靈感 HAVEN OF HOPE NEWS

119
2026

築動生命全方位關顧計劃
The Haven Project

築夢成真・十載同行
The **Fantasyland** Comes True



基督教靈糧堂協會 HAVEN OF HOPE (CHRISTIAN SERVICE)

尊重生命・改變生命
RESPECTING LIFE • IMPACTING LIFE

CONTENTS

2026 | ISSUE 119
HAVEN OF HOPE NEWS

3 行政總裁的話
WORDS FROM CEO

4-5 主題：
Theme：
關維超教授：
築動生命十年　以信心承傳使命
Professor Joseph Kwan Kai-cho:
Building lives for ten years - Continuation of the mission with Faith

6-7 陳升恪先生：最大成果：不是建築 而是團隊
Mr Stuart Chen: The biggest achievement is not about what is being built, but the team who built it.

8-9 林正財醫生：十年同行，見證恩典，同建社會所需
Dr Lam Ching-choi: Making a resonant impact on lives. A ten-year journey with God witnessing his grace in building to societal needs

10-11 「那裏有需要，那裏就有靈實」回顧靈實醫院信望愛樓落成
Where there is a need, there is Haven of Hope
Reflections on the completion of the Trinity Block of Haven of Hope Hospital

12-13 由「晚晴」到「生命旅程」：
靈實司徒遠亭長院擴建計劃展望
From "Last Journey" to "Life Journey":
The extension project of Haven of Hope Sister Annie Skau Holistic Care Centre

14-15 靈實胡平顯長院七年擴建裝修工程
長者健康 融入日常生活
Haven of Hope Woo Ping Care & Attention Home completes 7-year expansion:
Integrating elderly rehabilitation into everyday life

16-17 靈實與社區同行
Haven of Hope: Walking alongside the community

18-21 尊重生命 Blog
Respecting Life Blog

22-23 健康知多少
Health Tips

24-25 你的支持 帶來改變
You Can Change The World

26 靈實司徒遠亭長院擴建計劃：
用愛締造優質全人服務新里程
Extension Project of the Haven of Hope Sister Annie Skau Holistic Care Centre: A New Milestone of Holistic Care Service with Love

《靈感》電子版
HAVEN OF HOPE NEWS Digital Version
https://www.hohcs.org.hk/content_72.html

電子版登記
Register for Digital Version

根據《公司條例》(第622章)，基督教靈實協會為一所擔保有限公司。
Haven of Hope Christian Service is a company limited by guarantee under the Companies Ordinance (Cap. 622).

編委會名譽會員
Editorial Board Honorary Member
何志雄　Rev Peter Ho
梁智鏘　Dr Antony Leung

編委會 Editorial Board
陳曉鳳　Flora Chan
陳詠琴　Jackie Chan
蔡慧娥　Mary Choy
鍾海萍　Maggie Chung
何少瑚　Susan Ho
林舒陽　York Lam
廖慧欣　Fanny Liu
羅嘉熙　Jane Lo
吳麗珍　Julie Ng
吳幕瑜　Mandy Ng
黃雅琦　Ally Wong
黃少清　Joanne Wong
楊文傑　Kit Yeung
余佩儀　Rev Esther Yu

*依英文姓氏順序排列
Alphabetical Order (Surname)

基督教靈實協會
Haven of Hope Christian Service

異象禱詞 VISION PRAYER
神啊，我們並肩服事及成長，見證福音，並體會祢的愛，願祢心滿意足。阿們。
God, together we serve and grow, witness the Gospel and experience Your love. May You be satisfied. Amen.

使命 MISSION
透過關懷全人的事工，我們致力與人分享福音及建立基督化社群。在基督的愛中，我們以關懷、專業及進取的精神提供服務，使服事者及被服事者彼此建立更豐盛的生命。
Through a ministry of holistic care, we strive to share the Gospel and develop a Christian community. In the love of Christ, we deliver our service in a caring, professional and progressive spirit so that the lives of those serving and being served are mutually enriched.

靈實精神 CORE VALUES
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。
With loving care and professionalism, we serve; with progressive and evangelistic attitudes, we commit.

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

網址 Website
www.hohcs.org.hk

電郵 Email
info@hohcs.org.hk

服務查詢熱線 Service Enquiry Hotline
2701 9019

義工及捐款熱線 Volunteer & Donation Hotline
2703 3284

本刊所有文章版權屬基督教靈實協會所有。
歡迎引用或轉載，惟需事前徵詢本會同意。
All published materials are under copyright protection. Permission must be obtained from Haven of Hope Christian Service for the reproduction of the contents.

香港公益金 The Community Chest 會員機構 2011

行政總裁的話
WORDS FROM CEO



樹的生命力

親愛的靈感讀者：

今期主題旨在回顧與展望「築動生命全方位關顧計劃」。回想機構於 2016 年踏入新的發展階段，前瞻社區需求日益殷切，無論是長者照顧服務還是智障人士支援，均需擴大規模。為此，我們啟動「築動生命全方位關顧計劃」。

計劃其中一項是擴建靈實醫院，新座信望愛樓的設計與設施都很好。我偶爾遇到病人和家屬，他們都表示很滿意新座的環境。我最喜歡看見的就是院子中間那棵大樹，那是一棵「浙江潤楠」，郊野常見的樹木，它一年四季都有不同面貌。每到開花的季節，整棵樹都充滿生命力。

回想當年展開擴建信望愛樓時，看見大樹正被工程圍繞，然而它慢慢渡過艱難的日子，今天依然茁壯成長。我常常想，靈實十年間眾多的工程，其實也像這棵樹一樣：過程中或會遇上困難，透過神的恩典，只要撐過去，就能茁壯成長。

計劃其他的工程，如靈實胡干顧養院亦完成擴建的部分。擴建後長者住得更開心，大家尤其喜歡那個花園。特別叫我感動的是，雖然一些長者親歷整個工程，他們沒有因為工程而選擇離開，反而一直與靈實同行，一同見證工程完工的一天；至於寧養院的擴建工程仍在進行中；另有兩個大型項目，目前仍在規劃階段。不同工程處於不同階段，步伐有快有慢，神的時間表，往往比我們的計劃更為周全。

經上記著說：**「我們行善，不可喪志；若不灰心，到了時候就要收成。」（加拉太書六章九節）**願主繼續堅立我們手所作的工作，帶領我們在各自崗位上忠心服事，誠如浙江潤楠的生命力般，讓「尊重生命．改變生命」的使命在社區內盛放。

行政總裁

林正財醫生，金紫荊星章，太平紳士

The Vitality of a Tree

Dear Haven of Hope Supporters,

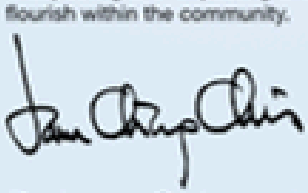
The theme for this issue aims to review and offer a visionary view on "The Haven Project". Looking back to 2016, the organisation embarked on a new stage of development as we had anticipated the growing and urgent need in the community. Whether it was elderly care services or the support for the mentally challenged, both areas of services needed to be expanded. Thus, we launched "The Haven Project".

One of the initiatives in the project is the expansion of Haven of Hope Hospital. The new building, Trinity Block, has a great design and excellent facilities. I occasionally meet patients and their families there, and all of them have given great comments on the landscape design of the new building. What I love most is the big tree in the middle of the courtyard. The tree is called "Machilus Chekiangensis", a common tree found in Hong Kong's countryside. It looks differently in each season and especially during the flowering season when the whole tree is full of vitality.

Looking back at the time when we started the expansion of the Trinity Block, I saw a large tree surrounded by construction work, and yet, it weathered through rough times and continues to thrive today. I often think that the many projects that Haven of Hope has undertaken over the past 10 years are a lot like this tree: we may have encountered many difficulties along the way, but with God's grace, as long as we persevere, we can grow strong and flourish.

Other planned projects, such as the phase by phase expansion of Haven of Hope Woo Ping Care & Attention Home, has also been completed. After the expansion, our elderly residents are happier living there, and they love the garden in particular. What really touched me was that even though some of the seniors had to stand the inconvenience caused by the construction works, they didn't choose to leave because of the hazard. Instead, they stayed with Haven of Hope, witnessing the day the project was completed. As for the expansion work of Haven of Hope Sister Annie Skau Holistic Care Centre, it is still on-going. In addition to that, we also have two other big projects that are currently in the planning stage. Different projects are at different stages, some moving faster, some slower. God's timeline is often more comprehensive than ours' meticulous.

The Scripture says: **"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)** May the Lord continue to strengthen the work on our hands and lead us to faithfully serve in our respective roles. Just as vibrant as the life force of "Machilus Chekiangensis", may our mission of "Respecting Life • Impacting Life" continues to flourish within the community.



Dr Lam Ching-choi, GBS, JP
Chief Executive Officer



關繼祖教授：築動生命十年　以信心承傳使命

「社會轉變得很快，如果我們要繼續完成使命，就必須配合社會發展。」

一句平實的說話，道出了基督教靈實協會董事會主席關繼祖教授對「築動生命全方位關顧計劃」最深的體會。十年前，靈實啟動大規模的發展計劃，外界看見的是一座座新建築陸續落成；關教授看見的，卻是一個機構如何在不變的使命中，勇於回應時代轉變，不斷更新自己。

「有需要，就去做。」這份信念，不但推動靈實更新設施、優化服務，更成為董事會每一個重要決策背後的共同初心。從新建醫院大樓、院舍擴建，到引入創新服務模式，關教授始終相信，真正需要延續的，從來不是一座建築，而是靈實七十多年來關顧社群、尊重生命的使命。

回望「築動生命全方位關顧計劃」走過的十年，他認為，最大的成果不只是落成了多少項目，而是讓靈實在使命、服務與創新上同步前行。他認為，整個計劃有三個重要元素：第一是全面更新，不但改善環境及設施，也更新服務模式，引入新的照顧理念和專業實踐；第二是使命承傳，延續創辦人司教士及一眾宣教士關顧社群的初心；第三是持續創新，透過與大學、科研機構及不同伙伴合作，讓服務不斷提升，回應社會的新需要。

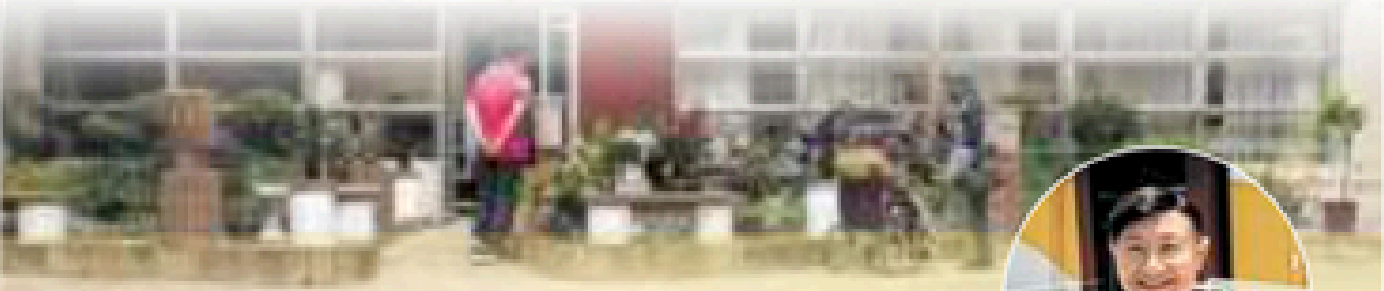
如此龐大的發展計劃，涉及大量資源及不同專業意見，董事會難免需要面對不同的討論。關教授形容，董事會成員都是不同界別的資深領袖，各自擁有豐富的專業知識和經驗，但最令他感恩及欣賞的，是大家都願意彼此聆聽。「他們每一位都是『星星』，但每一位都很謙卑。」他表示，即使曾就捐款來源、設施命名等議題出現不同看法，大家仍能坦誠分享，從不同角度理解事情，最終尋找共同接受的方案。

他認為，維繫董事會同行的最大力量，是共同的信仰。「我們不是為自己工作，而是為神工作。」董事會不只討論策略和資源，更透過禱告、查經及靈性操練，一同尋求神的心意。這份信念，成為大家攜手前行的重要基石。

談到擔任主席的體會，關教授表示，自己一直希望每位董事都有充分機會發表意見。「每個人都有不同的智慧和眾賜，我們可以彼此學習。」他相信，主席的角色不是最快作出決定，而是營造一個彼此尊重、互相聆聽的空間，讓不同觀點匯聚成最合適的方向。

十年過去，多項設施已完成擴建或優化。關教授欣慰地看到，新設施不僅改善了病人、家屬、同工及義工的使用空間，也加強了與區內醫院的協作，提升九龍東的復康及長期照顧服務。更充足的空間，亦讓照顧者支援及社區服務得以持續發展，回應人口老化和長期病患帶來的挑戰。

展望下一個十年，關教授希望靈實積極運用資訊科技及人工智能，提升服務效率和成本效益，讓更多家庭享受到優質而可負擔的服務。對關教授而言，「築動生命」最大的收穫，並非一座座落成的建築，而是連結一群擁有共同信仰、願意彼此信任、謙卑同行的人。「大家都有不同的成就，但來到靈實，都是一起為天父工作。」他相信，正是這份合一與信心，讓靈實走過「築動生命」的第一個十年，也將繼續承載使命，迎向下一個十年，回應更多生命的需要。





Professor Joseph Kwan Kai-cho: Building lives for ten years - Continuation of the mission with Faith

"We need to match the rapidly changing pace of the society in order to accomplish our mission."

The deepest insight on the Haven Project (hereby called The Project) for Professor Joseph Kwan Kai-cho, Chairman of the Board of Directors, is summarised by this simple sentence — when the Project was launched ten years ago, others saw this as bricks and stones being built into new buildings; but Professor Kwan viewed it as the courage of an organisation to response to changing times and evolve without wavering from Haven of Hope Christian Service's (hereby called Haven of Hope) VMV- the original mission.

"When there is a need, then it needs to be done." This is the driving force behind all the important milestones led on by the Board of Directors. It does not only motivate the enhancement of hardware but also in upgrading service quality. Professor Kwan believes that what really needs to be continued is the 70-year old mission to serve the community and to respect lives, rather than merely constructing new buildings and adopting new technologies.

Looking back at those ten years, Professor Kwan said that the biggest achievements were never built on the number of completed projects but the simultaneous progress of Haven of Hope's mission, service and innovation. He believed there are three key success factors to the Project: 1) A total make-over of both hardware and software. The hardware being the enhancement of environment and facilities; while the software was the new definition to the standard and mode of care-taking revealed in the services we offered; 2) the ability to pass on Sister Annie Skau's spirit to this day and stay true to mission and vision set at the time HOHCS was established; lastly 3) to be able to continue innovation by collaborating with universities, research institutions and partners to response to the needs of the society.

Inevitably, the Board of Directors had different opinions when facing such a large-scale project. What has impressed Professor Kwan most is that all the members are distinguished leaders with vast knowledge and experience in their own fields; however, they are willing to listen to each other. Professor Kwan gratefully said "they are all stars in their respective fields, yet they are truly humble." He continued to say that even though there were different viewpoints on matters such as naming and donation sources, they could reach a consensus because of their open-minds and sincerity with each other.

In Professor Kwan's opinion, the Board of Directors biggest bond is their common faith. "We are not working for ourselves but for the Almighty." When working on different strategies, they sometimes sought guidance from God by prayers, bible study and retreat. They walk and progress together base on Faith. This Faith has become the foundation for their united progress.

As the Chairman, Professor Kwan hopes that every member should have their own voice. "Everyone is gifted with their unique wisdom; we can learn from each other." He believed that the Chairman's role was to create a space where every one's voice was heard and respected so that they could all decide on the most optimal direction.

For the past ten years, the Haven Project not only expanded, enhanced and improved the quality of facilities and provided better place for those who serve and those being served, it also strengthened hospitals' collaboration in the region and elevated the rehabilitation and long-term care services in the Kowloon East Cluster. With more ample space, care-takers support and community service can be continuously developed to meet growing demands. Professor Kwan took much comfort in this.

Looking ahead, Professor Kwan hopes that more people could be benefited to enjoy high quality service at affordable price range through cost efficiency achieved from engaging new technology and AI. To Professor Kwan, the biggest achievement of the Haven Project is to be able to connect a group of people who shared a common faith, trusting each other and humbly walking together. "In Haven of Hope, we are all God's servants." Professor Kwan believes that serving God is the driving force which leads the Haven Project throughout the past ten years, and onto the next ten years in responding to the growing needs of the society.

最大成果：不是建築 而是團隊





靈實董事局副主席暨前物業發展及保養委員會主席陳升惕

Mr Stuart Chen Seng-tek, Vice-Chairman of the Board of Directors and Former Chairman of the Property Development and Maintenance Committee

回望「築動生命全方位關顧計劃」走過十年，陳升惕沒有急於細數完成了多少工程，而是先說了一句：「最大的感受，不是自豪，而是感恩。」

「祂必看見自己勞苦的功效，便心滿意足」

(以賽亞書53:11)

他坦言，很多人以為十年計劃是一開始便規劃好的大型藍圖，但事實並非如此。「靈實一直以一種持續演進的發展模式前行。我們不是先訂立一個完整計劃，再逐項落實，而是因應社會需要，一步一步回應。當不同項目逐漸成熟，我們便把它們整合起來，形成共同的發展方向。」在他眼中，這十年的發展，不是人的精密策劃，而是上帝一步一步的預備。

他說，靈實本身並不是一間資源充裕的機構，真正支撐整個計劃的除了上帝，背後是政府、香港賽馬會及社會各界多年來對靈實的信任。「他們相信我們有能力做好服務，所以願意把不同項目交給我們承擔。這份信任，比任何資金都珍貴。」

「我栽種了，亞波羅澆灌了，惟有神叫他生長。」

(哥林多前書3:6)

談到最具挑戰的項目，他毫不猶豫提到靈實胡平頤養院。他笑言：「起一座新樓反而容易，最難是院舍不停服務，但又要改動裡面的結構。」工程需要分四期進行，施工期間遇上新冠疫情，營運要作出改變，院舍服務、工程開展卻一天也不能停。最令他難忘的，並不是建築本身，而是那些外人看不見的細節。

「例如樓下要改動渠位，但樓上的住客服務仍然如常運作。新的喉管如何接駁、污水如何改道、怎樣在不停水、不影響住客和病人，以及診所服務的情況下完成工程，每一步都要反覆推敲。」疫情期間施工限制、不同資助項目的要求，以及院舍和診所需要維持正常運作，更令整個工程變得比興建一座新大樓更複雜。

「萬事都互相效力，叫愛神的人得益處。」

（羅馬書8:28）

然而，回望這段歷程，最令他欣慰的並不是完成了一幢建築，而是整個團隊一起成長。「以前很多同事都沒有大型工程經驗，但這十年大家一路學、一路磨合，慢慢建立彼此的信任。今天，使用部門更理解工程團隊的限制，工程團隊亦更明白用家團隊真正的需要。我覺得，這才是最大的成果。」

工程細節多，難免有意見不一的時候。多年來參與不同大型工程，他亦總結出自己的管理哲學：「每一個人都有自己的長處。管理不是放大別人的缺點，而是把每一個人放在最適合的位置。當每個人都能發揮自己的優勢，一個團隊自然能走得更遠。」



十年同行，見證恩典，同建社會所需

十年前，嘉華慈善基金會啟動「福動生命全方位關顧計劃」，展開一場翻開歷史最大規模的復康工程。今天回望，這十年不只是總量物一幢又一幢落成，更是一段與伸同行、與服務使用者同行、與同工同行的旅程。

「當時我們看到香港人口老化，以及智障人士長期輪候院舍宿位的現象越來越大，嘉華必須走前一步，除了新服務模式，更須重建家。」行政總裁林正財醫生回顧計劃啟動的初心時表示。正因預見社會需要，嘉華決定開展這項長達十年的發展計劃，希望建立更完善的服務網絡，陪伴更多有需要的人，圓滿一生以及行者的願神。不只回應今天的需要，更面為未來十年、二十年的社會作好準備，而「必須關愛」這份信念，成為推動整個計劃的起點。

十年間，嘉華輪流圓滿完成，從望樓正式投入服務；嘉華逆子園舊院及成優化及擴建；同德圍智障院舍擴建工程亦正順步推進。每一項工程背後，都承載着一個共同目標——讓更多人在人生不同階段，都能獲得所需關、有盡意的照顧。



行政總裁
Chief Executive Officer

林正財醫生
Dr Lam Ching-choi

到仲醫生表示，印象深刻的，不只是新總樓落成，還有一間一直默默陪伴着嘉華建工程、每天成長的人們。

每當經過包望望樓，他總會望向院中央那棵百年大榕王。隨着計劃推展，它曾被重重工地圍繞，令人擔心能否繼續生長；然而，它最終與組屋團、今天依然枝葉茂盛，仲醫生說，那正象徵每位不同學習能展現不同潛能、開拓明更豐富生命。這看似每一棵都平凡，「我希望嘉華未來不同的服務和單位，也都像它一樣，彼此緊靠、彼此連繫、共同成長，發揮更大的力量。」

工程期間，無論是服務使用者、家屬、同工、董事會，以至鄰舍團體，都共同承擔着工程帶來的不便。長者宿舍因工程而繼開熟悉的院舍，同工在有限空間中繼續提供優質服務，承諾將全力心施工，更一直保持零工業意外。讓仲醫生深深感動，每一步都是眾人同行的成果，也是神一路保守和帶領的見證。

今天，入住過不同嘉院的長者已享用更舒適的生活環境；病人照顧者重要包望望樓的設計和空間，看見使用者臉上的笑容，仲醫生相信，所有艱辛都值得。期望得證明。

展望未來，嘉華仍有兩項大型服務項目正在積極中，仲醫生相信，同時服務多個大型工程並不容易，但也相信，每一步都有神的時間，也有神的安排。

「回顧看，這十年我們經歷了不少困難，但每一次跨越，都看到神的恩典。」他深信，只要大家繼續同心同行，嘉華未來能夠繼續支援服務一個、扎根更深、持續成長，讓更多生命因着被愛重而起因希望，讓每一項建設，都成為觸動生命延續的祝福。

Making a resonant impact on lives
A ten-year journey with God witnessing his grace in building to societal needs

When the Haven Project was launched ten years ago, it was Haven of Hope Christian Service's largest scale development project in the organisation's history. In hindsight, this was not just a capital development project but it was, in fact, a journey with God, the community and fellow workers.

"At that time, we had foreseen a growing needs from society's underprivileged such as the ageing population and the mentally challenged users etc. Thus, Haven of Hope needed to go one step ahead of time to provide a more inclusive services under a new operating mode", Dr Lam Ching-choi, CEO said in retrospect. The original aspiration for this ten-year plan was to build a more comprehensive service network to serve more people in need. Being the pioneer, Haven of Hope had the foresight to make preparations for the next ten and even twenty years. The belief of "expansion for more inclusivity" was the driving force for the launch of the project.

In the last ten years, the expansion for the Haven of Hope Hospital is completed — the Trinity Block has officially commenced operation; Haven of Hope Wooi Ping Care & Attention Home has been expanded and optimised; and the expansion of the Haven of Hope Sister Annie Skau Holistic Care Centre is progressing in a timely manner. Each of these projects has the same goal of providing dignity and compassionate care for more people in their different stages of life.

Silently accompanying the expansion of the hospital is an evergreen pine tree quietly growing in the midst of the expansion works. It has made a striking impression on Dr Lam.

"This evergreen pine tree situated in the middle of the Trinity Block of Haven of Hope Hospital, a Machilus Chekiangensis, caught Dr Lam's eyes every time he passed by. He worried if its growth would be stunted by the surrounding sites when constructions first commenced. Nevertheless, it continued to thrive despite of the adversity. According to Dr Lam, this type of tree presents a unique form every season. When the flowers blossom, they appeared in cluster resembling a cauliflower. I hope the different units of Haven of Hope can work closely together, grow in unison and demonstrate immense power like this tree."



All parties involved took on the inconvenience brought on by the construction, be it the service users, their families, the staff, the Board of Directors and even the construction engineering teams. Despite all the inconveniences, no elderlies left their familiar attention homes, staff continued to provide quality services in limited space, and contractors paid utmost care to ensure industrial safety. As such, Dr Lam felt deeply grateful for the achievement of every participating body and mostly felt blessed with God leading every step of the way.

Today, the elderlies in Haven of Hope Wooi Ping Care and Attention Home are enjoying an enhanced well-being and the upgraded living environment. Patients and their families love the new out-look , the space and the design of the Trinity Block of Haven of Hope Hospital. All the hard works and challenges are worth it when Dr Lam sees their smiling faces.

Looking ahead, there are still two more projects in line for the Haven Project. " Frankly speaking , it is no easy task to manage multiple projects simultaneously" said Dr Lam. However, Dr Lam believes that God has His plan and arrangement.

"In these ten years, we saw God's blessing at every turning points to help us conquer the barrier. " Dr Lam firmly believes that, like the evergreen pine tree, our foundations will be more solid, resulting in further growth if we continue to work in unison. Hope surges with lives being respected and served through every development project completed; as a result, the positive impact will form ripples to bring more positive impact in lives.

The biggest achievement is not about what is being built, but the team who built it.

Looking back at the past decade of the Haven Project (hereby called The Project), the first thing that came to Mr Chen's mind is "My biggest reflection is gratitude, not pride.

"After he has suffered, he will see the light of life and be satisfied." (Isaiah 53:11)
Contrary to common belief, the Haven Project did not stem from a meticulously planned blueprint. "Haven of Hope development plan has adopted a continuous evolving development model which manages changes while making progress. When various projects became mature, they were then merged to form into a common developmental direction." In his eyes, this 10-year development was not precisely planned by humans, but rather by God.

Being a humble organisation where resources are not abundant, Haven of Hope Christian Service (hereby called HOHCS) received its support from Our Lord and also from Government, and donors and foundations such as The Hong Kong Jockey Club and the trust HOHCS has gained from the community. "The trust they have in our capabilities is more priceless than any resources".

"I planted the seed, Apollos watered it, but God has been making it grow." (Corinthians 3:6)
Amongst all the projects, Mr Chen said that Haven of Hope Woo Ping Care & Attention home was undoubtedly the biggest challenge. He smilingly recalled: "It is relatively easy to build a new building; but to make structural changes to an existing facility which is still in operation is a totally different matter." The construction was divided into four phases. While daily operations were heavily affected by the outbreak of COVID; service and construction had to continue. The most unforgettable memory for Mr Chen was the underlying details which no one could see.

"For instance, regardless of the need to make alterations to the plumbing system such as connecting new pipes, diverting the sewage etc. every move had to be deliberate in order not to affect the occupants and the operations of the home and clinic." This was more challenging than building a new complex.

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (Romans 8:28)
To Mr Chen, the growth of the team was more gratifying than the completion of a monument. "Many team members did not have the experience for managing large-scale projects. However, in these ten years, we learned, adjusted and built up trust among the team. This day, a mutual understanding was created between the service unit and the Facility Management team. We understood each other's needs and challenges. To me, that was the greatest achievement of all."

With so many intricate details involved, disagreements were inevitable. Reflecting on his management philosophy after taking part in numerous projects over the years, Mr Chen said, "Managing people means understanding each person's strengths and placing them where they can contribute most effectively. A team can go far only when everyone is able to perform at their best."



「那裏有需要，那裏就有靈實」

——回顧靈實醫院培靈團隊點滴

靈實醫院培靈管理組於 2022 年投入服務，即於疫情下醫管前線同步承擔監督及支援生命教育、服務及證醫院「病房」前成長、整個機構有條理、有秩序、也有定義與流程。訪成過靈主的經歷，他感為自得自豪之餘，最大權生命情深主並期望於其關鍵角色：「在我心目中，靈實醫院是 MVP（最有價值球員）！」

靈實醫院早於 1965 年成立，當時香港主要華裔的人口增少，隨著區內人口不斷增加，由 20 年前的 40 萬增至現時的 50 萬，其中 65 歲以上人口比例達 20%，預期到本世紀生的個大數學家老，靈實早在 2016 年已開展「靈動生命生活關顧計畫」，其中關懷靈實醫院是重要一環，體現靈實一直以來積極進取的精神。

隨著靈實醫院擴建計劃竣工，培靈管理組成，靈實醫院內的病床數目由 520 張增至約 700 張，醫院同時增設護理安老院（注：護）及培靈管理的病區，以加強院內的醫療與專業，並讓醫院的服務更貼近社區需要。

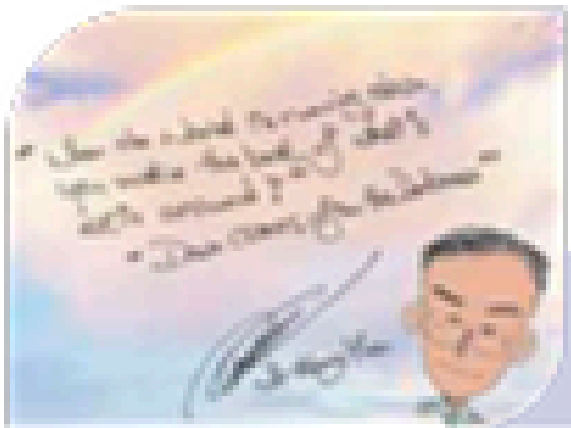
最新冠病生疫情令病房數目增加了，將用每人口的總增長的需求下，各專職專業病房主任：「培靈管理組是所可以幫助院有需要的年民，但病心問題及帶的典醫師『點得化』總用每個病房，醫院每天檢討總增分流，確保真正需要住院的病人才入院，促進病人回歸社區。」他表示院方會提供足夠社區支援，包括照顧者培訓與支援服務，避免住院病人因社會因素而出現「社會問症」情況，不必要地延長住院時間，醫院亦積極讓病人能回社區與家中團聚。

此外，靈實院醫生表示隨著年老慢性病患者增加，靈實醫院也預將到照顧者壓力上升，為此已早有準備，新設立的「靈實醫院社區照顧者支援中心」作為非慢性監護服務，予以專門支援照顧者，協助其減壓身心，紓解與病同住的壓力，也提供多元化的綜合支援服務，包括為照顧者所設的講座及小組，提供健康用具借用等服務，使照顧者更有信心與能力照顧家人，加上中心與社區機構成立分佈關係多方協作，協助患病康復人仕重新過程中建立長期支援網絡，回歸社區的關鍵。

培靈管理於 2022 年底用，當時適逢第五波疫情嚴峻，眾多長者染病，影響專系統造成巨大的壓力，靈實醫院監管會，新大樓還沒投使用為容收更多病人的「支援病床醫院」；除了新冠病人，院方亦直接收容社區有急症室接收病情相對穩定、無需插喉的病人，有效的減大醫療團隊的醫療壓力。直接收醫生情況說明，形容這個決定十分大膽，團幸從管理層的全關鍵作用，同立同心協力，管理團隊也表現充足的應變能力，靈實醫院才會在第五波疫情中發揮無可替代的重要。

「此學也甲無靈實產前成立，是為了應對社區內部組病患的管治，原屬有需要，原屬就有靈實。」最新冠醫生命信他說：「我認為，靈實醫院是第五波疫情的『最有價值球員』（MVP）。」

作為靈實醫院管治委員會委員，最新冠靈實協會行政總裁林正財醫生表示培靈管理的成成，正好體現靈實精神：「靈實一直走在香港醫療主社會服務的最前線，醫院自 60 年代建立時，正是為了回應當時社會需要，照顧基督最前的群組病病人，我們從未忘每位記這份使命，以及當中體現出來的信心、盼望和愛心，它們一直延續至今，現今社區及有需要人士成長支援同。」



「那裏有需要，那裏就有靈實」
「黑暗過後，黎明就至。」
最新冠病疫情下的醫護英雄，也許有點過度用用的標籤，但無疑，即醫護同仁的辛勞是有目共睹的。林醫生以此作為鼓勵同事。

"When the world is running down, you make the best of what's still around."
"Dawn comes after the Darkness"
A greeting created by Dr Kenny Yuen, Hospital Chief Executive of Haven of Hope during Covid-19 as encouragement for frontline healthcare colleagues.

Where there is a need, there is Haven of Hope

Reflections on the completion of the Trinity Block of Haven of Hope Hospital



Dr Kenny Yuen Ka-ye beside the hospital's new three-dimensional model

Dr Kenny Yuen Ka-ye took up his post as Hospital Chief Executive in 2020, two years before the Trinity Block of Haven of Hope Hospital began service in 2022. For Dr Yuen, the arrival of this additional "new member" was a journey marked by gratitude and hope, as well as hardship and adversity. His most memorable experience was the pivotal role the new block played during the fifth wave of the COVID. With evident pride, Dr Yuen remarked, "In my eyes, Haven of Hope Hospital was the MVP (Most Valuable Player)."

Haven of Hope Hospital was founded in 1955, when Sai Kung and Tseung Kwan O were still sparsely populated. As the area's population grew from 400,000 two decades ago to about 500,000 today — and with people aged 65 or above constituting around 20% of total residents — Haven of Hope anticipated a sharp rise in healthcare demand. In 2016, the organisation launched the "Haven Project", with the hospital expansion as a key initiative, reflecting its long-standing proactive and forward-looking spirit.

With the completion of the expansion, the Trinity Block was inaugurated and the hospital's number of beds increased from 520 to 700. Connecting corridors were also built between the original main block and the Trinity Block, strengthening internal liaison and communication, bringing the hospital services closer to the needs of the community.

Dr Yuen frankly acknowledged that despite the increase in beds, resources were still far from sufficient to meet the demand of a continuously growing population. "The Trinity Block can certainly help people in need; however the core issue remains as how to utilize limited resources "intelligently". The hospital is committed to precise triage, ensuring that only patients who genuinely need inpatient care are admitted, and facilitating recovered patients' return to the community." He added that adequate community support would be provided by the hospital, including caregiver training and home-based support, to prevent inpatient remaining in hospital for social reasons, a situation known as "social stays". The goal is to let patients return to the community and recover at home.

Moreover, Dr Yuen highlighted that the hospital anticipates mounting pressure on caregivers driven by the rise in patients with chronic diseases. The Hospital is fully prepared for this. The newly established Haven of Hope Jockey Club Integrated Carers' Support Centre serves as a forward-thinking complementary service dedicated to supporting caregivers, assisting them to cope with the strain on their physical and mental well-being, and also with the pressures rising from insufficient resources and information. A wide range of integrated support services are provided, including tailored talks and support groups for caregivers, and the loan of rehabilitation equipment, enabling caregivers to care for their loved ones by strengthening their confidence and capabilities. Through partnerships and collaboration with different organisation in the community, the Centre plays a key role in helping patients build long-term support networks, which is vital for patients to return to the community.

The Trinity Block opened in 2022 amidst the outbreak of the fifth wave of COVID. Large numbers of elderly people were infected, causing a big strain on the medical system. The Haven of Hope Hospital rose to the occasion, and the new block was swiftly converted into a "designated hospital" for COVID patients. The hospital also admitted patients transferred from A&E Department of United Christian Hospital, focusing on those in relatively stable conditions who did not require intubation. This greatly eased the pressure on the Kowloon East Cluster. Dr Yuen described it as a very bold decision, and was grateful that the Trinity Block has succeeded in playing a crucial role under the unity of a highly adaptable management team and all the committed fellows. As a result, Haven of Hope Hospital was able to demonstrate unmatched contributions in the pandemic.

"This move also echoed the founding mission of the organisation, addressing the pressing needs of tuberculosis patients in the community. Where there is a need, there is Haven of Hope", Dr Yuen said confidently. "In my opinion, the Haven of Hope Hospital was the MVP (Most Valuable Player) during the fifth wave of COVID".

As a member of the Haven of Hope Hospital Governing Committee, Chief Executive Officer of Haven of Hope Christian Service Dr Lam Ching-choi said that the completion of the Trinity Block embodies the very spirit of Haven of Hope. "Haven of Hope is always at the forefront of Hong Kong's medical and social services. The hospital was established in 1950s in response to the society's needs – to care for frail and impoverished patients suffering from tuberculosis. We have never forgotten this mission, nor the faith, hope and love it embodies. These values have continued to this day, moving alongside and growing with the community."

由「晚晴」到「生命旅程」：靈實司務道寧養院擴建計劃展望

靈實是香港紓緩治療服務的先行者，一直致力推動善終服務以及生死教育的發展。隨着人口老化，社區對紓緩治療的需求日益增加，服務需要亦趨向多元化；與此同時，公眾對生死教育的關注亦日漸提升。

回顧司務道寧養院於 2018 年決定擴建的歷程，院長梁智達醫生認為：「擴建工程正好標誌院舍在硬件及軟件方面已做好準備，讓紓緩治療服務更早介入，並涵蓋服務使用者在不同疾病階段的需要。其實，現代紓緩治療已不再局限於病情最後數個月，我們亦更新服務格言以『用愛擁抱生命旅程』取代『晚晴』；除了推出不同套式服務外，寧養院也致力做好生死教育與倡議，希望提升公眾的生死素養，為有需要人士提供全人生命照顧，共建『慈憐關愛社區』（Compassionate Community）。」

靈實司務道寧養院自 2006 年投入服務以來，梁智達醫生見證社區對紓緩治療服務的需求持續增加，認為必須增加床位數目才能應對日益殷切的服務需要。作為靈實「築動生命全方位關顧計劃」的一環，寧養院的擴建計劃共分 4 期進行：第一期將興建一座「安寧療護大樓」，預計 2027 年落成，2028 年投入服務；第二期將翻新司務道寧養院華永樓；第三期工程將發展長期護理服務大樓；第四期則將興建一座全新的門診大樓，提供放射診斷及化驗室支援，並推行中西醫結合治療服務。整個擴建計劃完成後，司務道寧養院的床位數目將大幅增加至 600 張。





擴建後，寧養院將為院友及家屬提供更多活動空間。除設有寬敞舒適的環形走廊外，病房設計亦將為復康、音樂、豎琴及園藝治療等多元服務提供更合適的場地和條件。梁醫生說：「紓緩治療可以與治癒性治療並行，而及早介入亦有助提升服務使用者的生活質素。寧養院將致力發展『持續照顧』（continuing care）及醫養結合的服務模式，按服務使用者不同疾病階段的需要，提供適切、連貫而優質的服務，包括家居外展及住院服務。」

此外，提升香港市民的生死素養，以及建設「慈憐關愛社區」，亦是靈實的重要目標。靈實不同服務單位及團隊正積極推動生死教育及倡議工作。司務道寧養院亦將牽頭推動相關工作，提升教育及研究能力，並加強與大學及高等教育機構在生死教育方面的合作，期望培育兼具服務實踐與研究能力的雙軌人才。

為提升社區對生死教育及「慈憐關愛社區」的認識，靈實司務道寧養院護士長李嘉汶表示，寧養院致力加強與教會、學校、企業及社區的聯繫與合作，並定期舉辦內部培訓及相關活動，例如生死教育講座和義工探訪等，以提升同工及社區人士對紓緩治療及「預設醫療指示」（AMD）的認識。

此外，司務道寧養院心靈社康服務及牧關部同工花了一年多時間編製「預設照顧計劃」（ACP）工具書，並免費供有需要人士於網上下載。

李嘉汶護士長表示：「面對死亡，不少人都會感到無力，彷彿只能選擇『聽天由命』。我們希望透過同工的努力，協助服務使用者及家屬將這份無助轉化為有準備、有尊嚴的善終歷程，並為他們提供適切的全人照顧與支援。」

From “Last Journey ” to “Life Journey”:

The Extension Project of Haven of Hope Sister Annie Skau Holistic Care Centre

As a pioneer in palliative care services in Hong Kong, Haven of Hope has long been committed to advancing end-of-life care and life and death education. With an ageing population, demand for palliative care in the community is increasing and service needs are becoming more diverse. At the same time, public interest in life and death education is also growing.

Reflecting on the Centre’s decision in 2018 to pursue expansion, Medical Superintendent Dr Antony Leung of Haven of Hope Sister Annie Skau Holistic Care Centre (‘the Centre’) said: “The extension project demonstrates that the Centre is ready, in terms of both facilities and service capacity, to introduce palliative care earlier and meet the needs of service users at different stages of illness. In fact, modern palliative care is no longer confined to the final months of a person’s illness. We have also updated our service motto from ‘Embrace the Last Journey with Love’ to ‘Embrace Life Journey with Love’. In addition to launching a range of service packages, the Centre is committed to life and death education and advocacy. We hope to enhance public death literacy, provide holistic care for people in need, and build a ‘Compassionate Community’ together."

Since the Centre began operation in 2006, Dr Leung has witnessed the growing demand for palliative care in the community. He believes that the number of beds is essential to meeting this growing need. As part of the Haven Project, the Centre’s expansion plan will be implemented in four phases. Phase 1 involves the construction of a Hospice Care Block, which is expected to be completed in 2027 and commence service in 2028. Phase 2 will involve the renovation of the Wah Wing Block of SASHCC; Phase 3 will develop a long-term care services building. Phase 4 will involve the construction of a new outpatient block, which will provide diagnostic radiology and laboratory support, as well as integrated Chinese and Western medicine services. Upon completion of the extension project, the Centre’s bed capacity will increase substantially to 600.



靈實司務道寧養院 梁智達醫生
Medical Superintendent
Dr Antony Leung of
Haven of Hope Sister Annie
Skau Holistic Care Centre

Following the expansion, the Centre will provide more activity space for residents and their families. In addition to spacious and comfortable circular corridors, the ward design will provide a more suitable setting for rehabilitation and a range of therapies, including music, harp and horticultural therapy. Dr Leung said: “Palliative care can be provided alongside curative treatment, and early intervention can help improve service users’ quality of life. The Centre will strive to develop a model of continuing care that integrates medical and long-term care services. According to the needs of service users at different stages of illness, we will provide appropriate, coordinated and high-quality services, including home outreach and inpatient services.”

Enhancing death literacy among Hong Kong people and building a Compassionate Community are also important goals of Haven of Hope. Different service units and teams of Haven of Hope are actively promoting life and death education and advocacy. The Centre will take the lead in this work by strengthening its education and research capacity and deepening collaboration with universities and tertiary institutions in life and death education. It aims to nurture professionals with both service-practice experience and research capability.

To enhance community understanding of life and death education and the Compassionate Community concept, Ms Carmen Li, Chief Nurse of the Centre, said that the Centre is committed to strengthening its connections and collaboration with churches, schools, corporations and community partners. It is also regularly organises internal training and related activities, such as life and death education talks and volunteers visits, to enhance staff members’ and community members’ understanding of palliative care and Advance Medical Directives (AMD).

In addition, colleagues from the Psycho-social Spiritual Care Service Department spent more than a year compiling an Advanced Care Planning (ACP) handbook, which is available for free download online by people in need.

Ms Li said: “When faced with death, many people feel helpless, as if they have no choice but to leave everything to fate. Through the efforts of our colleagues, we hope to help service users and their families transform this sense of helplessness into a well-prepared and dignified end-of-life journey, while providing them with appropriate holistic care and support.”

靈實胡平顯護院七年獲建裝修工程

長者復康 融入日常生活

面對香港人口老化的挑戰，基督教靈實協會秉持前瞻與創新的精神，十年前啟動「靈動生命全方位關顧計劃」。如今，靈實胡平顯護院（下稱顯護院）已順利完成護理設施工程，讓長者在熟悉環境中感受有尊嚴且充滿溫度的照顧。

這次一新的護理工程，為「在院護院內復康」的理念奠定堅實基礎。長者服務（住宿）主管袁麗華女士表示：「在是項工程期間，我們希望院友的生活不會因為環境改變而停下來。因此，我們在院舍內舉行年宵市場、『慶團圓』等，重現對節日的期待和經歷的快樂，院友活得自主和尊嚴，當我看到院友喜樂，我也很高興。」

袁麗華續說：「『靈動生命全方位關顧計劃』集合不同工程專業團隊與服務單位，從工程細節到財務預算，大家都互相協作，互相體諒和接納意見，因為各個項目都環環緊扣。」工程期間，護理團隊也一直向建築師和施工安排，最重要是互讓、互諒、互相了解，才可減到院友生活的影響減至最低。

顯護院歷時七年的護理和裝修，是在長者照顧需要的情況下分期進行。團隊經過周密安排，妥善處理裝卸與修繕事宜，盡可能減少對院友日常生活的影響。工程完成後，透過改善空間佈局，院舍床位由原來的160 張大幅提升至 290張，讓更多有需要的長者入住胡平顯護院。

智慧科技輔助 照護成效加倍

袁麗華女士指出：「護理不只是增加床位或更新設施，更重要是重新思考長者如何在院舍中無憂無慮、心情愉悅地生活。從燈光、床、呼叫系統到復康器材，每一個細節都以院友需求為本。在企劃的環境、機構照護與耐心陪伴，長者依然能保持個人能力、自主選擇，甚至重拾熟悉的事物與社區。」



袁麗華指出院舍智慧科技主要用途，是讓護理人員更專注於人與人之間的互動，而非被困在繁瑣的文書工作中。她說：「我們希望科技成為護理人員的助手，而不是取代他們的角色。例如，智能床墊能在長者離床時自動發出提示，讓職員能及時提供協助，減少跌倒風險；而呼叫系統亦可根據長者的習慣調整反應時間，減少不必要的干擾。這些設計的目的，是讓長者在安全的前提下，保留更多自主空間，也讓護理人員能更有效地運用時間，專注於真正重要的照顧工作。」

設計團隊的心思，悄然融入在日常起居之中。團隊採用可調角度的智能電化傳統壓疮，讓同房院友夜間閱讀或活動時予再互相打擾；分段式床褥與智能浴室床，則細緻照顧長者的個人需求。配合床下的定位燈與起身扶手，在提供防跌保護的同時，亦保留長者自行起居的自主空間。每間房間的大型浴室更支援坐浴、自主淋浴及水療輪椅浴等，方便長者在舒適環境中，開心享受私人浴室的安排，改變的不只是照護流程，更重建長者被照顧時的心理感受。

靈實胡平顯護院自 1999 年起以自負盈虧模式營運，並早已預計到設施的長遠需要。時至今日，靈實整體計劃的精神依然延續。袁麗華總主：「對我來說，院友康復是最珍貴的成果。不只是長者的身體功能有所改善，而是他們仍能重拾自己的步伐生活，在院舍中活出有選擇、有盼望的晚年，這團隊最大的回報。」

Haven of Hope Woo Ping Care & Attention Home Completes 7-Year Expansion:

Integrating Elderly Rehabilitation into Everyday Life

In the face of challenges brought by an ageing population, Haven of Hope Christian Service launched the visionary "Haven Project" a decade ago, guided by a progressive and innovative spirit. As a major milestone of this initiative, Haven of Hope Woo Ping Care & Attention Home (the Home) has now successfully completed its seven-year expansion and renovation project, ensuring that elderly residents receive dignified and compassionate care in their golden years.

The newly transformed facility lays a solid foundation for the Home's approach to rehabilitation. Ms Eva Yuen, Head of Residential Services for the Elderly shared, "During the pandemic and ongoing renovations, we made every effort to ensure our residents' daily lives were not disrupted. That's why we hosted events such as a Lunar New Year market and a 'Nostalgic Tea House' inside the facility to revive the festive spirit and ensure residents continue to live with autonomy and dignity despite the changing environment. Seeing our residents filled with joy brings me the greatest satisfaction."

"The Haven Project brought together various professional engineering teams and service units. From construction details to budget allocation, every aspect was interconnected, requiring close collaboration, mutual understanding, and openness to feedback," Ms Yuen added. Throughout the construction period, the care team maintained transparent communication with families regarding safety hoardings and work schedules. Mutual consideration and understanding were key to minimising disruptions to the residents' daily lives.

The seven-year expansion and renovation of the Home was carried out in phases while residents remained in place. Through meticulous planning, the team carefully managed safety hoardings and site works to minimise any impact on residents' daily routines. With the project now completed, the revamped layout has significantly expanded the facility's capacity from 180 to 290 beds, opening its doors to even more seniors in need.

Smart Technology Transforms Resident Care

Ms Yuen noted, "The expansion was never just about adding beds or upgrading facilities; it was about rethinking how to foster a worry-free environment and uplifting living experience for our residents. Every detail—from lighting and beds to call systems and rehabilitation equipment—has been designed around our residents' needs. Supported by an optimal environment, professional care, and dedicated companionship, seniors can retain their functional abilities, exercise autonomy, and even reintegrate into their families and communities."

Thoughtful design elements are seamlessly woven into daily life. In the bedrooms, traditional wall lamps have been replaced with adjustable spotlights so that roommates can read or move around at night without disturbing one another. Split side rails and smart safety beds accurately detect changes in the user's centre of gravity. Combined with under-bed sensor lights and rise-assist handles, this setup offers fall protection without compromising individual mobility. The spacious ensuite bathroom in each room accommodates seated baths, independent showers, and waterbed-assisted bathing, providing in-room bathing assistance akin to a private hotel setting. All these changes optimise care workflows while prioritising the resident's emotional well- being and dignity.

Operating on a self-financing basis since 1999, the Home was an early pioneer of dedicated dementia care. Today, this spirit of innovation continues to flourish. Ms Yuen reflected, "For me, a resident's recovery is the most rewarding outcome. It is not merely about physical improvement, but also about empowering them to live life at their own pace. Seeing them enjoy their golden years with choice and hope is the greatest motivation for us."



靈實居平頤復院
Haven of Hope Woo Ping Care & Attention Home



房內浴室配備無障礙設施，讓長者享有更自主、尊嚴的沐浴體驗
Ensuite bathrooms are equipped with accessible facilities, providing residents with a more autonomous and dignified bathing experience

靈實與社區同行

Haven of Hope: Walking alongside the community

基督教靈實協會（靈實）對將軍澳社區最重要的貢獻，在於其「尊重生命 • 改變生命」的服務理念與社區發展深度融合。自 1950年代起，靈實由提籃施藥、石上診療起步，繼而開闢荒原、興建療養院，在資源匱乏與重重困難中砥礪前行。時至今日，靈實已發展為優質的非牟利醫療及綜合社會服務機構，服務網絡遍布將軍澳，並延伸至西貢及東九龍等地區，提供長者、復康、健康及教育四大範疇服務，為構建健康與關愛城市作出重要貢獻。

「築動生命全方位關顧計劃」是靈實於 2016 年推出的大型基建發展計劃，涵蓋五個重點項目，包括：擴建靈實醫院、靈實胡平顧養院及靈實司務道寧養院；並增加嚴重智障人士日間中心與嚴重殘疾人士護理院的宿位及服務名額。透過嚴謹而系統化的規劃，此計劃不僅深化了靈實的服務內容，亦配合政府應對人口老化的社福基建策略，積極擴充安老及復康設施，為香港未來的福利服務需求未雨綢繆。

隨着社區日漸成熟，將軍澳長者人口持續增長，對醫療、護理及社區支援服務的需求愈趨殷切。靈實透過長者日間照顧、家居照顧、社區中心及住宿服務，精準回應長者的多元需要，有效填補了政府資助服務與社區實際需求之間的缺口。其秉持的「身、心、社、靈」全人照顧模式，更為區內長者提供了超越基本醫療護理的關懷與尊嚴。

作為西貢民政事務處的重要社區伙伴，靈實一直與不同持份者緊密合作，攜手打造「願景之都」。歷年舉辦的各項慈善活動，如倡導健康生活的「靈實生命跑及慈善行」、募集拓展經費的慈善音樂會及粵劇折子戲表演，以及各類義賣活動，皆成功匯聚跨界別力量，為社區注入正能量。西貢民政處期望靈實未來繼續以創新精神回應社區需要，精進服務質素，持續引領社會正向發展。



西貢民政事務專員 馬瓊芬女士, J P
Miss MA King-fan, Kathy, JP, District Officer (Sai Kung)

Haven of Hope's most significant contribution to the Tseung Kwan O community lies in the deep integration of its core ethos, "Respecting Life • Impacting Life", with local community development. Since the 1950s, Haven of Hope has evolved from providing medical relief in baskets and offering rock-side consultations to transforming barren hillsides into its early sanatoriums, forging ahead with resilience despite scarce resources and formidable challenges. Today, Haven of Hope stands as a leading non-profit medical and integrated social organisation, with a service network spanning Tseung Kwan O and extending across areas such as Sai Kung and East Kowloon. Its comprehensive services cover four key areas—elderly care, rehabilitation, healthcare and education—making vital contributions to building a healthy and caring city.

"The Haven Project" is a major infrastructure development programme launched by Haven of Hope in 2016. It comprises five major initiatives, including the expansion of Haven of Hope Hospital, Haven of Hope Woo Ping Care and Attention Home, and Haven of Hope Sister Annie Skau Holistic Care Centre. Additionally, it involves increasing the residential capacity and service quotas at the Day Activity Centre for Severely Mentally Handicapped Persons and the Care and Attention Home for Severely



Disabled Persons. Through meticulous and systematic planning, the programme has not only strengthened and broadened Haven of Hope's service scope, but also aligns with the Government's social welfare infrastructure strategy in response to an ageing population. The programme proactively expands elderly care and rehabilitation facilities to prepare ahead for Hong Kong's future welfare service needs.

As the Tseung Kwan O community matures, the continuous growth in its elderly population drives an increase in demand for medical, nursing and community support services. Haven of Hope caters for the diverse needs of the elderly through the provision of day care, home care, community centres and residential services, effectively bridging the gap between government-subvented services and the practical demands of the community. Under the holistic care approach emphasising physical, psychological, social and spiritual well-being, Haven of Hope provides the elderly in the district with dignified care that extends beyond basic medical care.

As a key community partner of the Sai Kung District Office (SKDO), Haven of Hope has collaborated closely and continuously with various stakeholders to build a "City of Vision" together. Over the years, the wide range of charitable initiatives led by Haven of Hope – such as the "Hopes Runner", charity concerts and performances of Cantonese Opera excerpts, and various charity sales – have successfully brought together cross-sector support and infused the community with positive energy. SKDO looks forward to Haven of Hope continuing to address community needs by leveraging the spirit of innovation, further enhancing service quality, and continuously bringing about positive changes in the society.



後記
Afterword

十年萬動生命的迴響不斷延續，這實用繼續以信、望、愛結合專業服務、創新科技與創新照顧模式，善用現有資源，與服務使用者、照顧者及社區同行，主動回應社會的需要，讓更多生命得到適切照顧，在關愛與尊重活得更豐盛。

A decade into the Haven Project, its impact continues to resonate across the community. Guided by faith, hope and love, we will continue to combine professional services, innovative technology, and new models of care, while making the best use of existing resources. Together with service users, caregivers and the community, we will respond proactively to evolving needs, enabling more people to receive appropriate care and live with dignity and compassion.

重新定義照顧 改變本港醫養文化

基督教靈實協會與《香港01》合辦的Talk Talk健康講座，與醫護及社福界代表探討「健康倡議：重新定義照顧改變香港醫養文化」。面對人口老化、慢性病病增加及照顧者壓力，靈實倡議由「分散」到「同行」；由「等待」變「主動」；由「限制」成為「希望」；由「避談」變「對話」，透過創新服務回應長者、病患及家庭在人生不同階段的需要。靈實相信，真正的照顧不止處理病患，而是陪伴每一個人活得有尊嚴、價值及盼望。

Redefining Care, Reshaping Hong Kong's Integrated Medical and Care Culture



Haven of Hope Christian Service (HOHCS) in collaboration with HK01, brought together representatives from healthcare and social welfare sectors for the "Talk Talk Webinar" to explore the theme: Health Advocacy: Redefining Care and Reshaping Hong Kong's Integrated Medical and Care Culture.

At the heart of the discussion is HOHCS's advocacy for a new and creative way of thinking about care. In response to an ageing population, rising chronic illnesses, and increasing carer burden, HOHCS advocates for a mindset shift from "fragmented services" to "integrated care", from "passive waiting" to "proactive outreach", from "limitation" to "hope", and from "avoidance" to "open dialogue" - addressing the evolving needs of seniors, patients, and families across every stage of life through innovative services. HOHCS believes that true care goes beyond treating illness; it is about walking alongside every individual enabling them to live with dignity, purpose, and hope.

照顧與被照顧之間　學習愛不完美的人生

To Care and To Be Cared For: Embracing Life in All Its Imperfection

副靈性關顧主管黎嘉翰院牧與參與者探討服事與被照顧的路程中重拾力量

To care and be cared for is to find acceptance and hope , while finding ongoing spiritual renewal along their journey of service.



照顧與被照顧，是每個人生命中難免會遇到的課題。在服事與被照顧的路上，究竟如何重新找回力量？副靈性關顧主管黎嘉翰院牧參與基督教宣道會北角堂及回聲谷傳健福音協會的教會聚會。以生死教育為題，透過信息分享、生死討論及經文默想，陪伴事奉同工從照顧經驗回望自己，覺察與上帝、自己及家人的真實關係，重新學習在服侍中同時成為照顧者與被照顧者。

分享會聚焦五大範疇，包括醫療決定、情緒困擾、生活適應、關係緊張及離別準備，鼓勵參與者反思自己有否為老化作預備，並學習與長者、病者及家屬溝通的ABC原則——聆聽、雙向回應與合宜提問。黎院牧特別提醒，聆聽是接收，不是急於解決問題。唯有願意放下答案，才有空間接待對方的感受和需要。在真實討論與屬靈反思中，教友學習不要羞住病患與老化的敏感議題，而是在關係張力中彼此理解。

Caring for others and being cared for are inevitable life lessons for us all. Yet along the path of service, how do we replenish our inner strength? Chaplain John Lai, Deputy Head of Spiritual Care, recently attended a church gathering co-organised by North Point Alliance Church and Echo Valley Evangelistic Association for the Handicaps Ltd., where he led a reflective session centred on life and death education. He used sharing, scriptural meditation, and open discussions on mortality to guide ministry workers reflect on their caregiving experiences—helping them examine their relationships with God, themselves, and their families, while rediscovering how to balance giving care with receiving it.

The session focused on five key areas: medical decision-making, emotional strain, lifestyle adaptation, relationship tensions, and end-of-life preparation. It encouraged participants to reflect on their own readiness for ageing and introduced the "ABC" communication framework—which includes Attending, Bridging, and Clarifying—for supporting elders, patients, and their families. Chaplain Lai emphasised that true listening is about receiving rather than rushing to fix problems. When we resist the urge for immediate answers, we create space to truly listen to another's feelings and needs. Through honest discussion and spiritual reflection, church members learned not to shy away from sensitive topics surrounding illness and ageing, but rather to foster greater empathy and understanding, even amid tension.

筆尖下的渲染 打破心靈邊界

Splashes of Hope: Breaking Boundaries with Brushstrokes

靈實蠔涌日間活動中心暨宿舍獲社會福利署「殘疾人士藝術發展基金」資助，正式啟動《靈動藝術，實現共融》計劃。中心聘請專業藝術導師帶領學員體驗酒精墨水創作，讓色彩在紙上自由暈染、交織，開啟藝術探索之旅。這是獨一無二的生命旅程，儘管身體能力各有不同，每位學員均擁有獨特的想像力與美感，並能在創作中發掘潛能、建立自信。

為回應學員不同需要，導師設計度身訂造的藝術課程，讓每一雙手都能自在揮灑色彩，展現未被看見的才華。中心亦會舉辦社區藝能展覽，展示學員的作品與成長故事；完成培訓後，學員更可化身「藝術小老師」，帶領公眾參與創作體驗。

Supported by the Social Welfare Department's Arts Development Fund for Persons with Disabilities, Haven of Hope Ho Chung Day Activity Centre cum Hostel has officially launched its inspiring "Haven of Hope, Haven of Act" project. Under the guidance of professional art tutors, residents are exploring the beauty of alcohol ink art by creating freely with vibrant, flowing colours. This is a unique journey of self- discovery regardless of physical limitations. Every participant brings their own imagination and artistic sensitivity, discovering hidden potential and building confidence along the creative process.

Through art sessions tailored to individual capabilities, every participant can express themselves freely with splashes of colour, allowing their untapped talents to shine. The Centre also hosts community exhibitions showcasing their artwork and personal growth. After completing their training, participants can take on the role of "Art Ambassadors", leading creative workshops for the local community.



靈實白普理景林社區健康發展中心

Haven of Hope Bradbury King Lam Community Health Development Centre (KLCHD)

靈實白普理景林社區健康發展中心自2月起獲得華人永遠墳場管理委員會贊助，於社區及校園推行「談生死。悟人生」生死教育計劃。透過舉辦社區教育、展覽、生死體驗活動及校園講座，打破大眾對死亡的禁忌，提升死亡素養，引導不同年齡層的參加者反思生命意義與尊嚴。

為宣揚「好生好死」理念與推廣「預設照顧計劃」，中心特意創作兩款桌遊作為引子。當中的生命回顧桌遊，能有效引領參加者深入傾談人生，協助梳理回憶及晚晴規劃，進而啟發他們主動與家屬溝通晚晴意願的重要性。

Sponsored by The Board of Management of the Chinese Permanent Cemeteries since February, KLCHD launched the "Life Edu in TKO" project to dismantle death taboos and foster death literacy across generations through talks, exhibitions, and immersive activities.

To make conversations about "living well and dying well" more approachable, we created two original board games. These interactive tools allow participants to comfortably revisit their life journeys, reflect on personal values, and feel empowered to share end-of-life preferences with loved ones.





比賽項目 - 推車軚
Event highlight: Wheelbarrow Tyre Push.

別開生面的電子開幕禮，揭開「奮力90」慈善挑戰賽的序幕
A distinctive digital opening ceremony marked the launch of the Charity Challenge.



靈實恩光學校
Sunnyside School

面對校舍老化、極端天氣及傳染病風險增加，靈實恩光學校藉着45週年校慶，積極推展突破性發展計劃，致力為學生打造更安全、可持續的學習環境。計劃包括優化設施，以支援醫療情況較複雜、患有罕見疾病及自閉症譜系障礙的學生；增設互動學習及休閒空間，促進自主學習及生活技能發展；並融入智能科技、多感官設施及數碼資源，為不同需要的學生提供更完善的現代化支援。

為此，靈實恩光學校特別首創「『奮力90』慈善挑戰賽」籌款活動，結合體能競技與慈善募捐，為發展計劃籌募費用。

「奮力90」活動假播道書院舉行，參賽者需以兩人作一隊、在90秒內完成10項以90秒為時限的挑戰項目。活動考驗參賽者體能與意志，再按各項目累積總分，分為冠、亞、季軍。每位參加者均以個別籌款形式進行募捐，賽事亦設有最高籌款獎以作鼓勵。活動當天氣氛熱烈，參加者全力以赴，最終成功為學校籌得超過17萬港元善款。

「奮力90」活動不單讓更多社會人士認識學校的服務與發展需要，更藉着體能競技傳遞健康生活的正面訊息，吸引不少參賽者攜同家人到場參與和支持，彼此打氣鼓勵，在挑戰中增進親子互動，共享溫馨歡樂時光。

Celebrating its 45th anniversary, Haven of Hope Sunnyside School has launched a groundbreaking development programme to build a safer and more sustainable learning environment for its students, addressing the ongoing challenges of ageing school premises, extreme weather, and infectious diseases. Key initiatives include: enhancing facilities to support students with complex medical conditions, rare diseases, and autism spectrum disorders; expanding learning and recreational spaces to promote independent learning and life-skills development; and integrating smart technology, multi-sensory equipment, and digital resources to provide comprehensive, modernised support tailored to diverse student needs.

To support this ambitious vision, Haven of Hope Sunnyside School launched its inaugural "90-Second Challenge" fundraising campaign to raise funds for the development programme through a day of exciting fitness competitions.

The event took place at Evangel College, where participants competed in pairs across ten distinct challenges, each with a 90-second time limit, putting their physical fitness and determination to the test. Overall champions, first runners-up, and second runners-up were determined by cumulative team scores across all challenges. Participants raised funds in their unique approaches, with a dedicated Top Fundraiser Award presented to recognise exceptional effort. The event was filled with enthusiasm as participants put forth their utmost effort, ultimately raising over HK$170,000 for the school.

Beyond raising funds, the "90-Second Challenge" raised public awareness of the school's services and development needs while promoting healthy living through physical competition. The event drew strong family participation, and strengthened parent-child bonding. As a result, it had created lasting memories through shared accomplishments.

現場氣氛熾熱，參加者全程十分投入
The atmosphere was warm and captivating, with participants fully engaged throughout



好奇心探索美味
助長者重拾溫馨滋味



服務盈實近 15 年的甘柏貞(Rosalia)一直憑專業與耐性用心製作軟餐，讓長者及吞嚥困難人士重拾飲食樂趣與尊嚴。

今年剛退休的 Rosalia 表示，時刻保持好奇與投入是她一直以來對人生的堅持。她說：「研製軟餐從來不是為了贏得掌聲，而是要達得到內心的標準，真正幫助到有需要的人。」背後付出了無數個不為人知的日夜與汗水，這份心態正好呼應盈實「尊重生命 • 改變生命」的精神。

說起最難忘的一事，是一位末期病人渴望品嚐芒果糯米糍。然而，黏稠的糯米向來是吞嚥困難的挑戰。團隊經歷十多次失敗及反覆實試，他們終於安全而近似原味的版本。可惜患者糯米糍在送抵前，病人經已離世。Rosalia 回憶說：「雖然長者未及品嚐便已離世，家屬仍十分感激團隊的堅持與付出。」後來該款芒果糯米糍作品亦獲得獎項。

軟餐款式多樣，從端午粽子、中秋月餅等節慶食品，到家常便飯「鹹蛋蒸肉餅」等各式菜餚。這不僅讓長者及吞嚥困難人士吃得到，更能吃得開心，與家人同桌共餐，共享團聚的暖意。

2017 年，盈實行政總裁林正財博士引入軟餐文化。當時香港只有一、兩間社福機構投步，盈實社企由零開始，在林醫生、曾國榮總理事長及先生及 E.D. Project經理的帶動下，團隊反覆鑽研、計劃籌劃周年慶典，團隊以工作坊形式邀請嘉賓、議員與同工首次近距離認識軟餐。

從一道軟餐的研發，到陪伴末期病人走到最後，Rosalia 和團隊守護的從來不只是營養與餐食，而是每個生命尊嚴的渴求。Rosalia 雖已退休，但以好奇探索、以使命實踐的初試，繼續滋養生活變更多生命。

Rediscovering the Joy of Food through Curiosity
Helping Seniors Rediscover Familiar Tastes and Dine with Dignity

Rosalia, who has served Haven of Hope Christian Service (HOHCS) for nearly 15 years, uses her expertise and professionalism to meticulously prepare soft meals, enabling seniors and people with swallowing difficulties to rediscover the joy of eating and dine with dignity.

Rosalia, who has just retired this year, said that staying curious and engaged has always been her guiding principle in life. She said, "Developing soft meal recipes was never about seeking applause; it was about meeting my own standards and truly helping those in need." Behind this commitment were countless days and nights of hard work, and such mindset perfectly mirrors Haven of Hope's spirit of "Respecting Life • Impacting Life".

One of Rosalia's most unforgettable experiences involved a terminally ill patient who longed to taste mango mochi. However, sticky glutinous rice has always been a challenge when it comes to swallowing care. After repeated attempts and more than 10 failures, the team finally created a safe version that closely resembled the original flavor. Unfortunately, the patient passed away before the mango mochi was delivered. Rosalia recalled, "Although the patient passed away before tasting it, the family was still very grateful for the team's efforts and perseverance." Later, this mango mochi creation even won an award.

The range of soft meals is diverse, encompassing everything from festive foods like Dragon Boat Festival rice dumplings and Mid-Autumn Festival mooncakes to home-style dishes such as steamed minced pork with salted egg. This not only enables the elderly and people with swallowing difficulties to eat, but also allows them to enjoy their meals, sharing a table with their families and experiencing the joy of eating together.

In 2017, Dr Lam Ching-choi, CEO of Haven of Hope, introduced the concept of soft meal to the organisation. At that time, only one or two social welfare organisation in Hong Kong had ventured into this field. HOHCS started from scratch and under the leadership of Dr Lam, Mr Kevin Kwong, Operations General Manager and the E.D. Project Manager, the team kept experimenting and developing. At the 65th-anniversary celebration of Haven of Hope, the team conducted an on-site demonstration workshop, giving our colleagues and guests their first up-close look at some soft meals; the creations subsequently won an award in a public competition.

From the development of a single soft meal, to accompanying terminally ill patients on their final journey, Rosalia and her team have cared for more than just nutrition; they have upheld the fundamental human desire to live with dignity. Although Rosalia has retired, she continues to nourish and transform lives with her curiosity, spirit of exploration, and dedication to fulfilling her mission.

認知障礙照護踏入新時代——從「治療疾病」走向「守護腦健康」

過去，醫學界一直將認知障礙症視為一種在出現記憶衰退後才開始治療的疾病。然而，這種觀念正迅速改變。

在早前於英國倫敦舉行的「國家認知障礙症策略泛區域工作坊」上，來自世界各地的專家一致指出，全球認知障礙症的發展已進入一個新階段—未來的重點，不再只是治療認知障礙，而是及早守護腦健康，從預防開始。這個轉變，反映醫學界對認知障礙症有了更深入的了解。

認知障礙並非突然發生

最新研究發現，以阿茲海默症為例，大腦的病理變化可能早在出現病徵前十至二十年已經開始，只是患者及家人當時未必察覺。因此，醫學界的焦點已由「出現病徵後如何治療」，逐步轉向「如何及早識別高風險人士，儘早介入，延緩甚至預防疾病發生」。

近年，醫學界亦正積極發展血液生物標記、數碼認知評估及人工智能等新技術，希望能更早發現腦部變化，讓患者把握黃金介入時機。

儘早維持腦健康

另一個重要的新概念，是認知障礙並非單一原因造成，而是受到整個人生不同階段的健康狀況所影響。最新國際研究已提出19項可改善的風險因素，包括高血壓、糖尿病、高膽固醇、肥胖、吸煙、聽力受損、視力問題、睡眠不足、缺乏運動、社交孤立、抑鬱，以及空氣污染等。

換句話說，不少導致認知障礙的風險，其實是可以透過健康管理及生活方式改善。 保持心血管健康、控制慢性疾病、規律運動、均衡飲食、持續學習及維持社交生活，不單有助身體健康，亦是保護腦健康的重要基礎。

「一人一方案」將成未來趨勢

工作坊另一個重要信息，是未來認知障礙症的預防及治療，將由過往的「一刀切」，走向個人化醫療。每個人的遺傳背景、生活習慣、慢性疾病及風險因素都不同，因此未來醫療將更著重根據個人的健康狀況，制定最適合的預防及治療方案，而不是所有人採用同一模式。

認知障礙，不只是醫療問題

工作坊亦強調，認知障礙症已不再只是醫療系統需要面對的疾病，而是一項全球公共衞生議題。因此，各國制定國家認知障礙症策略時，已不再只聚焦於醫院和治療，而是涵蓋基層醫療、公共健康、社區支援、照顧者服務及公眾教育，希望建立一個更有利健康老齡化及認知友善的社會。

隨着香港人口持續老化，這些國際發展亦為本港帶來重要啟示。面對認知障礙症，我們不應再等到記憶衰退才開始關注，而應把「腦健康」視為終身健康管理的一部分。從及早預防、管理慢性疾病，到建立健康生活模式和關愛社區，每一步都是守護腦健康的重要基石。

「藥健同心靈實社區藥房」作為 PHARM+（賽馬會藥健同心社區藥房計劃）的服務夥伴，致力發揮社區藥劑師作為基層醫療健康守門人的專業角色，透過藥物管理、健康風險評估及疾病預防教育，協助市民及早識別潛在健康風險，實踐預防勝於治療的理念。藥健同心靈實社區藥房引入先進的膽固醇及糖化血紅素快速篩查設備，為市民提供「即時快速篩查」（Point-of-Care Testing, POCT）服務。透過簡單的指尖採血，市民可迅速了解血脂及血糖水平。篩查結果由藥劑師作專業分析及講解，並根據個人健康狀況提供用藥建議、生活模式改善方案及適切轉介服務；跨專業醫護團隊（包括註冊護士）亦會按需要提供支援，共同協助市民管理健康。

根據《刺針》（*The Lancet*）委員會的研究指出，高血壓、糖尿病及高膽固醇等因素均與認知障礙症風險有關。PHARM+社區藥劑師團隊希望憑藉其藥物專業知識及社區網絡優勢，透過及早識別健康風險、持續跟進及健康管理支援，鼓勵市民建立健康生活習慣，實踐「多行一步，及早預防」，為降認知障礙症風險及促進健康老齡化作出貢獻。

Dementia Care Is Entering a New Era: From Treatment to Brain Health

For many years, dementia was viewed as an illness to be managed only after memory loss had become apparent. However, at the recent Pan-Regional Workshop on National Dementia Plans in London, experts from around the world delivered a clear message: the future of dementia care is no longer about waiting for symptoms — it is about protecting brain health throughout life.

This marks a significant shift in medical thinking. Instead of asking how to slow dementia after it develops, researchers are now focusing on how to identify people at risk much earlier, delay or even prevent the disease, and help more people maintain good cognitive health as they age.

Dementia begins long before memory loss

One of the most important findings shared at the workshop is that the biological changes associated with Alzheimer's disease may begin many years before symptoms appear. This means the window for intervention is much earlier than previously thought.

Around the world, researchers are therefore developing new ways to detect these changes earlier through blood biomarkers, digital cognitive assessments and other emerging technologies. While many of these innovations are still being introduced into clinical practice, they offer hope that people at higher risk can be identified sooner and receive timely support.

Brain health is built over a lifetime

The workshop also highlighted that dementia is influenced by health across the entire lifespan.

The latest international guidance now recognises 14 modifiable risk factors, ranging from hypertension, diabetes and obesity to hearing loss, depression, poor sleep, physical inactivity, smoking, unhealthy diet, social isolation and even air pollution. These factors do not guarantee that someone will develop dementia, but together they help explain why maintaining good physical, mental and social health is so important for protecting the brain.

This also explains why experts increasingly promote a multidomain approach. Rather than relying on one medicine or one lifestyle change, protecting brain health requires attention to cardiovascular health, exercise, nutrition, mental wellbeing, cognitive stimulation and social participation throughout life.

One person, one care plan

Another major theme of the conference was personalised prevention. Experts agreed that dementia is not the same for everyone. People's genetic background, medical conditions, lifestyles and personal preferences all differ. Future care will therefore become increasingly personalised, combining medical assessment with individual risk profiles to recommend prevention and treatment strategies that best suit each person, instead of adopting a "one-size-fits-all" approach.

A responsibility beyond healthcare

Perhaps the most striking message from London is that dementia is no longer regarded solely as a medical issue. Increasingly countries are treating it as a public health priority.

National dementia plans are expanding beyond hospitals to include primary care, public education, caregiver support, community organisations and government policies. The goal is not only to improve treatment but also to create communities that support healthy ageing and enable people living with dementia to continue participating in society.

As Hong Kong's population continues to age, these international developments provide valuable direction for the future. Looking after our brains is no longer something that begins in old age. It begins much earlier — with healthier lifestyles, better management of chronic diseases, stronger community support and a shared commitment to making brain health part of everyday life.

As a key partner of the Jockey Club PHARMA Community Medication Service Network, PHARMA Haven of Hope Community Pharmacy (Tseung Kwan O) actively leverages the professional role of community pharmacists as primary healthcare gatekeepers. Through medication management, health risk assessments, and disease prevention education, the pharmacy empowers the public to identify potential health risks early and adopt a prevention-first mindset.

To support this mission, the Pharmacy has introduced advanced rapid screening equipment for cholesterol and glycated haemoglobin (HbA1c), offering Point-of-Care Testing (POCT) to the public. Individuals can quickly assess their lipid and blood glucose levels through a simple finger-prick blood test. Pharmacists then provide professional result analysis and explanations, alongside personalised medication advice, lifestyle enhancement consultation, and clinical referrals. The multi-disciplinary team including registered nurses, is ready to work with the users to manage their health according to their needs.

Research published by The Lancet Commission highlights that hypertension, diabetes, and high cholesterol are significant risk factors for dementia. With its pharmaceutical expertise and strong community networks, the PHARMA team aims to foster healthy lifestyles and a "prevention is better than cure" mindset through early risk detection, continuous follow-ups, and ongoing health management — actively contributing to reducing dementia risk and promoting healthy ageing across the community.

充滿喜樂支持耆樂餅
傳遞未知的快樂

「耆樂餅」每年都致力為長者及社區人士舉辦十一年，今年活動再度與Snoopy全球出名合作，以「擁抱未知的快樂」為主題，推出Snoopy環保袋傘盒及環保兩用雨傘禮盒，當盒帶來旅開包裝一如的小驚喜，與參與義工與長者及社會與長者「樂成同一路同行」，在人生不同階段送上關懷和支援。

耆樂餅義賣自1998年舉辦至今，善款用於長期及支援向本港弱勢社區長的長者服務，讓更多老齡學識及復康用具等，並支援院舍住宿照顧、日間及復康護理、探訪及陪診、獨居服務與護老者支援等，從而改善長者生活。事實上，部份受惠長者表示，這個耆樂餅帶來的遠不止是味道上的回憶，更是一份久違的陪伴與關懷。義賣同工在派出前上耆樂餅的同時，也送上了溫暖的問候與關懷，這份簡單的互動，打破了獨居長者日常的孤獨，讓他們感受到自己並未被社會遺忘，重拾笑容與對生活的期望。

延續去年義賣籌款「尊重生命-改變生命」的核心精神，義賣相信，每一位長者無論年齡、身處任何情況，其生命價值都值得被尊重。透過耆樂餅義賣，我們不單是在提供物質上的幫助，更是在重建長者的尊嚴與安全感，為他們的晚年生活帶來實質的改變。

企業同心，愛利機力支持，為愛「跑數」

義賣耆樂餅的成功，離不開社會各界的無私奉獻，今為重要的合作夥伴，愛利機構發揮無比的熱情與動感力，他們不遺餘力，甚至將這份善意變成自己的目標，為義賣注動電力「跑數」。他們雖然來自不同區域，但為了今次耆樂餅義賣，不約而同利用自身的時間與總部，向大眾推廣耆樂餅。正是這份全情投入的行動力，讓更心的帽子得以順利得更廣、更遠。

「擁抱未知的快樂」不僅是一句籌款活動的口號，也是與支持者分享喜樂的開端

"Embrace the joy of not knowing" is more than a fundraising campaign slogan. It is also a joyful occasion to share happiness with our supporters.



喜盒義賣籌 環保雨傘禮盒同行

今年首度推出兩款環保禮盒，共同主題設計中環繞一隻的Snoopy環保袋，每個小細節一件及Dimoh精選系列兩個，禮盒每盒港幣168元，內附Snoopy同伴及專用傘袋一套，每個小細節八件及Dimoh精選系列兩個。

產品包裝由香港創意中心一群香港年心智障礙學員完成，一同見證創同時承載學員的夢與，支持者的心意，以及長者的生活支持的期望。義賣詳情已經全記錄，2026年公開義賣日期分11月7日及8日舉行，公眾除可選購耆樂餅，也可登記成為公開義賣日義工。記錄查詢電話為 2703 3250；義工招募查詢電話為 2703 3237。

環保雨傘禮盒 (HK$ 168 / 套) 內附Snoopy同伴及專用傘袋兩個，備用同行

Priced at HK$168, the One Cake Deluxe Pack includes a Snoopy umbrella and a matching drawstring umbrella bag – a reminder that we stand together, come rain or shine



Sharing the joy of not knowing by supporting Qile Cake Charity Sale

The Qile Cake Charity Sale has entered its thirty-first year of service. This year, the campaign has once again partnered with Snoopy under the theme "Rain or shine, together with Qile Cake. We explore the joy of not knowing", launching tote bags in blind boxes and an umbrella gift set. The unboxing of blind boxes delivers a delightful surprise, while the umbrellas symbolise Haven of Hope's commitment to walk alongside with the elderlies through sunshine and rain, offering care and support at every stage of their lives.

Since its launch in 1996, Qile Cake Charity Sale has funded elderly services that are not covered by government subsidies. The fund purchases medical and rehabilitation equipment; supports residential, day-care, rehabilitation, and temporary care services; provides transport and accompaniment for medical appointments; and assists caregivers. These services significantly improve older people's quality of life. More than a treat, each Qile Cake symbolises companionship and respect. When Haven of Hope staff deliver the Qile Cake during festive seasons, they also bring along warmth and blessings to their friends or users. These simple gestures ease the loneliness of older people living alone, reminding them that society has not forgotten them, and restore their smiles and enthusiasm for life.

This embodies Haven of Hope's core mission: "Respecting Life Impacting Life". We believe that every senior, regardless of age and circumstances, deserves to be treated with respect. Through the Qile Cake Charity Sale, we provide far more than material assistance. We help strengthen their dignity and sense of security, bringing a tangible improvement to their lives.

Corporate Partnership: Manulife's Wholehearted Support in Pursuit of a Greater Goal

The success of the Qile Cake Charity Sale would not have been possible without the support of people from all walks of life. As a key partner, the Manulife team has demonstrated exceptional enthusiasm and a strong ability to mobilise support, embracing the charitable mission as their own goal and sparing no effort to meet targets. Despite coming from different districts, they generously contributed their time and efforts to promote the campaign, spreading the seeds of love far and wide.

Suprises in Every Blind Box, Companionship Through Every Season

This year's Qile Cake Regular Pack is priced at $50 and includes a randomly selected Snoopy reusable tote bag (out of three designs), one Wing Wah Chinese cookie and two selected Dilmah tea bags. The Deluxe Pack is priced at $168 and contains a Snoopy umbrella with a matching drawstring umbrella bag, eight Wing Wah Chinese cookies, and two Dilmah selected tea bags.

The packaging was finished by persons with physical or mentally challenged at the Haven of Hope Integrated Vocational Rehabilitation Services Centre. Each Qile Cake carries their contribution, the heartfelt support of donors and the hopes of elderly for a stable and dignified life.

Qile Cake is now available for order, and the 2026 public charity sale will take place on November 7 and 8. Members of the public are welcome to purchase Qile Cake or register as volunteers for the sale days. For order enquiries, please call 2700 3250; for volunteer recruitment enquiries, please call 2700 3237.



Qile Cake Regular Pack comes as a blind box package, featuring one of three randomly selected Snoopy reusable tote bag designs

靈實司務道事養院擴建計劃：用愛締造優質全人照顧新里程

Extension Project of the Haven of Hope Sister Annie Skau Holistic Care Centre: A New Milestone of Holistic Care Service with Love



隨着事工的發展，並目標香港人口老化，以及對優質療養、長者復康以及紓緩治療的殷切需求，靈實司務道事養院（下稱事養院）的服事理念亦深化為：「醫養結合：用愛貫徹生命旅程」，致力為體弱長者和長期病患提供一站式、無縫的全人關懷照護，並已於2020年展開擴建計劃。

整個擴建計劃共分三至四期進行，涵蓋1.2公頃土地。第一期將興建一座擁有150張病床的「安寧療護大樓」，預計2027年底落成，2028年第二季投入服務；第二期為翻新現時的華永樓，提供50至60張病床；第三期將興建優質療養與長者長期照顧大樓，提供200至400張病床；第四期則為全新門診大樓，設施新診斷及化驗支援服務，並提供中西醫結合治療。全面擴建後，事養院將升格成為一所「持續照顧醫院」"Continuing Care Hospital"，目標是成為香港，以至亞洲「醫養結合，全人治療」的典範。

感恩第一期「安寧療護大樓」工程正按計劃穩步推進。目前，新大樓已展開9樓樓面工程，接着將進行大樓最高樓層—10樓工程，預計整座大樓可如期於10月底平頂。

請繼告記念擴建計劃之進行，並求主供應計劃所需的額外資金，以支持第一期「安寧療護大樓」的興建，以及第二期華永樓的翻新及司務道樓改建為員工宿舍的計劃。若你有感動捐助，歡迎填妥捐款表格。

As the ministry has grown, and in response to Hong Kong's ageing population and the growing demand for quality nursing care, geriatric rehabilitation, and palliative care, the service philosophy of Haven of Hope Sister Annie Skau Holistic Care Centre ("the Centre") has deepened into: "Integrating Medical and Elderly Care: Embrace Life Journey with Love". Committed to providing frail older persons and people living with chronic illnesses with one- stop and seamless holistic care, the Centre implemented its Extension Project in 2020.

The entire extension will be carried out in four phases covering a site area of 1.2 hectares. Phase I, will see the construction of a new Hospice Care Block with 150 beds, targeted for completion by the end of 2027 and commencement of service in the second quarter of 2028; Phase II involves the renovation of existing Wah Wing Block, providing 50 to 60 beds; Phase III will see the construction of a new block for Quality Long-term care and Rehabilitation for the elderly, providing 200 to 400 beds; and Phase IV will see the construction of a new Outpatient Clinic Block, with radiological and laboratory diagnostic support and integrated Chinese-Western medicine treatment. Upon full completion, the Centre will evolve into a "Continuing Care Hospital", aiming to become a leading example of "Holistic Medical and Elderly Care Integration" for Hong Kong and across Asia.

We are grateful that construction of the Phase I "Hospice Care Block" is progressing steadily as planned. At present, construction of the 9th floor slab of the new building is underway. The project will then proceed to the building's topmost level, the 10th floor. The entire building is expected to reach its topping- out milestone on schedule by the end of October.

Please pray for the smooth progress of the whole extension project, and pray also for the Lord's provision of the additional funding required to support the construction of Hospice Care Block in Phase I, the renovation of the Wah Wing Block in Phase II and the conversion of the Sister Annie Skau Block into staff quarters. If you would like to contribute to our extension project, please fill in the donation form on the back cover.



[illegible] Superstructure works for the new "Hospice Care Block" are now in progress. The building work is scheduled for completion by the end of 2027, with service commissioning in the second quarter of 2028.

進一步了解
擴建計劃進度

Scan here for more
Extension Project updates

《個人資料(私隱)條例》聲明 Use of Personal Data Declaration

基督教靈實協會(下稱靈實)尊重 閣下所提交的個人資料，您所提供的個人資料只限用於靈實發出捐款收據、通訊、籌募經費及收集捐款者意見之用。在未得您的事先同意前，我們不會向其他人士或機構披露所收集的個人資料。
靈實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使用。
如 閣下需要查閱或修正你的個人資料，請在辦公時間內致電2703 3284，電郵至privacy@hohcs.org.hk或致函至香港新界將軍澳靈實路七號一樓與靈實傳訊及籌募部聯絡。

Haven of Hope Christian Service intends to use your personal details for our communication in future, including issuing donation receipt, passing information, fundraising work and conducting donor surveys or research. We will not provide your personal data to third parties without your consent.
We are committed to protecting the privacy, confidentiality and security of the personal information we hold by complying with the requirements of Personal Data (Privacy) Ordinance with respect to the management of personal information.
If you wish to access or correct your personal data, please contact HOHCS Communications and Resource Development Department at 2703 3284, or privacy@hohcs.org.hk or 1/F, 7 Haven of Hope Road, Tseung Kwan O.

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

簽署 Signature：_____ 日期 Date：_____

請沿實線剪下信封並按虛線接疊及封口

基督教靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE
RESPECTING LIFE • IMPACTING LIFE

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.

郵票由持牌人支付
Postage will be Paid by Licensee

您毋須貼上郵票；但如果您能貼上郵票，我們可以節省所需的郵費。請幫忙減低我們的開支。

如在本港投寄毋須貼上郵票
No Postage Stamp Necessary If Posted In Hong Kong

BUSINESS REPLY SERVICE
LICENCE NO. 1497

基督教靈實協會
Haven of Hope Christian Service

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

請沿實線剪下信封並按虛線接疊及封口

基督教靈實協會 HAVEN OF HOPE CHRISTIAN SERVICE

尊重生命 • 改變生命
RESPECTING LIFE • IMPACTING LIFE

E	POSTAGE PAID HONG KONG CHINA 中國香港 郵資已付	Permit No. 特許編號 3170

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

■ 服務查詢熱線 Service Enquiry Hotline : (852) 2701 9019 傳真 Fax : 2706 0463 電郵 Email : info@hohcs.org.hk
■ 義工及捐款熱線 Volunteer & Donation Hotline : (852) 2703 3284 傳真 Fax : 2702 8173 電郵 Email : crd@hohcs.org.hk

NEW-BL-26-09

捐款回條 Donation Form

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 :

捐款金額 Donation Amount :

☐ HK $200 ☐ HK $400 ☐ HK $600 ☐ HK $800 ☐ HK $1,000 ☐ 其他 Others _____

願捐助予 I would like to donate to :

☐ 基督教靈實協會 Haven of Hope Christian Service
☐ 靈實醫院(非政府資助服務，包括院牧事工) Haven of Hope Hospital (Non-subvented Services, including Chaplaincy Service)
☐ 靈實司務德寧養院 Haven of Hope Sister Annie Skau Holistic Care Centre
☐ 靈實恩光成長中心 Haven of Hope Sunnyside Enabling Centre
☐ 福音事工，包括靈性關顧 Evangelistic Work, including Spiritual Care
☐ 靈實「築動生命全方位關顧計劃」 The Haven Project
☐ 非政府資助復康服務 Non-subvented Rehabilitation Services
☐ 非政府資助長者院舍 Non-subvented Elderly Home
☐ 其他，請註明 Others, please specify _____

☐ 需單次捐款收據 One-off Donation Receipt ☐ 需每年捐款收據 Yearly Donation Receipt

姓名 Name*: _____ (先生/小姐/太太 Mr/Miss/Mrs)

電話 Tel*: _____

出生年份 Year of Birth*: _____ 教育程度 Education*: _____ 職業 Occupation*: _____

捐款者編號(封底郵寄地址右下角) Donor's reference no. (the no. on the right hand bottom of the address label) : _____

地址 Address*: _____

地區 District : _____ 電郵 Email Address : _____

請轉後頁填寫《個人資料(私隱)條例》聲明 Please turn over for the Use of Personal Data Declaration

捐款方法 Donation Method

☐ **劃線支票 Crossed Cheque**：祈付「基督教靈實協會」 Payable to "HAVEN OF HOPE CHRISTIAN SERVICE"

☐ **直接存入戶口 Bank Deposit**：香港中國銀行 Bank of China 012-874-1-035785-2

☐ **信用卡 Credit Card**：☐ VISA ☐ ☐

持卡人姓名 Cardholder Name : _____ 信用卡號碼 Credit Card Number : _____

持卡人簽署 Authorised Signature : _____ 有效日期至 Card Valid Until : _____

☐ **繳費靈 Payment by Phone Service (PPS)**：透過電話18033或互聯網www.ppshk.com捐款，基督教靈實協會商戶編號「9453」。
Make payment through telephone 18033 or www.ppshk.com, merchant code "9453".

☐ **按月自動轉賬 Monthly Autopay**：會按上述個人資料寄上「信用卡 / 自動轉賬授權書」，或可於本機構的網頁www.hohcs.org.hk下載。
"Credit Card / Autopay Authorisation Form" will be sent to you according to the personal information above or you can download the form from our website www.hohcs.org.hk.

備註 Remarks :
■ *為必須填寫的項目，以便用作印發捐款收據之用。Required fields for issuing donation receipt.
*非必要填寫 Optional
■ 請將支票、銀行存款單或直接付款授權書寄回本機構的傳訊及籌募部收。
Please send cheques, deposit slips or Direct Debit Authorisation Form to our Communications and Resource Development Department.
■ 捐款港幣100元或以上將獲發收據。
Receipt will be issued for donations of HK$100 or above.
■ 以信用卡或繳費靈捐款者可傳真此表格到本機構的傳訊及籌募部 (傳真號碼 : 2702 8173)。此表格可自行複印。
Please send this form to our Communications and Resource Development Department by fax (fax no. : 2702 8173) if you donate by credit card or PPS. Please copy the form if necessary.

捐款人之個人資料，只為傳遞本機構的資訊及籌款之用。若捐款者不願收到本機構的資訊或需要更改個人資料，請致電2703 3284或電郵至privacy@hohcs.org.hk與本機構的傳訊及籌募部聯絡。
Donor's personal data will only be used by HOHCS for passing information and fundraising work. Donors who don't want to receive our information or want to change their personal data, please contact our Communications and Resource Development Department at 2703 3284 or email to privacy@hohcs.org.hk.

《個人資料(私隱)條例》聲明載於後頁。Turn over for the Use of Personal Data Declaration.