



善寧會

Society for the Promotion of Hospice Care

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ISSUE

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邵日坪先生是晚晴照顧者，陪伴太太 Ho Ho 走完人生末段，當中由初期發現患病、到癌症復發並身體急劇轉差的過程中，日坪與 Ho Ho 共同面對逾十年的挑戰，尤其當 Ho Ho 接受化療的四個月，無法正常飲食、全身乏力、脫髮、上吐下瀉、

失眠、坐臥不安，天天以淚洗面；日坪先請假、後轉半職留在家照顧和陪伴太太，天天為 Ho Ho 煎藥，細心護理。日坪笑言：「我以前曾有一年多的時間沒有收入，全靠太太默默支持，現在輪到我照顧她，當然義不容辭，是她先示範如何堅守婚姻的盟誓，我也要學習不論順景逆景，仍支持她、愛護她。」

Ho Ho 初發現患病時，他們的子女還未到十歲，日坪憶述 Ho Ho 接受第一次手術後，因子女年齡太小，不能入病房探望媽媽，倍添彼此的掛念。看著小小的兩兄妹，甚至不夠高去按汽水機的按鈕，日坪更感徬徨和難過，但他堅持讓子女一起學習面對媽媽的患病，問及日坪可曾想過隱瞞子女而單獨面對時，他說：「雖然孩子還小，但他們也能明白媽媽的不舒服，打從開始就讓他們一起面對，可助他們有更多的心理準備，以承擔不同的可能性。有時子女問我媽媽離開後去哪裡，我便按我們的信仰解答他們，告知媽媽將會在天堂，將來我們能共聚，只是今生的分離，仍一點不容易。」

日坪亦分享作為照顧者的苦與樂。有一次，日坪為著要接載 Ho Ho 前往醫院覆診接受電療，向 A 單位查詢護送的服務，怎知 A 單位轉介至 B 單位，B 單位又轉介至 C 單位，C 單位最後又轉介回 A 單位，後來日坪才發現 A 單位也可協助，只是平常較少人查詢相關服務，才導致誤會，問及他可會覺得像皮球般被拋來拋去時，日坪笑言：「最重要是鏗而不捨，有時對方不是不想幫，卻可能因誤會而轉介，但堅持到底，總會找到方法及出路。」

日坪續道：「面對患病及臨終，別只是孤單面對，其實身邊有很多人願意幫忙，對別人來說也許只是舉手之勞，卻大大減輕我和太太的負擔。其中有段時間，住在附近的朋友主動提議每日煮飯時，兼煮我們一家的份量，即時省卻我們日常煮食的苦惱，幫助甚多，亦體會人間有情。」

Ho Ho 臨終前曾寫道：「每次覆診都像在等待領取成績單，看看是否能升班，作為癌症病人是那樣的被動和無助。」其中因 Ho Ho 身體逐漸轉差，需要坐著輪椅進出浴室，家中浴室門道的位置卻不夠闊，後幾經辛苦，才在家居舒緩照顧和職業治療師的協助下，在六十多張輪椅中，選出一張剛能進出的輪椅，讓 Ho Ho 使用。這些辛酸的點滴，更展示日坪對太太的體貼照顧和不離不棄，日坪坦言全賴上主及彼此的關愛，才可承受這一切。

Mr. Eric Siu shared the touching story of him and his wife, Ho Ho, in her final stage of life. From the shocking news of her cancer diagnosis, Eric had supported Ho Ho in this battle for over 10 years. One of the most difficult times was the period when Ho Ho was receiving chemotherapy for 4 months. At times she couldn't eat normally and was suffering from tiredness, hair loss, vomiting, diarrhoea, insomnia and restlessness. Ho Ho was deeply depressed but Eric tried his best to comfort her. Eric applied for leave and later changed his job to a part-time one to allow more time to take care of her. "It was my wife who kept the wedding vow first when I could not earn a living for over a year previously. Now it is my turn to show her my life-long commitment no matter what," said Eric affectionately.

Eric recalled that, when Ho Ho was first diagnosed, their children were not yet 10, and after her first operation, as the children were too young and not allowed to visit their mother in the hospital ward, mother and children missed each other very much. With two children at such a young age, not even tall enough to press the knobs on the soft drinks vending machines, Eric said he felt sad and at a loss. However, he insisted on helping his children face their mother's illness. Asked if he had ever thought of hiding the fact from his children, he said "Although they were young, they knew that their mother was not feeling well. Letting them face this together from the very beginning helped them prepare psychologically to bear different possible consequences. Sometimes when the children asked me where mother had gone after death, I would explain to them according to our religious belief that mother is now in heaven and one day we will be together again. Of course the separation is still not easy to bear."

Eric also shared the pain and joy of a care giver. He recounted that there was one time when he needed to transport Ho Ho to the hospital for electrotherapy. He approached Unit A for help but



頭條日報和星島日報均有轉載日坪的感人分享
Both the Hong Kong Headline and the Sing Tao Daily newspapers reported the touching story of Eric

was referred to Unit B, which in turn referred him to Unit C, and eventually Unit C referred him back to Unit A. Eric later found out that Unit A could offer the help but there were very few such request so there was a misunderstanding on the service required. When asked if he felt like a ball being thrown back and forth, he smiled and said, "Actually the most important thing is perseverance. Sometimes the workers are not being unhelpful; they referred our case only due to some misunderstanding on our needs. By persevering, a way could be found to solve the problem."

"When facing illness or the end of life, don't just handle it single handedly on your own. There are actually a lot of people who are willing to offer their help. For them it is probably a very easy gesture but for someone like me and my wife, such actions could really ease our burden. For a period of time, our friends living nearby offered to cook an extra portion for our family when cooking their daily meals which immediately solved our problem. These gestures are very helpful and from them I did see a lot of love in mankind", Eric said.

Ho Ho once wrote during her illness, "Every time when I revisited my doctor, it was like going in for a report card to see if I can be promoted. As a cancer patient, I really feel so inactive and helpless." One incident was when Ho Ho's mobility gradually deteriorated, Eric had to help her to bathe but the wheelchair was just too large to get into the bathroom. With the support of the palliative home care services and Occupational Therapist, they finally got a suitable one from amongst sixty odd models. Such a "tiny" example shows the difficulties faced by Eric in the daily caring of his wife and from it we can see the care and love Eric had for Ho Ho. Eric told us that it was the love of God and the love between the two of them which gave them encouragement despite of all such challenges.

即將舉行：晚晴論壇 - 家眷 · 眷家

論壇日期及時間：

2014年1月16日 (星期四)晚上7時30分至9時30分

論壇地點：

香港北角百福道21號

香港青年協會大廈 9/F演講廳

費用全免，詳情請瀏覽善寧會網頁

www.hospicecare.org.hk，名額有限，先到先得

Upcoming: Latter Life Forum - Family Cares

Date and Time:

16 Jan 2014 (Thu) 7:30 – 9:30pm

Venue:

9/F Auditorium, The Hong Kong Federation of Youth Groups Building, 21 Pak Fuk Road, North Point, Hong Kong

Free admission. For more details, please visit www.hospicecare.org.hk. Limited spaces only. First come, first served.

鳴謝「滙豐社區夥伴計劃 2013」全力贊助
Special thanks to the sponsorship of HSBC
Community Partnership Programme 2013

善寧會於2013年6月8日舉辦的『晚晴論壇』：生死兩相安之家人同行，得到公眾人士的熱切參與，讓300人的禮堂座無虛席！除有日坪的分享外，是次更邀請了兩位對家人同行及晚晴照顧有真切體會的同工分享，分別是薈色園助理社會服務秘書吳少英姑娘，及白普理寧養中心紓緩治療科的顧問護師關蕙敏姑娘，兩位專家對推動優質的長者服務及紓緩照顧一直不遺餘力，其對長者、病人及家屬的委身，令人敬佩。



"The Latter Life Forum: At ease with life and death – Family participation" held on 8 June 2013 was again a success. It attracted an audience of 300. The audience was enthusiastic and touched by the topic. In addition to Eric's sharing, Ms. NG Siu-ying, Assistant Social Services Secretary of Sik Sik Yuen, and Ms. Cecilia Kwan, Nurse Consultant (Palliative Care) of Bradbury Hospice, presented their perspectives on caring for older adults and terminal patients with their family members in the last stage. Their passion in the service is admirable.

照顧晚晴長者或臨終病人時，家人一方面要盡力表達愛與關懷，也要處理照顧病人或長者帶來的壓力，更要面對許多細微但繁鎖的轉變，善寧會致力幫助末期病人與家人一起同行並肩，並計劃於2015年建成「賽馬會善寧之家」，於香港首間以家居模式提供寧養服務，讓像日坪般有需要的家庭在晚晴階段能有多一個選擇。



It is not easy to take care of the older adults and patients in end-of-life stage. The family members have to show concerns as well as struggle with many changes. As an advocate of quality end-of-life care, SPHC plans to open "Jockey Club Home for the Hospice", the first-of-its-kind home-like hospice center in Hong Kong, in 2015. It would be one more option for the needy families like Eric's in times of the critical terminal stage.

「登山善行」2013

Hike for Hospice 2013

第二十一屆「登山善行」於 2013 年 3 月 10 日（星期日）假元朗大欖郊野公園圓滿結束。今年有逾 520 位登山健兒踴躍參加，與各贊助人仕及現場義工，一同為全港寧養服務共襄善舉，出一分力。今屆「登山善行」邀請到 財政司司長曾俊華 GBM 太平紳士、善寧會榮譽會長梁智鴻醫生 GBM, GBS, OBE, 太平紳士、「登山善行」籌募委員會主席及善寧會榮譽會長詹康信先生 GBS、以及英皇集團（國際）有限公司主席陸小曼女士蒞臨主持起步禮。英皇娛樂集團藝人洪杰和詩雅亦到場為登山健兒打氣。有賴一班熱心人士及贊助機構的鼎力支持，今年活動已成功籌得善款超過港幣二百六十萬元，讓本會得以繼續為寧養舒緩服務提供援助及推而廣之。



Our annual signature fundraiser, the 21st Hike for Hospice, was held on 10 March 2013 at Tai Lam Country Park with resounding success. This year, we had 520 hikers participating in the event, joining hands with the volunteers and sponsors to help the Society in its goal to add life to days for the needy. We were once again honoured to have the officiating guests joining the ceremony, Mr. John Tsang Chun-wah GBM, JP, Financial Secretary; Dr Leong Che-hung, GBM, GBS, OBE, JP, Honorary President of The Society for the Promotion of Hospice Care; Mr. Jim Thompson GBS, Chairman of the Hike for Hospice Organising Committee & Honorary President of the Society for the Promotion of Hospice Care; Mrs. Semon Yeung, Chairperson of Emperor International Holdings Limited; and artistes Alex Hung Kit and Michelle Sze Nga. With the generous support from our donors and corporate sponsors, we raised over HK\$2.6 million which helps us continue our work to help terminal patients and the bereaved.

「登山善行」是以推廣寧養舒緩照顧為己任的善寧會一年一度之大型籌款活動，所得善款用作推廣寧養照顧、提供善別輔導和生死教育三方面，為末期病患者及失去摯愛的喪親家屬提供援助。據推算，2036 年香港 65 歲或以上的人均年齡比例將增長到 26.4%。世界衛生組織更預測，至 2050 年香港會成為世界排名第五、老年人所佔比例最大的城市，即 40% 的香港人口將達 65 歲或以上。

Hike for Hospice is the annual flagship event of SPHC and the donation goes towards promoting hospice & palliative care, providing bereavement support and enabling life and death education, helping terminal patients and their families face death with dignity and peace.

善寧會執行委員會主席王紹強先生 MBE 表示：『2012 年，65 歲或以上的老人佔香港總人口的 17.1%。驅使善寧會加強推廣寧養舒緩照顧概念予每一位香港人。』王先生續說：『本港人口老化問題越趨嚴重，社區對寧養舒緩服務的需求與日俱增，我在此呼籲大眾支持「登山善行」這項有益身心及有意義的籌款活動，以助推動本港寧養服務和善別輔導服務的發展。』

In Hong Kong, it is projected that the ratio of elderly people aged 65 or above will grow to 26.4% by 2036. The World Health Organisation has made a forecast that Hong Kong will be listed as the 5th largest city on elderly population by 2050, which means 40% population will be at age 65 or above.

高盛更是連續第二年企業組別中派出最多隊伍參加「登山善行」的公司。高盛亞洲首席營運官費孟思先生陳述：『「登山善行」活動已經舉辦了二十一年，高盛由當初數位員工參與至今年多達 61 人組成 11 隊登山隊伍。我們很榮幸能夠參與這個活動並見證善寧會不斷成長。』

Mr Raymond Wong, MBE, Chairman of Executive Committee SPHC stated, "According to the government figure, the population at age 65 or above has reached 17.1% in 2012. With the growing demand from the ageing population for services such as hospice care, SPHC calls for public support to this healthy, team spirit building and fundraising activity."

善寧會譚雅士杜佩珍安家舍服務中心總監曾國嫻姑娘於輔導喪親人士中，見證失去至愛至親者的蛻變，「登山善行」更成為他們發放正能量的聚會。曾姑娘看

見喪親者對失去至親的悲痛縱難以磨滅，但精神心境卻可以轉化，有曾接受輔導的人士從喪親的迷茫中重拾信心，





並結伴扶持完成整個登山活動，既助人也自我成長。

當中有一隊以「情花黨」為名的組別，組員都曾經歷喪父親或母親之痛，接受過善別輔導之後重建新生。Maggie的父母在一年間相繼過世，她憶述：『媽媽入院兩天便走了，一年內爸爸亦突然離世，實在令我痛不欲生，身心久久未能痊癒，直至參與了善別輔導小組開始現曙光。』善別輔導小組是



喪親家屬提供的令一班同路人在群體中體會同感共鳴並互相扶持。Maggie 續說：『「登山善行」已成為了我們一年一度的重要聚會，我們的隊名為情花黨，代表心花怒放，亦見證我們今天充滿正能量，發揮隊友的團隊精神。』

明年的「登山善行」將是 2014 年 3 月 9 日舉行，我們期待您的參與！



Ms. Helina Tsang, the Centre Director of SPHC's Jessie and Thomas Tam Centre (JTTC) stated that she has learned the most about life, death and bereavement from her bereaved clients. She joins the Hike every year and witnesses how her ex-clients gain their positive energy by joining the Hike together and learn to walk hand in hand in their lives ahead.



Among the hikers, there are teams formed by the ex-clients, who have joined the bereavement support group at JTTC. One of the teams is called "Blossoming in Love" with members experiencing similar grief in losing their parents. Maggie, an ex-client, recalled that she became very depressed when she lost both her parents respectively all of a sudden within a year. With help from her counsellor and the bereavement support group, her self-esteem gradually improved. Maggie and her teammates have also rebuilt their confidence in life. Hike for Hospice has now become one of their major annual group gatherings.

Next year, the Hike for Hospice will be held on 9 March 2014 . We look forward to your continuing support and participation.



鳴謝 ACKNOWLEDGEMENTS

善寧會謹向各「登山善行2013」的贊助商及義務團體，致以衷心感謝
The Society for the Promotion of Hospice Care would like to thank all those sponsors and organisations who contributed to Hike for Hospice 2013

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Hong Kong St. John Ambulance
The RHKR (The Volunteers) Association

我們衷心感謝「登山善行」籌募委員會所給予的支持與指導
Our sincere thanks go to our Organising Committee for their guidance and dedicated support.

「登山善行」籌募委員會 Hike for Hospice Organising Committee

主席 Chairman

Mr Jim Thompson, GBS

委員 Members

Mr Christopher Dillon
Ms Samantha Fanshawe
Mr Robert Grieves
Brigadier Christopher Hammerbeck, CB CBE
Mr John Lawrence
Mrs Anne Tang
Mr Ron Taylor, MBE



「登山善行」 頒獎禮2013

為嘉許各得獎健兒及向各贊助商、義工團體致以衷心謝意，本會於5月28日在皇冠酒窖舉行了登山善行2013頒獎禮。今年得到皇冠酒窖的場地及食物贊助，參加者得以一睹這所位於香港南區，由前彈藥庫及防空洞改建成的私人會所，享用美酒佳餚外，更可發掘有趣的歷史資料。

當日共有89位登山健兒及嘉賓出席，由登山善行籌募委員會主席詹康信先生 GBS 致詞及分享對寧養舒緩服務的經驗，以及感謝各贊助商和參加者的支持。頒獎禮後各人重溫活動當日的精彩相片之餘，亦互相交流比賽心得，一同期待來年「登山善行」！



Hike for Hospice 2013 Award Ceremony

To acknowledge our hikers, sponsors and volunteer groups, we held the Hike for Hospice 2013 Award Ceremony at Crown Wine Cellars on 28 May 2013. Crown Wine Cellars is a private member's club located in Island South. The original structures were constructed almost 70 years ago by British Military to serve as an ammunition and weapons storage depot during World War II. Our guests and hikers found interesting information about this historical building while enjoying the food and drinks sponsored by Crown Wine Cellars.

89 hikers and guests attended the Ceremony that evening. In his speech, Mr. Jim Thompson, GBS, Chairman of Hike for Hospice Organising Committee, shared his previous experience in hospice and palliative care. He also thanked all the sponsors and hikers for their continuing support. After the award presentation, hikers and guests enjoyed not only the repast but also the fun and happy moments captured on photos taken at "Hike for Hospice".



慈善晚宴2013

Charity Dinner 2013



善寧會於 2013 年 4 月 22 日（星期一）在香港鄉村俱樂部舉辦的慈善晚宴成功為新寧養中心建築項目籌得九十多萬元捐款。近二百人出席了此次活動。晚宴承蒙財政局司長曾俊華 GBM 太平紳士及夫人蒞臨主禮。榮譽會長梁智鴻醫生 GBM, GBS, OBE, 太平紳士及執行委員會主席王紹強 MBE 致詞時分別介紹了善寧會的使命及最新的寧養中心建築項目。當晚亦邀請到車淑梅女士在其丈夫張文新先生陪同下分享她照顧臨終母親的點滴。



More than \$900,000 donations were raised through the Charity Dinner held on Monday, 22 April 2013 at the Hong Kong Country Club which will go towards the new hospice project of the Society. The event was attended by nearly 200 people. The Financial Secretary Mr Tsang Chun-wah GBM, JP and Mrs Tsang were the guests of honour, and Hon President Dr Leong Che-hung GBM, GBS, OBE, JP and Executive Committee Chairman Mr Raymond

我們非常感謝以每圍二萬元贊助晚宴的人仕：Brantingham Carroll International Ltd, 陳重義博士太平紳士, 張哲孫博士, Jeff Cheung 先生, 周瑞明女士, Amy Convery 夫人, Kenneth Hsu 先生, 李文豪醫生, 連炎輝先生, Max Lun 先生, 莫興光先生, 詹康信先生, Benson Tong 先生, Michael Wong 先生, 王紹強先生 MBE (兩圍), 及 William Wong 先生。

Wong, MBE spoke on the mission of SPHC and the new Hospice Project respectively. We also invited Ms Candy Chea Shuk-mui, accompanied by her husband Mr Cheung Man-sun, to share her experience of caring for her mother during the last days.

晚宴更透過拍賣一些熱心支持者所捐出的物品而籌得更多的捐款。拍賣由新任命的善寧會慈善大使車淑梅女士, 廖碧兒小姐及陳倩揚女士主持, 拍賣過程激烈, 最後由 Cecilia Tsang 女士以十三萬元投得由著名書法家戚谷華女士捐出的書法作品; Sophie Ng 女士以十二萬八千元投得由 Link Profit Trading Ltd 捐出的兩個經典葡萄酒桶; 張哲孫博士以五萬元投得一枚由伍劭斌 Convery 夫人捐出的玉戒指; 及以下人仕投得由 Link Profit Trading Ltd 捐出的十四支 Magnum 大枝裝紅酒: 陳宇齡先生, Kenneth Chow 先生, 何世坤醫生, James Law 先生, 梁滿令儀醫生, 及莫興光先生。

We are most grateful to the table sponsors: Brantingham Carroll International Ltd, Dr Hubert Chan, JP, Dr Jackson Cheong, Mr Jeff Cheung, Ms Mable Chow, Mrs Amy Convery, Mr Kenneth Hsu, Dr Joseph Lee, Mr Alan Lin, Mr Max Lun, Mr Mok Hing-kwong, Mr Jim Thompson, Mr Benson Tong, Mr Michael Wong, Mr Raymond Wong, MBE (2 tables), and Mr William Wong, who donated \$20,000 to sponsor each table.

此外, 許多賓客都購買了 Link Profit Trading Ltd 在晚宴會場即席裝瓶的紅酒以支持善寧會的工作。

Generous donations were also received through the auction of donated items from some ardent supporters of SPHC. With the help of newly appointed SPHC Charity Ambassadors Ms Candy Chea Shuk-mui, Ms Bernice Liu and Ms Skye Chan, the auctions were held with heated competition, resulting in Mrs Cecilia Tsang getting the calligraphy collection donated by the renowned calligraphist Ms Chik Kwok-wa for \$130,000; Mrs Sophie Ng getting two classic wine barrels donated by Link Profit Trading Ltd for \$128,000; Dr Jackson Cheong getting a jade ring donated by Mrs Robyn Convery for \$50,000; and for the 14 Magnum size red wines also donated by Link Profit Trading Ltd, donations were received from Mr Abraham Chan, Mr Kenneth Chow, Dr Vincent Ho Sai-kwan, Mr James Law Chi-wing, Dr Lilian Leong, and Mr Mok Hing-kwong.

善寧會在這個晚宴中介紹了即將啟動的寧養中心建築項目, 並邀請負責建築設計的創智建築師有限公司董事吳永順先生在這個《賽馬會善寧之家》模型的旁邊為晚宴嘉賓講解他的設計理念。善寧會獲香港特區政府批出亞公角山道的一幅土地, 並獲得香港賽馬會慈善信託基金捐贈一億二千二百萬元建築費(善寧會 2013 年 2 月第 52 期會訊封面故事)。

The two barrels of red wine donated by Link Profit Trading Ltd were bottled at the venue of the charity dinner and many of the dinner guests bought the bottled wine in support of the SPHC cause.

The new hospice project of SPHC was introduced at this dinner, with the Architect designing the hospice, Mr Vincent Ng, Director of AGC Design Limited explaining his design concepts to dinner guests in front of the model of the future Jockey Club Home for Hospice. The HKSAR Government has granted a piece of land on A Kung Kok Shan Road for this project and the Hong Kong Jockey Club Charities Trust is donating \$122 million towards construction cost (Cover Story, SPHC Newsletter Issue 52, 2/2013).





薈色園專業同工培訓計劃 「遇見生命遇見愛」

Sik Sik Yuen Professional Training Project “Meeting with Life; Meeting with Love”

本會獲薈色園邀請，主領「遇見生命遇見愛」員工生命教育培訓計劃，於 2012 年 7 月至 2013 年 3 月順利完成。此計劃共為 410 位薈色園員工提供合共 16 天生命教育培訓，更撰寫新入職同工導向教材套，希望生死教育的知識得以承傳。

透過體驗式學習，同工更親身體會生命教育的核心價值，並學習於工作上運用正向心理，陪伴長者共渡晚晴。

學員分享訓練中不單助他們反思生命，更對長者及其家人面對死亡時的心理狀況有更深的體會，當中的得著定可應用在未來服務中。以下是同工的回應：

「訓練讓我體會生命無常，需要珍惜所擁有的。」

「通過訓練，令我對人生如何面對生死有了正面的理念及能積極面對。」

「是次令我對人生有了規劃，並將學習的東西溶入長者服務中。」

Collaborating with Sik Sik Yuen, the project “Meeting with Life; Meeting with Love” was successfully held from July 2012 to March 2013. There were 410 staff trained in this 16-day programme through experiential learning activities on life and death education. The staff also learnt how to provide end-of-life care to the elderly. Below are some comments and feedback made by participants:

“In this training, I experienced that life is short and unpredictable. I will cherish what I have.”

“I am more positive towards life and death issues after this training.”

“I have more life planning upon the completion of this training. I will apply what I have learnt in our elderly services.”





第十屆香港紓緩照顧專業研討會 10th Hong Kong Palliative Care Symposium

是次研討會於 2013 年 8 月 10 日假香港大學舉行，吸引了超過 360 位來自不同背景的醫護、社福專業人士出席。研討會榮幸邀得食物及衛生局局長高永文醫生 BBS, JP 為會議開幕致辭，並有許多專家及學者於會中交流和演說，座無虛席。

更詳盡的資料可參考本會網頁，並刊載於《香港紓緩醫學學會期刊》二零一三年十月號第二期。



The Symposium was held on 10 August 2013 at The University of Hong Kong. The lecture hall was packed with enthusiastic faces. There were over 360 healthcare, social work professionals from various clinical



settings attending. We are honored to have Dr. KO Wing-man, BBS, JP, Secretary for Food and Health as our Guest of Honor for the opening ceremony. Many local experts and professionals were invited to share at the Symposium.

More details of the Symposium are published on our website and "Newsletter of Hong Kong Society of Palliative Medicine – Oct 2013 Issue No.2".

衷心感謝凱瑟克基金 A Big Thank You to Keswick Foundation

在此衷心感謝凱瑟克基金的支持，由 2013 年 4 月起向本會提供為期三年的資助，包括安家舍四名善別輔導員的薪金及兩項先導計劃的活動經費。隨著服務需求的增長及愈趨複雜的個案性質，常設四名善別輔導員方可讓安家舍為喪親者提供更適時及具質素的服務。此外，兩項別具創意的先導計劃——「社區義工關顧計劃」及「生死反思探索營」亦會於今年開展，期望能為喪親家屬提供更全面的照顧。

「社區義工關顧計劃」招募社區人士及以往曾經歷喪親者成為義工，繼而進行各方面的培訓以積極裝備他們，為初經歷喪親人士提供情緒及社交支援。此計劃特別切合一些經濟貧乏、居住偏遠地區或欠缺社區支援的喪親者的需要，突破傳統輔導服務的限制。三天兩夜的「生死反思探索營」為服務使用者、義工、醫護社福界的專業及支援同工提供交流反思的機會，一起探索生死。透過不同層次的服務，我們期望每位經歷喪親人士也能從哀傷中成長更新。

The Society is very much indebted to the generous support of the Keswick Foundation for supporting the staff cost for four bereavement counsellors and two pilot projects of the Jessie and Thomas Tam Centre (JTTC) for three years starting from April 2013. With the increasing number of new clients and greater complexity of case nature, having four permanent positions of bereavement counsellor could ensure timely quality service. Moreover, it is very encouraging that Keswick Foundation recognizes our two creative pilot projects, i.e. the Community Care Scheme and the Life and Death Reflection and Exploration Retreat Camp, both to be launched in 2013 to give more comprehensive support to our bereaved clients.

The Community Care Scheme is to recruit volunteers both from the community and from the pool of ex-bereaved clients with potentials of caring for others, train and equip them to provide emotional and social support to the newly bereaved clients, especially the deprived, living in remote areas or those having inadequate support, on top of traditional counselling service. The Life and Death Reflection and Exploration Retreat Camp is a 3 day 2 night programme, giving an opportunity for all involved in hospice care service, including service recipients, volunteers, professionals and support workers in both health care and social service, to reflect and explore on life and death issues. The ultimate goal of our service is to help each one involved grow with the bereavement experience.

安家舍接待新加坡考察團

Visit by Singaporean Social Workers to JTTC



A group of 12 Singaporean Social Workers visited the Jessie and Thomas Tam Centre (JTTC) on 26 April 2013. This visit was organised by the Agency for Integrated Care of the Ministry of Health, Singapore. The social workers came from hospice care services ranging from service planning to long-term care sectors. The major focus of this visit was to get to know how JTTC, as the first of its kind in Hong Kong, started and operated a bereavement care centre in the community. A few distinctive features of JTTC were introduced. Our practice wisdom, which was gained through overcoming the challenges of increasing number and complexity of cases, was also shared and discussed in their three-hour visit.

Distinctive Features of JTTC

Upon the request of the visitors from Singapore, distinctive features of JTTC's service were presented during the visit. Since JTTC specializes in bereavement care and support, our image is very clear to both professionals and the general public. Therefore, cases could come from referrals among professionals, previous clients or self-referrals from any member of the general public in need. The centre is located in the community, at a public housing estate. Unlike getting such service from a hospital or social welfare setting, the bereaved clients do not feel carrying "a sick role" when coming to JTTC for support service. As the service is given free of charge to all Hong Kong residents, it also eliminates any resistance to reach out for help by the users.

Practice Wisdom

Our bereavement counsellors would assess the bereaved client as a whole person rather than focus on their grief symptoms or issues only. The Centre as a whole would also provide a holding environment with different intervention programmes for the bereaved clients to explore and grow from their bereavement process. Besides the traditional individual and group counselling services, the festival remembrance service is another core service for the bereaved clients to express their lingering affection to their deceased loved ones. These core programmes were then followed by other support programmes, which would help strengthen their body, mind, social and spiritual aspects in order to help them move on to their restoration from their loss orientation. The ultimate goals of our intervention programmes are to help the bereaved transform their role from a bereaved client to a healthy bereaved person, a supportive peer among other bereaved, or even a contributing member to the society. In short, bereavement becomes an opportunity for growth.

由新加坡衛生部護聯中心組織的代表團，一行十二名從事紓緩照顧相關服務的社工，於2013年4月26日到訪譚雅士杜佩珍安家舍（簡稱安家舍），了解香港的善別輔導服務。三小時的探訪，我們扼要地介紹了安家舍的服務特色，以及多年累積的實務智慧，包括如何應付不斷增長的服務需求、處理愈趨複雜的個案等。

服務特色

安家舍是全港第一所於社區設立的善別輔導中心，形象鮮明、服務明確，一直得到同業及公眾的認同。因此，我們的個案來源甚廣，包括主動求助的公眾人士、專業同工的轉介，以及曾接受服務人士的推介等。有別於醫院及其他社會服務機構提供的善別輔導服務，安家舍座落於社區，使前來接受服務的人士可免去「病人」的身份標籤，安心求助。其次，安家舍的輔導服務費用全免，避免因經濟有困難的人士失去接受輔導的機會。

經驗分享

本中心的輔導員本著「全人照顧」的信念，並非只著眼於喪親人士的失喪經歷和其哀傷反應。安家舍的裝潢、佈置或擺設都細心經營，期望打造成一個「家」的環境，讓每個失去摯親的人能感到安全和安心，從中獲得力量，跨越哀傷、探索成長。

除提供個人及小組輔導服務，安家舍的另一核心活動——「節日思親會」，凝聚一群失去所愛的家屬，在節慶裡互相支持和鼓勵，同時給予空間讓家屬抒發對逝者的無盡思念。此外，本中心也會舉辦不少支援性活動，以支持家屬的身心社靈發展，幫助他們從失落中慢慢重拾平衡的生活。安家舍提供不同類型服務，貫徹始終的目的就是要把危機化成轉機，引發個人的復原力，協助喪親人士從傷痛中轉化、蛻變成長，促使他們擺脫受助者的角色，達至助己助人、回饋社會。

<安家·書舍>

New Look of Jessie and Thomas Tam Centre Library

今日香港，隨時隨地都擠著不論年齡階層，勤做手指運動的「低頭族」，教人不禁問：「還有人會看紙本書嗎？」

智能手機、平版電腦等無疑改變了現代人的溝通與消閒模式，也許

電子書的趨勢確是不可抵擋，但已陪伴我們數千年的紙本書，其紙張的氣味、一頁一頁地翻看的手感，裝訂設計，仍然有它的獨特吸引與方便處。

安家舍最近稍稍整頓了我們的迷你書舍，以**心理成長**（有關成長、情緒管理等）、**消閒勵志**（心靈雞湯、健康養生等）、**處理哀傷**（面對傷痛、生命故事等）、**生死教育**（生死課題、宗教哲學等）為分類主軸，讓家屬或讀者搜尋及借閱書刊之餘亦為圖書館帶來新氣息。

添置新書同時，我們會每季在安家舍的通訊中推介一至兩本新書，希望引起喪親家屬或訪客的興趣，透過閱讀別人的故事或心得，甚至輕鬆小品，稍稍「書」展身心，並為自己在面對傷痛的歷程，輸入正能量。

善寧會一直都有透過文字去推廣我們的信念與工作，過往曾出版兩冊《生死兩相安》（至今送出了超過168,000冊），《寄給天國的信》、《生命美學》、《圓滿人生》，及至最近出自學生手筆的《悟、生、死》，都為公眾人士帶來安慰與健康的信息，播下希望的種子。

我們相信，文字具有療傷與鼓舞的能力。每一本書都是有靈魂的！有些別具啟發，有些挑起共鳴、有些充滿想像、有些引發動力！所謂「書中自有黃金屋」，為鼓勵多些訪客來尋寶，享受閱讀的樂趣，我們同步推出「讀、樂、樂」計劃，邀請家屬或讀者提筆與我們分享讀後感或心得。歡迎你日後路過安家舍時，挑一本書，走進你的曠野！

沈淑文（安家舍善別輔導員）



Nowadays whenever and wherever you go in Hong Kong, you will always find people, regardless of their age or background, with their heads lowered, busily fingering some electronic device. You might ask, "Do people still read books today?"

The emergence of new technologies in smart phones, iPads and the like has completely revolutionized the way people communicate and spend their leisure. Apparently, the prevalence and impact of e-communications are extensive and irreversible. But books in print, our "seasoned" old companions, bring us a kind of enjoyment, attraction and convenience that high technology cannot offer; they can be flipped page by page, touched and smelled, each standing on its bookshelf with unique size, graphics and layout.

JTTC has just rearranged the collection in our petit library according to 4 main categories, and they are: Growth and Psychology; Life and Leisure, Facing and Handling Grief, Life and Death Education. By re-organising them in a user-friendly way, we believe readers can more easily find books that suit their needs.

Besides bringing in new books, we have started a quarterly book review column in the JTTC newsletter to interest readers. We hope that our clients, in their recovery from bereavement, can find soothing comfort and positive energy through reading other people's stories and insights, or simply by picking up a book for leisure.

Over the years, the Society for the Promotion of Hospice Care has published works to promote our mission and work. Our 2 volumes on life and death *At Ease with Life and Death* have reached over 168,000 readers. Other titles include *Letters to Heaven*, *The Circle of Life*, *3G Quality Retirement* as well as the most newly released *Reflections on Life and Death* contributed by teenagers. All these life stories help to spread comforting message and seeds of hope to the bereaved.

We believe in the healing power of the printed word and that there is a soul in each book. Some of them inspire, some trigger resonance, some instigate imagination and some enhance motivation. As the Chinese saying goes, "There is gold in each book". To encourage more treasure hunting in our library, we have prepared gifts for readers who write down any sharing with us. You are most welcome to borrow a book when you walk by JTTC next time and discover the joy of reading.

Lily SUM, Bereavement Counsellor, JTTC

<安家·書舍>新添書籍 New Additions to the JTTC Library

《真原醫：21世紀最完美的預防醫學》

楊定一著

Title: *Primordia Medicine: The Most Comprehensive Preventive Medicine of the 21st Century*

Author: T.Y. Yang



處方：健康養生
效用：恢復健康的常識
成分：

擁有健康身體應是每個人的願望。可是，現代人的「身」與「心」愈來愈多病痛，到底是哪裡出錯？

所謂「身心相連」，單從醫療或心理單方面去處理問題，並不足以回復健康。因此，作者提倡整合方法，視人為一個身、心、靈的整體，提出全面的保健養生法，幫助現代人達至生活的平衡和身心的統合。全書有十二章，分述飲食、運動、呼吸、思緒與情緒管理等的重要性及實踐方法。看似老生常談，只因「真原醫」就是整合醫學和古人各種文化，你我都不要感到陌生。作者想強調的是，只有徹底「轉變心念」才能恢復健康，作好「心的管理」比一切都重要。

Category: Life & Leisure

Message: Re-discover our common sense of health

Content:

The book brings in a holistic view of health blended with both cultural perspective and ancient wisdom. Lining through its 12 chapters on diet, exercise, breathing, mind, emotions, etc. is the message of "the transformation of mind". Above all, self-management is the golden rule to good health.

《小花的味噌湯》

安武家著（游韻馨譯）

Title: *Hana's Miso Soup*

Authors: The Yasutake family



處方：生命故事
效用：面對生命的八堂課
成分：

這是一個讓人體味**珍惜、放手、約定**的真實故事。信吾與千惠譜出戀曲，千惠婚前發現乳癌，初期雖然戰勝了癌症，並且奇蹟地懷孕，可惜懷胎不久，癌症復發了，最後用生命換來的小花像天使般，來到了安武家，展開了一頁罹癌媽媽和丈夫及五歲女兒間互動的感人故事。小花四歲時，同時也是千惠發現乳癌轉移至肺部的那年，千惠送小花一條圍裙。從那天起小花跟著媽媽做菜，尤其是防癌的味噌湯與糙米飯。日後，**每天早上一碗味噌湯，成了五歲的小花與天國媽媽的約定**。一家三口真情無私的分享，帶出飲食與生命的信息，充滿力量也帶著鼓舞的信息。

Category: Facing & Handling Grief

Message: Letting go & still connecting

Content:

Before tying the knot, Mrs. Yasutake-to-be discovered breast cancer. Upon recovery, she courageously gave birth to Hana who became an angel to her life. At the age of 4, Hana began to learn making miso soup and other healthy dishes. The book is comprised of mother's blog, father's narrative & Hana's letters, testifying the unconditional love and unflinching hope of an extraordinary family.

《幸福，很近很小》

衛藤信之著（羊恩嫩譯）

Title: *Happiness is Close but Small*

Author: Nobuyuki Eto



處方：心靈雞湯
效用：培養心靈耐性
成分：

題目看似老套、卻是非一般的炒雜碎勵志書。作者帶著自身對困境的體會，結合多年心理輔導與企業培訓的經驗，娓娓道出他對「幸福」的發現，輕鬆而有力度地點出，**人生是善與惡、幸與不幸的混合體，接受苦難原是迎向幸福的起始點**。貫穿本書的，除卻作者的生命哲學外，還有他在印地安人中領略到的智慧。印地安人以大自然為師，深明天地的不可抗力，從長遠的目光看，世上沒有偶然，一切事情都受到某種巨大自然法則的支配。客旅人生，幸與不幸、喜悅與悲傷，往往是銅板的兩面。幸福不是擁有、而是一種態度、一種發現的能力；真正的幸福在於過程，也往往存在於身邊微小的事物中，如是者，能活在當下、自是福氣。

Category: Life & Leisure

Message: Happiness is around and within

Content:

An experienced counsellor and trainer, Mr. Eto shares what he learns from his clients, from his own struggles as well as from the native Indians in US with whom he spent a year. Assimilating the wisdom of the Indians, Mr. Eto depicts how life is both good and evil, a blend of joy and grief, and that suffering can be a doorway to happiness. Happiness cannot be possessed. It is to be discovered upon a here and now attitude to life.

Dear golfers and friends,

The Inauguration of our "Jockey Club Home for Hospice" will be in 2015!

親愛的高爾夫球愛好者和朋友，

「賽馬會善寧之家」將於2015年落成！

Our mission to create this first-of-its-kind home-like hospice centre in Hong Kong in providing professional spiritual, psychological as well as medical support for terminally ill patients will be completed in 2015! In support of this meaningful task, the Society for the Promotion of Hospice Care (SPHC) will hold its first Charity Golf event for fundraising in support of the new project, "Jockey Club Home for Hospice". In 2011, The Hong Kong Jockey Club Charities Trust generously granted us the funds for construction of the building. The good news is - the Groundbreaking Ceremony has been held on 24 October 2013.

SPHC, with deep appreciation, would like to express our thanks to many athletes and donors in supporting the promotion of hospice services over twenty years through different activities like Hiking, Charity Film Gala etc. We sincerely hope that you will likewise support this coming Charity Golf event!

正在興建的新寧養中心「賽馬會善寧之家」，將為晚晴病人及其家人提供家庭模式的寧養中心，讓病者與家人如常享受家庭生活，共度珍貴的溫馨時光。預期將於2015年落成！

為了讓這項嶄新及富饒意義的寧養中心順利完成，善寧會將首次舉行慈善高爾夫球籌款活動，為「賽馬會善寧之家」籌募經費。於2011年，香港賽馬會慈善信託基金慷慨撥捐款項作為新中心的建築費用，讓是項計劃得以落實進行。然而，除了建設成本，用作購買傢俱和改善設備的善款仍然有待籌集。我們有一個好消息在這裏跟大家分享，「賽馬會善寧之家」已於2013年10月24日於沙田亞公角山道正式舉行動土儀式。

善寧會藉此衷心感謝捐助者在過去二十多年間透過不同活動支持本會推廣善終服務，例如「登山善行」及「慈善電影晚會」等。有賴您們的支持及參與，我們的籌款活動才能圓滿舉行，是次「一桿行善」也不例外！

CHARITY HOLE IN ONE 桿行善

Date : May 30, 2014 (Friday)
Venue : Discovery Bay Golf Club,
Lantau Island, Hong Kong.

日期：2014年5月30日（星期五）
地點：香港大嶼山愉景灣高爾夫俱樂部

We are glad to be supported by The Artiste Golf Association of Hong Kong for this golf event and we look forward to your participation too!

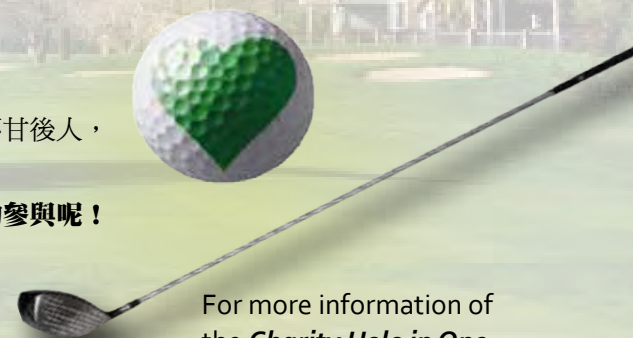
香港藝人高爾夫協會行善不甘後人，鼎力支持「一桿行善」。
這項盛事，豈能缺少您們的參與呢！

Jockey Club Home for Hospice :
賽馬會善寧之家：



For more upcoming events, please visit our website:
本會更多活動動向，請參閱以下網址：

<http://www2.hospicecare.org.hk/who-we-are/news-media/upcoming-events/>



For more information of the **Charity Hole in One**, please feel free to contact us at 2868 1211.

如有任何查詢，請致電本會
電話：2868 1211

Light Up A Life Christmas Concert 2013

燃亮生命火花 聖誕音樂會



The Reverend officiated the ceremony for lighting the "Tree of Life" shining for each person remembered

牧師主持「生命之樹」亮燈儀式，憑燈寄意，再次燃亮生命，為已故及患病至親送上祝福

Date 日期 : 2013-12-03 (Tuesday 星期二)

Time 時間 : 19:30 - 21:30

Venue 地點 : St John's Cathedral,
4-8 Garden Road, Central
中環花園道 4-8 號聖約翰座堂

Tickets 門票 : HK\$200 (Available in the
Cathedral bookstore in
late October)
(十月底起於座堂書室公開發售)

Enquiry 查詢 : 2230 9118 / 2868 1211
(Ms Wong 黃小姐)

At Christmas time, many of us rejoice together and enjoy Christmas Carols which are indispensable in spreading joy, hope and love. However, how many would prioritise to help those who are hindered by life-threatening illness from enjoying just a simple festival? Light Up A Life Christmas Concert is organised for extending care, love and benevolence to these families. This Christmas, the Chairlady of our Concert, Mrs. Sally Thompson, is leading another joyous, inspiring evening for us to raise funds to "light up" the life of these terminal patients and their family members while remembering our late friends and loved ones. Count yourself in for this important cause and have a memorable, wonderfully warm Christmas!

「又到聖誕，又到聖誕……」，人們已習慣於聖誕節藉着不可或缺的聖誕頌歌去分享和表達歡欣、盼望和愛。然而，試問有多少人懂得藉此表達對一些飽受末期疾病煎熬，而未能過一個平凡節日的家庭表示關懷？「燃亮生命火花」聖誕音樂會正是希望於這「普世歡騰」的時刻，為這些家庭送上點點關懷、希望和愛。音樂會主席 Sally Thompson 女士將於今個聖誕帶領我們一起為已故或彌留病榻的親友送上祝福，同時為末期病人及其家人籌募善款，「燃亮」其生命。這將是另一滿載歡欣和期待，發人深省，又可帶給別人溫暖的難忘晚上。請與我們一起度過一個不一樣的聖誕。



Volunteers served tasty mince pies and mulled wine in the garden

義工為賓客送上精心炮製的傳統餡餅和暖酒



Hike for Hospice 登山善行二十二週年



SPHC has organised the Hike for Hospice, our signature annual fundraising event every year since 1992.

Our Hike for Hospice 2014 is in full swing! Please join us once again to both participate in and back up this wonderful Hike that gives us the means to continue our important work of adding life to the days of those who are in need of our support.

自 1992 年開始，善寧會每年都籌辦「登山善行」，這亦是本會每年的重點籌款活動。明年將踏入二十二個年頭！在這重要的日子，我們衷心希望能得到您的參與及支持！

悠然享受登山樂的同時，支持寧養紓緩服務！

Bring out your walking shoes and hike with us in the beautiful outdoors!

Can we count on your continued help?

Date 日期 : 2014-03-09 (Sunday 星期日)

Venue 地點 : Tai Lam Country Park
大欖郊野公園

Enquiry 查詢 : 2230 9118 / 2868 1211
(Ms Wong 黃小姐)

<http://www.facebook.com/hikeforhospice>



2013-2014 臨終照顧培訓課程

2013-2014 End-of-life Care Education Programme

2013-2014年的臨終照顧培訓課程經已展開，讓前線醫護人員、相關專業同工及公眾人士增加臨終照顧的知識及技巧。名額有限，報名從速！詳情及報名表格請瀏覽我們的網址：<http://www.hospicecare.org.hk>

Our End-of-Life care training programme 2013-2014 is in progress. This programme aims to provide training for frontline care workers, professionals and the public in end-of-life care. Courses are open for recruitment. Limited enrollment, act now! For details and enrollment, please visit our website at <http://www.hospicecare.org.hk>.

特別鳴謝：The TUYF Charitable Trust 及「滙豐社區夥伴計劃2013」全力贊助

Acknowledgement: The sponsorship of The TUYF Charitable Trust and HSBC Community Partnership Programme 2013

寧養護理員證書課程 (編號A2-1-2013)

課程目的：

這個證書課程提供對長者護理的寧養照顧訓練，對象為有意學習臨終護理的同工或照顧者

課程對象：

- 1) 年滿18歲的照顧者或護理員
- 2) 有中文書寫能力及懂廣東話
- 3) 持有職業訓練局及善寧會頒發的「護理員證書課程」證書或同等課程證書者優先

上課日期及時間：

2013年12月2日至2014年2月24日 逢星期一
公眾假期除外

晚上6:30 - 9:30

2014年3月3日 星期一
(筆試及實習試 必須出席)

晚上5:30 - 9:30

上課地點：筲箕灣

課程內容：

- 寧養服務及生死教育
- 心靈的需要及生活質素
- 哀傷關懷
- 溝通技巧
- 晚期病患常見癥狀及處理
- 支援家人的技巧
- 心理照顧的要訣
- 照顧者自我照顧

課程行政費用：港幣五百元正

4-Day Skills Building Basic Training Programme (Course B1-1-2013)

Objectives:

As a subject that is infrequently spoken of, death seems distant and frightening to many. By looking at death we hope to encourage health care professionals to examine their own anxieties and so enable them to work with difficult emotions, whilst caring for those facing death and loss.

Course Schedule:

6 Dec 2013 to 3 Jan 2014 (every Friday)

Time: 9:30a.m. – 6:00p.m.

Target Groups:

Healthcare setting professionals: such as working in hospital or rehabilitation centre

Course Outline:

- Hospice Palliative Care / Life and Death Education
- Psychosocial and Spiritual care
- Grief, Loss and Bereavement
- Communication Skills
- Symptom Management
- Family Support
- Care for the Caregiver
- Course Assessment (MUST attend and complete)

Facilitators:

Ms. Lucy Chung, Ms. Betty Fung and other experienced trainers in the field

Course fee: HK\$1,000 only

3-Day Case Supervision Certificate Course (Course B2-1-2013)

Objectives:

- Enhance psychosocial care of patients
- Meet the needs of professional carers confronted with increasingly complex clinical situations

Course Schedule:

14 Feb 2014 to 28 Feb 2014 (every Friday)

Time: 9:30a.m. – 4:30p.m.

Target Groups:

Health care workers who face death and loss in hospitals, community units or elderly care facilities

Course Outline:

- Overview of basic and intermediate counselling skills
- Case or clinical situation recording
- Case analysis - presentation, discussion and personal reflection

Facilitator:

Dr. Rhoda Yuen (Counselling Psychologist)

Course fee: HK\$900 only.

晚晴照顧初階課程 (編號C1-2013)

課程目的：

為回應社區需要，本會增設基礎晚晴照顧課程予公眾人士及照顧者參加，希望提升公眾人士對生死教育、晚晴照顧及喪親關懷的認識。

課程對象：

年滿18歲的公眾人士（照顧者優先）

課程內容：

晚晴照顧基本技巧

課程行政費用：港幣二百元正

上課日期及時間：

第1班：2013年12月4日至
2014年1月22日 逢星期三
下午6時30分至9時30分

第2班：2014年1月4日至1月18日
逢星期六 上午9時30分至
下午4時30分

晚晴照顧畢業典禮 暨 自我照顧分享會 The Graduation Ceremony and Sharing Session on Self-care

The TUYF Charitable Trust 贊助善寧會 2012-13 年度的一系列晚晴照顧課程經已順利完結，本會於 2013 年 5 月 25 日假灣仔社會服務聯會為畢業同學舉辦「晚晴照顧畢業典禮 暨 自我照顧分享會」，並邀請了袁家慧博士（輔導心理學家、香港註冊心理學家、香港中文大學臨床腫瘤學系榮譽副教授）和邵倩文姑娘（資深註冊護士）分享自我照顧的祕訣，當中更有同學分享課程中的得著及更新，同學皆回應機會難得、獲益良多。

The End-of-Life-Care Training Programme 2012-2013, sponsored by The TUYF Charitable Trust, has been successfully completed. The Graduation Ceremony and Sharing Session on Self-care was held on 25 May 2013. It was our honor to have Dr. Rhoda Yuen (Counselling Psychologist, Registered Psychologist, HKPS, Adjunct Associate Professor, CHUK) and Ms. Vicky Shiu (Senior Registered Nurse) sharing their techniques in the caring of oneself, followed by the graduates' sharing. The participants appreciated the meaningful programme with enthusiasm.



The TUYF Charitable Trust 將於來年繼續贊助善寧會舉辦更多助人助己的課程，
詳情請瀏覽善寧會網頁 www.hospicecare.org.hk

With the generous support from The TUYF Charitable Trust, we aim to bring more insightful courses to the professionals and the public.
For more details, please visit www.hospicecare.org.hk

《悟·生·死》：一本青少年生死教育的書

“Reflecting on Life and Death”: A book for Youth on Life and Death Education

善寧會承蒙拉撒路會有限公司（下稱「拉撒路會」）邀請，一起製作這本以青少年為對象、有關生死教育的書籍，當中收錄了拉撒路會主辦「2011全香港中學生『生死教育』徵文比賽」的二十篇得獎



作品，配以精美相片，更由善寧會撰寫二十篇「編者的話」，回應每位同學的分享，希望年青讀者在接觸沉重的「死別」課題時，可從中體會如何處理情緒和應付生命巨變，調整失落、繼續上路。

我們感激新界崇德社慷慨贊助港幣7萬4千元的印刷費，也感謝晶晶教育出版社擔任義務編輯，讓此文集可於2013年3月順利出版，並免費分派全港中學、公共圖書館、大學及專上學院圖書館、和青少年服務中心，讓更多年青人得以悟·生·死。

SPHC was invited by Lazarus Hospice and Ministry Ltd (“Lazarus”) to collaborate in the publication of a book for youth on Life and Death Education using 20 winning essays from their 2011 Hong Kong territory-wide secondary school essay writing competition on Life and Death Education. Apart from the winning essays and insert photographs provided by Lazarus, SPHC provided 20 “Message from the Editor” as a response to each of the 20 essays. It is hoped that when the young readers face the heavy subject of death and severance covered in the essays, they can also get some hints on how to cope with their emotions presented in the “Message from the Editor”.

With the generous sponsorship of \$74,000 from Zonta Club New Territories towards printing costs and free publishing and packing support from Crystal Education Publications Ltd, the book was published in March 2013. It was distributed to all secondary schools, public and tertiary education institution libraries, and youth centres in Hong Kong. We hope that more youngsters could reflect on life and death through this publication.

鳴謝

ACKNOWLEDGEMENTS

特別鳴謝下列機構協助推廣本會理念及服務：
Special thanks go to the following corporations for helping us promote our mission and services:

Wharf T&T Limited
Wing Lung Bank
Shanghai Commercial Bank Limited
The Bank of East Asia Limited
The Hong Kong Electric Company Limited

於2013年1月1日至8月31日捐出港幣\$30,000或以上之善長及機構：

Donors and organizations who donated HK\$30,000 or above between 1 January and 31 August 2013

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請以正楷填寫下列表格，寄回本會或傳真至2530 3290。Please complete the form below in BLOCK LETTERS and return to us by post or by fax at 2530 3290.

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 (請填妥直接付款授權書 Please complete the Direct Debit Authorization)
- 一次過捐助 Make a **one-off** donation of
 港幣 HKD: \$1500 \$800 \$300 其他 other \$ _____

捐款人資料 Donor's Information

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電話 Tel: _____ 傳真 Fax: _____

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- 捐款港幣一百元以上將獲發收據申請扣減稅項。所收集的個人資料將保密處理，只作為寄發收據及與閣下通訊之用。
 ■ Tax-deductible receipts will be issued for donations of HK\$100 or above. The personal data collected will be treated as strictly confidential and will be used for receipting and other communications with you only.

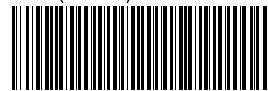
捐款方法 Donation Method

- 支票Cheque (抬頭請寫「善寧會」Please make cheque payable to "SPHC")

支票號碼 Cheque No: _____

- 7-ELEVEN** 現金捐款 Cash Donation
 你可攜同此表格透過全港**7-ELEVEN**以現金捐款予善寧會(最低捐款額為港幣一百元)。收銀員於完成交易後會發出交易紀錄給捐款者。請保留交易紀錄，然後連同此表格於一個月內郵寄至本會以便索取正式收據。

7-11 (HSBC)



405998912345622

You can present this form to make cash donation with minimum amount of HK\$100 to the SPHC via any **7-ELEVEN** in Hong Kong. The cashier will issue a transaction record for you when the transaction is completed. Please keep the transaction record and send to us together with this filled form to request for an official donation receipt within a month.

- 直接存入本會銀行戶口 Direct Transfer
 滙豐銀行HSBC 002-3-365638
 (請寄回或傳真銀行入數紙至本會 Please send us the bank-in receipt by fax or by post)

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Visa MasterCard American Express

持咭人姓名 Cardholder's Name: _____

信用卡號碼 Card No: _____

有效日期至 Expiry Date (mm/yy): _____

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直接付款授權書 Direct Debit Authorization

Name of Party to be Credited (The Beneficiary) 收款的一方 (受益人)		Bank No. 銀行號碼	Branch No. 分行號碼	Account No. 戶口號碼	Date (day/month/year) 日期(日/月/年)
Society for the Promotion of Hospice Care		0 0 4	5 1 1	3 3 5 1 2 7 0 0 1	/ /
My/Our Bank Name and Branch 本人(等)的銀行及分行名稱	Bank No. 銀行號碼	Branch No. 分行號碼	My/Our Account No. 本人(等)的戶口號碼		
#My/Our Name(s) as recorded on Statement/Passbook #本人(等)在結單/存摺上所紀錄的名稱			Contact Telephone No 聯絡電話號碼		
+Limit for Each Payment/* Month *每次/每月付款+限額	+Expiry Date (day/month/year) +到期日(日/月/年)	My/Our Address as recorded on Statement/Passbook (If different from the above) 本人(等)在結單/存摺上所紀錄的地址(若與上址有別)			
+My/Our Signature(s) +本人(等)的簽署					
#Name of Debtor (If other than Account Holder) #債務人的姓名(若非戶口持有人)	For Official Use only 此欄由本會職員填寫 + Debtor's Reference + 債務人參考				
For Bank Use Only 銀行專用	Remarks 備註	Signature Verified			

* Please delete whichever is not appropriate.
 * 請刪去不適用者。
 # Please write in BLOCK Letters.
 # 請以英文正楷填寫。

+Notes +附註:

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3. Please ensure that you sign the form in the usual way that you would sign on your Bank Account. 請保證貴戶在此授權書內的簽名，與銀行戶口所簽者完全相同。

4. In the box marked "Debtor's Reference" enter the identifying reference between yourself and the party to be credited i.e. Student No., Mortgage Agreement No., Rental Agreement No., etc. 在「債務人參考」欄內，請將貴戶與受款一方的關係，給予說明，例如：學生編號、抵押合約號碼等。

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本會消息
NEWS OF SPHC

新入職 New SPHC Staff Members

善別輔導員沈淑文女士及梁慧萍女士於二零一三年二月加入本會。

籌募及推廣經理劉少萍女士於二零一三年六月加入本會。

善別輔導員馮苑茵女士於二零一三年八月加入本會。

籌募及推廣助理林育清小姐於二零一三年九月加入本會。

Ms Lily Shum and Ms Apple Leung, Bereavement Counsellors has joined us in Feb 2013.

Ms Janet Lau, Fundraising and Communications Manager has joined us in June 2013.

Ms Regina Fung, Bereavement Counsellor has joined us in August 2013.

Miss Annabel Lam, Fundraising and Communications Assistant has joined us in September 2013.

天為生命定壽元 • 人為生命賦意義

When days cannot be added to life, add life to days

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Your personal data will be used for fundraising and /or events purposes only. All data will be kept strictly confidential. If you do not wish to receive any further mailings from SPHC, please mark the optout box and return to us either by post, phone, email, fax or in person.