



善寧會

Society for the Promotion of Hospice Care

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# 賽馬會善寧之家快將開幕

## THE JOCKEY CLUB HOME FOR HOSPICE

### Opening Soon



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「登山善行」籌募委員會主席聯同其他主禮嘉賓主持起步禮。  
Hike for Hospice Organising Committee officiating the kick-off ceremony with other guests.

## Hike for Hospice 2016

Our annual "Hike for Hospice" is one of the Society's biggest fundraisers. On the 28th of February, over 550 hikers, sponsors, and volunteers enjoyed a great outing in Tai Lam Country Park.

The event was officiated by Mr. John Tsang Chun-wah, GBM, JP, Financial Secretary; Dr. Leong Che-Hung, GBM, GBS, OBE, JP, Honorary President of SPHC; Mr. Jim Thompson, GBS, Chairman of the Hike for Hospice Organising Committee; Ms. Semon Luk, Chairperson of Emperor International Holdings Limited, Mr. Raymond Wong, MBE, Chairman of SPHC, representatives from our sponsors, and artistes Kathy Tong and Carlos Chan.

The Corporate Challenge was a new award category this year, and it promoted our cause within major corporations in Hong Kong. Upon hearing the first horn, hikers in the Corporate Challenge category set off to fight for their company's glory. These hikers took on a challenging 22km trail, which fostered teamwork amongst colleagues whilst making pleasant memories.

Other hikers started their journeys on the second horn. Some were determined to break their own previous records while others went about their hike leisurely, enjoying the natural beauty en route. After finishing their routes, hikers took selfies and enjoyed a traditional curry lunch, ice cream, and cold drinks with their family and friends. Everyone had a wonderful day and helped promote hospice care!

SPHC has been organising the Hike for Hospice for 24 years since 1992. We would like to thank the organising committee, hikers, volunteers, sponsors, and donors for their continuous support. The donation generated from this event allows us to continue our work in advocating leading hospice and palliative care for terminally ill patients, providing bereavement support, offering life-and-death education programmes, and supporting the services at the Jockey Club Home for Hospice, which is scheduled for operation mid-2016.

We hope to see you at Hike for Hospice 2017!

## 登山善行 · 紓己寧人

善寧會一年一度大型籌款活動「登山善行」已於今年2月28日於元朗大欖郊野公園舉行。活動當天逾550位登山健兒，贊助機構代表及義工們出席支持。大家假空氣清新、環境優美的大欖郊野公園，一同度過愉快的一天。

大會再次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」籌募委員會主席詹康信 GBS、英皇集團(國際)有限公司主席陸小曼女士，善寧會執行委員會主席王紹強 MBE 及眾位贊助機構代表蒞臨主持起步禮。英皇電影藝人湯怡及陳家樂亦到場為登山健兒打氣。

全新比賽項目 — 「企業挑戰賽」的健兒在第一下號角聲中先行出發，在富挑戰性的22公里路徑競逐冠軍殊榮。這賽事不但能將善寧會的服務推廣給各大企業，參賽企業亦可藉此機會推動團隊精神，健兒則以汗水換得珍貴的回憶。

第二下號角聲響起，大伙登山健兒在打氣聲中浩浩蕩蕩地，向三條不同難度的路線出發，有的挑戰自己的能力，有的悠閒享受山林美景。完成路程返回終點後，健兒們興高采烈地自拍留念，及與隊友一起享受他們期待已久的咖喱午餐、冰凍雪糕及飲品。

「登山善行」籌款活動自1992年開始舉辦，至今已踏入第二十四屆。感謝「登山善行2016」各籌委會成員、登山健兒、義工、贊助機構及各位捐款人的慷慨支持。所籌得的善款能讓本會得以繼續一切推廣寧養照顧、提供善別輔導服務、推廣生死教育等工作，更支持即將落成的善寧會「賽馬會善寧之家」項目，為末期病患者及失去摯愛的喪親家屬提供援助。

希望在2017年的「登山善行」與你共享登山的樂趣！



恭賀第一屆企業挑戰賽勝出企業 — 高盛(冠軍)、艾奕康有限公司(亞軍)及戴德梁行(季軍)。  
Congratulations to the Corporate Challenge winners – Goldman Sachs (Champion), AECOM (1st runner-up) and DTZ Cushman & Wakefield (2nd runner-up)



英皇電影藝人湯怡及陳家樂亦到場為登山健兒打氣。  
Kathy Tong and Carlos Chan, artistes from Emperor Motion Pictures, cheering for the hikers.

近500參加者在起點處為善寧會起步。  
Nearly 500 hikers starting their hike for our cause.



# 登山善行2016 - 鳴謝

## Hike for Hospice 2016 - ACKNOWLEDGEMENTS

善寧會謹向各「登山善行2016」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 2016

### Premium Corporate Sponsor 卓越企業贊助

**Goldman Sachs 高盛**

### Diamond Sponsor 金鑽贊助

**周大福**

CHOW TAI FOOK

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### Corporate Challenge Supporting Organisations 企業挑戰賽支持機構

**Goldman Sachs 高盛**

**英皇慈善基金**

**4人**

### 企業挑戰賽隊伍 Corporate Challenge Teams

AECOM Asia Company Limited  
DTZ/Cushman & Wakefield  
Goldman Sachs (Asia) L.L.C. – Tor  
Goldman Sachs (Asia) L.L.C. – Turtles  
The Life Underwriters Association of Hong Kong

### 企業隊伍贊助 Corporate Team Sponsors

AECOM Asia Company Limited  
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Bradbury Hospice  
Centaline Property Agency Limited  
Colliers International Hong Kong  
Crown Worldwide Holdings Limited  
Fiducia Limited  
Goldman Sachs (Asia) L.L.C.  
Hamilton Advisors Limited  
Hong Kong Air Cargo Terminals Limited  
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The Kadoorie Charitable Foundation  
The Kowloon Dairy Ltd  
Wine Chateau Limited  
Zurich Insurance Company Ltd

### 支持機構 Supporting Organisations

Crown Relocations  
Hamilton Advisors Limited  
Hong Kong Adventure Corps  
Hong Kong Amateur Radio Transmitting Society  
Hong Kong St. John Ambulance  
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 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. Jim Thompson, GBS

委員 **Members**

Mrs. Anne Tang

Mr. Christopher Dillon

Mr. Edward Naylor

Mr. Robert Grieves

Major Ron Taylor, MBE



香港威爾士男聲合唱團的頌唱為大家送上喜樂平安。  
The Hong Kong Welsh Male Choir sings for peace and joy.

## 燃亮生命火花 聖誕音樂會 2015

普世歡騰的聖誕節，是一個分享愛與關懷的日子。善寧會每年十二月都會舉辦「燃亮生命火花」聖誕音樂會，與大家在這個佳節，紀念已逝的每一位摯愛。

善寧會每年一度的盛事 - 「燃亮生命火花」聖誕音樂會，已於 2015 年 12 月 8 日假中環聖約翰座堂舉行。香港威爾士男聲合唱團、港島中學合唱團及管弦樂團擔任聖誕音樂會表演團體。

音樂會上，座堂中央高高聳立一棵巨型「生命火花樹」，樹上掛滿參與者帶來的心意卡，為最愛的人及已離世的親友寫上祝福字句，表達心意。

音樂會籌得逾港幣 150 萬元的善款，將用於資助本會繼續提供免費善別輔導服務及推廣寧養紓緩的工作。

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。本會亦謹向是次聖誕音樂會主席 Sally Thompson 女士、贊助商、義工，以及所有到場支持的觀眾致以衷心謝意，透過他們的慷慨支持音樂會才得以完滿舉行。



許願聖誕樹上佈滿觀眾寫上對離世親友的愛與懷念。  
Remembrance cards decorating the Christmas tree to commemorate deceased friends and relatives.

## Light Up a Life Christmas Concert 2015

Christmas is the season of love and giving. SPHC's "Light Up a Life" Christmas Concert gives guests a space to reminisce loved ones who are no longer with us.

This year's concert was held at St. John's Cathedral on the 8th of December 2015. It featured performances from the Hong Kong Welsh Male Voice, Island School Orchestra and Choir, and many others.

The "Tree of Life," a giant Christmas tree in the cathedral, was decorated with messages of thanks to the donors and remembrance cards to commemorate deceased friends and loved ones, symbolising "a light shining for each remembered soul."

Over HK\$1.5 million raised from this event will go towards easing the pain of terminally ill patients and providing support for their families.

SPHC would like to thank the Hong Kong Welsh Male Choir and the Island School Choir and Orchestra for their wonderful performances. We are also very grateful to our Christmas Concert Chairperson, Mrs. Sally Thompson, our sponsors, our volunteers, and the audience for their support.

### 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
- Chamber String Orchestra, and Wind Band
- Kim Robinson (Christmas Ball Donation)
- Rare & Fine Wines Limited
- St. John's Cathedral
- St. John's Cathedral Book Store (Ticket Sales)
- Standard Chartered Bank (Hong Kong) Ltd (Tree Donation)
- TeamRite International Limited (Lighting)
- 000000000-----
- Hospice Angels
- Emma Sherrard Matthew
- Alexandra Dickson Leach Amy Perkins Nebout
- Christina Wood Kate Crofton Natasha Li
- Tamsin Bradshaw Venetia Leonard Victoria de Mallmann

## 下一盤生死教育康樂棋

「生命之旅·以愛同行」公眾展覽以輕鬆及互動的形式進行，讓參觀者可以親身經歷一趟人生之旅。場地中央設置一個佔地 1,200 平方尺的大型實況體驗遊戲「生命之旅康樂棋」，讓參加者與家人好友一起參與遊戲，模擬人生旅程，並思考生死課題。棋盤由起點到終點共有 20 個方格，每個方格各有不同情境內容，配以視像、物件、聲音、照片及插畫作適當說明。參加者須透過擲骰或抽籤等形式決定步行格數，並根據方格上的「命運」難題，讓參加者作出有意義的「人生選擇」，並反思生之有涯，鼓勵珍惜生命，並積極計劃人生。



「善寧會親善大使」陳潔靈小姐分享對生命的看法。  
Miss Elisa Chan, an SPHC ambassador, shares her views on life and death.

在開幕禮上，「善寧會親善大使」陳潔靈小姐、華人永遠墳場管理委員會代表、善寧會代表，將印有「生·命·之·旅·以·愛·同·行」的特製骰子緩緩放在啟動台上，揭開活動的序幕。骰子是棋盤遊戲的重要工具，亦象徵人生中難以掌握的機運。陳潔靈小姐更分享她對生命與死亡的看法：「面對親人即將離世，既然無法改變，我們更應學懂面對，讓將離世者安心離去。」

「生命之旅·以愛同行」公眾展覽由善寧會及華人永遠墳場管理委員會（華永會）合辦；活動於 10 月 23 至 25 日於大埔超級城舉行，共吸引近萬人走進棋盤，借遊戲反思生命。



參加者透過「生命之旅康樂棋」遊戲，模擬人生旅程，思考生死課題。  
Participants going through real-life scenarios on our chessboard.

## Life-and-Death Education through Chess

“Life Journey - Love with Every Step” is a public exhibition of life-and-death educational games targeting participants of all ages. A giant chessboard with 20 steps was designed to represent the journey of life: from the cradle to the grave. The 1,200 square feet setting allowed participants to step onto the board and “experience” real-life scenarios created by prop displays, pictures, photos, and videos. Participants determined which scenarios they would face by throwing



1,200平方尺大型康樂棋盤模擬人生不同階段。  
A 1,200 square feet chessboard with 20 steps designed to represent the journey of life.

a dice, emulating the element of chance in life, or as result of tough decisions made at the previous scenario. Familial love was the core message we hoped to highlight when participants had to make decisions in difficult situations in order to advance. After all, life is full of challenges and the unknown. It's not about how we can add days to life but how we can add life to days with love in mind.

Miss Elisa Chan, an ambassador for the Society for the Promotion of Hospice Care (SPHC) and representative from the Board of Management of the Chinese Permanent Cemeteries (BMCP) and SPHC, officiated the Opening Ceremony by tossing dices, complementing the theme of the game. “We cannot control how long we live. So when a loved one is about to depart, face it, and let them rest in peace,” said Elisa.

The “Life Journey - Love with Every Step” exhibition was co-organised by BMCP and SPHC. It was held from the 23rd to the 25th of October 2015 at Tai Po Mega Mall and attracted almost 10,000 game participants.

## 夢中奇緣

俗語有云：「日有所思，夜有所夢。」做夢是人類共同的經驗，只是一覺醒來，記得起的情節往往少而零星，饒有趣味的似乎也不多。事實上，人睡著了，腦袋仍然相當活躍，記得起、記不起，晚晚都是夢工場。

抵達機場才發現自己忘記帶證件，被惡犬狂追，在森林中迷路 … 凡此種種夢中遊歷，可似曾相識？當時的你感覺不安？受威脅？緊張？有危險？心理學鼻祖佛洛伊德曾言：「夢是通往潛意識的皇家之路。」至今不少心理學家也相信，夢境為自我了解開啟了一扇通往潛意識的門，當中不少值得細味的內容，會適時提點我們放鬆、多休息、甚至小心陷阱等等。

要是夢見死去的親人，老一輩傾向視為不祥。輔導室內卻有不少喪親家屬，表示很想念亡者，心中有很多話要對他 / 她說，極渴望夢中相遇。究竟有沒有「報夢」這回事？筆者未敢妄下判語，卻見證到每當家屬主動分享有關逝者的夢，往往成為輔導的切入點，為受助者帶來洞見之餘，有時更會成為安慰——曾經有位中年女士，夢見爸媽（父親已逝多年、母親去世不久）手拖著手一起搭小巴，醒來感到很安心。知道爸媽已經在天家重遇、彼此照應，這信息有助她放下牽掛。有些夢甚至成為指引——一位年輕太太（兩夫婦早前計劃出售舊居，她近日收到地產經紀催促、已有買主是否交易）夢見丈夫很清晰地吐出三個字：「賣咗佢。」心裡突然踏實了，不再懷疑自己的決定。

### 夢中的來訪

夢到剛去世的至愛，是哀傷歷程的一部份。喪親者正在調適其失落與分離、釋放潛藏的情緒，慢慢消化「死者已矣」的事實。「夢中的來訪」一般在喪親早期出現，死者經常以更年輕或比他們去世時更健康的姿態出現。有一位太太就在丈夫出殯不久，夢見「自己在喪禮中，站在家屬位置，丈夫則站在靈堂門口，向著她微笑」。然而，也有不少喪親者夢見與逝者相處得很開心，醒後驚覺「此情不再」，頓時變得失落甚至嚎哭，這正正反映了該名喪親者在喪親初期的內在狀態，只要願意面對，總能逐漸從混亂迷惘中走出來。

## Seasons of Dreams

As the saying goes, "What you think about in the day, you will dream of at night." Dreaming is a universal phenomenon, yet we often still fail to remember our dreams once we're awake. Even if we do somehow remember, the fragmented memories are rarely exciting. But we must remember that our brains are still very active when we're asleep and they continue to produce dreams whether or not we remember them.

Missing passport after arriving at the airport... Being chased by rabid dogs... Getting lost in the woods... Do these sound like familiar dream encounters to you? How did they make you feel? – Disturbed? Threatened? Anxious? Endangered? In the father of psychoanalysis, Sigmund Freud's, words, "Dreams are the royal road to the unconscious." Nowadays, many psychologists echo Freud's belief that dreams provide a doorway into the unconscious mind. Dreams often deliver helpful messages if we take the time to ponder and reflect: some may remind us to relax or take a break, and others perhaps to beware of danger.

Dreaming of the dead is often considered unlucky, especially by Chinese elders. Yet the heart-broken bereaved in our counseling rooms often yearn to meet their beloveds in their dreams. Does visitation from the dead happen? Instead of dwelling on the complexities of the supernatural, I've observed that whenever the living share visitation dreams, the process opens a pathway leading to further healing and gives them insight. At times, these dreams may bring comfort: a middle-aged lady had a dream of her parents (her father died years ago and her mother a few months back) holding hands in a minibus. She was relieved that they were together in Heaven and were taking care of each other. Other dreams may lead to guidance: a young widow dreamed of her husband when she was pressured by an agent to sell her flat to a prospective buyer. Her husband gave her assurance to go ahead and she immediately became decisive.

### Dreams of Visitation

Dreams of the beloved can be part of the grieving process: the bereaved is taking time to come to terms with their loss, to undergo emotional discharge, and to face the reality of their beloved's departure. These dreams tend to come quite quickly after the death and the deceased often appear younger and healthier in these dreams than when they were alive. Shortly after her husband's funeral, a widow dreamt that she was standing in the family zone of the funeral hall and she saw her husband smiling at her from the entrance. However, these dreams may not always seem to have a positive effect on the onset. There are those who, after seeing their beloved in their dreams again, wake up in grief and burst into tears upon returning to reality. Given time, these effects of bereavement dreams should eventually lead to a healthy reconciliation with loss.

Some clients tell me that their beloveds are still around and they've seen moths or butterflies (symbols with strong associations with the afterlife) or felt light breezes. "It's him/her," they've told me adamantly. I remember a widow who told me about "seeing" her husband frequenting her workplace and watching her from afar. "I don't care what others say, but I'm

也有受助者提出，不時感覺逝者仍在自己身邊，他們不是見到飛蛾、蝴蝶，就是感到一陣涼風吹過，然後堅定地表示：「是他／她。」記得有一位太太表示「見到」逝去的丈夫不時到訪自己工作的地方，遠遠地望著她。「我不會介意其他人的眼光，我覺得他真的存在。」其實不管是夢裡夢外，喪親者只是在表達未能完全釋懷的串串思念。

### 未了的心事

事實上，暖暖濃情與多年的關係不會因死亡而終結。生者與逝者也許都有未完的話、未了的心事，透過夢境去表達、去把心願完成。不少家屬會自行演繹被採訪時收到的信息，甚至化成行動，用不同的方法去表達與逝者的互動與連繫。當中最令我印象深刻的、是一位深情丈夫的好幾個夢。兩夫妻相識於微時，子女都快大學畢業了。太太是虔誠的教徒，死於癌病。

他最初夢見「太太在一片遼闊的草地上，與數位已經亡故的親友在玩球類活動，很開心。太太看見他走過來，叫他不用擔心，她現在很好，並叫他報讀慕道班加入教會，否則他們日後不可以再一起。」數天之後，他又再夢見「太太睡在棺木，身體開始腐爛見骨，心中很難過，覺得太太離他愈來愈遠，想起太太昔日的美貌更覺傷心。」過了不久，太太在另一個夢中安慰他說：「人人都會咁（身體腐爛），她很好，叫他不用擔心。」

這位男士為多年來沒認真對待太太邀約返教會而感到內疚，今年復活節他準備領洗了，對於能償還太太心願感到欣慰，也期待著與太太在天堂重聚。太太去世快兩年了，他與我分享最近的一個夢：

「像往常一樣，與太太在郊外拖手散步，兩人在一條小徑漫行，兩旁是一排排的高樹。太太精神很好（長胖了），容光煥發，覺得太太很漂亮（一直都覺得太太很靚，在夢中比以往任何一個階段更靚）。我問太太最近點呀，她答幾好呀，問太太有冇唔開心，她答冇唔開心。」

### 心靈的療癒

這位男士坦言，夢見太太既帶來安慰，卻同時攪動已平復多時的傷感，揭示她已不在自己身邊這殘忍事實。然而生活從來都充滿了相對性與矛盾，時而回望懷緬，時而勇敢向前，是人生的常態，在復原的歷程中，喪親家屬也不時遊走於「思念有時 / 適應有時」這鐘擺之間，惟有在鐘擺的兩極中取得平衡，心靈自會漸漸邁向療癒的境界。

所有夢（包括惡夢），即使是零零碎碎，都反映著我們的內心世界，有機會指向療癒、整全與健康的方向。看似天馬行空的夢境，一覺醒來仍能憶記的片段，或有意思值得探索下去。你會發現，其中或帶著溫馨提示，或有助你釋放能量。下次夢境來訪時，不妨懷著福爾摩斯的精神，走一趟心靈之旅，為自己建構可能、盼望與意義，掌握這成長與轉化的契機。

沈淑文

善寧會轄下譚雅士杜佩珍安家舍輔導員

sure it's him," she said. This proves that even in wakeful reality, deceased loved ones are still very much part of the dreamer's thoughts.

### Unfinished Business of Grief

Our bonds with loved ones endure even after death. Both the dead and the living may still have messages for each other or unfinished business that could be delivered or fulfilled through dreams. Some bereaved clients may interpret their dreams a certain way and take action to maintain their bonds with the dead. Amongst the many I have talked to, the dream sequence of one widower gave me the deepest impression. The couple had known each other since they were young and the wife, who died of cancer, was a devout Catholic.

In his first dream, his wife was wandering happily in a meadow and playing games with a few other deceased relatives. Then she saw him from afar and told him not to worry about her as she's doing well. She also asked him to enroll in a Catechumen class and to join the Church or else they wouldn't be able to see each other again. A few days later in another dream, he saw his wife lying in her coffin, her body slowly decaying. He was sad as this seemed to signify she was becoming further and further away. However, later on, his wife appeared in another dream to reassure him. "Everyone's earthly bodies end up decaying. I am well, so don't worry," she said.

Before she died, his wife had repeatedly asked him to go to Church with her and he regretted not having taken her invitations seriously. After the dreams, he joined a Catechumen class and is going to be baptised this Easter. He's glad he was able to fulfill her wishes and now looks forward to seeing her in Heaven one day. It's been almost two years since his wife has died and this is his most recent dream:

"I was holding my wife's hand as we strolled along a path flanked by tall trees in the countryside. She was gorgeous (having gained a little weight back) and absolutely beautiful (she always was but she was especially beautiful here). I asked her how she was doing. "Good," she said. Then I asked if she was unhappy. "No," she said."

### Dreams and Healing

The husband noted that those dreams sometimes stirred up as much grief as they gave him comfort. The effect of these bereavement dreams is a forced acknowledgement of painful loss. In a way, life is ambivalent and full of paradoxes: we must give ourselves time to reminisce as well as invest energy in future endeavours. The bereaved often oscillate between grieving and adjustment on the road to recovery. But once this balance is restored, healing will inevitably occur.

Ultimately, all dreams (even the most horrifying nightmares) reflect our inner state and eventually come to help our healing process. The language of dreams can be metaphorical and abstract, but if a dream is remembered, it suggests that there is definitely meaning to it, which is for the dreamer to follow up on in the conscious world. The next time you're visited by dreams, play Sherlock Holmes and embark on a mindful journey of self-discovery. You might discover new possibilities, hope, or meaning that lead to growth and transformation.

Lily SUM, Bereavement Counsellor,  
The Jessie and Thomas Tam Centre

# 賽馬會善寧之家 家居紓緩照護服務 經已啟動

賽馬會善寧之家由善寧會成立。作為一個具前瞻性的寧養中心，我們重視晚期病者在人生最後的旅途上，身體、心靈與生活的質素。透過現代化的寧養服務模式，協助晚期病者及家人建立愛與關懷，一起以正面及積極的態度面迎人生，竭力讓病者在最少的痛苦下、有尊嚴地活出生命的最後光輝。

賽馬會善寧之家的寧養及紓緩服務，採取一對一專案處理模式，並以每一位病者及其家人為中心，提供個人化的照護服務計劃。由個案經理統籌醫療護理人員、義工和家人等不同範疇人士的照護方案，24小時為病者提供妥善的照顧。

## 服務範疇

- **住院服務**：院舍的環境清幽，綠意盎然，俯瞰沙田城門河景緻。賽馬會善寧之家配備30間設備齊全、隱私度極高的獨立套房。
- **日間護理**：病者須偶爾離開居所，接受紓緩治療。日間護理服務將按照病者的個人能力和興趣而設計各式各樣的輔助支援，紓緩身心的不適。
- **家居紓緩照護服務**：如果晚期病者選擇留在家中度過生命的最後階段，我們具專業訓練的家居紓緩照護服務團隊，將定期進行家訪，按病者及家人的需要，全力協助、給予支持。
- **社區支援**：「譚雅士杜佩珍安家舍服務中心」是我們位於九龍區的支援中心，為晚期病者及家人提供心理、善別輔導及實際的社區支援服務。
- **輔助支援系統**：一系列的輔助支援方法，迎合不同病者需要。

承蒙香港特區政府撥出土地，以及香港賽馬會慈善信託基金捐助興建費用，賽馬會善寧之家於2013年正式動工。「家居紓緩照護服務」已於2015年12月開展，而住院服務則於2016年第二季開始。

## 齊來參與

- **捐款支持**：我們盼能獲得善長的慷慨捐助，讓更多晚期病者受惠。
- **義工服務**：加入我們的義工隊伍，發揮並分享你的寶貴經驗，透過助人，圓滿人生。

可隨時透過以下方法與我們聯絡：

電話：2230 9126 / 2331 7733 傳真：2336 2776  
電郵：service@hospicecare.org.hk

# The Jockey Club Home for Hospice – Home Care Service Commenced

The Jockey Club Home for Hospice (JCHH) is a hospice centre established by the Society for the Promotion of Hospice Care. It brings forth a new era in caring for patients with terminal illnesses and helps ensure patients make most of their remaining days with dignity and reduced suffering while instilling hope and positivity to them and their loved ones.

The Jockey Club Home for Hospice will provide individualised, structured, and comprehensive hospice and palliative services to patients and their family caregivers through an inter-disciplinary team with a dedicated case manager on a 24-hour basis.

## Service Platforms

- **Inpatient Service**: JCHH will accommodate up to 30 patients with ensembles and private facilities.
- **Day Care**: Caters for patients' needs such as symptom relief away from home. Patients engage in constructive activities according to their interests and abilities.
- **Home Care Service**: A dedicated team of healthcare professionals conducts home visits on a need-to basis.
- **Community Support**: The Jessie and Thomas Tam Centre, our support centre in Kowloon provides psychological and bereavement services as well as other forms of practical support to patients and their families.
- **Allied Support System**: A vast array of therapies is available to suit the needs of individual patients.

Our thanks goes to the HKSAR Government for granting us a piece of land and The Hong Kong Jockey Club Charities Trust for funding the cost of building JCHH. The construction of JCHH began in 2013. In December 2015, JCHH commenced its Palliative Home Care Service while inpatient services will begin in the second quarter of 2016.

## Want to Get Involved?

- **Be a donor**: Every dollar matters. We welcome donations of any amount to keep our dream alive and benefit more patients.
- **Be a volunteer**: Every talent counts. Your volunteering experience will be priceless in itself, as you will learn to appreciate life, people, and things around you.

## Contact us through:

Tel: 2230 9126 / 2331 7733 Fax: 2336 2776  
Email: service@hospicecare.org.hk

捐助機構  
Funded By:



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust  
同心同步同進 RIDING HIGH TOGETHER





## 家居紓緩照護服務

我們絕對尊重晚期病者的選擇和意願。如果他們希望選擇留在家中度過生命的最後階段，我們的專業家居紓緩照護團隊，將按病者及家人的需要，定期進行家訪，提供協助，並指導病者及其家屬掌握居家照護的技巧、提供熱線協助，確保病者 24 小時也能在家中獲得寧養及紓緩方面的支援。

### 「家居紓緩照護服務」的任務

**肯定** 生命的意義並欣然接受死亡是生命的必經階段

**尊重** 晚期病者的意願和選擇

**支援** 選擇留在家中接受寧養紓緩照顧的晚期病者

**提供** 24 小時熱線服務，讓病者及家人在家也能得到周全的照顧

**探訪** 留在家中接受寧養紓緩照顧的晚期病者（因應病者需要及個案經理的評估）

**看顧** 持續地對病者及家人的身心狀況和社交各方面作出評估及支援

**指導** 持續地指導病者及家人如何適應和面對

#### • 家居紓緩照護的服務範圍包括甚麼？

- 徵狀監控
- 藥物管理
- 護理
- 專職轉介
- 聯繫所需的社區資源
- 教育照顧者
- 心靈與社交的支援
- 輔助設備與儀器
- 評估、支持和鼓勵照顧者
- 善別輔導

#### • 家居紓緩服務團隊不在時，誰給予病者照顧？

我們的家居紓緩服務團隊將為病者家人進行培訓，讓他們在沒有專業團隊在家時，仍能給予病者適當照顧。如情況需要，更可致電 24 小時的支援服務熱線。

#### • 誰需要「家居紓緩照護服務」？

患上不可治癒疾病，希望留在家中，舒適地與摯親一起度過生命的最後階段的晚期病者。

#### • 病者可以繼續向自己的醫生求診嗎？

當然可以。事實上，我們的家居紓緩照護團隊的醫生和護士，會就病者各方面的護理問題諮詢其主診醫生。

#### • 家居紓緩照護的費用如何？

作為慈善機構，我們的收費旨在取回成本。有經濟問題的病者若符合資助條件，可提出申請，填妥相關表格後，可得到費用減免或資助。

#### • 我如何進一步了解或預約服務？

如果你希望使用家居紓緩照護服務，請與主診醫生商量，並致電給我們。屆時，你的主診醫生需要為你填妥「家居紓緩照護服務轉介表格」。除此之外，你亦可與我們聯絡，安排一次免費評估、或參觀賽馬會善寧之家、或進一步了解我們的服務。

## Palliative Home Care Service

The Jockey Club Home for Hospice respects the decisions of terminal patients. If they opt to remain at home, a well-trained home care team of healthcare professionals will conduct home visits on a need-to basis. They train and work with patients and their family members throughout the process. Hospice and palliative support is also available from home 24/7.

### Our Home Care Mandates

**AFFIRM** life and gracefully accept dying as a normal process

**RESPECT** the choice of terminal patients

**EMPOWER** patients to stay and die at home if they want to

**ACCESS** to hospice and palliative care from home via the 24-hour service hotline

**VISIT** patients according to their needs and case manager's assessment

**PROVIDE** continuous physio-psycho-socio-spiritual assessment and support to patients and their families

**EDUCATE** patients, families, and caregivers on an ongoing basis

#### • What kind of services does palliative home care provide?

The home care service provided by the Jockey Club Home for Hospice includes:

- Symptom management
- Drug supervision
- Nursing procedures
- Referrals for allied support
- Bridging community resources
- Caregiver education
- Psycho-social spiritual support
- Equipment and aids
- Assessment and empowerment for caregivers
- Bereavement support

#### • Who provides care when home care team is not around?

The palliative home care team equips family members or caregivers with the necessary skills to care for the patient between visits. If help is needed, assistance is just a phone call away 24 hours a day.

#### • Who needs this service?

Anyone diagnosed with an incurable disease wishing to stay within the comfort of their own homes and the company of their families.

#### • Will the patient's doctor be kept the same?

Yes, physicians and nurses of the home care team consult the patient's doctor on all aspects of his/her care.

#### • How much will the service charge?

Charges are meant to only cover the cost. Financial assistance in the form of fee reduction can be offered to patients fulfilling certain criteria upon the completion of a form.

#### • How do I enroll in this service?

If you wish to use our Palliative Home Care service, please discuss with your doctor and call us for enrolment. Your doctor will be requested to complete the Referral Form for Palliative Home Care. Alternatively, you may call us to book a free assessment, arrange for a visit to JCHH, or talk to us to understand more about our service.

「家居紓緩照護服務」查詢熱線：2230 9126 / 2331 7733  
Home Care Service Hotline:



## 第八屆義工嘉許晚宴

善寧會以一連串精彩的遊戲及民歌表演，答謝無私奉獻的義工朋友們。

義工是善寧會重要的合作伙伴。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，實踐「天為生命定壽元·人為生命賦意義」的理念。為了表達我們的謝意，本會於2015年11月24日假銅鑼灣金御海鮮酒家舉辦了「第八屆義工嘉許晚宴」。當晚有逾80名義工出席，而每位均獲頒義工服務嘉許狀。

是次晚宴由本會執行委員會主席王紹強先生 MBE 宴請。除為大家準備豐富佳餚，遊戲及表演外，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，我們更要答謝香港快運航空捐贈雙人來回沖繩島機票作為晚宴頭獎禮物。



幸運大抽獎環節，義工們滿載而歸。  
Volunteers receive great prizes at the lucky draw event.

再一次感謝義工們過去一年無私的付出，盼望更多新朋友加入我們的大家庭，成為本會義工一分子，一同為晚晴者的生活賦上意義。

## The 8th Volunteer Appreciation Dinner

SPHC's annual Volunteer Appreciation Dinner was held on the 24th of November 2015 at the Majesty Chinese Restaurant in Causeway Bay. It was a fun-filled event held in appreciation for our volunteers.

Our volunteers are invaluable team players to us. It is their enthusiasm and continuous participation that helps us promote our work in hospice and palliative care for those in need in our community. We organised the Volunteer Appreciation Dinner to express our appreciation for our volunteers' dedication. Over 80 volunteers were present at the dinner and each of them received a certificate of appreciation from us.

The night was hosted by Mr. Raymond Wong, MBE, the Chairman of the Executive Committee and it was a great night with delicious food, exciting games, and musical performances. The highlight of the night was our lucky draw, which had various prizes donated by members of the Executive Committee and the grand prize of two round-trip tickets to Okinawa kindly donated by Hong Kong Airlines.

We would like to thank our volunteers again for their contributions over the past year and we look forward to welcoming more volunteers to our team to help terminal patients add life to their remaining days.

## 心獅助善寧

為善寧會籌款的「心獅助善寧」慈善籌款跑步比賽活動已於2016年3月12日（星期六）完滿舉行。適逢香港獅子會主會60周年，該會希望透過廣邀公眾參與行善來添加慶祝活動的意義，遂發起主辦「心獅助善寧」慈善籌款跑步比賽。活動得到跑手堂協辦，香港半馬紀錄保持者紀嘉文及名人林海峰協助宣傳，令整個活動的吸引力大增。活動當天氣溫雖只得10度，眾多熱心公益的參加者，讓晨早的大埔白石角海濱公園現場變得溫暖。

善寧會作為受惠機構，感謝香港獅子會主會，跑手堂，紀嘉文先生及林海峰先生為本會籌款出力。所籌得的善款，將全數投入支持善寧會推行寧養紓緩服務，使到晚期病人能得到更全面的照顧，在生命最後階段仍可活得安詳、舒適和豐盛。



活動吸引數百運動健兒齊為善寧出力。  
Hundreds of athletes run for a good cause.

## Lions Run for Hospice

"Lions Run for Hospice," a charity run to raise funds for the Society for the Promotion of Hospice Care (SPHC), was held on Saturday, the 12th of March 2016. The Lions Club of Hong Kong (Host) kindly offered to organise this fundraising event with SPHC as the sole beneficiary in celebration of their diamond jubilee. The Runner's Athletic Club (RAC) co-organised the event and Hong Kong's half marathon record holder, Gi Ka Man and celebrity Jan Lamb helped to promote the event. Although it was a cold day of 10 degrees, the hundreds of runners warmed up the atmosphere at Pak Shek Kok Waterfront Park and our hearts.

The Society for the Promotion of Hospice Care would like to thank The Lions Club of Hong Kong (Host), the Runner's Athletic Club, Mr. Gi Ka Man, and Mr. Jan Lamb for their support. The fund raised by this event will go towards providing quality hospice and palliative care services for those in need, in hopes that terminal patients can rest in dignity and peace.

# 自主晚晴心願 – 晚晴大使計劃：愛得及時

承蒙利銘澤黃瑤璧慈善基金的全力支持，贊助善寧會於2015至2018年度，推行為期三年的「自主晚晴心願—晚晴大使計劃」。

此計劃希望透過一系列培訓課程，訓練一群有志的義工成為「晚晴大使」，推廣「自主晚晴心願」的概念予社區人士。「晚晴大使」會與我們攜手推行小組活動，把有關概念介紹給更多長者和病人，讓參與者能為人生末段作更好準備，每個人都可實踐自己的意願，塑造其五福中之善終。

計劃至今已舉行了五次晚晴大使的義工訓練、兩次同工工作坊、及兩個「自主晚晴心願」長者小組，服務人次超過900人，參加者都認同趁早與長者和家人溝通晚晴心願的重要性，要愛得及時。

期盼「自主晚晴心願」的理念能夠在社區繼續廣傳，讓更多的生命添上意義！



透過藝術創作，晚晴大使更容易抒發自己對生死課題的看法。  
*Through art, the Latter Life Ambassadors found it easier to express their thoughts on life and death.*

## 「晚晴大使計劃—同工培訓工作坊」 Workers' Training in Advance Care Planning (ACP) Program – Latter Life Ambassador

日期 Date: 27/6/2016 (星期一 Monday)

時間 Time: 10am – 6pm

地點 Venue: 灣仔駱克道3號香港小童群益會607室  
RM607, BGCA, 3 Lockhart Road, Wanchai

費用 Fee: \$100

活動詳情及報名方法，請瀏覽網站

For more details, please visit our website at  
<http://www.hospicecare.org.hk>

特別鳴謝利銘澤黃瑤璧慈善基金全力贊助

Special thanks to Drs. Richard Charles & Esther Yewpick Lee Charitable Foundation for their generous sponsorship.

# Advance Care Planning (ACP) Program – Latter Life Ambassador Scheme: Love in Time

We would like to thank Drs. Richard Charles and Esther Yewpick Lee Charitable Foundation for sponsoring our three-year “Advance Care Planning Program – Latter Life Ambassador Scheme” from 2015 to 2018.

This program aims to train existing volunteers to become “Latter Life Ambassadors,” who help promote the concept of ACP within the community. We work closely with our Ambassadors and collaborate with other agencies to conduct therapy groups for the elderly and terminally ill patients. We hope these groups will help participants prepare for their latter lives better and fulfill their personal wishes before they depart.

To this date, we have conducted five training workshops for the Ambassadors, two for professional workers, and two elderly therapy groups, resulting in over 900 beneficiaries.

We sincerely hope that our ACP program will reach a wider audience in the community so we can help more people lead meaningful lives!



角色扮演和多元的互動活動，有助參與同工體會有關死亡的課題。  
*Role playing and other interactive activities helped participants explore death-related issues.*



不少晚晴大使均表示：「從長者身上，我們學習更多反省，長者雖只參與短幾節小組，卻已正面更新了生活的態度！真奇妙！」  
*Many of our Latter Life Ambassadors shared, “We learnt how to reflect upon ourselves from interacting with the elderly. Although we only had a few short group sessions, it’s amazing how much positive change we witnessed in participants’ attitudes towards life!”*

# 晚晴論壇暨「善寧會優化護理員證書課程」畢業禮

承蒙 TUYF Charitable Trust 贊助本會「晚晴論壇」活動，本會邀請到香港老年學會會長梁萬福醫生及影視名人余慕蓮女士，於 2015 年 11 月 14 日蒞臨「晚晴論壇」作分享嘉賓，分享面對老化及照顧長者需要的準備，以及獨居長者如何積極面對晚晴生活。全場座無虛席，反應熱烈。



梁萬福醫生希望大眾可以打破忌諱，在家庭中溝通「預設照顧計劃」及身後事等話題。  
*Dr. Leung hopes more people can overcome the taboo of talking about advance care planning and post-death arrangements through family communication.*

梁醫生在論壇中，分享如何面對老化的過程，以及照顧長者在家終老的故事。梁醫生強調長者與家人就預設照顧計劃及晚晴心願的溝通十分重要，醫生亦要學習與晚期病人及家屬傾談預設醫療指示的課題，鼓勵社會更多人及早為人生末段作好準備。



余慕蓮女士笑談單身面對晚晴生活及身後事安排的豁達心情。  
*Ms. Yu shares her stories of facing latter life alone and making post-death arrangements in a light-hearted manner.*

另一位嘉賓余慕蓮女士，雖已退休及年過七十，仍可樂觀面對單身的晚晴生活，她不單一週游水三次，更保持與朋友聚會，還恆常捐獻和做義工積福，她笑言早已安排後事、計劃海葬，言談間盡見其睿智。

「善寧會優化護理員證書課程」畢業禮亦於晚晴論壇當天舉行，證書課程的創辦人之一，財政司司長夫人曾黃蓮華女士，應邀出席並致訓勉辭，以及為兩屆共超過 40 位畢業學員頒授證書，與有榮焉。



嘉賓輕鬆的分享引發連串笑聲。  
*Our speakers' humorous talks elicit delight from the audience.*



財政司司長夫人曾黃蓮華女士頒授證書，並與兩屆的「善寧會優化護理員證書課程」畢業學員合照。  
*Mrs. Lynn Tsang, wife of the HKSAR Financial Secretary, presents certificates to graduates of the "Enhanced Care Worker Certificate Course."*

## Latter Life Forum cum "Enhanced Care Worker Certificate Course" Graduation Ceremony

Our Latter Life Forum was held on the 14th of November 2015, where the president of the Hong Kong Association of Gerontology, Dr. Edward Leung, and a famous Hong Kong actress, Ms. Yu Mo Lin, shared their views and stories. The Forum was kindly sponsored by TUYF Charitable Trust.

Dr. Leung shared his thoughts on the aging process and how to take care of the elderly during their latter life. He emphasised the importance of communication between the elderly and their family members in advance care planning and fulfilling their final wishes as well as the need for medical practitioners to discuss Advance Directive with terminally ill patients and their families. He encouraged everyone to prepare for their latter lives as early as possible.

Ms. Yu is retired and over the age of 70. She stays positive in her single latter life through engaging in activities such as swimming, volunteering, and making donations. She has already planned her post-death arrangements including her sea burial. There is much to learn from her in positive and proactive attitude towards latter life.

The Graduation Ceremony of SPHC's "Enhanced Care Worker Certificate Course" was held in conjunction with the Latter Life Forum. It was our great pleasure to have Mrs. Lynn Tsang, wife of HKSAR Financial Secretary and one of our founders of this Course, to be our guest of honor and presenter of the certificates to over 40 graduates.

### 晚晴論壇快將舉行

#### Coming soon: Our next Latter Life Forum

日期 **Date:** 30/7/2016 (星期六 Saturday)

時間 **Time:** 2:00pm – 4:15pm

地點 **Venue:**

香港灣仔駱克道 3 號 香港小童群益會 1 樓禮堂  
Room 101 Auditorium, The Boys' and Girls' Clubs Association of Hong Kong, 3 Lockhart Road, Wanchai, Hong Kong

費用 **Fee:** 免費入場，即將接受報名

Free admission, registration coming soon.

活動詳情，請留意網站最新消息 For further details, please visit our website at: <http://www.hospicecare.org.hk>

特別鳴謝 TUYF Charitable Trust 全力贊助

Special thanks to TUYF Charitable Trust for their generous sponsorship.

歡迎登入 <https://www.youtube.com/user/hospicecarehk>

重溫精彩片段 A recap of the Forum can be accessed at <https://www.youtube.com/user/hospicecarehk>

## 關注患認知障礙症的末期病人及其家人研討會

TUYF Charitable Trust 贊助本會於 2015 年 11 月 27 日首次舉辦是次研討會，短短數天便有超過一百位業內同工報名參與，其中袁家慧博士以體驗法，教授同工諒解認知障礙症患者及其家人的需要。參加者坦言得益良多，更明白服務時須留意之處。



## Seminar on Latter Life Care for Dementia Patients and their Families

The first seminar was held on the 27th of November 2015 with sponsorship from TUYF Charitable Trust. Over a hundred workers registered for the course within a few days, showing a huge market demand. Dr. Rhoda Yuen's interactive and experience-oriented teaching enhanced participants' understanding of end-of-life care for people with dementia.



## 第19屆3G圓滿人生輔工課程

今年 1 月本會首度與聖母無原罪主教座堂合辦第 19 屆 3G 圓滿人生輔工課程，課程結束後，輔工將於安貧小姊妹會聖瑪利安老院繼續服務，延續 3G – Do Good, Feel Good, Look Good 的精神，讓輔工和接受服務的長者一起圓滿人生。



## The 19th 3G Quality Retirement Programme

In January 2016, SPHC collaborated with the Catholic Cathedral to conduct the 19th 3G Quality Retirement Programme. Our volunteers kept up with the spirit of 3G ( Do Good, Feel Good, Look Good ) in serving the elderly living at Little Sisters of the Poor, St. Mary's Home for the Aged, sharing with the elderly the richness of life.



# 2016年 臨終照顧培訓課程

課程旨在培訓更多醫護人員及前線同工，以提升其臨終照顧的知識及技巧。詳情請瀏覽我們的網頁：  
<http://www.hospicecare.org.hk>

## 善寧會優化護理員證書課程 (編號：ECW-1-2-2016)

**課程地點：**筲箕灣善寧會

**課程目的：**吸引更多人士投身晚晴照顧的志業，並提升護理員對照顧長者的基礎訓練。

**入學資格：**1) 年滿18歲  
2) 有中文書寫能力及懂廣東話

**課程教學形式：**

- 課程共五十一小時，包括：
- 1) 三十一小時課堂授課及討論
  - 2) 十七小時實習課
  - 3) 三小時考試

**課程內容：**

- 護理服務的意義
- 護理行業概況
- 長者心理及溝通技巧
- 日常生活照顧技巧
- 長者常見病患
- 長期護理照顧技巧
- 人生末段的關顧
- 急救及護理常識
- 傳染病控制

**課程日期及時間：**

- 2016年8月16日 至 10月11日 (逢星期二 晚上6:30 – 9:30)  
2016年10月25日 (星期二 晚上5:30 – 9:30)

**實習課及考試日期：**

詳情將於稍後公佈

**學習評估 (必須出席及完成)：**

- 評估共分兩個部份 ---
- 1) 筆試，包括選擇題及問答題
  - 2) 實習試

學員須出席80%或以上的課堂，並通過考試，方可獲頒畢業證書

**課程費用：**港幣 \$700

## 善寧會優化寧養護理員證書課程 (編號：ECW-2-1-2016)

**課程目的：**提升對護理長者或病人的寧養照顧技巧及護理知識，提升服務水平

**對象：**1) 年滿18歲  
2) 有中文書寫能力及懂廣東話

**課程內容：**臨床護理與關懷  
處理投訴與負面情緒  
哀傷關懷與自我照顧

**課程日期及時間：**

2016年8月3日 至8月24日 (逢星期三晚上6:30 – 9:30)  
**導師：**鄭月梅 (資深護士) 及馮比蒂 (善寧會教育主任)

**課程費用：**港幣\$300

**證書頒發：**學員須出席75%或以上的課堂，方可獲頒畢業證書

# End-of-life Care Education Programme 2016

This programme aims to train more healthcare professionals and frontline care workers for end-of-life care.

For more details, please visit our website at  
<http://www.hospicecare.org.hk>.

## Skills-Building Basic Training Programme (Course Code: EOLC-1-1-2016)

**Objectives:**

- To understand how to care for terminally ill patients holistically
- To become adept at communicating with those facing death
- To manage symptoms of those in their latter lives

**Target Groups:**

Healthcare workers in palliative care, oncology units, community units, or elderly care facilities serving terminal cases (e.g. nursing staff, doctors, social workers, pastoral care workers, physiotherapists, counsellors, welfare workers).

**Facilitators:**

- Ms. Betty Fung
- Dr. Jack Leung
- Ms. Vicky Siu
- And other experienced palliative care workers

**Course Outline:**

- Self-Awareness on Death, Dying and Bereavement
- Holistic Care and the Spirit of Care
- Pain and Symptom Control
- Communication and Basic Counseling Skills
- Care for the Carer
- Anticipatory Grief and Bereavement Care
- Family Care and Support

**Accreditation:**

30 CNE points. Certificates will be awarded to participants with over 80% attendance and having met coursework requirements by the Hong Kong Palliative Nursing Association and the Society for the Promotion of Hospice Care.

**Course Schedule:**

6 May 2016 to 27 May 2016 (Every Friday)

**Time:** 9:30a.m. – 6:00p.m.

**Venue:** G/F, 16 Ngoi Man Street, Shau Kei Wan, Hong Kong

**Course fee:** HK\$1,200

特別鳴謝：TUYF Charitable Trust 全力贊助

Special thanks to TUYF Charitable Trust for their kind sponsorship

# 捐款回條 SHOW YOUR SUPPORT

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.

- 每月定期捐助 Donate on a monthly basis  
港幣 HKD:  \$500  \$300  \$100 其他 other \$ \_\_\_\_\_  
(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:  \$800  \$500  \$300 其他 other \$ \_\_\_\_\_

## 捐款人資料 Donor's Information

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電話 Tel: \_\_\_\_\_ 傳真 Fax: \_\_\_\_\_

電郵 Email: \_\_\_\_\_

- 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 strictly confidential and will only be used for issuing receipt and SPHC's communications.

## 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。  
You can present this form to make cash donation with minimum amount of HK\$100 to 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 SPHC together with this filled form to request for an official donation receipt within one month.
- 7-11 (HSBC)  
  
405998912345622
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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: \_\_\_\_\_

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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)
<b>Society for the Promotion of Hospice Care</b>		<b>0 0 4</b>	<b>5 1 1</b>	<b>3 3 5 1 2 7 0 0 1</b>	/ /
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	1. I/We hereby authorise my/our designated Bank named on the left to effect transfers from my/our account to that of the above named beneficiary in accordance with such instructions as my/our Bank may receive from the beneficiary and/or its banker and/or its banker's correspondent from time to time provided always that the amount of any one such transfer shall not exceed the limit indicated on the left. 本人(等)現授權本人(等)的左列銀行,根據受益人或其往來銀行及/或代理行不時給予本人(等)銀行的指示,自本人(等)的戶口內轉賬予上述受益人。惟每次轉賬金額不得超過左列指定的限額。	
#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			2. I/We agree that my/our Bank shall not be obliged to ascertain whether or not notice of any such transfer has been given to me/us. 本人(等)同意本人(等)的銀行毋須證實該等轉賬通知是否已交予本人(等)。	
+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		3. I/We jointly and severally accept full responsibility for any overdraft (or increase in existing overdraft) on my/our account which may arise as a result of any such transfer(s). 如因該等轉賬而令本人(等)的戶口出現透支(或令現時的透支增加),本人(等)願共同及個別承擔全部責任。			
#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:

- 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. 如每項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。
- 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。
- 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。
- 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. in 「債務人參考」欄內,請將貴戶與受款一方的關係,略予說明,例如:學生編號、抵押合約號碼等。
- 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」。

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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

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電郵 Email : sphc@hospicecare.org.hk 網址 Website : www.hospicecare.org.hk

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譚雅士杜佩珍安家舍服務中心（「安家舍」）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。安家舍的服務包括：

- ◆ 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 (JTTC), 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 counselling
- ◆ 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 counselling 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。

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善寧會

Society for the Promotion of Hospice Care



Economy

