



善寧會

Society for the Promotion of Hospice Care

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「賽馬會善寧之家」動土儀式 邁向普及紓緩照顧

BREAKING NEW GROUND IN
UNIVERSAL HOSPICE AND PALLIATIVE CARE
CONSTRUCTION KICK-OFF FOR
JOCKEY CLUB HOME FOR HOSPICE



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動土儀式的主禮嘉賓包括（上圖從左至右）：善寧會項目管理小組主席 胡偉強先生、善寧會執行委員會主席 王紹強先生 MBE、香港賽馬會董事 葉澍堃先生 GBS、太平紳士、香港特別行政區財政司司長 曾俊華先生GBM、太平紳士、善寧會榮譽會長 梁智鴻醫生 GBM, GBS, OBE、太平紳士、葛露蓮女士MBE、詹康信先生 GBS, Chairman of the SPHC Project Management Sub-committee, Mr Raymond Wong, MBE, Chairman of the SPHC Executive Committee, Mr Stephen Ip Shu-kwan, GBS, JP, Steward of the Hong Kong Jockey Club, Mr John Tsang, GBM, JP, Financial Secretary of HKSAR, and Honorary Presidents of SPHC, Dr Leong Che-hung, GBM, GBS, OBE, JP, Mrs Caroline Courtauld, MBE, and Mr James E Thompson, GBS

「賽馬會善寧之家」動土儀式 Groundbreaking Ceremony for the Jockey Club Home for Hospice

「賽馬會善寧之家」的動土儀式於去年 10 月 24 日舉行，標誌著香港寧養服務的一個新紀元。新的寧養中心將會是香港首家以家居模式作為建設藍本的寧養中心，有別於任何其他現有的醫療設施或療養院。

建設工程的最新資訊

地基工程正進行得如火如荼，預料於五月的下旬完成，而地盤將於 6 月移交至上層建築的主承辦商。預期「賽馬會善寧之家」於 2015 年下旬投入服務。

位於亞公角山道的新寧養中心，將為末期病人及其家人提供一個寧靜的環境作互動平台。中心的設計藍本強調「家庭參與」，好讓家庭成員陪伴自己的親人渡過晚晴的時光。相比起其他醫院或療養院，新的寧養中心與別不同之處為沒有一般院舍探望時間和空間的限制。

SPHC began a new chapter in its development and community service on 24 October 2013, with a formal groundbreaking ceremony for the Jockey Club Home for Hospice. The first of its kind in Hong Kong, the Jockey Club Home for Hospice will provide a holistic, homelike hospice environment for patients with life-limiting illnesses and for their loved ones.

Construction Updates

The construction of the foundation, expected to be completed in late-May, has gone full steam ahead. The site will be handed over to the main contractor in June for the construction of the superstructure. The Jockey Club Home for Hospice is expected to commence service by the end of 2015.

Located at A Kung Kok Shan Road, the new hospice residence will provide a platform for terminally ill patients to interact with their family members in a serene environment. With the concept of 'family participation' at the forefront of the design blueprint, the Jockey Club Home for Hospice will enable family members to spend quality time with their loved ones at their end-of-life period, without the usual temporal and spatial constraints in hospital or other nursing home settings.



特別嘉賓曾女士分享她已故丈夫於白普理寧養中心接受紓緩照顧服務的經驗，感動在場每一位參與人士

Our special guest Mrs Janet Tsang shared experience of the palliative care services received by her late husband at Bradbury Hospice during his last days. Her experience touched the heart of everyone who attended

Spreading the Message of Universal Coverage of Hospice and Palliative Care

- All those diagnosed with a chronic life-limiting illness are entitled to receive hospice and palliative care.
- Hospice and palliative care is not just for the end-of-life period of an individual. It is a holistic approach that includes physical, psychological, social and spiritual care services for both the individual concerned and his or her caregivers prior to and after one has passed away.

傳播普及紓緩照顧訊息

- 所有被診斷患有不能治癒之症的病人都有權獲得紓緩照顧。
- 紓緩照顧不限於個別人士的晚晴階段，而是一種給予個別人士及其照顧者於活著及離世後的全方位關懷服務，包括：生理、心理、社交及精神上的照料。

服務使命

「賽馬會善寧之家」的使命並不僅限於為末期病者提供高質素的晚晴照顧，且期盼為未來寧養中心的設計和服務豎立一個參考的模式。

如何為推動本港的寧養服務出一分力

我們正繼續為「賽馬會善寧之家」籌募資金，以確保新的寧養中心能配備有足夠的設備和合適的設施，望善長慷慨支持，有關捐助詳情或查詢，請聯絡我們的發展部。

Tel. 電話：2868 1211

Email 電郵：frp@hospicecare.org.hk

Our Service Mission

The mission of the Jockey Club Home for Hospice is not limited to offering quality end-of-life care to terminally ill patients. It will also serve as a design and service model for future hospice centres.

How You Could Help

Much-needed funding is required to fit out the Jockey Club Home for Hospice with vital amenities and facilities. Contributions in any amount are greatly appreciated. Please contact our Development Team to find out how you may help.



一個典型300 - 400平方呎房間的視化圖。「賽馬會善寧之家」30個房間，每間均設有病床、家屬睡床及設備、獨立洗手間及小廚房
Visualisation of a typical 300 – 400 sq. f. suite of Jockey Club Home for Hospice. Each of the 30 residence suites has a homelike setting with a patient's bed, sleeping facility for family members, a private washroom, and a pantry

「賽馬會善寧之家」的外觀建築構圖。位於沙田亞公角山道，「賽馬會善寧之家」享有天然翠綠的自然景觀，落成後將提供優質的寧養服務，讓家庭參與病者的末期照顧

Artist's impression of Jockey Club Home for Hospice, which is set against an impressive natural landscape at A Kung Kok Shan Road, Shatin and will provide quality palliative care with family participation in caregiving



「登山善行」2014 Hike for Hospice 2014

本會一年一度大型籌款活動「登山善行」已於今年3月9日於元朗大欖郊野公園舉行。大會邀請到財政司司長曾俊華 GMB 太平紳士、善寧會榮譽會長梁智鴻醫生 GMB, GBS, OBE, 太平紳士、「登山善行」籌募委員會主席詹康信 GBS、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。英皇娛樂集團藝人許靖韻及張致恆亦到場為登山健兒打氣。

財政司司長曾俊華太平紳士對香港推廣寧養舒緩照顧服務及善寧會籌辦慈善活動的支持不遺餘力，今年已是連續第五年出席「登山善行」起步禮。善寧會榮譽會長梁智鴻醫生多年來亦身體力行支持和出席活動，他表示本港人口老化問題愈趨嚴重，社區對寧養舒緩服務的需求與日俱增，他呼籲大眾支持「登山善行」這項有益身心及有意義的籌款活動，幫助齊心推動本港寧養服務和善別輔導服務的發展，讓更多人認識寧養服務的神益和重要性。「登山善行」籌募委員會主席詹康信感謝出席起步禮的嘉賓、各贊助商及參加者的支持，期望他們來年繼續參與及支持「登山善行」這個饒富意義的慈善活動。

善寧會「登山善行」自1992年創辦，今年已踏入第二十二屆，今年活動有約500名健兒參加，為善寧會籌得超過港幣\$350萬元善款。能達到這個佳績，對我們繼續服務臨終及喪親家屬的工作，給予很大的鼓舞。



Our annual signature event, **Hike for Hospice** took place at Tai Lam Country Park, Yuen Long on 9 March 2014. This year more than 500 participants hiked to help provide end-of-life care for both terminal patients and their families through the vital work of SPHC.

Officiating at the kick-off ceremony were Mr John Tsang Chu-wah, GMB, JP, Financial Secretary; Dr Leong Che-hung, GMB, GBS, OBE, JP, Honorary President of Society for the Promotion of Hospice Care; Mr James E Thompson, GBS, Chairman of the Hike for Hospice Organising Committee; Mrs Semon Yeung, Chairperson of Emperor International Holdings Limited; and artistes Ms Angela Hui and Mr Steven Cheung.

The Financial Secretary's presence at the opening ceremony marked his fifth year of continuous support given to the promotion of hospice care in Hong Kong and the activities of SPHC. The other guest-of-honour, Dr Leong Che-hung, is a long-time supporter of the event. He called attention to the issue of a fast-growing population of aged citizens in Hong Kong and urged more community support to help SPHC provide the much needed palliative care and bereavement support for community members. Mr James Thompson expressed his heartfelt appreciation to all hikers, donors, sponsors, and volunteers for their commitment, time and energy.

Hike for Hospice has been organised by SPHC since 1992 and has become one of Hong Kong's most popular charity hiking events. This year, we have raised over HK\$3.5 million through the hikers, their supporters and corporate donors, and all those who identify with and support the mission of SPHC.



登山善行 2014 得獎健兒名單 Hike for Hospice 2014 Winners' List

組別獎項 Category Awards

團隊 Team Category

路線 Route	獎項 Award	隊名 Team Name	時間 Time	公司 Company
短途路線 Short Route	冠軍 Champion	Far East Global Group (T027)	1:36:18	Far East Global Group
	亞軍 1st Runner-up	Rotary Club of The Peak (T022)	1:51:36	Rotary Club of The Peak
	季軍 2nd Runner-up	美聯物業 A 隊 (T078)	1:58:18	Midland Realty Limited
標準路線 Standard Route	冠軍 Champion	新鴻基 (T220)	1:31:31	Sun Hung Kai Properties Limited
	亞軍 1st Runner-up	周大福 (4) (T087)	2:01:15	Chow Tai Fook Jewellery Co., Ltd
	季軍 2nd Runner-up	Medicom (T018)	2:46:47	AR Medicom Inc (Asia) Limited
長途路線 Long Route	冠軍 Champion	The Turtles (T048)	2:23:14	Goldman Sachs (Asia) L.L.C.
	亞軍 1st Runner-up	HKC (T010)	2:45:14	Hong Kong Communications Co Ltd
	季軍 2nd Runner-up	AECOM (T019)	3:14:21	AECOM

個人 Individual Category

路線 Route	獎項 Award	參加者 Hiker's Name	時間 Time
短途路線 Short Route	冠軍 Champion	Mr Cheung Man Sing Michael (N016)	0:37:15
	亞軍 1st Runner-up	Mr Edward Naylor (N033)	1:47:52
	季軍 2nd Runner-up	Ms Chao-Lee Jane (N010)	1:51:25
	季軍 2nd Runner-up	Mr Dominique Lee (N011)	1:51:25
標準路線 Standard Route	冠軍 Champion	Mr Wong King Fung (N006)	2:09:01
	亞軍 1st Runner-up	Mr Lau Ho (T233)	3:14:39
	季軍 2nd Runner-up	Ms Lee Sui Ping Agnes (N007)	3:23:45
長途路線 Long Route	冠軍 Champion	Mr Lee Chi Chung Harvey (N004)	2:50:54
	亞軍 1st Runner-up	Mr Wu Chau Sing (N003)	3:25:58
	季軍 2nd Runner-up	Mr Tong Yung (T209)	4:03:33

超級健兒 Super Hikers *

路線 Route	得獎者 Winners	隊名 Team Name (如適用 If applicable)	時間 Time	公司 Company
短途路線 Short Route	Mr Cheung Man Sing Michael (N016)	-	0:37:15	
標準路線 Standard Route	Mr Wang Chap Man Jackey	Wing Hang Bank (T011)	1:17:21	Wing Hang Bank Limited
長途路線 Long Route	Mr Dalmasse Canute, Mr Alexandre Reinert, Mr Michael Sloyer, Mr Daniel Toole	The Turtles (T048)	2:23:00	Goldman Sachs (Asia) L.L.C.

* 最快完成各路線的參加者 The first hiker who finished the route

最高籌款獎項 Top Fundraising Awards

組別 Category	得獎者 Winners	公司 Company
團隊 Team	Pink Hot Chili Pepper Team (T044)	Goldman Sachs (Asia) L.L.C.
個人 Individual	Mr Christopher Dillon (N039)	Dillon Communications Limited

傑出籌款獎項 Outstanding Fundraising Awards

組別 Category	得獎者 Winners	公司 Company
團隊 Team	Lucky40 (T014)	
	HK Trailblazers (T028)	
	The Turtles (T048)	Goldman Sachs (Asia) L.L.C.
	PFC (T009)	PFC International Co Ltd
	GS One Team One Dream (T043)	Goldman Sachs (Asia) L.L.C.
	Lam 1 (T024)	Lam Geotechnics Limited
	Lam 2 (T025)	Lam Geotechnics Limited
	Chairman's Team (T091)	
	BMT Team 2 (T038)	
	Fung Global Institute (T032)	Fung Global Institute Limited
	Yinsanity (T063)	
個人 Individual	Ms Li Mei Fung (N012)	
	Lee Chi Chung Harvey (N004)	

傑出籌款 (團隊及個人) 獎項得獎者分別於 2014 年 3 月 28 日或之前籌得港幣 \$30,000 或以上及港幣 \$10,000 或以上。

Outstanding Fundraising Teams and Individuals are those who raised HK\$30,000 or above and HK\$10,000 or above respectively on or before 28 March 2014 for the event.

鳴謝 ACKNOWLEDGEMENTS

善寧會謹向各「登山善行2014」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 the sponsors and organisations for their immense contributions to Hike for Hospice 2014

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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 the Organising Committee for its guidance and dedicated support.

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

主席Chairman

Mr James E Thompson, GBS

委員Members

Mr Christopher Dillon

Ms Samantha Fanshawe

Mr Robert Grieves

Brigadier Christopher Hammerbeck, CB CBE

Mr John Lawrence

Mr Edward Naylor

Mrs Anne Tang

Major Ron Taylor, MBE

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New World China Land Limited
ZeShan (HK) Foundation

義務團體 Supporting Organisations

Agency for Volunteer Service
Hong Kong Adventure Corps
Hong Kong Amateur Radio Transmitting Society
Hong Kong St. John Ambulance
The RHKR (The Volunteers) Association



燃亮生命聖誕音樂會 Light Up a Life Christmas Concert

本會每年盛事－「燃亮生命火花」聖誕音樂會已於 2013 年 12 月 3 日假聖約翰座堂舉行，共籌得善款逾 \$115 萬，再一次打破了我們的籌款紀錄。當晚的音樂會所籌得的善款，為喪親善別輔導及推廣寧養籌募經費，希望藉此活動令更多有需要的人接受本會的服務。

一顆「生命火花樹」在堂內高高聳立，掛著一個個為已離世的親友送上祝福的心意卡。當晚我們很榮幸得到陳方安生女士為大家分享深情的一席話，為音樂會揭開序幕。

本會衷心感謝香港威爾士男聲合唱團、港島中學合唱團及管弦樂團為我們帶來萬分精彩的演出。本會謹向音樂會主席莎莉湯信女士、所有表演嘉賓、贊助商、義工，以及所有支持的觀眾致以衷心的謝意，透過他們的慷慨支持音樂會才得以完滿舉行。



Light Up a Life Christmas Concert, which took place at St John's Cathedral on 3 December 2013, celebrated Christmas as truly a time of joy, thanksgiving and generosity. In addition to helping raise over HK\$1.15 million for bereavement counselling and promotion of hospice care through the Concert, the Cathedral kept terminally ill patients and their families in prayers for them to find peace and hope at the holiday season.

A "Tree of Life" was erected at the Cathedral for the donors to commemorate their deceased friends and loved ones with remembrance cards, which symbolized "a light will shine for each person remembered". This year, SPHC had The Honorable Mrs Anson Chan, GBM GCMG CNE JP deliver an inspiring speech before the heart-warming Concert commenced.

SPHC would like to take this opportunity to thank the Hong Kong Welsh Male Choir and the Island School Choir and Orchestra for their wonderful performances. We were extremely grateful to the Christmas Concert Chairlady, Mrs Sally Thomson, the sponsors, the audience and all volunteers for their generous giving to support our cause.

鳴謝 ACKNOWLEDGEMENTS

Agency for Volunteer Service
C.L.A.R.E.S. of St John's Cathedral
Crown Relocations
Teamrite Limited (Lighting)
Hamilton Advisors Limited
Hong Kong Police Band
Hong Kong Welsh Male Voice Choir
Island School Orchestra & Choir
Rare & Fine Wines Limited
Samantha Carline (Mince Pies Coordinator)
Sandra d'Auriol (Christmas Ball Appeal)
St. John's Cathedral
St. John's Cathedral Book Store (Ticket Sales)
Standard Chartered Bank (Hong Kong) Ltd (Tree Donation)
Dr Carlye Tsui





善寧愛心會群英 慈善粵劇晚會

SPHC Charity Gala Concert: An Assemblage of the Greatest Cantonese Opera Artists

「善寧愛心會群英 慈善粵劇晚會」於2014年2月28日假北角新光戲院大劇院舉行，香港特別行政區政務司司長林鄭月娥女士 GBS，太平紳士擔任慈善晚會的主禮嘉賓。當晚我們邀得一眾粵劇名伶為我們作慈善粵劇演出，令全場戲迷看得如痴如醉。

當晚的節目非常精彩，首先獻上的是一場浪漫的折子戲《雙仙拜月亭之搶傘》，由名伶王超群小姐飾演王瑞蘭及老倌阮兆輝先生飾演蔣世隆。故事講述兩人逃難時共用一傘，在雨中擦出愛火花。



第二場折子戲是《白龍關》，講述由曾浩姿小姐飾演的呼延金定的內心鬥爭，徘徊於皇命與愛情之間。最後，她屈服於愛情，放走了他心愛的白龍太子（洪海先生飾）。



溫玉瑜先生於喜劇《風流天子之白石橋》扮演喝醉了的元世祖，他早知鄺宰相（劉惠鳴小姐飾）是女兒身，借醉挑逗她，令全場笑聲如雷。

武場戲《雙槍陸文龍之八大錘》，由詹浩鋒先生及溫玉瑜先生分別飾演陸文龍和岳飛，他們的功夫了得，贏得震耳掌聲。



最後出場的是龍貫天先生和王超群小姐，分別飾演楊越和樂昌宮主。宮主為保駙馬不惜犧牲自己，不只楊越，連觀眾也大為感動佩服。



粵劇晚會籌得的款項，將撥捐善寧會轄下的「賽馬會善寧之家」項目，為其內部設置和首年營運籌措必需的資金。

The Cantonese Opera Concert held on 28 February was a smashing success with a full house of more than 1,300 at Sunbeam Theatre. SPHC was very honoured to have Mrs Carrie Lam, GBS, JP, Chief Secretary for Administration, HKSAR, as the officiating guest, and a top cast of Cantonese opera artists making this fundraising event a most spectacular and memorable one.



The show started with a romantic scene from *Moon Pavilion*, starring Ms Wong Chiu Kwan and Mr Yuan Siu Fai as Wang Ruilan and Jiang Shilong respectively.

Sharing an umbrella amid an unexpected shower, love blossomed between the two.

The next excerpt from *White Dragon Pass* starred Ms Tsang Ho Chi as Huyan Jinding, who was torn between loyalty to her dynasty and love towards Prince Bailong, played by Mr Hong Hai. Overwhelmed with emotions, Jinding defied military orders and released her lover.

Playing the drunken Emperor Shizu in the comical scene "The White Stone Bridge" was Mr Wan Yuk Yu. Ms Lau Wai Ming cross-dressed to play Prime Minister Li, whose double identity and the flirtatious arias with the Emperor sent the audience into roaring laughter.

The fighting scene "The Great Octuple Hammer Battle" starred Mr Jim Ho Fung and Mr Wan Yuk Yu, who brought down the house with their great agility and spectacular martial arts techniques.

The final scene starred Mr Loong Koon Tin and Ms Wong Chiu Kwan as General Yang Yue and Princess Le Chang respectively. The spotless virtue displayed by Princess Le Chang moved not only General Yang Yue but also the whole audience.

The proceeds from the concert will be channelled into the construction project of Jockey Club Home for Hospice, which relies on donors' generous support to enable its fitting-out and first-year running.



義工們獲頒嘉許狀
Volunteers receiving certificates of appreciation



主席王紹強先生宣佈頭獎得主
"Drum roll please!"...Chairman of the Executive Committee Mr Raymond Wong calling out the lucky winner for the grand prize

第五屆義工嘉許晚宴 The 5th Volunteer Appreciation Dinner

要找一個機會齊集本會的義工並不是一件易事。他們每天在不同時段，以不同的專業和個人專長為本會服務，同時他們很多都傾向低調行事，雖然犧牲了個人時間和付出不少精力，但都不求回報。為了表達我們誠摯的謝意，本會於2013年12月10日舉辦了「第五屆義工嘉許晚宴」。是次晚宴由本會執行委員會主席王紹強先生 MBE 宴請，有逾八十名義工出席。

當晚每位善寧會的義工均獲頒嘉許狀。晚會最緊張的時刻是大抽獎環節，頭獎是由香港快運航空捐贈的雙人來回機票，並有多項由執行委員會眾委員慷慨捐出的豐富禮品。其實一眾委員本身亦是義工，多年來無私地為推廣寧養照顧和善別輔導服務付出了寶貴的時間和心力，我們謹此向他們致謝。



義工們在遊戲中拼砌出善寧會的標誌
Looking familiar....the Society's logo reconstructed by our volunteers

There have not been many occasions to gather all people who go above and beyond the call of duty to support the work and mission of SPHC. They work for us at different times of the day, in their different areas of expertise and specialisation, and very often, they prefer to lie low despite the wonderful work they do. Finally came this once-in-a-year rare occasion on 10 December 2013 at the 5th Volunteer Appreciation Dinner hosted by Chairman of the Executive Committee, Mr Raymond Wong, MBE. The dinner was attended by over 80 volunteers.

The highlight of the evening came when the attendees were each presented with a certificate of appreciation. To spice up the evening, a lucky draw was held with the winners taking home two round trip air tickets donated by Hong Kong Express Airways and a host of fabulous prizes donated by members of the Executive Committee, who, themselves, are volunteers putting in countless hours to make a difference for people in our society needing hospice and palliative care.

免費贈送《生死兩相安》圖文集

歡迎個人或團體到本會索取《生死兩相安》圖文集，請在索書前致電 2868 1211 或電郵 sphc@hospicecare.org.hk。團體索取多於 10 本，請註明公司 / 團體名稱，及索書用途。由於本會資源所限，未能以郵遞方式寄送。

導演嚴浩

節錄《母親留給我的紀念》

「我現在已經知道將來的一件終身的遺憾：從前留學的時候父母給我的信，我存了一段時間後竟然全部丟了。父母當時還年輕，我們還不懂得珍惜。」

香港中文大學校長沈祖堯教授

節錄《留下生命的痕迹》

「人死並非就如燈滅，他們的精神，將會以另一種形式在別人身上長存。」





「世界紓緩關懷日」

World Hospice and Palliative Care Day

「世界紓緩關懷日」每年於十月的第二個星期六舉行，本會響應第九屆的主題，於2013年10月12日舉辦一連串名為「活好當下」的活動，透過公眾參與和經驗分享，鼓勵大眾活出積極人生；同時宣揚晚晴照顧的重要性，喚起大眾對臨終病患者及其家人的關懷。

音樂農莊原始野外烹飪比賽

善寧會於2013年10月12日（星期六）在錦田水頭村音樂農莊舉辦「家庭聚樂 - 原始野外烹飪比賽」。透過野外烹飪比賽，參加者在共用天倫樂及體驗各種簡樸生活工作坊之餘，加強與家庭成員之溝通，從而「活好當下」。比賽當天有超過120名參加者，比賽開始前，各隊參賽者都非常專注地觀看音樂農莊員工示範野外烹飪技巧。由於時間緊湊，比賽一開始，參賽隊伍立即領取食材、拾柴鑽木取火。比賽期間每隊都充分發揮家人之間的默契，互相支持和鼓勵，烹調精心設計的田園菜式。

當天我們非常榮幸得到著名DJ和電視節目主持阮小儀、資深護士黎秀蟾姑娘、善寧會執行委員會主席王紹強先生MBE及善寧會籌募及推廣委員會主席陳重義博士太平紳士擔任烹飪比賽評判和頒獎嘉賓。小儀及黎姑娘分別於頒獎前跟參加者分享跟家人和臨終病人相處的經驗，並鼓勵所有參加者即場大喊「我愛你」，向家人表達愛意。

活動最後圓滿舉行，全賴公眾的踴躍參與和義工無私的幫助。義務工作發展局在活動結束前還向每個家庭贈送兩個禮物袋，讓所有參加者都滿載而歸！我們非常感謝義務工作發展局及來自其他單位的義工。

特別鳴謝「黃廷方慈善基金」鼎力贊助是次活動。



SPHC hosted a series of events titled **Seize the Day** on 12 October 2013 to coincide with World Hospice and Palliative Care Day, which falls on the second Saturday every October. The events held by SPHC brought attention to the importance of the development of hospice and palliative care services, and raised awareness in our community of the medical, social and spiritual needs of people living with terminal diagnosis, and of their families' practical needs.

A Day at Music Farm – Outdoor Cooking Competition

Seize the day, build a fire, and cook outdoors! More than 120 participants formed culinary teams on 12 October 2013 to enjoy sizzling hot, freshly made food at the Outdoor Cooking Competition held by SPHC in the Music Farm, Kam Tin.

For the participants, novices and culinary experts alike, creating an inventive meal outdoors within a tight time limit for the whole family could be a big challenge. All teams, however, had the same secret recipe to cooking wondrously tasty food, which is cherishing every moment we have with our families and supporting each other in trying times.

The most challenging task was left to the judges, Ms Yuen Siu-yee, renowned DJ and TV Presenter, Ms Clare Lai, Nursing Officer (Palliative Care), Mr Raymond Wong, MBE, Chairman of SPHC Executive Committee, and Dr Hubert Chan, JP, Chairman of SPHC Fundraising & Publicity Committee, who tasted all dishes before picking the winning teams and presenting prizes. Siu-yee and Ms Lai shared their experience of family living and providing palliative home care to family members, encouraging the participants to say aloud "I Love You" to their families while reveling in all the little moments of family fun and joy.

We are grateful to all volunteers who helped make this event a great success and to the Agency for Volunteer Service for giving out to every participating family two goodie bags. The event was generously supported by Ng Teng Fong Charitable Foundation.



「活好當下」徵文比賽

「活好當下」徵文比賽積極鼓勵大眾分享他們對生命的體悟，從而反思人生的意義，提倡珍惜生命。比賽題目為「活好當下」，參加者分為學生組及公開組，以中文散文形式創作。比賽日期由2013年8月15日至9月16日，評審委員則由本港知名作家、學者及藝術工作者擔任。

是次徵文比賽的反應很熱烈，共收到超過650篇來自公開組及學生組的作品。感謝各位的積極參與，令是次比賽生色不少，亦得到各校老師鼓勵同學踴躍投稿，而參賽作品亦各具特色和創意。經評判們仔細評選後，具體得獎名單見附表。得獎作品已於2013年12月1日至31日在港鐵社區畫廊展出。而頒獎禮已於2013年12月10日在善寧會週年大會後舉行。

是次「活好當下」徵文比賽得以順利舉行，有賴「黃廷芳慈善基金」鼎力贊助比賽支出及獎品，我們謹此衷心致謝。



“Seize the Day” Essay Writing Competition

We received over 650 essay entries from students and members of the public for “Seize the Day” Chinese Essay Writing Competition which was held from 15 August to 16 September 2013. The judging panel was comprised of acclaimed Hong Kong writers, academics and artists. The winning entries, displayed at the MTR Community Art Gallery from 1 to 31 December 2013, were commended for their literary creativity and inspiring stories that gave the essay title “Seize the Day” its most vivid and empowering expression. Prize presentation was made on 10 December 2013 at SPHC Annual General Meeting.

The Writing Competition was made possible through the support of Ng Teng Fong Charitable Foundation, for which we are most thankful.



「活好當下」徵文比賽得獎名單

公開組得獎作品名單

	姓名〔中文〕	姓名〔英文〕	題目	備註
1	林善嫻	Lam Sin Han	三胞胎之活好當下	冠軍
2	許嘉豪	Hui Ka Ho	外公與我的行山約定	亞軍
3	梁永傑	Leung Wing Kit	給十年後的我	季軍
4	余思維	Shea Sze Wai	忘記、認真、面對	優異獎
5	賴維美	Lai Wai Mei	我吃過世上最美味的荔枝	優異獎
6	蕭慧中	Siu Wai Chung	思連年	優異獎
7	李增雯	Li Sin Man	活好當下	優異獎
8	黎耀銘	Lai Yiu Ming	生命中的光與影	優異獎

學生組得獎作品名單

	姓名〔中文〕	姓名〔英文〕	題目	備註
1	黃嫩怡	Wong Mei Yi	花開花落	冠軍
2	趙茵彤	Chiu Yan Tung	活好當下	亞軍
3	鍾穎詩	Chung Wing Sze	快樂的活著	季軍
4	黃彩盈	Wong Choi Ying	活好當下 - 正確面對人生	優異獎
5	湯若哲	Tong Yeuk Sik Sabrina	未見過的風景	優異獎
6	盧兆朗	Lo Siu Long	建立不後悔的人生	優異獎
7	吳筱渝	Ng Siu Yue	活好當下	優異獎
8	林君怡	Lam Kwan Yi	生死教育	優異獎



承蒙 The TUYF Charitable Trust 贊助，本會榮幸邀得香港著名時裝設計師鄧達智先生於 2013 年 10 月 5 日蒞臨我們的晚晴論壇作分享。

鄧達智於元朗屏山鄉成長，母親從他懂事時，已獨力撐起一頭家。他回憶道：「媽媽一向硬淨，從沒想過她會出事。」達智母親在生日前被確診得了胃癌，手術後更因服藥而性情大變，不時吵鬧。然而，達智持續探望她，每次見面也會親吻她，並緊緊握住她的手，溫柔地與她談話。

可惜，離去總是不經意。一天，達智在母親旁寫稿時，聽見她呼了好大的一口氣。達智沒有為意，僅僅幾分鐘，轉過頭來，母親已經再沒有呼吸。不過達智感到很欣慰，因為原本身在澳洲和英國的外甥女回來探望她，一家人齊齊整整伴她走過人生最後一段路。

他道：「那天是端午節。母親對外甥女的對話，我現在依然歷歷在目……家人相伴與支持，對病人真的很重要。」此外，達智又憶述母親的晚晴意願：「媽媽認為死亡不是最重要，最可怕是痛不欲生。」達智分享與媽媽共渡最後的時光，台下觀眾無不動容。

即將舉行：晚晴論壇

晚晴論壇日期及時間：

2014年5月31日（星期六）下午2時30分 至 4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

嘉賓講者：

黎秀蟾姑娘（資深舒緩科護士）
廖敬賢醫生（臨床腫瘤科專科醫生）
陳百祥先生（影視紅星「阿叻」）
費用全免，名額有限，先到先得。



Upcoming: World Hospice Day – Latter Life Forum: At Ease with Life and Death

Date and Time:

Saturday, 31 May 2014, 2:30 – 4:30 pm

Venue:

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

Guest speakers:

Ms Clare Lai, Experienced Palliative Nurse
Dr Rico Liu, Specialist in Clinical Oncology
Mr Nat Chan, Famous Artiste

Conducted in Cantonese. Free admission. Seats are limited and are available on a first-come-first-served basis.

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

晚晴論壇

Latter Life Forum

Hong Kong's noted fashion designer Mr William Tang shared his very own inspirational story on 5 October 2013 at our Latter Life Forum, which was kindly sponsored by The TUYF Charitable Trust.

William was born and raised in Yuen Long. His mother had been the breadwinner for as long as he could remember. William recalled, "My mother was tough and it had never crossed my mind that she could be ill, and could fall so ill." His mother was diagnosed with gastric cancer just before her birthday. After surgery and having been put on medication, she often threw tantrums in front of those dearest to her. Undeterred by his mother's constant mood swings, William made his regular visits and every time they met, he held his mother's hands, gave her a gentle kiss and engaged her in chats and sweet memories.

Then came the day of inevitable departure. William heard a heavy sigh of relief while he was working on a manuscript by his mother's side. Unaware of what had happened, he carried on with his writing. A few minutes later, he turned around and found that his mother had already stopped breathing. William was heartened by the whole family's reunion in his mother's end of life, with her two nieces having returned from Australia and England to spend time with his mother.

William related how his mother felt in her final days: "Death was of no particular concern to her. It's the unbearable suffering that had been most frightful." William's own experience made him realise that "family support, whether physical or spiritual, is very important for the patient."



鄧達智先生真誠分享照顧母親的點滴
Heart-to-heart sharing of William Tang's personal experience as a care-giver

全賴「滙豐社區夥伴計劃 2013」贊助，我們榮幸邀得香港存款保障委員會主席陳黃穗女士，在 2014 年 1 月 16 日的晚晴論壇中，分享了其切身的體會。陳黃穗的爸爸 70 年代心臟病復發入院，醫生預期他只剩五年壽命。初時家人都很擔憂，但後來生活慢慢回復平常，豈料數年後，父親突然夢中安息，穗很遺憾沒有好好把握其他同渡的最後時光。

穗的外婆生前喜歡四處遊歷。中風後，穗接她回家照顧，但婆婆卻希望離開，往老人院居住，令穗傷心自忖：「難道平時我不夠疼愛她嗎？」後來，穗探望她，發現她已建立了自己的社交圈子，且活得很自在，才知道把婆婆困在家中，整天只能對著外傭和看電視，反而是一種折磨。

穗最後提及到母親步入晚年時，常感身體不適，後來一次更因暈倒入院，要植入心臟起搏器。雖然母親不肯食藥，又害怕見醫生，但穗仍細心照顧她，並鼓勵她：「有時我會使出殺手鐮，帶她的孫兒來見她，對她說：『假如你不依時服藥，就不會長命，喝不到孫媳婦茶。』」穗除了哄母親吃藥，更會請朋友陪伴她外出，又會融入她的生活圈子，了解她的憂慮，照顧無微不至。穗感慨道：「可惜，那杯孫媳婦茶與她無緣。」

穗作為照顧者的經歷令她得著很多：「人生是一個循環……踏入晚年，就如嬰孩，需要人照顧。但有一點不同：老人有自尊與自己的想法，不像嬰兒般任人擺弄，所以照顧者唯有改變自己，適應與他／她相處。有些安排，僅是自己認為對他／她好，卻沒考慮到對方感受。其實，對方的決定也有她的道理，因此要尊重對方的意願。能照顧父母是福，轉眼父母去世，就再無回頭機會。」珍惜眼前人，永遠都不太遲。



陳黃穗女士（右）與蕭孫郁標女士（左）鼓勵參加者用心照顧晚晴家人
Mrs Pamela Chan (right) and Mrs Yvonne Siu Sun (left) share their experience of taking care of family members in their final stage of life



Mrs Pamela Chan, Chairperson of Hong Kong Deposit Protection Board, shared her experience of caring for her family nearing the end of their lives at our Latter Life Forum on 16 January 2014. The forum was sponsored by HSBC Community Partnership Programme 2013.

Pamela first recounted her father having suffered a heart attack in the 1970s. The doctor told the family that her father might only have five years to live. At first, Pamela was very worried, but as time passed the family resumed a normal life. A few years later, her father passed away peacefully in his sleep. She deeply regretted that during that time she had not made the time together with her father a priority.

As Pamela recalled, her grandmother was an outgoing person and was an ardent traveller. After her grandmother had a stroke, Pamela arranged to live with her to make sure she had the best care. To Pamela's dismay, her grandmother insisted on moving into a nursing home. "Am I not taking good care of her?" Pamela kept asking herself.

Later, during a visit to the nursing home, Pamela came to realise that her grandmother had established her own social network and was feeling more sprightly there. She then learned that having her grandmother live in an apartment had been a cause for weariness for her as it was only the domestic helper and the TV that kept her company.

Pamela then told the story of the late stage care given to her mother. Even since having fainted on the street and having been admitted to hospital, her mother had lived with a cardiac pacemaker. Pamela knew her mother had a soft spot for the grandson and whenever her mother refused to take her medication or tried to skip a medical appointment, she brought him to visit her and jokingly told her mother: "If you don't take your medicine on time, you won't live to see your grandson's wedding." Pamela also invited friends to accompany her mother, became a member of her social circle and tried to ease her worries and understand her needs. "Regrettably, my mother did not live to see her grandson's wedding," lamented Pamela.

Having been a caregiver has greatly inspired Pamela, she said, "Life is a cycle. Elderly people, just like toddlers, require a lot of attention. Unlike toddlers, however, the elderly have their own ways of thinking and such thinking has to be respected. Caregivers should not seek to control the behaviour of the elderly as they may when dealing with toddlers. Instead of controlling, accommodating the behaviour will enable the caregivers to establish a more meaningful relationship with the care receivers. When giving care, we should always consider the elderly's point of view and respect their decisions." Pamela sees it as a blessing to be able to take care of her parents because there will not be a second time around when they have gone.

參加者加深對家居晚晴照顧的認識
Understanding the role of a caregiver

2013-2014 臨終照顧培訓課程

2013-2014 End-of-life Care Education Programme

課程經已展開，目的讓前線醫護人員、相關專業同工及公眾人士增加臨終照顧的知識及技巧。

The courses aim to provide training on end-of-life care for frontline care workers, healthcare professionals and the general public.

特別鳴謝：The TUYF Charitable Trust及「滙豐社區夥伴計劃2013」全力贊助
A special acknowledgement for the sustained support given by The TUYF Charitable Trust and HSBC Community Partnership Programme 2013 for sponsoring the programme.



寧養護理員證書課程 (編號A2-2-2014)

課程目的	提供對長者護理的寧養照顧訓練及推廣臨終護理知識	
對象	年滿18歲；有中文書寫能力及能操廣東話	
課程內容	<ul style="list-style-type: none">寧養服務及生死教育哀傷關懷晚期病患常見徵狀及處理心理照顧的要訣心靈的需要及生活質素溝通技巧支援家人的技巧照顧者自我照顧	
課程日期及時間	2014年7月14日 至10月6日 逢星期一晚上6:30 - 9:30（公眾假期除外）	
導師	白普理寧養中心及其他從事善終紓緩服務的資深專業人士	
課程費用	港幣\$500	
證書頒發	學員須出席80%或以上的課堂，並通過考試，將獲頒寧養護理員證書	

寧養護理進階證書課程 (課程編號A3-2-2014)

課程目的	提升前線同工的進階訓練，並增強照顧員的職場實力
對象	年滿18歲；有中文書寫能力及能操廣東話

課程編號	課程日期和時間	課程內容
A3-2-W1 溝通技巧工作坊	2014年6月30日(星期一) 早上9:30 - 下午4:30	審視自己溝通的盲點，避免誤會，諒解別人的心聲
A3-2-W2 共造開心工作間	2014年8月4日(星期一) 早上9:30 - 下午4:30	學習善待自己，欣賞別人，在工作上投放熱誠
A3-2-W3 自我照顧	2014年9月1日(星期一) 早上9:30 - 下午4:30	服務別人的同時，也照顧好自己的身心需要，學習從護理工作中取得滿足感，及如何保持心境舒泰

導師	鄭月梅姑娘（資深護士）
課程費用	每個課程為港幣\$150，三個課程同時報讀優惠價為港幣\$350
證書頒發	學員須出席80%或以上的課堂，將獲頒寧養護理員證書

第十五屆 「3G 圓滿人生輔工課程」

課程目的	課程專為那些累積了專業知識、豐富人生經驗和仍然活力充沛的退休專業人士而設，實踐3G使命，即外觀良好、感覺美好、行善好德
對象	退休專業人士
課程內容	課程涵蓋14個單元，共21小時，包括：
LOOK GOOD：	「退休人士的社會角色轉變」、「優雅的儀容」工作坊
FEEL GOOD：	「認識身體的自然變化」、「回到未來」工作坊、「心靈的快樂與豐足」、「人生未了心頭事」、「晚晴照顧」、「養生與食療」、「保健」工作坊
DO GOOD：	「與長者及護老者的溝通技巧」及「實習溝通」工作坊、「3G圓滿人生」
課程日期	2014年6月5日至6月26日 逢星期二、四 下午2:15 - 5:15
課程費用	港幣\$200

晚晴照顧進階課程 (課程編號C2-1-2014)

課程目的	提升公眾認識晚晴照顧及喪親關懷 支援照顧者使其能更適切地關心身邊的晚晴人士
課程內容	學習更準確地傳遞和接收訊息，舒緩自己和被照顧者彼此的情緒，並有效地處理衝突於日常生活中運用正向思維，發掘自己的潛能，以更有效地應付繁忙勞累的照顧工作
課程日期及時間	2014年6月14日、6月21日 星期六早上9:30 - 下午4:30
對象	年滿18歲的公眾人士；照顧者優先
課程費用	港幣\$200

晚晴照顧進階課程 (課程編號C2-2-2014)

課程目的	支援照顧者及公眾人士，為身邊的中風病患者或長期卧床的晚晴人士提供更適切的關顧
課程內容	設定符合晚晴人士的照顧計劃 針對中風病患者或長期卧床病人的照顧技巧
課程日期及時間	2014年6月4日至6月25日 逢星期三晚上6:30 - 9:30
對象	年滿18歲的公眾人士（照顧者優先）
課程費用	港幣 \$200

寧養照顧進階課程 - 個案督導 (課程編號 B2-2-2014)

Advanced Case Supervision Certificate Course (Course Reference B2-2-2014)

Objective

This course is designed to help professional carers to deal with increasingly complex clinical situations

Course Outline

- Overview of basic and intermediate counselling skills
- Case or clinical situation recording
- Case presentation and discussion

Course Format

The course will be conducted in Cantonese and the course materials will be printed in English

Accreditation

18 CNE points. Certificates will be awarded by Hong Kong Palliative Nursing Association and The Society for the Promotion of Hospice Care for participants meeting attendance of 80% or above and coursework requirements

Course Schedule 23 June 2014 - 7 July 2014
Every Monday 9:30a.m. - 4:30p.m.

Facilitator Ms Lucy Chung
(Experienced Palliative Care Nurse)

Target Groups Healthcare workers who have to deal with death and loss

Fee HK\$1,000

O'Connor 教授細述於澳洲照顧晚期病人的經驗及模式
The Australian experience and model of caring for the
dying illustrated by Professor O'Connor



醫護同工對發展研究甚感興趣
Healthcare professionals share
research insights

第20屆香港國際癌病會議 20th Hong Kong International Cancer Congress

The TUYF Charitable Trust 全力支持第 20 屆香港國際癌病會議，會議已於 2013 年 11 月 14 至 15 日假香港醫學專科學院完滿舉行，善寧會為會議的贊助機構之一，亦是於會議期間舉行的「社會心理腫瘤學研討會議」的主辦單位。研討會以探討「非舒緩治療下的臨終照顧」為主題，活動包括：講座、座談會及工作坊等。

本會榮幸邀得 Professor Margaret O'Connor 及多位富經驗的專業同工，包括：聯合醫院、九龍醫院、白普理寧養中心及善寧會的同工帶領講座及工作坊。兩天會議中，共有逾千名醫護界及社福界的同工及學生參與，反應熱烈。

Professor Margaret O'Connor 亦於 2013 年 11 月 16 日為香港醫護同工舉行了以「臨終階段的選擇及相關研究」為題的研討會，與會者均表示獲益良多，對發展服務及研究帶來重大的啟發。

Supported by The TUYF Charitable Trust, the **20th Hong Kong International Cancer Congress** was held on 14 and 15 November 2013 at the Hong Kong Academy of Medicine. SPHC was one of the sponsors of the Congress, as well as the host of the Psychosocial Oncology Seminar Programme held during the Congress. With "Dying in Non-palliative Care Settings" as the theme, the Programme comprised a series of talks, forums and workshops.

Among the speakers for the talks and workshops were Professor Margaret O'Connor and professionals from the United Christian Hospital, Kowloon Hospital, Bradbury Hospice and Society for the Promotion of Hospice Care. The two-day congress drew more than 1,000 attendees for valuable knowledge exchange.

Following the congress, a seminar titled "Decision-making at the End of Life and Related Research Issues" was moderated by Professor Margaret O'Connor on 16 November 2013 for healthcare professionals in Hong Kong. The seminar, which the participants found enlightening, made an important contribution to service development and research.

慶賀人生每一天之 「自主晚晴心願計劃」分享會 Seminar on the District-based Life & Death Education Programme – Advance Care Planning (ACP) for Older Adults



嘉賓講者回應主持的熱烈提問
Interactive exchanges at the seminar

利希慎基金贊助善寧會於 2011-2014 年在社區推動的「自主晚晴心願計劃」已經順利完成。本會於 2014 年 3 月 14 日假灣仔社會服務聯會舉辦了「慶賀人生每一天之自主晚晴心願計劃分享會」，共有超過 100 位業內同工參與。本會職員於會上分享計劃心得，亦邀得部份計劃參加者分享當中的得著和感受，更邀得伊利沙伯醫院舒緩治療科的顧問護師廖進芳姑娘以自主晚晴作主題分享。參加者表示分享會令他們對自主晚晴心願有更多認識，並從義工分享中體會到計劃對長者及安老服務的意義。

Sponsored by Lee Hysan Foundation, **District-based Life & Death Education Programme – Advance Care Planning (ACP) for Older Adults 2011-2014** was brought to fruition, with a concluding seminar held at the Hong Kong Council of Social Service on 14 March 2014. Ms Faith Liu, Nurse Consultant in Palliative Care, Queen Elizabeth Hospital, shared her knowledge of advance care planning in Hong Kong with more than 100 attendees who participated in the programme and were given the opportunity to delve deeper into the essence of delivering elderly services.



計劃活動的參與者投入慶賀人生每一天
Coming together to celebrate life in the workshops

區瑞強獲邀擔任善寧會「晚晴大使」 Albert Au Appointed SPHC Ambassador



潘冰嫦小姐陪同陳重義博士代表善寧會把「晚晴大使」委任狀交予區瑞強先生
Mr Albert Au accepting the SPHC Ambassador Appointment Certificate from Dr Hubert Chan and Ms Helen Poon

著名民歌手區瑞強於本年4月假伊利沙伯體育館舉辦了「區瑞強好友情愛你一世演唱會2014」，並把4月6日最後一場部份的貴賓門票撥捐善寧會作籌款用途。

當晚演唱會正式開始之前，善寧會邀得潘冰嫦小姐作嘉賓司儀，在台上主持一個簡單的感謝儀式，由善寧會籌募及宣傳委員會主席陳重義博士即時頒發委任狀予區瑞強先生，歡迎他應邀擔任善寧會的「晚晴大使」。陳重義博士感謝區瑞強先生自2006年開始參與善寧會之推廣工作，為首屆「世界紓緩關懷日」舉行慈善音樂會。

區瑞強先生表示，接受委任之後，將會繼續身體力行，支持善寧會的活動和理念。



Renowned folk singer Albert Au has recently completed three nights of his *Albert Au & Friends in Concert 2014* tour to full house audiences. Proceeds from sales of the premium tickets of the last show held on 6 April were generously donated to SPHC to support our work.

That evening before the show started, Ms Helen Poon kindly acted as our guest mistress of ceremonies and announced the appointment of Mr Albert Au as an SPHC Ambassador. At the ceremony, Dr Hubert Chan, Chairman of the SPHC Fundraising and Publicity Sub-committee, presented Mr Albert Au with the ambassador appointment certificate and thanked Albert for the tremendous support he has been giving to SPHC since 2006 when Albert sang for the first World Hospice and Palliative Care Day Charity Concert.

Albert expressed his appreciation for the appointment and pledged commitment to boost his support of SPHC, whose work and mission have always been dear to his heart.




懲教署第六十一周年秋季賣物會 啟動典禮暨支票頒授禮

61st CSD Autumn Fair Launching Ceremony cum Cheque Presentation

懲教署體育會每年舉辦一次秋季賣物會，而最近一次於去年11月2日在赤柱監獄側的足球場舉行，以「共襄善舉顯愛心 綠色生活樂滿“FUN”」為主題。當日的精彩節目包括：舞龍醒獅表演、警犬隊訓練示範、在囚人士步操樂隊演出和非洲鼓表演等。賣物會亦一如既往設有攤位遊戲及售賣各類在囚人士製品。透過攤位銷售及各界人士不同形式的捐助，賣物會所籌得的款項，捐助超過四十間志願機構，而善寧會便是其中之一。



In its 61st year, the annual Autumn Fair organised by the Correctional Services Department Sports Association was held on 2 November 2013 at the football field adjacent to Stanley Prison. With 'Support Charity, Enjoy Green Lifestyle and Have Good Fun' as its theme, the Fair offered an array of spectacular performances and fun activities, including dragon and lion dances, guard dog training demonstrations, marching bands and an African drum performance by inmates. Game booths were erected, with sales of gifts made by inmates. The funds raised in the Fair have been distributed to more than 40 voluntary agencies; SPHC was one of the beneficiary organisations.



義工分享作為陪伴者的角色及感受
Volunteers use metaphors to
express their understanding of
"companioning"

幽谷伴行 - 「一點光」喪親者關懷計劃

Companioning the Bereaved

A Spot of Light: Community Care Scheme of JTTC

承蒙凱瑟克基金的支持，安家舍得到為期三年的資助，部份資源用以開展一項社區義工關顧計劃。此計劃名為「一點光」喪親者關懷計劃（簡稱「一點光」），盼望義工以一點光的力量，照耀感覺身在漆黑中的喪親家屬，為初經歷喪親人士提供情緒及社交支援。此計劃特別希望針對一些資源匱乏、居住偏遠地區或欠缺社區支援的喪親者的需要，作為橋樑讓安家舍能從不同層次介入，支援個別喪親者的獨特需要。

「一點光」強調義工為「陪伴者」的角色，而非提供專業輔導。北美著名學者 Dr. Wolfelt 提倡的悲傷者照顧陪伴模式，強調以「陪伴關係」(companioning) 代替「治療」(treating) 模式，喪親者不需要被分析或被拯救，他們更需要的是悲傷伴行，有人願意不避不縮地出席喪親者的苦難。當身邊有關愛和明白自己的人出現，再大的痛苦也有被吸納、被轉化的可能性。Dr. Wolfelt 提出了十一項陪伴悲傷者的原則，亦成為我們推動「一點光」的指引和藍本。

「一點光」第一期服務已於去年十月展開，並得到社區人士踴躍的支持。是次計劃最終甄選了二十三位義工，透過一連串的

With a 3-year grant from Keswick Foundation, Jessica and Thomas Tam Centre (JTTC) has launched a pilot Community Care Scheme, **A Spot of Light**. It is so named because through the programme, we hope that each volunteer can become a spot of light, however small, to bring warmth and illumination to the newly bereaved who, in their initial stage of grief, often feel like they are walking in the dark. The scheme particularly targets the relatively deprived, those who live in remote areas, lacking social or family support. Our volunteers act as a bridge to connect them to appropriate community resources and to render support according to individual needs.

A Spot of Light emphasises the role of volunteers as befrienders or peer companions. Dr. Wolfelt, a renowned American scholar, has been advocating a model of companioning rather than treating the bereaved. His philosophy is that what the bereaved really needs is not analysing or fixing of their grief, but 'companioning' -- to be totally present for the mourner, daring enough to enter into their

人生是由一連串的失落與改變組成。成長的失落、物件的失落、關係的失落，甚至自我的失落等等，每一次的失落，都會為我們帶來痛苦和成長的機會。面對關係的失落——失去親人的時候，那種手足無措、分離的失落感實在難以言喻。哀傷的歷程或長或短，或沉重或抑壓，反應因人而異。要越過哀傷，不少「局外人」會說「時間能撫平一切」；但「局中人」卻告訴我們，能夠被接納、被聆聽，擁有一個全然表達的空間，才是渡過哀傷的重要力量。

專業的善別輔導，能促進喪親家屬適應喪親後的轉變，長遠提升其內在及外在的資源。然而，人的改變與復原並非朝夕之事，要啟動喪親家屬的潛能和提升其信心，同行者的陪伴便能發揮輔助的功能。

Change and loss is an inevitable part of life. In different stages of life, we experience different losses: loss of possessions, loss of relationships or even loss of self. Every loss causes painful emotions but at the same time it can bring new opportunities for personal growth. When it comes to the loss of our beloved, however, the intense pain and anxiety one experiences are beyond words.

The grieving process is a lone journey. For different individuals, it can be long or brief, vented or repressed. To console a grieving person, kind-hearted bystanders often say "time will heal". The bereaved, however, may tell us that being listened to, being allowed to express their feelings and being accepted are the keystones to overcoming grief.

Professional bereavement counselling can be an option for some who are facing loss and making life adjustments. The long-term goal is to strengthen the resilience and support network of the bereaved. However, enacting positive changes as well as recovering from the wounds of emotional pain cannot be brought about in an instant. In the healing process, the companionship of a befriender serves a complementary function, which is vital for the bereaved to gather strength and to move towards healing.

訓練，包括哀傷的理論、陪伴者的角色、溝通原則和技巧、不同喪親家屬的需要等課程，讓義工作好準備。過程中，同工持續提供訓練及分享機會，讓義工在實踐中不斷學習、反思和鞏固經驗。

第一期計劃共有十六位家屬參與、接受義工關顧。部分家屬長時期缺乏社區接觸、或在喪親初期的適應顯得較被動及缺乏信心；也有家屬在渡過哀傷的過程中情緒起伏，渴望得到支援和鼓勵。在與家屬相處的過程中，義工嘗試發揮所長及善用自己，除聆聽家屬的困惑外，也協助家屬探索及連接社區資源，並交流生活智慧和經驗，如保健養生、管教子女、電腦運用、人際相處、情緒處理等。義工的關懷，並不止於環繞喪親，其積極熱心的態度，讓家屬感受到被關懷的暖意。

透過陪伴的實踐，義工漸漸領略到陪伴者的角色包括聆聽、給予關懷、慰問和肯定，有時也會提供資訊；而正面、主動和積極的態度更是作為陪伴者的重要條件。義工與家屬以平等的關係、真誠的相處，生活性的交流和學習，慢慢建立起互信，讓家屬感到安全和安心，樂於傾訴和分享自己的哀傷。過程中，義工有時也會感到無助乏力，這亦顯示出義工嘗試體會家屬的掙扎與困乏，明白到「同行同感」比「雄心壯志」地為對方解決困難來得更重要。最終，如 Dr Wolfelt 所言，我們希望提倡的是「陪伴是幽谷伴行，而非帶路或追隨」（陪伴悲傷者原則六）。看見家屬被關懷、明白、陪伴而重新得到動力，成長和改變，我們深信義工的參與在喪親者從失落再上路中，扮演著一定的角色，也為家屬帶來寶貴的正能量與資源。



培訓形式包括講座、小組分享、個人反思等，期望加深義工對喪親者需要的了解及自我認識
Small group sharing to enhance understanding of self and the bereaved



pain. When the bereaved feel accepted and understood by others who do not run away or reject their pain, the grief they experience can be absorbed and transformed. The 11 tenets of Companioning the Bereaved formulated by Dr Wolfelt have served as our project blueprint and guidelines.

The scheme was well received by the public when it was first launched in October 2013. Twenty-three volunteers were recruited and they completed a series of training sessions, which include: understanding grief: theories and models; self-understanding and the essence of befriending; the art of communication and emotional management; and the characteristics of various bereaved groups. Once the service began, monthly meetings were held to enrich the volunteers' learning as well as to consolidate their experience through sharing and reflection.

On the recipient side, 16 clients joined the scheme. Some of them had led a secluded life for years and behaved somewhat passively, some looked depressed and lacked confidence, while some were more emotional and yearned for support and encouragement – all being a challenge for volunteers in the engagement phase. Besides lending a listening ear, they drew upon their own knowledge and experiences for the benefit of the clients. They helped their clients to explore and to make use of local resources and shared their life wisdom and experiences in areas like parenting, social skills, emotion management, health and food science, and computing skills. The service they rendered, and the initiative and passion they demonstrated enabled the clients to feel they were enveloped in warmth and were cared for.

Through face-to-face contact, volunteers deepened their understanding of the role of befrienders: to listen, to provide care, to support, to affirm, and at times to provide useful information. Being positive, taking initiative, and being passionate are the requisites for effective engagement, through which genuine exchanges and mutual sharing can be realised and trusting relationships built, allowing the bereaved to feel safe and ready to communicate their grief.

In the process, some volunteers might sometimes feel drained or disoriented. This, in fact, helped them establish an empathic relationship with their clients and enabled them to understand more the difficulties and inner struggles faced by their clients. After all, the essence of companioning is more about empathising than problem-solving. To quote Dr Wolfelt, "Companioning is about walking alongside; it is not about leading or being led." (Tenet 6 of Companioning the Bereaved) Seeing our clients being empowered and energised for the better, we believe that the befriending volunteers have helped brighten up and bring positive energy into the lives of their bereaved clients on their road to recovery from loss and grief.

除個別陪伴關懷，義工亦會協助參與中心活動，加深對喪親家屬的認識
Besides individual befriending work, volunteers also help in JTTC programmes



生死反思探索退修營（三日兩夜）

3-Day-2-Night Retreat: Life and Death Reflections & Explorations

安家舍首次舉辦的「生死反思營」在 2014 年 3 月底於大嶼山梅窩衛理園順利完成。整個營會有 28 位參加者，當中包括來自安家舍的服務使用者、從事寧養服務的同工及義工。

生命是一個進程；有開始，也有完結。每一個失去的經驗都隨著哀傷的反應。喪親初期，情緒以及身體方面承受的強烈悲痛可以令喪親者苦不堪言。哀傷轉導員和醫護同工的專業介入有助減輕喪親者明顯的哀傷徵狀。然而，喪親者要面對一連串有關失缺意義及人生價值等的問題，甚或困擾。除了喪親者（如：安家舍的服務使用者）的苦痛感受深切外，紓緩服務的同工和義工們也常會面對臨終的病人，與死亡同行的他們亦同樣經歷相類近的感受和衝擊。因此，生死反思營的構思和理念，旨在讓來自以上三個群體的參加者走在一起，分享及探索有關生死及人生價值等問題。

A special weekend retreat, held at Methodist Retreat Centre, Mui Wo, Lantau in March 2014, brought together hospice care workers, volunteers providing hospice care service, and ex-bereaved clients of Jessie and Thomas Tam Centre (JTTCC) who have experienced in either their professional or personal lives a myriad of profound emotions associated with loss and grief.

The retreat put the 28 participants on a journey of deep reflections of life and death, and explorations of their very own belief systems. It was through experiential learning that the ex-bereaved clients stepped back to look at how they made sense of their loss and that counsellors and hospice volunteers worked through a broad spectrum of end-of-life experiences to keep a delicate balance between personal and professional commitments.

第一天 – 凝視「過去」 First Day – Take a Look Back



這小組認為人生像大自然的循環
This group sees life as a natural cycle

繪出生死

透過一個簡單的繪畫練習，參加者在引導下探討和接觸潛在他們內心的生死觀。從欣賞和比較彼此作品中，他們尋找及討論圖畫的相近和差異之處。相類近者自成小組，分享他們對生與死的看法。能夠在繪畫中探討人生哲學的問題，眾參加者對此活動深感興趣。

Picturing life and death

The participants explored the attitudes of their unconscious towards life and death by drawing pictures. Those sharing similar themes or colours were grouped together to share their views on life and death.

與失落的經驗道別

在柔和的燭光中我們與生命中的失落道別，同時我們不忘向這失落經驗道謝，並肯定「她」為我們生命帶來成長。

A candlelight vigil to bid farewell to 'loss'

While harking back to memories of loss, everyone lit a candle and gave symbolic farewell to feelings of loss. Rather than looking back in anger, the participants looked back in gratitude and acknowledged that such feelings had helped them grow.



第二天 – 注視當下 2nd Day – Live in the Now

沙灘正念瑜珈
Mindful yoga
on the beach



生死懸一線

參加者想像自己為災難的受害者，寫下家書給摯親，不知會否成為他們的最後的話。在一個危機訓練中，參加者齊心合力，穿越虛擬電網。

Caught in the web of life and death

In a simulated group training session, the participants were thrust into a life-threatening situation where they wrote home a letter. The letter could be their final words to their families. Through simulation, they had to work together to find a way out of a trapped environment, with life hanging in the balance.



第三天 – 展望將來 3rd Day – A Look to the Future

一匙滿油

在一個集中注意力的活動中，參加者要手持一匙滿油，進行一個簡短的障礙訓練。當他們集中精神之際，便不自覺地錯過了周邊的美好風景。參加者反思生命中的最重要的人和事，並思考如何在工作和生活之間取得平衡。

A spoonful of oil

Keeping their eyes fixed on the spoon while walking so that the oil would not spill, the participants might have missed out on the beautiful scenery along the way. Two reflective questions popped up: what really matters in life; and how to maintain a well balanced life?



反思問題

參加者把自己心中有關生死的疑問包裝成「禮物」陳列出來，與其他參加者分享。各人寫下自己的回應，作「回禮」之用。

Reflective questions

The participants were invited to bring to the camp all questions about life and death they had had but were afraid to ask. In return, other participants gave their answers and feedback. There were no right or wrong answers, but more insights into life and death.

給命運的一封信

在營會的第一天，參加者探討和接觸了潛伏於他們內心的生死觀，並從新面對他們的失落經驗；第二天，他們覺察修習當下個人身體和心靈上的感受；而於第三天的最後一個活動上，參加者刻意反思他們的人生目標，並為自己的生活從新作出規劃。

A letter to Destiny

After accessing the unconscious on the first day and revisiting loss experiences, on the second day the participants came to an understanding of living in the present. The third day saw their conscious efforts to create their respective life plans, with a letter addressed symbolically to their own destiny.



一群「生死之交」
A group of friends experiencing life
and death in three days

整體而言，營會的安排幫助參加者擴闊了對生死的看法，生死反思營是一個難能可貴的平台，讓在不同的位置和角色面對生與死的參加者走在一起，作深入的交流及討論。營會的重聚暫定於今年 11 月。

是次生死反思探索退修營得到凱瑟克基金的慷慨支持。

It has been said that while opening one's heart, the mind will follow. The retreat was a powerful testimony to such a mind-opening experience for the participants who have to cope with bereavement and for professionals who have to provide care in challenging hospice situations. The next retreat is scheduled for November 2014.

The programme is kindly supported by the Keswick Foundation.

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