動，以建立健康生活模式。復康服務各單位在日常流程中，會因應殘疾人士的能力和興趣，為他們提供多樣化的體育活動，舉辦運動會可強化他們做運動的意識。是次運動會獲平等機會委員會撥款資助，以「傷健無分你我他·活力盡展樂一家」為口號，邀請了義工隊、不同社福機構代表，與殘疾人士一同參與，攜手同心建立共融社區，參加者和觀眾都盡興而歸。

The 4th HOHCS PHAB Inclusive Sports Day was successfully held at the Tseung Kwan O Sports Ground. Haven of Hope has always encouraged the public to exercise more to build a healthy lifestyle. On a daily basis, our rehabilitation service units provide a variety of sports activities for people with disabilities according to their abilities and interests. Organizing a sports day can further enhance inclusivity and promote the benefits of exercise.

This sports day was funded by the Equal Opportunities Commission, with the slogan "No Distinction Between You and Me. We are One Family Full of Vitality and Fun". Volunteers and representatives from different social welfare organizations were invited to participate in the games with people with disabilities and everyone had a great time. By coming together, we can all build an inclusive community.

長者服務 Elderly Services

靈實作為「樂齡科技應用評估基地」協作伙伴之一，獲創基金資助，與香港大學護理學院的研究團隊合作，共同制定了十個主題的應用評估方案和框架。在過去兩年多，靈實在轄下13個服務單位進行樂齡科技產品評估，參與的服務使用者和同工合共超過600人。

靈實與港大護理學院的團隊正在整合應用評估的結果及所得經驗，並將會參與編制一套「樂齡科技器材應用評估框架」，期望可供業界及產品研發商日後作參考，以推動業界進行實證為本的產品評估，長遠使樂齡科技供應商更重視產品對用家的效益。

As one of the collaborative partners of the "Gerontechnology Testing Ground", Haven of Hope has received funding from the SIE Fund and has collaborated with the research team from the School of Nursing at the University of Hong Kong to jointly develop assessment schemes and framework for 10 applications. Over the last 2 years, Haven of Hope has conducted gerontechnology assessments in 13 service units under our jurisdiction, with a total of more than 600 service users and co-workers participating.

We are currently working with the School of Nursing at HKU to integrate the results and experiences learned from the application assessments to develop a "Gerontechnology Product Assessment Framework". Hopefully it can be used in the future as a reference for the industry and product developers to promote evidence-based product assessment, so that in the long run gerontechnology suppliers will pay more attention to the benefits of their products to end users.





靈實醫院 Haven of Hope Hospital

靈實賽馬會綜合照顧者支援中心已經正式投入服務，透過以病人及照顧者為本的活動，推動義工及社區夥伴，為病人、照顧者提供綜合服務，從而建立一個互助關懷的社區。

中心會安排講座、工作坊及支援小組，協助病人在復康過程中建立長期支援網絡，並提供基本復康輔助用具作短期外借服務，以便出院病人得到及時的支援，從而紓緩他們及照顧者的壓力。中心也會擔當連繫社區的橋樑，發展醫社合作，加強對出院病人及長期照顧者的支援，幫助更多有需要的病人和照顧者。

The Haven of Hope Jockey Club Integrated Carers' Support Centre is officially launched and operational. Through patient and caregiver-oriented activities, volunteers and community partners are encouraged to provide integrated services to patients and carers, thereby building a caring and supportive community.

Seminars, workshops, and support groups will be organized to help patients establish long-term support network during their rehabilitation process. Basic rehabilitation aids will also be available for short-term loan so that discharged patients can receive timely relief, thereby alleviating the pressure on them and their caregivers. The Centre also serves as a bridge connecting the community, promoting medical and social cooperation to strengthen support for discharged patients and long-term caregivers, helping more patients and caregivers in need.

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

寧養院與汪明荃博士和羅家英博士帶福陞粵劇團再度合作，在西九文化區戲曲中心舉行粵劇慈善專場，為寧養院服務發展、擴建計劃和「慈惠寧養病床計劃」籌募經費，讓更多晚期病人可以有尊嚴地完成地上最後的旅程。劇團將《蝴蝶夫人》搬上梨園舞台，讓戲迷和觀眾欣賞了一場破格的表演。

Once again, Haven of Hope has collaborated with Fu Sheng Cantonese Opera Troupe led by Dr Liza Wang Ming-chun and Dr Law Ka-ying to present a charity Cantonese opera performance at the Xiqu Centre in West Kowloon Cultural District. This performance is to raise funds for the Centre's development and expansion plans as well as the "Relief and Charity Service (RCS) Beds Programme", so that terminally ill patients can complete their lives' journey with grace and dignity. The troupe brought "Madame Butterfly" to the Grand Theatre and gave fans and audiences an exceptional performance!



福音事工部 Evangelistic Work Department

福音事工部得到香港哥爾夫球會的全力協助，舉行慈善高爾夫球賽。當日風和日麗，一眾善長除了可以盡情揮杆切磋球技外，更欣賞到精彩的魔術表演。籌得的善款會用於靈實非政府資助服務，特別是向病人、長者和心智障礙人士提供靈性關懷。

With full support from the Hong Kong Golf Club, our Evangelistic Work Department was able to organize a charity golf tournament. On the day of the event, the weather was sunny and breezy, in addition to playing golf and exchanging golf skills, all participants also enjoyed wonderful magic performances. All funds raised will be used for Haven of Hope's non-subservent services, especially spiritual care for the sick, the elderly and people with mental disabilities.



遇上靈實改變命運 用筆留住珍貴歷史

Fate was Changed in
Haven of Hope,
History is Preserved
with Words



六十年前，調景嶺仍是極為偏僻的荒蕪之地，當年的居民生活困苦，恍如被人遺棄的一群人，熱心的宣教士於是來到這裏服事他們，帶給他們盼望。當時年僅十餘歲的計超，像許多病人的子女一樣孤苦無依，他因機緣巧合來到調景嶺，遇到靈實的創辦人司務道教士，生命從此改寫。多年後，他希望透過著作留住昔日調景嶺的歷史，寫成了《荒原上的遺民》一書，該書大受歡迎，並曾奪得湯清基督教文藝獎（文藝創作組年獎）。

貧苦病患的唯一希望

計超的父親於1961年底病重時，曾在港島瑪麗院留醫，後因床位緊張，院方囑咐需要另覓適當的療養院休養，輾轉到了調景嶺大坪醫務所求醫，隨後入住「以基督為中心・實踐全人關懷」的靈實肺病療養院（靈實醫院的前身）。這間療養院各種設施雖然簡陋，但是卻成為貧苦病患者的唯一希望，加上依山面海、空氣清新、環境寧靜優美，是適合病者休養的地方。

1962年5月中，計超的父親不敵病魔，司教士為他安排臨終洗禮，讓他可以平安地回到天父的懷抱。由於計超在香港舉目無親、無依無靠，司教士介紹他入住由戴大衛等宣教士創辦的調景嶺馬可紀念之家（現稱香港學生輔助會賽馬會馬可紀念之家），讓他有機會讀書。調景嶺成為了計超的第二故鄉，他在調景嶺居住期間，經歷過水荒、颱風「溫黛」和「露比」吹襲等災難，但都一一平安度過。

計超憶述，他當年在一間汽車行當學徒，生活非常艱辛，如果一直在汽車行工作，也許會染上一些不良嗜好。不過，他遇上了司教士，生命得到改變，有機會接受教育和認識耶穌。讀書讓他眼界大開，知識改變了他的命運，而認識耶穌更讓他的人生有了真正的目標，聖經教導他許多做人的道理，帶給他信心和力量，縱然遇到許多苦難和痛苦，但都能夠一一化解。



恩情銘記在心

計超表示：「對於司教士、戴大衛改變了我少年時的命運，我一直銘記在心，為了感恩，於是觸發我想寫一本基督教見證集紀念他們。」他的《荒原上的遺民》記載調景嶺居民的艱苦歷史，書中有生動的描寫和豐富的資料，不但記錄了當地居民的生活點滴，還敘述了靈實、司務道教士、香港學生輔助會等人物和機構的故事。

雖然計超已經遷出將軍澳多年，但他一直感激靈實和司教士當年對他的恩情，所以一直與靈實保持連繫，參與靈實的活動或做義工，近年更成為導賞員，向將軍澳風物訊的參觀者口述靈實和將軍澳的歷史。

Sixty years ago, Tiu Keng Leng was still an extremely remote and desolate place. The residents were living in hardship, as if they were abandoned, so passionate missionaries came to serve and bring them hope. As a teenager, Edward Kai, like many children of the sick, had no one to turn to. His life was rewritten when he came to the place by chance and met Sister Annie Skau, the founder of the Haven of Hope. Years later, he wrote a book for Tiu Keng Leng: "Remnants On the Barren Upland" (《荒原上的遺民》), in hope to preserve the history of the place. The writing was very well received and won the Annual Christian World Literary Prize.

The Last Hope for the Poor Sick

Edward's father was seriously ill and was hospitalised at the Queen Mary Hospital in the year end of 1961. Later, due to the shortage of beds, they were asked to find another suitable place for recuperation. Eventually, he was transferred to a medical centre in Rennie's Mill (today's Tiu Keng Leng) and was later admitted to Haven of Hope Tuberculosis Sanatorium. The Sanatorium was the predecessor of the Haven of Hope Hospital, with "Centred in Christ, Serve with Holistic Care" as its mission. Although the facilities there were simple, it has become the only hope for the poor patients. Surrounded by fresh air with a quiet mountains and sea view, patients soon found out that it is a suitable place for them to recuperate.

In mid of May 1962, when Edward's father came to the last days of his life, Sister Annie arranged for his baptism so that he could return to the Heavenly Father in peace. As Edward had no relatives to support in Hong Kong, Sister Annie introduced him to the Mark Memorial Home (now known as Hong Kong Student Aid Society Jockey Club Mark

Memorial Home), which had been founded by missionaries such as David Taylor, so that he could have the opportunity to receive education. Tiu Keng Leng therefore became his second home. During his stay in this land, he experienced disasters such as flooding, typhoon Wanda and typhoon Ruby, with peace and grace.

He recalled that he lived a difficult life working as an apprentice in a vehicle store. He might have perhaps stayed in the vehicle store for too long as to have picked up some bad habits. Fortunately, his life was changed when Sister Annie appeared, and he had the opportunity to be educated and learn about Jesus. Education has broadened his horizon and knowledge changed his destiny, while knowing Jesus gave him a real purpose in life. The Bible taught him many things and gave him the confidence and strength to overcome hardships and pains that he encountered over the years.

Kindness That Will Never Be Forgotten

"I have always remembered how Sister Annie and David Taylor changed my fate as a young boy. Gratefulness inside me has prompted me to write a book of Christian testimonies so they will be remembered", Edward said. "Remnants On the Barren Upland" chronicles the history of hardship of the residents in Tiu Keng Leng. With vivid descriptions and rich information, the book not only records the life of the residents, but also recounts the stories of the Haven of Hope, Sister Annie Skau, figures of the Hong Kong Student Aid Society and other organizations.

Although Edward has moved out of Tseung Kwan O for many years, he has always been grateful to the kindness of Haven of Hope and Sister Annie back then. He has always kept in touch with the Haven of Hope by participating in its activities or volunteering. In recent years, he has become a docent, telling visitors of the TKO Heritage Post, the history of the Haven of Hope and Tseung Kwan O.





積極連繫各持份者 盼投保人專心治病 Linking Stakeholders, Advocating Assurance

靈實一直以關懷、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，得到許多支持者的認同。資深精算師陳建忠是其中一人，他長期留意靈實的服務，並多次組隊參加和贊助慈善高爾夫球賽，積極支持靈實司務道寧養院的服務和擴建，希望讓更多晚期病人得到有尊嚴和妥善的照顧。

有賴善心人士的捐助，寧養院可以持續營運，陪伴晚期病人在地上的最後一段旅程，使他們感受到愛、關懷和尊重，找到盼望和內心的平安，並在自負盈虧的市場運作下，可以有能力服事貧苦病人。寧養院成立至今17年，服務超過2,600名病友，當中超過500人是慈惠病床（免費）和夾心階層病床（津貼）的病友。

陳建忠不僅十分欣賞寧養院「用愛擁抱晚晴」的服務理念，更希望為更多病人貢獻自己的所長，成為支持他們的後盾。為了實現自己的志向，他於2014年成立互康集團，利用自己的精算專業、對保險業的認識、與醫療界建立的人際網絡等，向醫療保險投保人提供一站式醫療禮賓司服務，讓他們在患病時得到妥善的照顧和保障。

「任何人遇上健康出現嚴重問題時，都會很徬徨及需要專業意見，例如轉介至適當的醫生，而保險公司的資源及專注力，很難照顧這方面的需要。」醫療禮賓司正好讓投保人可以專心接受治療，其服務包括24小時客戶熱線、為投保人尋找合適的醫生、安排他們覆診和接受治療，跟進理賠、後續復康治療等。為了讓服務貼近大眾的需求，會提供增值服務，為客戶提供估算，讓他們知道整個療程的收費，好能及早因應費用而決定治療方案。

陳建忠的願景是醫療保險能夠愈趨成熟和穩固，以至可以分擔日益增加的政府醫療負擔，造福整個社會。互康與大學醫院合作，致力提升保險理賠的透明度，以及縮短處理索償的時間，藉此增強公眾對醫療保險產品的信心，也會積極推動公私營醫院的協作、拓展中港兩地醫療網絡，希望投保人不論在公立醫院、私營醫院、香港或內地，都一樣得到適切的照顧。

Haven of Hope Christian Service has consistently been dedicated to delivering services in a caring, professional, and progressive manner, aiming to mutually enrich the lives of both those serving and being served. Our efforts have garnered recognition from numerous supporters, including veteran actuary Chan Kin-chung. He pays close attention to our services, sponsors, and forms teams to participate in charity golf tournaments on multiple occasions. Actively supporting the services and expansion of the Haven of Hope Sister Annie Skau Holistic Care Centre (hereinafter referred to as the SASHCC), he hopes that more terminal patients can be properly taken care of with dignity.

Thanks to the donations from kind-hearted individuals, SASHCC can operate and serve needy patients on a self-financing basis. Consequently, we can accompany terminal patients on their final journeys with love, care, and respect, assisting them in finding hope and inner peace. Since its establishment 18 years ago, SASHCC has served more than 2,600 patients, with over 500 benefiting from either full funding through the RCS Beds Programme (Relief & Charity Service Beds Programme) or partial subsidies through the SCB Programme (Sandwich Class Beds Programme).

Mr Chan deeply aligns with service philosophy of SASHCC, "Embracing the Last Journey with Love". Hoping to contribute his expertise to serve more patients and become their supportive backbone, he

established the HealthMutual Group (hereinafter referred to as HMG) in 2014. Leveraging his actuarial expertise, knowledge of the insurance industry, and the interpersonal network he has built up with the medical sector, he provides one-stop medical concierge services to health insurance policyholders. This initiative aims to offer them proper care and protection in times of illness.

"Individuals facing serious health problems often feel anxious and require professional advice, such as a referral to an appropriate doctor. This can be challenging for insurance companies with their specific focus areas and resources", Mr Chan says. Medical concierge services address these concerns, allowing policyholders to concentrate on their medical treatment. These services encompass a 24-hour customer hotline, assisting policyholders in locating suitable doctors, coordinating follow-up consultations and treatments, and managing claims and rehabilitation treatments. To ensure the service remains attuned to the general public's needs, value-added services provide customers with cost estimates for the entire course of treatment. This enables them to make informed decisions on their treatment plans based on early-stage cost considerations.

In Mr Chan's vision, the development of health insurance can become more mature and robust, offering a potential relief to the increasing burden on the government and the entire community. Through collaboration with university hospitals, HMG is dedicated to enhancing the transparency of insurance claims and reducing claim processing times. This effort aims to boost public confidence in health insurance products.

Mr Chan mentioned that HMG actively promotes collaboration between public and private hospitals, expanding the medical network between Hong Kong and China. The goal is to ensure that policyholders receive the same level of care regardless of whether they are in public or private hospitals, in Hong Kong or the Mainland.



風物訊 帶你追蹤將軍澳歷史足跡

Trace the
Footsteps of
Tseung Kwan O's
history with
TKO Heritage Post

Facebook / IG : 將軍澳風物訊 TKO Heritage Post
預約、報名及查詢 Enquiry : 6250 5030
電郵 Email : tkohp@hohcs.org.hk

矗立在將軍澳山坡上的舊調景嶺警署建築群，在過去六十年，從高處俯瞰昔日荒蕪的調景嶺村，演變成現在擁有五十萬人口的將軍澳填海區新市鎮，見證靈實在社區一直默默耕耘，用關懷、專業及進取的服務精神，編寫出無數改變生命的故事。經過復修及改善工程後，成為歷史風物資料館「將軍澳風物訊」及旅舍「靈風雅舍」。風物訊率先於2022年開放給公眾參觀，而旅舍和茶室TKOHP Café也於2023年投入服務，並推出一連串動態和靜態活動。



「靈風雅舍」冀望營友的身心靈都獲得啟發。
"InnSpired Heritage" hopes to inspire the bodies,
minds and souls of its campers.

靈風雅舍已投入服務

旅舍的中英文名分別為「靈風雅舍」和「InnSpired Heritage」。「靈風」出自《約翰福音》第3章第8節：「風隨著意思吹，你聽見風的響聲，卻不曉得從那裡來、往那裡去；凡從聖靈生的，也是如此。」至於「InnSpired」，則與「inspired」（得到啟發）發音相近。顧名思義，靈風雅舍冀望營友可沐浴於靈風之中，無論個人靜修、團體工作坊、家庭 Staycation，都能從大自然環境、將軍澳的發展歷史、旅舍的設計及服務等獲得啟發。



騎單車遊覽將軍澳景點。
Cycling around Tseung Kwan O and
visiting attractions.



露營風房間帶來全新體驗。
Camp style room brings new experience to campers.

On top of the Tseung Kwan O hill stands the former Rennie's Mill Police Station Building Group. It has witnessed the transformation of Tseung Kwan O, from a wilderness to a reclaimed new town of 500 thousand residents. It is also the witness of the growth of the organization that written countless life-changing stories with the spirit of caring, professional and progressive service. The Building Group is now renovated and revitalised to become the TKO Heritage Post, a composition of a historical museum and a hostel. The Historical Museum was first opened in 2022, while the hostel "InnSpired Heritage" and the tea house "TKOHP Café" are opened in 2023 and have been holding a series of activities.

"InnSpired Heritage" is Now in Service

The Chinese name of the heritage "靈風" (Wind of Spirit) is derived from the Bible, John 3:8, "The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit". It is therefore named "InnSpired", with the hope to provide a spiritual place where campers whoever come for personal meditation, group workshop or family staycation can be inspired by the natural environment, the development history of Tseung Kwan O, and the design and service of the heritage.

The Hostel offers 14 single and double rooms for public booking, which can accommodate two adults and one child under six years old. Some of the rooms are themed with camping style, which brings a new experience to the campers. Visitors can enjoy the stunning view of Tseung Kwan O from a high vantage point and enjoy a slow time away from the hustle and bustle of the city. Visitors can also sign up for different workshops such as carpentry and natural dyeing of plants.

Haven of Hope aims to revitalise this cluster of historic buildings into a new hub for Tseung Kwan O's history and culture, and is therefore launching a number of exciting activities. Those who want to stretch their muscles can join the "Tseung Kwan O Fortress Tour", which takes you on a hiking trail along Mau Wu Shan, Black Hill and Devil's Peak, with views of Kowloon East and Hong Kong Island East along the way. Participants can visit military relics such as prismatic forts and catapult, while listening to the instructor's talk on Tseung Kwan O's history and culture. Quieter members of the public can also join the "Mini Roman Catapult Building Workshop with Tree Branches" and the "Bicycle Rebirth Workshop", where they can make toys from brushwood found on the roadside or make household goods out of old bicycle parts to raise their awareness of environmental protection.

靈風雅舍提供十四間單人及雙人房，讓公眾預約，一般房間可容納兩名成人及一名六歲以下兒童同住，部分房間以露營風為主題，帶給營友全新體驗。旅客可以從高處遠眺將軍澳美景，暫時遠離鬧市的繁囂，享受慢活的時光，更可以報名參加木工、植物天然染等不同的工作坊。

靈實希望把這組充滿歷史特色的建築群活化，以成為將軍澳歷史和文化的新基地，因此推出多項精彩活動。想舒展筋骨的市民可以參加「將軍澳尋『堡』遊」，踏上茅湖山、五桂山及魔鬼山的行山徑，沿途欣賞九龍東和港島東的景色，一面參觀棱堡、炮台等軍事遺跡，一面細聽導師講解將軍澳的歷史和文化。好靜的市民也可以參加「樹枝迷你羅馬炮架拼砌工作坊」、「單車重生製作坊」，利用路邊撿取的小樹枝製作玩具，或以舊單車零件製作家庭用品，提升自己的環保意識。



到將軍澳尋「堡」。
Tseung Kwan O Fortress Tour.



單車重生製作坊。
Making household goods out of old bicycle parts.



利用樹枝製作玩具。
Making toys from brushwood found on the roadside.

冬季流感 的防治

【預防】

1. 飲食

日常飲食與人的體質有莫大關係：例如喜食油膩及甜食的人多痰濕、喜食辛辣煎炸的人素體陽熱、喜食生冷寒涼的人脾胃多虛寒等。人的體質又與外感後的變化相關，喜食甜食、油膩、生冷的人容易痰多咳嗽不癒；素體陽盛容易發熱、喉嚨痛、便秘；脾胃虛寒的人容易吐瀉、食慾不振；飲食有常、素體平和的人則不容易受到感染，即使不幸感染流感，亦較容易康復。因此，要預防外感或避免症狀遷延不癒，需注重平時的飲食習慣。

2. 天灸

天灸療法是在特定穴位上敷貼有溫熱作用的藥物，刺激穴位以達到溫通陽氣的作用。除了講究藥物的使用，亦講究治療的時間——一般天灸都會在三伏天（即一年最炎熱的時候）或三九天（即一年最寒冷的時候）進行。

天灸療法較為適用於呼吸系統的疾病，例如鼻敏感、哮喘等。對於易感冒的人，天灸療法可增強體質，扶正祛邪，減少外感的機會。不過天灸藥物屬溫性，如白芥子、延胡索、細辛、甘遂等，而且對皮膚具刺激性，並非所有人都適宜進行天灸療法，接受治療前應先諮詢你的中醫師。

【治療】

1. 中藥治療

坊間很多治療流感的中成藥，譬如葛根湯、銀翹散、盒仔茶、感冒茶、桑菊飲、板藍根沖劑、連花清瘟膠囊等，但這些藥物寒熱溫涼都有，適應症各不相同，一旦用錯的話可能適得其反。因此，不建議在不了解病情時自行使用中成藥，應及時向中醫師求診。

一般感冒藥物的注意事項：

- 水藥煎煮時間宜短，不可過煮
- 服藥後避風覆被取汗，或吃熱稀飯、米湯以助藥力，以遍體微汗為宜，切忌大汗淋漓
- 中西感冒藥不宜同時服用

2. 小兒推拿

小朋友如果感染流感，除了按醫生指示服藥外，家長可以為小朋友進行小兒推拿、捏脊，可達到退熱、止咳、安神、通便等作用，操作簡便、療效不俗。適宜於6歲以下的小朋友，3歲以內的小朋友療效更佳；對於不願食藥的幼兒，推拿等無痛的外治法比內服藥物更易操作。

譚凱瑩中醫師 by Tam Hoi Ying
Traditional Chinese Medicine (TCM) practitioner

冬季是流感高發季節，香港每年都有大量人感染流感病毒，甚至危及性命。中醫學認為，人體的健康與自然環境息息相關，冬季氣候寒冷，風寒之邪易襲人體；或冬季不寒反溫，氣候突變，非時之氣挾時行病毒等外邪從口鼻皮毛而入，出現惡寒發熱、頭疼身痛、鼻塞流涕、咳嗽咽痛等表現。如果再加上起居不慎，導致體質虛弱，就更容易受外邪所襲。

流感在中醫可以歸類為時行感冒的範疇，多互為傳染流行，突然出現惡寒，甚至高熱寒戰，周身痠痛，全身症狀明顯，可出現併發症；一般傷風感冒則全身症狀不重，汗出熱退後，一般不會再發熱，而且少有併發症。

In Hong Kong, seasonal influenza is usually more common in winter and also the peak season, when flu and colds viruses strike and spread fast. Sometimes they even pose a threat to human lives. In this regard, TCM emphasizes the close relationship between human body and the natural environment. During the chilly winter, or in some cases under the sudden changes in climate, winter has become much warmer, some untimely qi coupled with the cold and wind evils, joins hands with the seasonal viruses and other external pathogenic elements will attack the people through the skin, mouth and nostrils. Thus triggering the cold symptoms such as fever, headache, body pain, runny or stuffy nose, coughs, sore throat, and other manifestations. People with poor physique because of their unhealthy lifestyles may be more susceptible to the evils.

TCM classified colds under the scope of Influenza, which is often caused by viral infection, with the following manifested symptoms including severe fever which may cause one to shiver, the muscles to tense up and the whole body to ache. Sometimes, complications may occur. In general, the symptoms of flu or common colds are mild; sweating is a sign when the fever is breaking and normal body temperature is resumed. Generally speaking, fever seldom returns or is followed by any complications.

【 Preventive Measures 】

1. Diet

Mind it : We are what we eat. Diets highly determine the physique. For example, people, with excessive consumption of greasy and sweet foods, may form a phlegm-damp constitution; taking in extra spicy and fried foods, may cause too much yang and heatiness inside the body. Likewise, eating too much cold and raw foods will result in poor and cold stomach. Moreover, our physique may also be changed or upset following the viral infection. For instance, consumption of excessive sweet, fatty and raw/cold foods may accumulate abundant dampness and then congeal into phlegm and cause prolonged coughing. And extra heat and yang are manifested with symptoms like sore throat and constipation. In addition, people, with spleen and stomach deficiency-cold, are more prone to display the cooling symptoms like diarrhea and loss of appetite. In conclusion, to stay healthy and fit, we must have a regular and well-balanced diet; and always remain calm and steady. Even though we get infected, we will recover soon. To prevent infection, we must keep the exogenous pathogenic factors at bay and avoid retaining any symptoms over time.

2. Tianjiu Therapy

Tianjiu therapy is a kind of external application of special drugs giving a warming effect on specific acupuncture points of the body on specific days of a year so as to promote the smooth circulation of yang qi. Apart from the drugs used, timing of Tianjiu therapy is equally important. In general, it is performed on san fu days (i.e. the hottest time of a year) or sanjiu days (i.e. the coldest time of a year).

The treatment has better therapeutic effect for treating respiratory diseases, such as nasal allergies, asthma, etc. and particularly benefits those who are vulnerable to flu winter illnesses. The drugs used in Tianjiu therapy are generally mild in nature; for examples, white mustard, Corydalis yanhusuo, xiexin, gansui, etc. But they are skin irritants. In a nutshell, Tianjiu therapy is definitely not one-size-fit-all people. Do consult a TCM practitioner before using the treatment.

【 Treatments 】

1. TCM Treatments

There are many popular Chinese patent medicines for flu treatment, such as kudzu root soup, Yin Qiao San, He Zai tea, tea for colds, mulberry leaf and mum drink, Banlangen, Lianhua Qingwen capsules and others. But they carry both cold and hot properties which are further divided into 4 subtypes including warm, hot, cold and cool. So they must be correctly prescribed. Or else, it will be counterproductive. Last but not the least, it is not recommended to take any of these Chinese patent medicines without prior consultation with a TCM practitioner.

Some general precautions when taking in the flu medicines:-

- Don't overboil; and it is preferable for the herbal decoction time to be short.
- After taking in the medicine, he should cover himself with a blanket and try to sweat; and avoid the exposure to wind. To eat hot and light porridge or congee, in order to enhance the drug efficacy. Best to sweat slightly all over the body; but not to sweat profusely.
- Never take in the Chinese and Western medicines simultaneously.

2. Pediatric Tuina

In addition to prescriptions, parents may also perform pediatric massage and chiropractic on the children who are infected with flu. Though simple, the treatment helps to break a fever, stop coughing, relax, stimulate bowel movements and others. It is effective for children under 6 years old; and especially fit for smaller kids under 3 years old. Apparently, this is well accepted by the children not just because it aids them to relax; but also a good alternative to scary needles or bitter medicines.



MESSAGE TO DONORS / 給捐贈者的話



我是家庭科醫生，在靈實服務了二十多年，如今已經退休。我還有另外兩個身份：服務使用者的家屬和捐贈者。因此，我有機會從不同持份者的角度認識這個機構。作為同工，我深入了解並認同機構的服務理念，特別是「以愛心服事關懷」。70年來，靈實的服務都是從愛心出發，關懷了不計其數的長者和弱勢社群。

我的外父曾經是靈實胡平頤養院的院友，他接受過醫護團隊專業的守護和無微不至的關懷，他們不僅履行各自的職責，更真心關注每一位服務使用者的情感和需要，創造了一個安全、溫馨的環境，為院友帶來關愛和希望。團隊曾經積極主動為我的外父移除鼻胃管，讓他可以安心進食。作為服務使用者的家屬，我親身感受到靈實「尊重生命・改變生命」的精神。

靈實的服務多元化，涵蓋長者、復康、健康和教育等範疇，需要籌集許多款項。靈實慈善行和耆樂餅義賣都是每年的籌款活動。我一直非常支持。我相信靈實會把捐款適當地用在有需要的人士身上。

自從第一屆靈實慈善行開始，我們一班在伊利沙伯中學1974年畢業的校友已經參與這項非常有意義的籌款活動。今次「以愛之名」靈實慈善行，我們一班校友都積極響應，尤其是獲得清水灣鄉村俱樂部主席黃偉光醫生的大力支持，在清水灣的高爾夫球場舉行慈善行。

此外，耆樂餅義賣亦是靈實的籌款活動，每年都會推出不同款式的產品，今次主題是精美的史諾比旅行電話袋及旅行箱禮盒。希望大家也積極支持。

I am a retired family doctor and served the Haven of Hope for more than 20 years. Besides, I have two other roles: the family member of a service user and a donor. Therefore, I have the opportunity to learn about the organization from the perspectives of different stakeholders. As a staff, I deeply understand and agree with the service philosophy of the organization, especially "With Love, We Serve and Care". Such vision has been the basis of the organization for over 70 years, caring for countless elderly and disadvantaged people.

My father-in-law was a resident of the Haven of Hope Woo Ping Care & Attention Home. He was served with professional care and attention from the healthcare team, who not only carried out their duties, but also paid genuine attention to the feelings and needs of each and every service user. They create a safe and welcoming environment that brought love and hope to the residents. The team had taken the initiative to remove the nasogastric tube for my father-in-law so that he could eat at ease. As a family member of a service user, I personally can experience the spirit "Respecting Life • Impacting Life".

The services of the organization are diversified, covering areas such as elderly, rehabilitation, health care and education, which require a lot of funding. The Haven of Hope Charity Walk and the Open Sale of Qile Cake are annual fund-raising events. I have always been very supportive and believe that the donations will be well spent appropriately for the needy.

Since the first Haven of Hope Charity Walk, a group of our alumni who graduated from Queen Elizabeth School in 1974 have been involved in this very meaningful fundraising activity. This time, our alumni responded positively, especially with the strong support of Dr Wong Wai-kwong, Jack, Chairman of The Clearwater Bay Golf & Country Club, the charity walk was held in the Clearwater Bay golf course.

In addition, the Open Sale of Qile Cake is also an annual fundraising activity and different products are launched every year. This time, the theme is the Snoopy Travelling Phone Bag and Deluxe Pack. Your active support will be our greatest motivation.

陳雨生醫生
Dr Chan Yu-sang, Dickson

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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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