



善 寧 會

Society for the Promotion of Hospice Care

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燃亮生命火花聖誕音樂會 2014

Light Up a Life Christmas Concert 2014

善寧會每年一度的盛事 — 「燃亮生命火花」聖誕音樂會已於 2014 年 12 月 2 日假中環聖約翰座堂舉行。是次音樂會共籌得逾 182 萬元善款，除了用以資助本會繼續提供免費的善別輔導服務及推廣寧養紓緩的工作，部分善款則會撥作支持本會現時興建中的「賽馬會善寧之家」，以購置內部設備及作日後營運經費。

聖誕音樂會上，座堂演講台上高高聳立一棵巨型「生命火花樹」，樹上掛滿捐款者親筆填寫的心意卡，為親人送上祝福，或為紀念已離世的親友，表達心意。當晚善寧會很榮幸邀請到嘉賓講者 Mr. Kim Robinson 向我們分享如何正面面對家人患上癌症的感人經歷。

善寧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等所有表演嘉賓為參加者帶來美妙的聖誕樂韻，本會亦謹向聖誕音樂會籌委會主席莎莉湯信女士、贊助商、義工，以及所有到場支持的嘉賓致以衷心致謝，全憑您們慷慨的支持和參與，音樂會才得以完滿舉行。



The *Light Up a Life* Christmas Concert took place at St John's Cathedral on 2 December 2014 featured performance by Hong Kong Welsh Male Voice, Island school Orchestra & Choir and other performing teams, a time to celebrate love and sharing. In addition to helping raise over HK\$1.82 million for day-to-day activities of the SPHC, as well as the fitting out and operation of a new hospice, the Jockey Club Home for Hospice in Shatin, another quality facility to bring the hospice movement one step further by introducing Hong Kong's first family-oriented care service concept with focus in family love and participation.

The "Tree of Life", a giant Christmas tree in the cathedral is decorated with messages of love 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 guest speaker, Mr. Kim Robinson delivered a speech to share his experience of a family member dealing with cancer.

SPHC would like to take this opportunity to thank the Hong Kong Welsh Male Voice 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 Acknowledgments

C.L.A.R.E.S. of St John's Cathedral
 Crown Relocations
 Hamilton Advisors Limited
 Hong Kong Police Band
 Hong Kong Welsh Male Voice Choir
 Island School Orchestra & Choir
 Kim Robinson (Christmas Ball Appeal)
 Rare & Fine Wines Limited
 Samantha Carline (Mince Pies Coordinator)
 St. John's Cathedral
 St. John's Cathedral Book Store (Ticket Sales)
 Standard Chartered Bank (Hong Kong) Ltd (Tree Donation)
 TeamRite International Limited (Lighting)





(左起) 登山善行籌備委員會主席詹康信先生、委員夏偉邦准將、Mr. Robert Grieves、戴龍先生、Major Ron Taylor、善寧會執行委員會主席王紹強先生、委員周瑞明女士及張哲孫博士
 (From left) Mr. James E. Thompson, Chairman of Hike for Hospice Organising Committee, Brigadier Christopher Hammerback, Mr. Robert Grieves, Mr. Christopher Dillon and Major Ron Taylor (Members of Hike for Hospice Organising Committee), Mr. Raymond Wong, Chairman of SPHC, Ms. Mabel Chow and Dr. Jackson Cheung (Members of SPHC Executive Committee)

登山善行2014頒獎禮 Hike for Hospice 2014 Award Ceremony

登山善行 2014 於 2014 年 3 月 9 日完成賽事。為嘉許各得獎健兒，並向各贊助商及義工團體致以衷心謝意，本會於 2014 年 5 月 27 日在香港南區皇冠酒窖舉行了登山善行 2014 頒獎禮。

登山善行籌募委員會主席詹康信先生於頒獎禮中致詞，並感謝各贊助商和參加者的支持及參與。超過 70 位登山健兒及嘉賓出席頒獎禮，各人一面享用美酒佳點，一面交流比賽心得，並重溫活動當日的精彩相片。

To acknowledge our hikers, sponsors and volunteers groups, we held the Hike for Hospice 2014 Award Ceremony at Crown Wine Cellars on 27 May 2014.

Mr. Jim Thompson, Chairman of Hike for Hospice Organising Committee, gave his speech in the Ceremony and thanked all the sponsors and hikers for their continuing support. Over 70 hikers and guests attended the Ceremony, during which they enjoyed not only the food and drinks but also the fun and happy moments captured on photos taken at the event.





登山善行
hike for
hospice



Society for the Promotion of Hospice Care

善寧會

FOR REGISTRATION, PLEASE VISIT

有關報名詳情, 請瀏覽

hike.hospicecare.org.hk

Put Your Best Foot Forward

2015

登山善行 紓己寧人

Short route 8 km
Medium route 14 km
Long route 22 km

Please join us NOW!

請從速報名!

Application deadline: 27 February 2015

截止報名日期: 2015年2月27日

Enquiry: 2868 1211

hike@hospicecare.org.hk

[facebook.com/hikeforhospice](https://www.facebook.com/hikeforhospice)

twitter.com/hikeforhospice

Sunday, 8 March 2015 Tai Lam Country Park, Yuen Long
2015年3月8日(星期日) 元朗大欖郊野公園

金鑽贊助
Diamond Sponsor



白金贊助
Platinum Sponsors



黃金贊助
Gold Sponsors



卓越企業贊助
Premium Corporate Sponsor





粵韻全聲 安老院探訪活動 Bringing Traditional Cantonese Opera to an Elderly Home

善寧會與智行基金會於 2014 年 5 月 24 日在佛教沈馬瑞英護理安老院聯合主辦名為《粵韻全聲·樂聚智行》的探訪活動。感謝全聲曲藝同學會的義工，為住院的長者帶來悅耳的曲目，讓他們回味昔日情懷。

除了全聲曲藝同學會的義工，當日演出的嘉賓還有：善寧會執行委員會委員周瑞明女士、智行基金會副主席顧麗芬女士、佛教沈馬瑞英護理安老院副院長劉福如先生及護士潘麗香女士。由安老院的職員親自為長者獻唱粵曲，極具意義，倍添一份溫暖。

由於演出場地的空間有限，安老院特別配置直播系統，讓行動不便的長者可以透過電視機，於自己房間欣賞到精彩的粵曲表演，實在是非常貼心的安排。

表演結束後，大家都有種依依不捨的感覺。一眾義工都期待下一次的探訪活動，再為長者獻唱，帶來歡樂。

保協善寧一桿入洞 LUA for Hospice - Charity Hole in One

感謝於 2014 年 5 月 30 日在愉景灣高爾夫球會所有參加者及全力贊助是次活動之「保協慈善基金會」。當日天朗氣清，64 位熱心的球手完成 18 洞的賽事。這個活動除了讓參加者享受一天高爾夫球的樂趣外，亦為正在籌建中的賽馬會善寧之家籌款，實在是饒富意義的公益活動。

We would like to thank everyone and the LUA Foundation for supporting the **LUA for Hospice - Charity Hole in One** held on 30 May 2014 at Discovery Bay Golf Club. It was a wonderful day – perfect weather, a beautiful course, and an enthusiastic group of 64 golfers completing 18 holes of golf. This golf event combined a great day for golf with the benefits of raising funds for Jockey Club Home for Hospice, which is presently under construction.



安老院副院長劉福如先生（左五）、智行基金會副主席顧麗芬女士（左六）及善寧會執行委員會委員周瑞明女士（右一）
Mr. Lau Fook Yu (fifth from left), Assistant Superintendent of the care home, Ms. Fannie Ku (sixth from left), Vice-chairlady of Chi Heng Foundation, Ms. Mable Chow (far right), Executive Committee Member of SPHC

A traditional Cantonese opera concert was held at the Buddhist Sum Ma Shui Ying Care and Attention Home for the Elderly on 24 May 2014. The concert was jointly organised by the Society for the Promotion of Hospice Care and Chi Heng Foundation. Special thanks go to volunteers from Lau Wing Chuen Music Academy Alumni Association who performed eight beautiful songs in total, bringing back the good old days for the elders.

Aside from the volunteers, amongst the performers were Ms. Mable Chow, Executive Committee Member of SPHC, Ms. Fannie Ku, Vice-chairlady of Chi Heng Foundation, Mr. Lau Fook Yu and Ms. Judy Poon, Assistant Superintendent and Nurse at the care home respectively. To have their own caregivers sung some of their most favourite songs meant a lot for the elders.

The care home houses more than two hundred elders. As the hall could not accommodate all of them, the care home organised the performance to be broadcasted live on screens in the elders' rooms, allowing those who are physically challenged to enjoy the show. The show brought back some sweet memories from the past. The participants were impressed and expressed the wish to have another performance soon.

保協善寧一桿入洞當天的賽果如下：

The results for **LUA for Hospice - Charity Hole in One** are as follows:

團隊獎項 Team Prizes

- 最佳成績總冠軍 Team Champion
Gilbert Ma, Joemund Lai, Eric Lam, Patrick Ying
- 最佳成績第二名 Team 1st Runner-up
Kenny Lau, Kevin Ho, William Cheung, Alvin Chong
- 最佳成績第三名 Team 2nd Runner-up
Wong Kwan Kit, Carol Yu, Chan Shing Yi, Wong Wai Sze

個人獎項 Individual Prizes

- 男子最佳總杆 Best Gross - Men
Danny Kwong
- 女子最佳總杆 Best Gross - Ladies
Rita Lam

個人淨杆 Best Net

- 女子淨杆冠軍 Winner - Ladies
Mary Ching
- 女子淨杆第二名 1st Runner-up - Ladies
Rita Lam
- 女子淨杆第三名 2nd Runner-up - Ladies
Winnie Tam
- 男子淨杆冠軍 Winner - Men
秦國興
- 男子淨杆第二名 1st Runner-up - Men
William Cheung
- 男子淨杆第三名 2nd Runner-up - Men
Eric Cheung

最遠發球獎 Longest drive

- 男子 Men Johan Hirn
- 女子 Ladies Rita Lam

最接近球洞獎 Nearest to pin

- 男子 Men Gabriel Leung
- 女子 Ladies Mary Ching





「中秋敘團圓」互傳心意活動 “Give a Jade Rabbit” event

The ‘Give a Jade Rabbit’ community event had been held at Island Resort Mall, Siu Sai Wan on 31 August 2014. We were delighted to have celebrity guest Joey Meng joining us with

more than 20 volunteers and members of the public to construct hundreds of handmade traditional rabbit lanterns for charitable sale. In addition to raising fund in favour of the "Jockey Club Home for Hospice" project, the activity also aimed to enhance public awareness of the needs of terminally ill patients and their families.

善寧會於2014年8月31日舉行的「中秋敘團圓」互傳心意活動，已於柴灣小西灣藍灣廣場順利舉行。當日邀得藝人萬綺雯擔任嘉賓及超過20名義工與市民一起製作傳統中秋玉兔燈籠，並進行義賣，為「賽馬會善寧之家」項目進行籌款，更希望透過活動讓市民瞭解臨終病患者及其親屬的需要。



中秋傳愛 義工活動 “Spread Love at Mid-Autumn Festival”

中秋節是人月兩團圓的日子，但對於不少獨自臥床的病者而言，能夠嚐一口月餅可給他們莫大的安慰。因此善寧會在2014年9月5日聯同 Fossil Group 共12位義工，先後探訪白普理寧養中心及沙田醫院，為病友送上愛心月餅、手製燈籠及水果，讓他們也可以感受到中秋節的愉悅。

Mid-Autumn Festival is often referred as "Festival of Reunion" but for people who suffer from terminal illness having a taste of mooncake could bring them hearty comfort. On 5 September 2014, 12 members of Fossil Group Volunteer Team joined SPHC to visit Bradbury Hospice and Shatin Hospital to distribute mooncakes, fruits and handmade lanterns to patients and wished them a happy Mid-Autumn Festival.

2014香港特區慈善足球邀請賽 HKSAR Charity Football Invitation Tournament 2014

由香港活力都會協會有限公司舉辦的「2014香港特區慈善足球邀請賽」共邀請了65隊來自4個組別（工商組、專業及公營機構組、社區組及公務員組）的球隊參與，並以一對一的形式，夥拍65個受助團體。活動於9月至10月期間舉行，以「足動仁心」為口號，宣揚「關愛香港，人人有份」的訊息，為社會注入正能量。香港建築師學會的足球隊接連兩場取勝，為善寧會籌得15萬5千港元，撥作「賽馬會善寧之家」將來營運之用。



總決賽於2014年10月26日舉行，安家舍心愉組的組員前來打氣，欣賞足球名宿隊友誼賽及精彩歌唱演出。
Members of the JTTCA Alumni Group enjoyed the final match and event entertainment on 26 October 2014.

Organised by the Hong Kong Metropolitan Sports Events Association Limited, the HKSAR Charity Football Invitation Tournament invited 65 teams from four sectors (Commercial and Industrial Organisation Group, Professional and Public Organisation Group, Community Group and Civil Service Group) to play for 65 beneficiary organisations. With the slogan “Football Touches Our Hearts,” a series of matches took place between

September and October 2014, instilling positive energy into our community. Our Society was represented by the Hong Kong Institute of Architects Football Team, who won two matches with great skills and effort, raising a total of \$155,000 towards the establishment of the Jockey Club Home for Hospice.



香港建築師學會足球隊
The Hong Kong Institute of Architects Football Team

善寧會加入增設網上籌款平台JustGiving及 Simply Giving

JustGiving and SimplyGiving

善寧會的工作及所提供的免費服務，全賴公眾捐款得以維持。我們最近分別於 JustGiving 及 SimplyGiving 兩個國際性社交籌款及捐款平台設立帳戶，平台可以讓捐款者設立個人的籌款專頁，並透過在個人社交網絡廣傳你的專頁，讓親朋好友關注你的籌款計劃和行動，以慈善捐款方式對你作出支持。我們希望你能在 JustGiving 及 SimplyGiving 網站設立專頁，訂立自己的籌款方式（如參加善寧會的「登山善行」活動，或自組織賣物會，等）和目標，鼓勵親朋捐款及支持「善寧會」。

請到 JustGiving 網站 <http://www.justgiving.com/SPHC> 或 SimplyGiving 網站 <http://www.simplygiving.com/nonprofit/sphc> 瀏覽我們的專頁及捐款支持：

1. 按「Fundraise for us」，在善寧會的帳戶平台設立專為善寧會籌款的個人專頁。
2. 按「Donate」，選擇直接捐款予善寧會。



SPHC largely relies on public donations to continue our vital work and free service. Therefore, we have officially created accounts in JustGiving and SimplyGiving, the world's leading online fundraising platforms and you can create your own personal fundraising page to share with friends and family. You can promote your fundraising plan and ask your friends for support such as making donation to SPHC. We encourage you to develop your own fundraising plan (e.g. support 2015 Hike for Hospice or charity sale activities, etc.) and set your target. We hope you will continue to support us by making donation online through JustGiving or SimplyGiving.

Please visit JustGiving (<https://www.justgiving.com/SPHC>) or SimplyGiving page (<http://www.simplygiving.com/nonprofit/sphc>) for more details:

1. Click "Fundraise for us" to initiate any possible fundraising events that you are interested in to gather donation for SPHC.

2. Click "Donate" to make direct donation to SPHC.



Cafe Deco Group一元善款活動，為善寧會籌得超過15萬元



Cafe Deco Group 去年為慶祝旗下山頂峰景餐廳二十週年誌慶，為香港六間慈善機構籌款，以幫助社會上有需要的人士。由去年2月起一連十二個月，Cafe Deco Group 於旗下大部分餐廳及酒吧的每張賬單額外收取港幣1元為善款，撥捐六間慈善機構。善寧會很高興能成為其中一間受惠機構。

活動於2014年8月至9月期間籌得的款項全數撥捐善寧會，連同該時期設置於集團旗下門市的籌款箱的款項，活動共為善寧會籌得超過港幣15萬元。有關款項將會撥給興建中的「賽馬會善寧之家」項目，作為日後的營運經費。

我們衷心向 Cafe Deco Group 表達謝意，亦感謝 Cafe Deco Group 的員工付出他們的時間和努力，籌辦這項有意義的活動。

Over HK\$150,000 raised from "HK\$1 Charity Campaign" by Cafe Deco Group

Cafe Deco Group launched a "HK\$1 Charity Campaign" to celebrate the 20th anniversary of its iconic restaurant - Cafe Deco at the Peak. Starting from February 2014, the Group included a HK\$1 charity donation per bill at most of its outlets in Hong Kong to raise fund for 6 local charities over the next 12 months. SPHC is glad to be one of the beneficiaries of "HK\$1 Charity Campaign".

The donation period for SPHC ran from August to September 2014. Together with the money collected through donation boxes placed at the concerned outlets, we received a total donation of over HK\$150,000. The money raised will be used to support the future operation of the Jockey Club Home of Hospice.

We would like to express our sincere gratitude to Cafe Deco Group and their staff who devoted their time and effort in the organisation of this campaign.

第六屆義工及好友嘉許晚宴

The 6th Volunteer and Friends Appreciation Dinner

義工們永遠是善寧會重要的合作夥伴。過去一直有賴義工們的熱心參與及協助，才能讓善寧會的善終及寧養照顧的推廣工作更見成效。為了表達我們的謝意，本會於去年11月25日舉辦了「第六屆義工及好友嘉許晚宴」。當晚有逾七十名義工出席，而每位均獲頒嘉許狀。

是次晚宴由本會執行委員會主席王紹強先生宴請。除為大家準備豐富佳餚外，當晚善寧會職員及義工安排了一連串遊戲及魔術表演，氣氛熱鬧。壓軸環節當然不少得萬眾期待的「大抽獎」，執行委員會委員為支持當晚活動，更捐出不少豐富禮品作抽獎之用，我們更要答謝香港航空捐贈雙人來回泰國曼谷機票作為晚宴頭獎禮物。晚會在愉快的氣氛下圓滿結束。

再一次感謝義工們過去一年無私的付出，誠邀你們能介紹更多新朋友加入我們的大家庭，成為本會義工一分子。



Volunteers are our best partner. It is our volunteers' enthusiasm and continuous participation that help us to promote hospice and palliative care for those in need in our community. To express our deep appreciation to their support and dedication, the Society organised the 6th Volunteer and Friends Appreciation Dinner on 25 November 2014. Over 70 volunteers were invited to the dinner and each received a Certificate of Appreciation.

The night was hosted by Chairman of the Executive Committee, Mr. Raymond Wong. Everyone enjoyed the night with delicious meal, exciting game sessions and a wonderful magic show arranged by our staff and volunteers. Highlight of the dinner was the grand lucky draw, which included numerous prizes donated by members of the Executive Committee, and the grand prize of two return air tickets to Bangkok donated by Hongkong Airlines. The dinner ended in a joyful atmosphere.

Thanks again to each volunteer for the contribution over the past year. We're also looking for more new volunteers to join us so please get your friends involved too.



聯力建築有限公司主席伍永超先生（中間）帶領建築項目團隊進行切燒豬儀式。
Mr. Raymond Ng (Middle), Chairman of UBC, led the roasted pig cutting ceremony.

賽馬會善寧之家的地基已經完成，而地盤已於2014年7月移交給上部結構的承包商聯力建築有限公司處理，並於7月25日舉行了一個地盤開工拜神儀式。當日，參與儀式的嘉賓包括：聯力建築有限公司主席伍永超先生、董事宋子文先生、項目總監黎曦強先生及項目經理曾偉賢先生。此外，創智建築師有限公司的建築顧問黃健興先生、遠東顧問工程師有限公司的建設服務顧問李兆昌先生及陳佐堅測量師行的項目管理代表黃沁瑜小姐均有出席。

賽馬會善寧之家 施工進展

Progress Update on the Jockey Club Home for Hospice

With the foundation completed, the construction site was officially handed over to the superstructure contractor Unistress Building Construction (UBC) Limited in July 2014. A ceremony was held on the 25 July onsite, marking the start of the superstructure work. The ceremony was attended by representatives from the UBC including Mr. Raymond Ng, Chairman of UBC, Mr. Soong Tze Man, Director of UBC, and Mr. Peter Lai and Mr. Tsang Wai Yin, Director and Manager of the construction project respectively. Representatives of our consultant team were also present, including Mr. Dick Wong of AGC Design Ltd., Mr. Jacky Lee of Far East Consulting Engineers Ltd., and Ms. Nicky Wong of KC Surveyors. Incense and effigies were burned in hope of safe and smooth progress. Roasted pigs were cut and shared as part of the tradition.

晚晴論壇 Latter Life Forum

承蒙「匯豐社區夥伴計劃 2013」贊助，本會邀得香港影視紅星「阿叻」陳百祥先生、臨床腫瘤科專科廖敬賢醫生及資深護士黎秀蟾於去年 5 月 31 日蒞臨本會「晚晴論壇」作分享，反應熱烈！

廖敬賢醫生以專業角度，引用外國研究，分享「與癌共存」病人的存活階段，並與聽眾分析何謂有生活質素的紓緩照顧——除針對病人的身體徵狀下藥，亦兼顧心理和靈性的需要。他鼓勵照顧者一方面要明白自己的限制，定時讓自己休息和尋求協助，還有可加強與醫護人員溝通，為病人提供最適切的照顧模式。

黎秀蟾姑娘剖白照顧父親的點滴，回顧如何與父親解釋病情，並一起完成他的心願。憶述陪伴父親的最後階段，讓她更了解父親為人，深深體會父親對自己的愛，與會者也為之動容。



「阿叻」的妙語論生死令觀眾拍案叫絕。

他坦言毫不忌諱生死：「我的字典裡，生老病死是一定的……看得化，不代表我不進取，我覺得每天都是新的開始！」他表示生活質素不一定與物質掛鈎。如何享受人生，在乎如何在已有限制下樂觀面對，保持心境開朗，充實地活好每一天，就是上天給我們最好的禮物！

他談到照顧年老父親的最好方法，就是滿足他的心靈需要。父親熱愛「跑馬」，他便伴他左右，實現父親「拉頭馬」的心願。阿叻道：「父親即使到了 90 歲，每次都問我：『這星期可不可以拉頭馬？』我跟他說：留待下星期吧！其實，每天與他談跑馬，他已經很開心！投其所好是我回報他的照顧方式。」

席間，他亦勉勵晚晴照顧者：「如果您為親人感到很憂慮，沒有辦法幫助他，您要知道，死亡是無法避免的，不能勉強。軀體就是這樣。不論你信神也好，信佛也好，信什麼也好，人裡面的器官是固定的，改變不了，只有在靈魂上，或是心理上，開心與否可以自己決定……沒有人可以改變上天。但我們可以改變自己，積極面對。」

各位嘉賓的真誠分享實在教人感動，期待將來的論壇令更多人得益。

Hong Kong's famous star Mr. Nat Chan, Clinical Oncologist Dr. Rico Liu and Palliative Care Nurse Ms. Clare Lai were invited to share their views and stories on 31 May 2014 at our Latter Life Forum, which was kindly sponsored by HSBC Community Partnership Programme 2013.

Dr. Rico Liu cited a foreign research about Survival Stage of Cancer patients. He illustrated the importance of Quality-of-Life in Palliative Care. In addition to symptom management, patients' psychological and spiritual needs should be addressed too. Dr. Liu encouraged caregivers to understand their own limitations and seek help such as respite care. They can also enhance the communication with the medical care team for patients' benefit.

Ms. Clare Lai shared her experiences with her father during end-of-life stage. Recalling how to break bad news and to complete his last wishes, Clare could further appreciate her father as a person

and also his love.

Mr. Nat Chan's punch lines on Life-and-Death fascinated the audience. He had no taboo on Life-and-Death issues. "Death is inevitable but I am not pessimistic. Every day is a new beginning!" For him, Quality-of-Life did not necessarily associate with materials and money. "The best gift we can have is to seize the day and enjoy for what we have, being cheerful at every moment."

Regarding the way he cares for his father, he tried to satisfy his father with Horse Racing, his father's favorite activity. "Even though he had reached 90, he still asked me, 'Can I lead the "Winning Horse" this week?' " Nat put much effort to accompany him to fulfill his wishes.

Nat encouraged caregivers, "If you are worrying about your loved ones, you have to recognize that death cannot be avoided no matter what your religion is. We cannot control life and death, but we can always develop positive mind and attitude."

These sincere sharings were touching and inspiring. We look forward to your participation in the upcoming forums.

歡迎登入 Please visit www.youtube.com/user/hospicecarehk 重溫精彩片段 for the impressive forum

承蒙「TUYF Charitable Trust」贊助，本會於去年 10 月 18 日於香港社會服務聯會禮堂舉行「晚晴論壇」之『晚晴照顧·齊來守護』。我們很榮幸邀得常霖法師擔任主講嘉賓，以禪師角度講述如看待生和死，並分享照顧者自我照顧和面對晚晴的「四它」概念：「面對它，接受它，處理它，放下它。」

及後，常霖法師聯同醫務社工陳淑清姑娘、紓緩科護士黎詠賢姑娘、資深保健員梁景銓先生及晚晴照顧者勞榮斌先生分享晚晴照顧的經驗，更與在場 300 位參加者交流心得。與會者反應熱烈，並期待本會下一次晚晴論壇活動。



Thanks to the sponsorship of TUYF Charitable Trust, we held our latter life forum on 18th October at Duke of Windsor Social Service Building. We are pleased to have master Changlin as our guest speaker. Through the view of zen, he gave a speech on life and death, shared how carers can take care of themselves and the concept of "four it": Face it, accept it, deal with it, and let it go.

Master Changlin discussed end-of-life care with guest speakers, exchanged their thoughts and interacted with 300 audiences. The participants are delighted, and look forward to next latter life forum.



「世界紓緩關懷日」公眾講座之 親人同行

World Hospice and Palliative Care Day sponsored by OLYMPUS

為響應「世界紓緩關懷日」，本會與香港醫學組織聯會於2014年10月12日合辦了「親人同行」公眾講座。承蒙 OLYMPUS 贊助是次講座，吸引了近 100 位公眾人士出席。講座中，先由白普理寧養中心紓緩科關蕙敏顧問護師講解家屬照顧病者須知。白普理寧養中心梁文聰駐院醫生以專業角度分享家屬如何照顧病者的情緒。最後，港大社工及社會行政學系副教授周燕雯博士講述照顧病者同時，照顧者如何照顧好自己。嘉賓生動的講解帶來了多番掌聲。

「世界紓緩關懷日」訂於每年十月第二個週六，目的為團結全球力量，宣揚寧養紓緩照顧的重要性，讓末期病者與親人共同譜出生命另一樂章。

To echo the World Hospice and Palliative Care Day, SPHC and the Federation of Medical Societies of Hong Kong held a public forum about family care. Thanks to the generous sponsorship of OLYMPUS, the talk with an attendance of almost 100 people took place on 12th October, 2014. Ms. Cecilia Kwan, Nurse Consultant (Palliative Care), Bradbury Hospice, started the talk on the important of family care to patient then follow by Dr. Jack Leung, Resident, Bradbury Hospice, he shared on how family members can take care of the patients' emotion. Finally, Dr. Amy Chow, Associate Professor, Department of Social Work and Social Administration, HKU, she taught how to take care of ourselves while taking care of others. The event was a great success and speakers' lively speeches received much praise.

World Day is on the second Saturday of Octobers every year. It aims to gather the power around the globe and promote the importance of palliative care in order to help terminal patients and their families.



第21屆香港國際癌病會議已於2014年11月21日在黃竹坑醫學專科學院舉行。善寧會作為贊助機構之一，於會議中舉辦了「社會心理研討會議」，以探討「實證為本的紓緩照顧實踐」為主題，活動包括論文比賽、講座及工作坊等。本會榮幸邀得英國牛津大學紓緩醫學學術總監及高級導師 Dr. Bee Wee 及多位富經驗的專業同工，包括彭美慈教授、鄧仲儀博士、郭愛玲醫生及麥懿活醫生主持研討會，出席的同工也表示獲益良多。

第21屆香港國際癌病會議

The 21st Hong Kong International Cancer Congress

The 21st Hong Kong International Cancer Congress was held at the Hong Kong Academy of Medicine on 21 November 2014. SPHC as one of the hosts and sponsors of the Congress had organized a lecture on "The Reality of Evidence-Based Practice in Palliative Care" presented by Dr. Bee Wee, Academic Director and Senior Lecturer in Palliative Medicine, Sir Micheal Sobell House, University of Oxford, and invited Prof. Samantha Pang, Dr. Joey Tang, Dr. Annie Kwok and Dr. Yvonne Mak to chair other workshops and seminar sessions. The Congress had received positive feedback from participants.



第十一屆香港紓緩照顧專業研討會

11th Hong Kong Palliative Care Symposium

研討會於 2014 年 10 月 11 日舉行，吸引了超過 300 位醫護界人員、社福專業人士出席。為響應 2014 年「世界紓緩關懷日」的呼籲“Achieving universal coverage of palliative care: Who cares? We do!”，善寧會將研討會之主題定為「晚晴照顧，齊來守護！」。研討會邀得食物及衛生局常任秘書長袁銘輝太平紳士致開幕，並與在場的同工及學者交流，讓與會者獲益良多。

The Symposium was held on 11th October 2014 and attended by over 300 healthcare professionals and social and welfare workers. The theme of the Symposium was set to “End of life care, together we do!” to echo the call of the 2014 World Hospice and Palliative Care Day: “Achieving universal coverage of palliative care: Who cares? We do! ”. We were honored to have Mr. Richard Yuen, the Permanent Secretary for Food and Health (Health) of the Food and Health Bureau to deliver an opening speech and stay on for further discussions with the audience.



哀傷歷程的選擇

Ways of Processing Grief and Bereavement

「以前兒子在，每天煮飯買餸什麼都不辛苦，現在兒子走了，連廚房也不想進。」

一位喪成年兒子的媽媽

“I did not feel any hardship at all of doing grocery shopping and cooking everyday when my son was with me. But now my son had passed away, I do not even want to step into to the kitchen.”
Said a bereaved parent.

「以前與丈夫合力照顧兒子，自從丈夫去世，只剩下我一人獨力承擔，心中好難受，身兼父職，恐怕自己做不到。」

一個喪丈夫的太太

“In the past, my husband helped taking care of our son. Since my husband passed away, I found it very hard to take care of the little boy all by myself. At times, I am afraid I could not make it.”
Said a widow.

「雖然媽媽過身已經接近兩年，但每次想起她，眼淚都會直流，其他兄弟姊妹覺得我煩，說我想得太多、說我軟弱。從此我就不再多講，漸漸地，我和其他兄弟姊妹越來越疏離。」

一位喪父母的成年子女

“Mother had passed away for nearly two years. I would still burst into tear whenever I think of her. My brothers and sisters have been very annoyed by my grief emotion and always blame that I am not strong enough as an adult. Eventually, I feel I am getting more distanced from them.”

Said a bereaved adult child.

以上都是輔導員常聽到的家屬心聲。親人離世為家屬帶來的衝擊可說是多方面及多角度的，逝世的親人可能曾經是象徵著一份安全感、生活伙伴、家庭成員間的聯繫者、動力的來源…。要走出喪親的陰霾，實在是一條漫長的路。

The above descriptions are commonly heard by our bereavement counsellors. Loss of a beloved family member could be very overwhelming for any bereaved families. The impact of bereavement varies and comes in multi-dimensional for different people. The deceased family member might be once representing security, partnership, bonding among family members, and source of energy to the whole family. It is a long road for the bereaved family members to adapt to a new life.





家常飯
Homemade Meal

學者史篤蓓和舒特 (Stroebe & Schut, 1999) 提出的「悲傷與復原雙向擺動模式」對喪親家屬在喪親傷痛狀態及重投新生活之間的遊走狀況描寫得清晰易明。理論提到經歷悲傷者會在每天的生活

中，因應不同的個人以及與逝者關係等種種狀況，來回擺動於「失落導向」(Loss Orientation, LO) 及「復原導向」(Restoration Orientation, RO) 兩者之中。

親人離世是人生巨大的壓力經驗，從情緒、行為及思想上的回應模式，可約略估量到喪親家屬能否有一個合適的應對方式 (adaptive coping)，輔導員會引導喪親家屬思考如何回應「失落導向」及「復原導向」的需要。

除了輔導服務，安家舍也會舉行不同的支援活動以激發喪親家屬對身、心、社、靈四方面的成長。其中，由一班完成善別輔導的喪親家屬組成的「心愉組」，便不時會籌辦一些互相支持兼具康樂性的活動給其他喪親的同路人。去年初，10名喪親家屬更組成「3善」義工隊，以其烹飪手藝，服務其他喪親人士，在不同活動中，包括每年兩次的節日思親會，義工以靚湯及菜餚款待參加者。義工們的巧手妙技，昔日為摯愛的親人帶來很多愉快的日子，今天，他們繼續發揮烹飪才能，溫暖初喪親家屬的心窩。烹飪，代表著對摯親的懷念，同時也撫慰了烹調者與品嚐者的心靈。

復原主導 Restoration Orientation

1. 專注生活上的改變

喪親家屬會將焦點放在適應及學習新的技能面對新生活，當中能體現到自我效能感的提升，是一個個人成長的歷程。

Attending to Life Changes

Focus energy to adapt to and learn new skills for a new life. A sense of self efficacy will be aroused, and a signature of growth will come after.

2. 分散注意力

建立新興趣、結識新朋友等，把對悲傷的注意力分散，在活動中體驗「一唱一和」，從而學習適應過新生活。

Doing New Things as a Distraction from Grief

Developing new interests and making new friends, such as joining Karaoke gathering at JTTC, are good ways of distraction from grief and start a new life.

Stroebe & Schut (1999) introduced a bereavement model called "Dual Process Model". The model clearly demonstrates how a bereaved person oscillates between loss orientation and restoration orientation in his or her bereavement process. When one approaches loss orientation, he or she will avoid restoration orientation. Similarly, as one approaches restoration orientation, he or she will avoid loss orientation. Oscillation between the two orientations is indeed a normal bereavement process.

Facing the death of a family member is a life challenging experience. Assessing whether a person is capable of coping with the bereavement can be based on observing his/her grief reactions towards emotional, behavioral and cognitive aspects. If needed, a bereavement counsellor could facilitate the bereaved person to follow either or both orientations.

In addition to counselling services, the Jessie and Thomas Tam Centre (JTTC) also arranges many other programmes to support the physical, psychological, social and spiritual aspects of those newly bereaved individual. For instance, a support group composed of former bereaved clients of JTTC regularly organizes activities for other bereaved people. Last year, 10 members of the support group further initiated a volunteer group to prepare homemade meals for several activities of JTTC, including the two festival remembrance services, to cheer up the newly bereaved. For the volunteers, cooking is a way of mourning for their beloved ones as well as warming the heart of those newly bereaved.

3. 發展新的角色、身份及人際關係

當投入新生活時，若能得到好的經驗，能為喪親家屬提升自信心，變得更獨立和有自主性以應付日常生活。

Developing New Roles, Identities and Relationships

Strengthening of independency and self-confidence by gaining successful experiences through developing new roles, new identities and new relationships can help the bereaved to cope with new challenges of life.

4. 否定 / 逃避悲傷

給自己空間及時間，了解自己的感受及需要，當儲備好能量後，再繼續面對失去逝者的生活。

Denial of / Avoidance from Grief

Having a break from grief and shifting the focus on self could give the bereaved a time of getting in touch with self, understanding one's own needs, and restoring new energy for moving on with new lives without the deceased loved ones.

當家屬開始有動力探索新生活，「復原導向」的活動提供了平台，讓喪親家屬可以有新嘗試、建立新的生活秩序和從重拾新生活。

JTTC provide a good platform for bereaved individuals to explore their new interests and new roles by developing new interests and new roles. These are good signs showing that they are moving on to new life.



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■ 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)

信用卡 Credit Cards

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): _____

持咭人簽署 Cardholder's Signature: _____

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:

1. If the amount of your payments are likely to vary each time, set the Limit for Each Payment at the maximum amount you would expect to pay at any one time. 如台端付款的數額每次可能不相同，則請將最高者定為每次付款的最高限額。

2. This Direct Debit Authorisation will be cancelled automatically on the date included in the box marked "Expiry Date". If you wish the Direct Debit Authorisation to have effect indefinitely (or until cancelled by you) please leave box blank. 本直接付款授權書將於「到期日」一欄中所填寫的日期自動撤銷。如貴戶意欲直接付款授權書無限期有效(或直至貴戶予以撤銷為止)，則請將該欄留空。

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。

5. If "Limit for Each Payment/Month" is not specified, the debtor's bank will set the limit as "unlimited". 如「每次/月付款的限額」一欄未有填上，債務銀行會將轉賬限額設定為「不設上限」。

如在本港投寄
毋須貼上郵票

No Postage Stamp
Necessary if post-
ed in Hong Kong

如貼上郵票，可為本會節省成本
Your stamp will reduce our cost



Society for the Promotion of Hospice Care

香港筲箕灣愛民街16號地下 G/F, 16 Ngoi Man Street, Shau Kei Wan, Hong Kong.

Freeport No. 21



善寧會

Society for the Promotion of Hospice Care

E	POSTAGE PAID HONG KONG PORT PAYE	PERMIT NO. 5524
	Economy	

Economy

譚雅士杜佩珍安家舍服務中心（「安家社」）於1997年成立，為失去摯愛的喪親人士提供支援，協助他們面對因親人離世，所引起情緒及生活上的困擾，重投新生活。安家社的服務包括：

- ◆ 個人及家庭的善別輔導
- ◆ 為不同喪親人士而設的善別輔導小組
- ◆ 同路人聚會
- ◆ 節日思親會
- ◆ 為喪親兒童及其家長舉辦親子活動
- ◆ 心愉組 —— 喪親者互助組織
- ◆ 義工支援服務



Jessie and Thomas Tam Centre (J TTC), founded in 1997, provides comprehensive bereavement support services to meet the psychosocial needs of individuals and families who have lost their loved ones. Its services include:

- ◆ Individual and family counseling
- ◆ Therapeutic bereavement groups
- ◆ Gatherings for the newly bereaved
- ◆ Remembrance services
- ◆ Activities for bereaved children and parents
- ◆ Alumni-based support groups
- ◆ Volunteer services

如欲安排輔導服務，敬請預約。Appointment is required for counseling service.

電話 phone: 2725 7693 電郵 email: jttc@hospicecare.org.hk

少用紙，多環保！閣下如欲訂閱電子版會訊，請寫上姓名、電郵地址和捐助者編號（請參閱郵寄地址下方），並註明索取電子會訊，電郵至 frp@hospicecare.org.hk。

Let's use less paper and go electronic! If you'd like to receive e-copy instead, please email frp@hospicecare.org.hk stating your name, email address and donor number (printed on the above address label) and writing "Subscribe to SPHC e-Newsletter" in the subject line.



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