40 ANNIVERSARY

善寧會

Society for the Promotion of Hospice Care

善寧會訊
NEWSLETTER

SPHC x VILLA HAW PAR

ISSUE 73
SEPTEMBER 2026
二零二六年九月



40周年
HAPPY 40TH ANNIVERSARY



陳生離去後，三口子努力展開新生活，是次重遊院舍，發現每處都滿載回憶。
After Mr. Chan's passing, the three rebuilt their lives. Returning to JCHH, they found every spot full of memories.

母兼父職 愛不言倦

Embracing Both Roles, Loving Without Weariness

陳生抗病七年，去年五月身體轉差而入住「賽馬會善寧之家」，一家四口在這裏建立「第二個家」，度過最後兩個月的親子時光。「爸爸，感恩可以與你共度患難。不用擔心我們，我會好好照顧一對子女，陪伴他們成長。」陳太習慣跟隨子女稱呼丈夫爲「爸爸」，而這是她最想對病逝一年的丈夫說的話。

Mr. Chan fought illness for seven years. His condition worsened in May last year, and he was admitted to the "Jockey Club Home for Hospice Care (JCHH)," where the family spent his final two months together. "Dad, I'm grateful we went through this together. Don't worry — I'll take good care of the children and watch them grow." Mrs. Chan, who calls her husband "Dad" like the children do, still wishes she could say these words to him, one year after his passing.



2017年共偕連理，婚後未夠一年，陳生便發現患病。
They married in 2017 — less than a year later, Mr. Chan was diagnosed with illness.



學習溫柔照顧

陳生入住善寧之家時，女兒玥玥6歲，兒子諾諾2歲半，只知道爸爸生病要住院。陳太一向不讓子女觸碰先生的藥物，反而是護士鼓勵子女學習照顧爸爸，由餵藥、按摩、搽剃鬚膏等小互動開始，既能表達愛意又可爲親人打氣。看見孩子做得有辦有眼，陳太深感安慰：「爸爸其中一個心願是子女能夠記得他，希望孩子成長後不會淡忘照顧過爸爸的經歷。」

由於臥床的關係，陳生無法參與女兒幼稚園畢業和升讀小學的重要時刻。爲了讓爸爸見證女兒的成長階段，陳太專程向小學校長借用校服裙，又帶備幼稚園畢業袍給玥玥穿上，由朋友操刀，在病房和花園拍攝全家福。

幻化守護之星

陳生到後期已處於安睡狀態，而彌留那天，雙親、子女和好友都齊集病房，陪伴他於睡夢中安詳離去。陳太憶述：「原先不打算讓子女接觸死亡，然而又怕他們會錯過與爸爸見最後一面的機會，出於不想子女留有遺憾，病房告別和之後的安息禮，孩子都參與其中。」

兩名子女年幼加上首次喪失親人，陳太除了透過繪本解說外，亦有進行簡單生死教育：「他們明白有些疾病無法醫治，爸爸這次被病魔帶走，永遠不會再回來。現在每當孩子掛念爸爸，我都會叫他們抬頭尋找夜空最閃亮那顆『星爸爸』，向它訴說開心或不開心的事情，爸爸在天上會感受得到。」今年父親節，玥玥更主動提議到墓地探望爸爸，我們遂一起前往致祭。在孩子面前，不刻意避談死亡，反而有助於順其自然地接受。



子女在病房為爸爸按摩，學習充當小照顧者。
The children massaged their father in the ward, learning to be little caregivers.



一家四口在花園拍攝玥玥幼稚園畢業合照。
The family took Yueyue's kindergarten graduation photos together in the garden.

Learning to Care Gently

When Mr. Chan came to JCHH, Yueyue was 6 and Loklok 2.5. The children only knew their dad was ill in hospice. Mrs. Chan once kept them away from his medicine, but nurses let the kids help: handing pills, massaging him, putting on shaving foam. These small gestures let them express love and support him. Mrs. Chan was comforted seeing them: "Dad wanted the children to remember him, to keep caring for him as they grow." Bedridden, Mr. Chan missed Yueyue's kindergarten graduation and first primary school day. Mrs. Chan borrowed a primary uniform and brought Yueyue's graduation gown. A friend took family photos in the ward and garden so he could share these moments.

Becoming a Guardian Star

Towards the end, Mr. Chan mostly slept. He passed away peacefully on his final day with family and friends by his bedside. Mrs. Chan shared: "I hesitated whether the children should come, yet I didn't want them to lose their last chance to say goodbye. They joined us in the ward and later at the memorial service."

As the kids were young and experiencing their first loss, Mrs. Chan used picture books and simple chats about life and death. "They know some illnesses can't be cured, and Dad won't return. When they miss him now, I tell them to find the brightest star in the sky — that's 'Star Dad' — and share whatever they want. Dad can hear them from heaven." This Father's Day, Yueyue proposed visiting Dad's grave, so they went together. By not shying away from death, the children have learned to accept it naturally.



陳生看著熟睡中的子女，感覺無比親近。
Mr. Chan watching his sleeping children, feeling deeply close to them.



灘滑梯是陳太去年留下給院舍的，兩姐弟一見到便玩個不停。
The slide — left behind at the JCHH last year — kept the two siblings playing again and again.



母兼父職的陳太自言會秉承丈夫的愛家精神，守護好家庭。
Mrs. Chan, now both mother and father, will carry on her husband's love for their family and protect their home.

在家母兼父職

陳太說以往在家，夫婦會分工合作，一人照顧一個孩子；現在她要母兼父職「一打二」，左邊陪諾諾玩耍、右邊看玥玥做功課，有時也感到吃力。「記得有朋友跟我說過，下一代是父母的0.5，如果我掛念爸爸便擁抱一下子女，從中獲得力量。知道單親家庭不容易，我會努力做好家長角色，如常帶子女上下課、看電影、參加興趣班，只要他們健康、快樂地成長，再勞累也值得。」

陳太回想一路走來，醫護、社工、親戚、朋友、教友都給予他們莫大支持：「最幸運是來到善寧之家，一家大小得到悉心照顧，員工爲我們拍下了大量生活照。或許受到爸爸影響，玥玥日後有志成爲護士呢！愛要及時並且讓對方知道，很感恩在爸爸清醒時已跟他道愛、道謝、道歉和道別，家人們能夠陪伴他無痛苦地離開。」

Being Both Mother and Father

Mrs. Chan once shared parenting work with her husband but now handles everything alone: playing with Loklok and helping Yueyue with homework, which leaves her worn out. "A friend said children are half their parents. When I miss Dad, I hug the kids for strength. Single parenthood is tough, yet I will keep trying my best to take them to school, movies and activities. Their health and happiness make everything worthwhile."

Mrs. Chan is thankful for support from medical staff, social workers, family, friends and church members. "Our greatest blessing was JCHH, where our family received full care and staff took many photos of us. Yueyue wants to be a nurse, inspired by Dad. Love should be shared in time. I'm grateful we told Dad 'I love you', 'thank you', 'I'm sorry' and 'goodbye' while he was conscious, and stayed with him through his painless passing."



兒子填補心靈缺口

A Son Fills the Void

敏芝夫婦擁著兒子溫馨合照。
Man Chee and her husband pose warmly with their son.

敏芝的人生在2021年迎來劇性的轉折——父母先後入住「賽馬會善寧之家」，七個月之間相繼病逝。母親入院時她剛懷孕，父親臨終時她臨盆在即，生死交錯的情節，比父親杜少明演過的電影更曲折。她形容：「雙親離世後，心好像穿了個洞；但照顧嬰兒的忙碌，加上陪伴孩子成長的過程，竟慢慢填補了這缺口，也彌補了從前與父母錯過的相處時光。」如今，她已不再鑽牛角尖。

床前送別父親

杜少明是七十至九十年代香港電影的綠葉演員，天生內斜視，擅演諧角，晚年患肝癌仍保持樂觀。父母離異後，敏芝一直與父親同住。父親入住善寧之家期間，她挺著巨肚，堅持往返醫院產檢與院舍探望，更鼓勵這位準外公：「一定要等孫仔出世！」父親彌留那天，她趕到床前見最後一面。她相信爸爸是心痛其路上奔波，才選擇「先走一步」，臨別時她承諾會好好照顧自己與孩子。

In 2021, Man Chee lost both parents within seven months. She was pregnant when her mother entered the Jockey Club Home for Hospice and about to give birth when her father passed. "After they died, my heart felt hollow," she says, "but raising my son slowly filled that gap and made up for lost time with my parents."

Last Goodbye

Her father, Tao Siu-ming, was a comedy actor from Hong Kong's golden film era. Despite liver cancer, he stayed optimistic. While in hospice, Man Chee visited him heavily pregnant and urged him to wait for his grandson. He passed before her due date. She believes he wanted to spare her the strain, and she promised to take care of herself and her baby.



杜少明(前排左一)活躍於九十年代電影圈，演活多個諧趣角色。
Tao Siu-ming (front row, first from left) was a comedic actor active in Hong Kong movie from the 90s.



外公與孫仔的照片互相對望，好像隔空傳承。
Grandfather and grandson's photos gaze at each other, as if passing something across time.



敏芝出閣時，父親開心送嫁。
When Man Chee got married, her father happily gave her away.

善別輔導釋懷

喪父後兩、三年，敏芝始終走不出陰霾，加上兒子有發展遲緩問題，壓力雪上加霜。她曾自責：「母親確診癌病時已是末期，我怪自己沒多點聯絡、早點察覺；父親辦理後事時，我又正值在家坐月，無法出席喪禮，成了心結。」

情緒瀕臨崩潰之際，她主動尋求善寧會的善別輔導。社工引導她反思：「早點聯絡母親或能發現病情，這只是你的假設；事實可能是，無論早或晚結果都一樣。」這句話讓她如夢初醒，不再糾結於沒答案的問題。她也憶起父親生前輕撫其孕肚，對孫兒說話，自言最大心願是她們母子平安，對缺席喪禮一事慢慢釋懷。

孫兒遺傳外公優點

杜少明曾參演《瘋狂大笨賊》《茅山學堂》《最佳拍檔》等經典作品，2022年獲金像獎「致敬」環節追憶他對電影的貢獻。敏芝說：「小時候對有個演員爸爸沒太大感覺，只知買燒味飯會多搭隻髀、叫茶餐會多送一份。現在才懂他的成就，永遠以他爲榮；將來會給兒子播放公公的電影，講解他的威水史。」如今敏芝全心陪伴兒子成長。

兒子將近五歲，經過一年多努力，他由不太懂說話，到現在能溝通、唱歌，學習能力大有進步，更意外遺傳了外公愛笑性格和音樂節奏感。「兒子見人就笑，會主動打招呼，是個開心寶寶。早前他在幼稚園爲《男兒當自強》樂曲打鼓，還把數字套入歌詞唱出來，讓我記起爸爸也曾爲這首歌打過拍子。心想若兩公孫同哼這首歌，一定很合拍。」

前行才發現出路

敏芝能跨過喪親與育兒難關，除了感激丈夫全程陪伴，給她一個安穩的家，也多謝自己勇於求助。「我向輔導社工傾訴喪親之痛，向學校社工表達兒子的學習困難。遇到問題求助並不丟臉，凡事總有解決方法，往前行才會看到出路的存在。」如今，她滿足於當下，並延續父親的樂觀精神，陪伴兒子走好每一步。

Counseling Helped

For two years, grief consumed her, compounded by her son's developmental delays. She blamed herself for not detecting her mother's cancer earlier and for missing her father's funeral due to childbirth. Counseling helped her realize that earlier detection might not have changed the outcome, and that her father's only wish was her family's well-being. She slowly let go of regret.

Grandson Inherits Grandpa's Spirit

Her father starred in classics like “Mini-Skirt Gang” and “Aces Go Places”. Man Chee is now proud of his legacy and plans to show his films to her son. Her nearly-five-year- old, once speech-delayed, now communicates and sings, and has inherited his grandfather's cheerful personality and musicality—even drumming to a tune her father once loved.

Moving Forward

With her husband's support and her own willingness to seek help, Man Chee has overcome both grief and parenting struggles. "Asking for help isn't shameful," she says. "There's always a way—you just have to keep moving." She now lives contentedly, carrying forward her father's optimism as she raises her son.



杜少明以古怪造型見稱。
To Siu-ming is known for his eccentric looks.



完成課程且經過一年多的磨練，Cindy已大致掌握維修輪椅的訣竅。
After completing the course and over a year of practice, Cindy has largely mastered the essentials of wheelchair repair.

從服務晚期病人到幫助輪椅人士

From Serving Terminally Ill Patients to Helping Wheelchair Users

因癌症影響腦葉和活動能力，KK在2021年入住賽馬會善寧之家，接受寧養紓緩治療。得到醫護和社工團隊的整全照顧，KK圓滿心願，離世回天家。而太太Cindy因深切體會到晚期關懷的需要，在丈年離世翌年成爲善寧會的義工，其後又主動解鎖新技能，幫助輪椅人士維修出行工具，擴大服務社群。

Due to cancer affecting his brain and mobility, KK was admitted to the Jockey Club Home for Hospice in 2021 for palliative service. With holistic care from the medical and social work teams, KK passed away peacefully with his wishes fulfilled. His wife Cindy, deeply moved by the need for end-of-life care, became a volunteer at the hospice the year after his death. She later acquired new skills to help repair mobility aids for wheelchair users, expanding her service to the wider community.

既來之則安之

育有兩子的KK和Cindy，在善寧之家再度榮升家翁和家姑，見證大兒子完婚。Cindy說丈夫入住首日，大兒子已有這個決定：「由籌備至舉行簽字儀式只有兩天，時間趕急但是效果滿意，很感謝院舍借出地方，員工全力協助。當天我們請了律師來證婚，細兒子負責彈琴、細新抱幫忙化妝，禮成後移師花園拍攝合照。相隔一個月，一對新人又在病房進行傳統斟茶儀式，婚事感覺很圓滿。」

Embracing Life's Changes

KK and Cindy, parents of two sons, had the joy of seeing their elder son marry while KK was in hospice — the wedding was arranged in just two days. The younger son played piano, the younger daughter-in-law helped with makeup, and a month later, the couple performed the traditional tea ceremony in KK's ward. Cindy feels the wedding was truly complete.

KK離世後，兒子搬回家與Cindy居住近半年，她自言對生活轉變很看得開：「自己需要明白及接受過獨立生活。我雖然獨居但並不代表孤獨，身邊的親人、朋友猶在，兒媳可以回家吃飯，朋友亦可以相約見面。記得丈夫離世後的首個中秋節，兒子主動帶我點燈籠、行城門河，之前從未試過。事後回想起，我們一家人曾在病房掛電燈籠過中秋節，相信兒子是擔心我會難過而特意安排節目。」

樂做親子義工

每個人都有哀傷的時候，最重要是給時間自己適應。Cindy憶述KK入住善寧之家期間，除了有醫護紓緩徵狀外，還有社工舉辦康樂活動、提供情緒支援。「即使丈夫病逝，院舍的社工和義工仍然持續致電慰問，令我眞切感受到有人關心和掛念的溫暖。本身喜歡種植又有學習素描，因爲欣賞機構的服務，所以在丈夫離世一年後，當社工邀請我擔任義工，跟小朋友相處時，我欣然答應。」

Cindy曾帶同住院家庭的孩子到花園種植水耕菜，又跟隨社工探訪喪親孩子，與他們畫水彩畫、做小手工和玩桌上遊戲。其後，她成爲院舍下午茶檔的常駐義工，透過沖調飲品，與病人、家屬和訪客分享生活軼事、交流照顧經驗，獲得心靈上的滿足，至今已有三年多。

解鎖輪椅修維

退而不休的Cindy，喜歡學習新知識來豐富生活，而最新解鎖技能就是維修輪椅。「在街上經常見到推輪椅的人士，而學畫的朋友中剛好有人學習維修輪椅，於是我便報讀由非牟利機構開辦、專爲長者而設的相關課程。完成課程後在中心擔任義工，一邊實習、一邊服務，幫助輪椅人士暢順出行。」

Cindy學習的是手動輪椅維修，要將輪椅拆散後再裝嵌，以掌握輪椅結構，包括可摺疊框架、前後車輪、腳踏板、可拆卸扶手、把手剎車裝置、座椅等，最初也擔心自己難以應付，而經過一年多的磨練，基本清潔、保養方法及維修技巧都難不到她。「院舍病人大多行動不便，現在到善寧之家主理下午茶檔，我都特別留意經過的輪椅有否清潔和使用問題，有需要時會主動上前幫忙。」



兩個兒子都成家立室，KK和Cindy既感恩又安慰。
Both sons are now married, bringing KK and Cindy great joy & gratitude.

After KK's passing, her sons took turns living with her for six months. Cindy is accepting of her new life: "Living alone doesn't mean loneliness — family and friends are still around." On the first Mid-Autumn Festival after KK's death, her son took her lantern-watching by the river — something they'd never done before — knowing she might feel sad.

Volunteering with Children

Cindy remembers the bereavement service the hospice provided during KK's stay — even after his death, social worker and volunteer kept calling to check on her. A year later, she gladly accepted an invitation to volunteer with children, taking hospice kids to plant vegetables in the garden and doing art activities with bereaved children. She also became a regular volunteer at the hospice's afternoon tea counter, sharing conversations and caregiving experiences — a role she's held for over three years.

Learning Wheelchair Repair

Always eager to learn, Cindy recently picked up manual wheelchair repair. She took a course for elderly offered by a non-profit, and now volunteers at their centre to practice and serve. After over a year of training, she can handle basic cleaning, maintenance, and repairs.

"I often see people in wheelchairs on the streets," she says. Now at the hospice's afternoon tea counter, she keeps an eye out for wheelchairs in need of attention and offers help when needed.



陪伴別人也是一種福氣

Accompanying Others Is Also a Blessing

退休教師梁Sir於2017年確診肝癌，晚期階段三度入住「賽馬會善寧之家」，2025年在家人的陪伴下安詳離世，並捐贈遺體作「大體老師」，貢獻醫學教育。院舍成爲他的「第二個家」，三代同堂在此度過許多溫馨時光。

梁太Bonnie感恩表示，院舍曾安排結他手到病房與喜歡夾band的丈夫jam歌，圓其音樂夢；臥床期間，他更與床邊關顧義工阿Paul成爲好友，並獲實習學生協助撰寫生命回顧，人生得以圓滿。喪親後的Bonnie泰然面對生活轉變，學習搜尋交通路線、適應一個人用餐，並因丈夫與孫仔同爲李小龍迷，參加雙節棍長者班，透過興趣傳承投入樂齡生活，閒時請教孫仔技巧，享受婆孫樂。

作爲曾經的受惠者，Bonnie很想回饋機構，因而加入服務行列，每周一日擔任院舍茶檔義工。從前陪伴丈夫到茶檔喝茶聊天，如今角色轉換，聆聽家屬心聲、分享照顧經驗，讓她體會「陪伴別人也是一種福氣」。她亦參與登山籌款、院舍開放日及兩地寧養交流等義工活動，更邀請慕道班同學一起成爲機構義工。

Bonnie勉勵喪親家屬：「千萬不要收埋自己，應多參與活動、接觸新事物，才有力量繼續前行。」透過助人自助，她將思念化爲行動，延續生命的可貴與價值。

Retired teacher Mr. Leung was diagnosed with liver cancer in 2017. Admitted to the Jockey Club Home for Hospice (JCHH) three times, he passed away peacefully in 2025, surrounded by family, and donated his body to medical education. The hospice became his second home, where three generations shared precious moments.

His wife Bonnie remembers hospice arranged a guitarist to realize his musical dream. He befriended a bedside volunteer, and interns helped draft his life review.

After his passing, Bonnie built new daily habits, took an elderly nunchaku class inspired by her husband and grandson's fondness for Bruce Lee, and bonds with her grandson through it. Thankful for past support, she volunteers weekly at the hospice tea counter. Once visiting with her husband, she now comforts families and shares caregiving tips, learning "accompanying others is also a blessing." She joins hospice hikes, open days and cross-border exchanges, and invites friends to volunteer too.

Her advice to the bereaved: "Don't isolate yourself. Stay active and try new things—that's how you find strength to move forward." She transforms grief into kindness through volunteer work, passing on life's value.

編輯的話

人生如輕舟，從不是一場比賽

Life is a skiff; it was never a race.

善寧會，曾名「善終服務會」，是香港善終服務的先驅者。當年她獨樹一幟地喊出「好生善別」，理念超前得近乎寂寞。多年過去，她依舊像一顆等待被世人凝視的明日之星，靜默卻堅定地傳遞著「好生好死」的眞諦——生命的重量從不在於黃白之物，而在于以韌度跨越無常，放下執念，與浩瀚天地握手言和。

2023 年，一生未曾離開過藝術的世界的我，意外踏入了生死教育與籌募的領域。記得剛入職時，我曾對前輩 Cherry 許下心願：「若能出一本純粹代表我們理念的會訊該多好。」Cherry 笑道：「夢裡啥都有，夢想一下罷了。」

2025 年的機構重組，將我們推上了一場逆境賽。藝術人的血液裡總帶着幾分叛逆，我渴望打破常規，尋找一種獨特的力量，喚醒沉睡已久的善寧會。這條路走得極其艱辛，我和同伴們眼淚沒少流，但正因爲這份要強與不甘，我們才一路咬牙堅持至今。

40 歲的善寧會，經過一年的默默蓄力，這座沉寂已久的火山終於迎來了生命的二次盛開，讓更多人聽見了我們的聲音。今年最令人動容的禮物，是《好死有SAY》的特別企劃——多位生死教育的先驅齊聚一堂，眞情剖白對生命的理解與對死亡的敬畏，感人至深。

亦要深深感謝虎豹別墅團隊的攜手相助，讓我們得以成爲第一家以藝術專題深度探討生命的 NGO。這份跨越領域的創作，是我與 Cherry 傾心送給善寧會與每一位讀者的眞摯獻禮。

令人欣喜的是，辦公室團隊日趨齊備，凝聚成一片寧靜祥和的「天神邨」。醫護人員們紛紛跨出專業邊界，踏上探索之旅：從化身電台主播發聲，到擔任導師免費向大衆傳播照顧者知識。看著大家走出舒適區突破自我，這便是生命教育最美的模樣。

> 當文化與藝術超過其價值，便是承傳及彰顯生命力的開始。
>
> When art and culture transcend monetary worth, true heritage and the vitality of life begin to unfold.

Editor's Note

The Society for the Promotion of Hospice Care (SPHC), originally founded in 1986, is a pioneer of hospice care in Hong Kong. Decades ago, our vision of "living well and leaving in peace" was so far ahead of its time it felt solitary. Today, SPHC remains a quiet star, steadily showing that life's value lies not in material wealth, but in resilience, letting go, and making peace with the world.

I joined SPHC in 2023. Having always worked in art, I never expected to move into death education and fundraising. When I told my senior colleague Cherry I wished we could publish a newsletter that truly reflected our philosophy, she laughed, "Keep dreaming—anything is possible in your dreams!"

An organizational restructuring in 2025 threw us into an uphill battle. Driven by an artist's rebellious spirit and sheer refusal to give up, our team pushed through tears and hardship to break conventional molds and reawaken SPHC.

Now marking its 40th anniversary, SPHC has erupted with new life. A major milestone this year was RTHK Podcast Programm *R.I.P On My Way* (好死有SAY), where leaders in death education shared candid reflections on mortality. Thanks to the Villa Haw Par team, we also became the first NGO to explore life through a dedicated art feature—a heartfelt gift from Cherry and me to SPHC and our readers.

Today, our team forms a warm, tight-knit community. Our nurses and care staff have stepped out of their comfort zones—hosting radio shows and teaching caregiver skills to the public. Seeing them embrace these new roles is the truest beauty of life education.





40周年特輯
善寧會 × 虎豹別墅

40th Anniversary Speical
SPHC × Villa Haw Par

生命本身就是一個流動的過程，人如是，物亦如是。

Life is inherently fluid—a principle as true for human existence as it is for heritage sites.



虎豹別墅是香港一個傳奇地標，富歷史底蘊又帶神秘色彩，而最令人記憶猶新的，必定是已拆卸的萬金油花園，那些十八層地獄壁上浮雕，將世人作惡受罰的下場具象化，震懾人心。停運三年的虎豹別墅將於今年底分階段開放，保留舊特色同時加入新元素，透過活化建築詮釋生命故事。善寧會的專職團隊很榮幸獲邀到虎豹別墅與其執行總監進行一場生命教育交流。

故事深嵌建築之中

虎豹別墅是已故商人胡文虎於1935年在大坑建造的私人別墅及花園，2009年被評爲一級歷史建築，其後曾經停運。2026年底，虎豹別墅在藝術與文化基金會回復營運下， 將聚焦建築本身的歷史與藝術價值，以「文化使館」重現，包括舉辦展覽、放映會、藝術家駐留、文化對話及教育項目等 。

Villa Haw Par remains an iconic Hong Kong landmark. While many remember the long-demolished Tiger Balm Garden for its gruesome bas-reliefs of the Eighteen Levels of Hell—which once served as a visceral deterrent against wrongdoing—the Villa itself is set for a phased reopening late this year after a three-year hiatus. Reinterpreted through adaptive reuse, the Grade I historic site will blend its rich heritage with new cultural elements. A specialist team from the Society for the Promotion of Hospice Care (SPHC) recently met with the Villa's Executive Director to explore how architecture and art can drive life education.

Stories Embedded in Architecture

Built in 1935 in Tai Hang by the late entrepreneur Aw Boon Haw, the private villa and garden was designated a Grade I historic building in 2009. By late 2026, under the Foundation for Art and Cultural Engagement, the site will re-emerge as a "Cultural Embassy," hosting exhibitions, film screenings, artist residencies, and educational programs.





(左起) 善寧會資深護師蔡天欣、善寧會傳訊部顧問鄧詠琪、虎豹別墅執行總監毛國靖、善寧會營運總監暨院長林詠芝及善寧會資深護師吳卓茵。

(From left) SPHC Senior Nurse TY Choi, SPHC Communications Consultant Vicky Tang, Villa Haw Par Executive Director Sara Mao, SPHC Chief Operating Officer Cum Superintendent Gigi Lam and SPHC Senior Nurse Milly Ng.

昔日，含有說教意味的十八層地獄壁雕勸世行善，帶來開創性的生命教育；今日，虎豹別墅藉著活化藝術空間，將重心從民間傳說轉移到建築本身承載的生命故事上，爲保育注入生命力。虎豹別墅執行總監毛國靖（Sara）希望訪客在這裡不僅了解過去，更可以創造新記憶：「香港是一個充滿挑戰性和包容性的城市。90年前興建的虎豹別墅不拘一格，採用意大利彩色玻璃、Art Deco室內設計、中式空間布局並融入南洋風格，是一個充滿生活氣息的地方。現代人喜歡尋找古事物或舊情懷，我們可以把這些標誌性記憶作爲接觸點，連結成人與人、人與歷史、人與生命的橋樑。」

善寧會的專職團隊在這座傳奇建築之中，體驗了一個不斷創造、持續演進，而不定格於過去的生命旅程。善寧會傳訊部顧問鄧詠琪表示：「善寧會在香港創辦40年，承持『天爲生命定壽元，人爲生命賦意義』的理念，照顧晚期病人家庭，同時推動生命教育。生老病死是自然定律，而生命教育就是引導我們由生看死，消除忌諱，學習珍惜當下。從前的十八層地獄壁雕，用死後受刑帶出警惡揚善的訊息，是比文字更深刻的生命教育。虎豹別墅重開之後，將文化古蹟活化成藝術空間，增加互動交流元素，用人與物交滙演繹生命流動，可孕育出更寬廣的課題。」

Where the old hell reliefs once relied on fear to encourage morality, the revitalized Villa Haw Par shifts its focus toward the human stories embedded within the building itself. Executive Director Sara Mao hopes visitors will use the site to build new memories: "Built 90 years ago, Villa Haw Par reflects Hong Kong's eclectic spirit, blending Italian stained glass, Art Deco interiors, and traditional Chinese layouts. These iconic heritage elements serve as touchpoints—connecting people to one another, to history, and to life itself."

For SPHC, which has spent 40 years supporting terminally ill patients and their families, the site offers a fresh medium for death literacy. "Life education guides us to view death from the perspective of living, stripping away taboos," says Vicky Tang, SPHC Communications Consultant. "Transforming this heritage site into an interactive art space provides a much broader canvas for exploring these themes."

> 虎豹別墅執行總監毛國靖（Sara）希望訪客在這裡不僅了解過去，更可以創造新記憶。
>
> Executive Director Sara Mao hopes visitors will use the site to build new memories.













透過藝術療癒心靈

藝術是傳播媒介之一，當中滲透的思想及情感，既能引起共鳴，也能療癒心靈，而這正是以藝術推廣生命教育的核心所在。

善寧會營運總監林詠芝指：「全人關懷涵蓋身、心、社、靈，我們常將藝術治療融入寧養服務、哀傷輔導及生死教育。藝術治療是心理治療的一個分支，它並非只是繪畫或製作手工藝品，而是一種透過藝術創作來自我探索和促進心理康復的療法。在創作中療癒自我、梳理情緒，藉著分享更懂得察覺自己與他人的情緒變化，找到適合自己的處理方法。」

Sara自言曾經與小朋友一起進行藝術治療，大前提是要抱著接受的態度，沉浸其中才能探索究竟。她認爲藝術家的厲害之處，是能運用顏色和筆墨表達出人類難以言喻的情懷、恐懼或悲痛。「我本身是個樂觀的人，但是偏好觀看悲傷或黑暗的藝術品，因爲這能引發我進行更深層次的思考。當了解藝術家的悲痛經歷（如親人過世）後，會被其作品中的顏色或情感所吸引，這是一種難以表達的體驗。有些古典藝術家著迷於死亡、腐爛等沉重主題，藉作品展現出生命這部分，背後意義值得深思。」相對於「生」，她更在意於如何有意義、有思考地「活」。

藝術存在主觀性，每個人對作品的直覺反應、情感共鳴或解讀都不同，最重要是自己享受其中。藝術之所以能成爲推廣生命教育的有效媒介，正因爲它繞過語言的限制，直接觸碰情感與記憶，讓人在不知不覺間面對無常、失落與死亡等生命課題，從而學會珍惜與放下。

Healing Through Art

Art is a powerful medium for human connection. The raw emotions embedded within a piece evoke deep resonance and soothe the psyche—a principle at the heart of using art for life education.

“Holistic care encompasses the physical, psychological, social, and spiritual,” notes Gigi Lam, Chief Operating Officer of SPHC. “We regularly integrate art therapy into hospice care, grief counseling, and life-and-death education. Beyond mere crafting, it is a form of psychotherapy where creative self-exploration helps individuals process emotion, build self-awareness, and navigate feelings in themselves and others.”

Sara recalls trying art therapy with children, emphasizing that immersion and an open mindset are essential. To her, an artist’s power lies in using color and medium to voice complex grief and fear that words fail to convey.
“I am an optimist, yet I am drawn to darker artwork because it prompts deeper reflection,” Sara shares. “Seeing an artist’s personal loss expressed on canvas creates a visceral connection. Classical masters often confronted mortality and decay directly, compelling us to consider what it means to truly live.”

Art is inherently subjective, but its strength in life education lies in bypassing language. By touching emotion and memory directly, it subtly guides us to face impermanence, loss, and mortality—teaching us to cherish and let go.



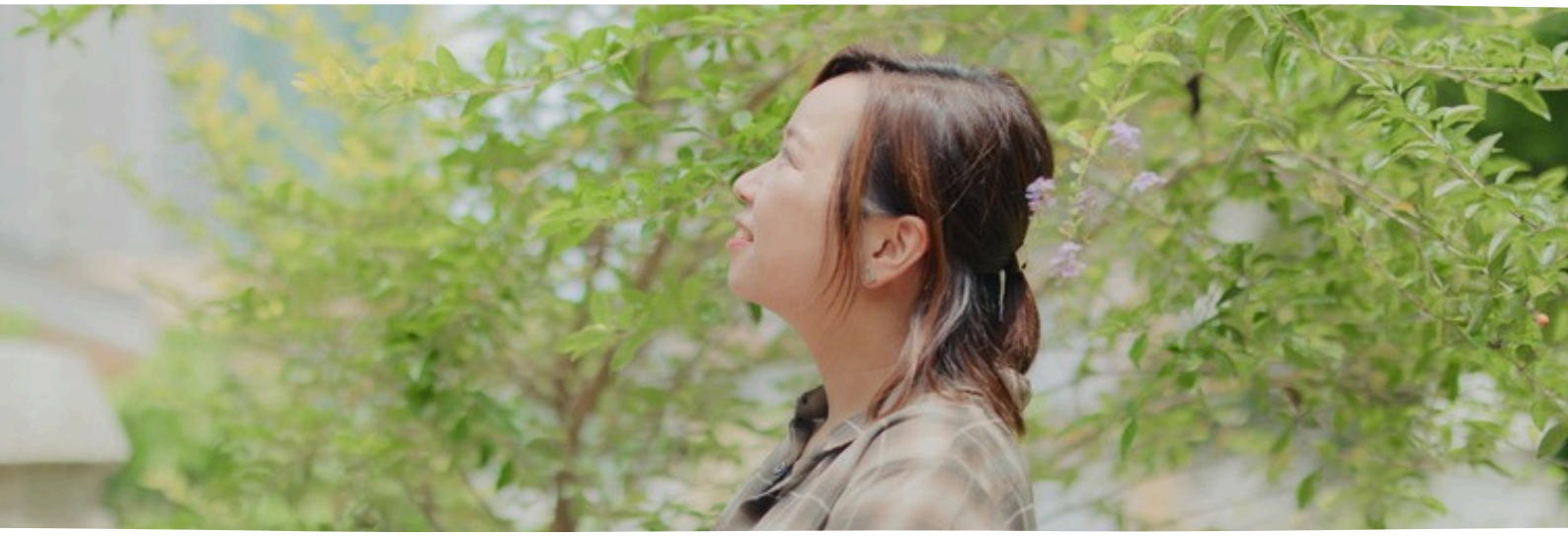
















循序漸進融入社區

虎豹別墅的活化計劃，是以文化藝術爲載體，將生命故事從抽象的論述，轉化爲可感、可觸、可參與的體驗。Sara強調：「保育文物與活化用途可以並行不悖。保育需要深入理解過去，而活化用途可以延續未來。」自2027年起，虎豹別墅將有兩個專門的空間，接待本地與國際藝術家，透過公開工作室、藝術家談話與工作坊，讓訪客走進創作過程。受衆不僅是旁觀者，更是參與者，在創作與對話中感受生命的流動與轉化。

問到活化後的虎豹別墅如何做到雅俗共賞，拉近與大衆的距離，Sara表示：「保育是基礎，但若遺址與社區脫節，便會停滯不前。我們將提供多種導賞團，包括歷史導覽、藝術導覽及家庭導覽，並會開設針對青少年的語音導覽，以滿足不同訪客的需求。不論是純粹參觀還是參與文化藝術活動都能各取所需，有所發現。」

爲了妥善保育與控制人流，重開後不會像從前那樣完全開放，而是採用預約制度。「爲滿足公衆參觀需求，虎豹別墅計劃簡化行政申請流程，並舉辦更多地區性的社群日，邀請學校和非牟利機構參與導覽。我們非常樂意與善寧會合作，探討如何連繫所需社群，推動教育、回饋社會。」Sara說。

善寧會近年積極將生命教育由院舍推廣至社區，包括與文藝團體合辦活動、到學校及長者中心進行專題講座等。兩位資深護師蔡天欣和吳卓茵多次走入社區，推廣「中老年癌症支援計劃」、「老有所爲活動計劃」、「預設醫療指示」等，將生命教育、人生規劃的資訊普及化。未來有望與銳意文化傳承的虎豹別墅一起推廣生命教育，例如互設導賞團、合辦工作坊及分享會等，涵蓋老、中、青各階層，與大家一起認識生命，活出有意義的人生。

Connecting with the Community

The revitalization of Villa Haw Par aims to turn abstract conversations about life and death into accessible experiences. Starting in 2027, two dedicated spaces will host local and international artists for open studios and workshops, allowing visitors to engage directly with the creative process.

To balance heritage preservation with public access, the site will operate on an advance booking system, offering tailored guided tours alongside dedicated community days for schools and non-profits. Sara expressed a strong interest in partnering with organizations like SPHC to serve broader public demographics.

SPHC continues to push life education into local neighborhoods through lectures and workshops on advance care planning and end-of-life support. A future collaboration with Villa Haw Par—through joint tours, seminars, and workshops across all generations—promises to help the Hong Kong public engage with life's natural cycles and live with purpose.



Standard Chartered Hong Kong Marathon
渣打香港馬拉松
2027

善事會
Society for the Promotion of Hospital Care

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善寧會40周年

善寧會成立於1986年，至今已40年，是一所在香港註冊、自負盈虧的非牟利慈善機構，致力爲晚期病人和家屬提供整全的寧養紓緩服務。善寧會在創會之初，由一群熱心的醫生、護士組成全港第一支「寧養家居護理服務」外展隊，無遠弗屆爲晚期病人提供紓緩治療。經過不斷努力，加上善長的捐助和義工的支持，本會得以順利發展，並於2017年啟用「賽馬會善寧之家」，爲晚期病人提供寧養住院服務。

>1992

香港首家爲晚期病人提供專科寧養護理的院舍「白普理寧養中心」開幕
Bradbury Hospice, the first hospice for terminal patients in Hong Kong, was opened





>1986



善寧會的前身「善終服務會」成立
SPHC was established



>1995



「白普理寧養中心」交醫院管理局管理
Management of Bradbury Hospice was transferred to Hospital Authority

SPHC 40th Anniversary

Founded in 1986, Hong Kong's registered non-profit charity Society for the Promotion of Hospice Care (SPHC) receives no government funding. Established by passionate medical staff, it launched Hong Kong's first home hospice outreach team. For 40 years, SPHC has offered full palliative and hospice care for terminally ill patients and their families. Thanks to donors and volunteers, it grew significantly and opened the Jockey Club Home for Hospice (JCHH) in 2017 to deliver inpatient palliative care.

>1997

設立香港首間善別輔導中心「譚雅士杜佩珍安家舍服務中心」

Jessie and Thomas Tam Centre, the first bereavement service centre in Hong Kong, was opened



>2017





全港首間以「家庭爲本」的寧養中心「賽馬會善寧之家」正式投入服務

Jockey Club Home for Hospice, the first family-oriented hospice in Hong Kong, began operation

>2026

善寧會踏入服務香港40周年將與各界攜手，繼續將生死教育和臨終關懷推廣至社區。

As SPHC marks 40 years serving Hong Kong, we will keep partnering with the community to advance life-and-death education and end-of-life care.







傳訊及籌募 不簡單的任務

Communications and Fundraising: No Easy Task

由善寧會的服務使用者到成爲捐款人、義工，及後擔任傳訊及籌募顧問，鄧詠琪 (Vicky) 一直抱著「因爲自己淋過雨，總想替別人撐把傘」的心態。擁有多重身份的她，深明捐款人、受助者與慈善機構的聯繫是建基於認同與信任，自言會做好協調角色。

體會用心服務

7年多前，Vicky一位罹癌親友接受過各種治療均無果效，在最後階段表明只想在家度過。經私院醫生介紹找到善寧會並開展在家離世服務，親友回家第三天便安詳告別，遺體之後移送「賽馬會善寧之家」，喪禮亦在那處舉行。

Vicky憶述：「家居護士上門評估時，已教導我們照顧病人的注意事項、觀察期間的生命徵象、做好彌留的心理準備及提供情緒支援。病人能夠如願在家寧養，至親全天候陪伴；病人安辭後，家人仍可爲其先抹拭身體、更換衣服，整理妥當才將遺體移送院舍太平間。」

From service user to donor, volunteer, and now Communications and Fundraising Consultant, Vicky Tang has always been guided by the belief: "Having been caught in the rain myself, I want to hold an umbrella for others." In her multiple roles, she understands that the connection between donors, beneficiaries, and charities is built on shared values and trust, and she is committed to acting as a bridge.

Experiencing Compassionate Service

Over seven years ago, Vicky's relative with cancer, whose treatments failed, opted to spend final days at home. Referred by a private hospital doctor to SPHC, she died peacefully at home on day three. Her body was later taken to Jockey Club Home for Hospice, where the funeral was held. Vicky remembers: "The home-care nurse assessed the situation and guided us on care, vital sign checks, emotional preparation, and bereavement support. The patient fulfilled her wish to stay home with family; after passing, family could still bathe and dress the loved one before transferring the body to the mortuary."





Vicky期望爲沒受政府津助的善寧會募集更多善款，服務更多人士。

Vicky seeks to raise more funds for government-unsubsidised SPHC to serve more people.



舉辦活動前，Vicky會認眞了解每個細節。

Vicky carefully reviews every detail before starting the event.

主動走入社區

善寧會人性化處理在家離世，完成患病親友的遺願，令Vicky留下良好印象：「整個過程中，逝者和家人均獲得尊重，讓我也從悲痛中釋懷。」對紓緩治療了解越深，就越想服務普及化，所以她加入善寧會，由2025年初起擔任傳訊及籌募顧問。

隨著「預設照顧計劃」、「預設醫療指示」、「居處離世」的措施落實，提供相關服務的善寧會將加強公衆推廣。「病人可以預先訂立個人的晚期照顧方式、接受或拒絕的維生治療、決定離世的地方，這些都是保障意願、維護尊嚴的體現。」Vicky表示，未來會多到安老院及長者中心介紹晚期照顧規劃、向學校提供生死教育講座、舉辦有關長幼共融或寵物探訪的活動等。

Engaging the Community

SPHC's dignified home-death service left a deep impression on Vicky: "Both the deceased and the family were respected throughout, helping me find closure." Her growing appreciation for palliative care drove her to join SPHC as Communications and Fundraising Consultant in early 2025. With policies like advance care planning, advance medical directives, and home-based end-of-life care now in place, Vicky plans to strengthen public outreach—visiting elderly homes and centres, offering life and death education in schools, and hosting intergenerational or pet-visit activities to broaden community engagement.



善寧會早在80年代已提供紓緩服務，Vicky說會善用這個優勢。

SPHC has been providing palliative care services since the 1980s, and Vicky says she will make the most of this advantage.



善寧會邀得藝人許家傑擔任「親善大使」，Vicky代表機構致送病人家屬的畫作。

SPHC invited artist Jack Hui to be"Ambassador," and Vicky presented a painting created by a patient's family member on behalf of the organization.

活動著重迴響

本港每年有各式各樣的慈善籌款活動，爲免出現捐款疲勞，善寧會將以「質重於量」爲大前提，Vicky說：「我們會舉辦與機構宗旨相關的籌款活動，例如聖誕節的『燃亮生命火花聖誕音樂會』，在節慶傳遞希望與祝福；於清明節或重陽節，建議將思念化作善舉，幫助病人及喪親者；舉辦戶外活動『登山善行』，呼籲結伴同行晚晴路。期望我們的籌募活動，對參加者和捐款人都是有共鳴的雙向互動，而不是單向式的勸捐而已。」

另外，爲了打破紓緩服務僅限於長者的觀念，機構未來會多舉辦開放日、專題講座，與其他夥伴合辦活動。「前年院舍開放日，我們邀請了藝人許家傑擔任『親善大使』並探訪院友。今年1月，我們又與『癌症資訊網慈善基金』一起進行渣馬慈善計劃的活動，效果理想。」Vicky期望日後再接再厲，喚起更多公衆迴響。

Focusing on Impactful Events

To avoid donor fatigue, SPHC prioritises quality over quantity in fundraising. Vicky explains: "We organize events aligned with our mission—e.g., the 'Light Up a Life Christmas Concert' to spread hope, encouraging donations during Qingming or Chung Yeung festivals to support patients and the bereaved, and the 'Hike for Hospice' to symbolize companionship on the final journey. We aim for two-way resonance, not one-way solicitation." To challenge the stereotype that palliative care is only for the elderly, SPHC will hold open days, talks, and partner events—like the 2023 open day with artist ambassador Jack Hui, and the 2026 Hong Kong Marathon Charity Programme with Cancer Information Network. Vicky hopes to continue generating public response and awareness.



善寧會每年都會舉辦「香港紓緩治療研討會」，Vicky到場打點並幫忙拍攝。

SPHC holds the "Hong Kong Palliative Care Symposium" every year, and Vicky was on-site to coordinate and help with photography.



今年的「渣打香港馬拉松」，Vicky（中）亦是善寧會的慈善跑手之一。

At this year's "Standard Chartered Hong Kong Marathon," Vicky (in the middle) was also one of SPHC's charity runners.



在善寧之家擔任駐院護士期間，天欣陪同院友到花園曬太陽。
During her time as a ward nurse at the JCHH, TY accompanied a resident to the garden for some sunshine.

夢想成眞
資深護師蔡天欣專訪
Dream Comes True
An Interview with APN Tin Yan

約三年前，蔡天欣入職「賽馬會善寧之家」，從病房護士、家居護士到最近晉升資深護師，始終堅持一個信念：「有些疾病不可逆轉，但希望紓緩治療可以成爲每個患者的強大後盾。」

Choi Tin-yan (TY) joined the "Jockey Club Home for Hospice" three years ago. Rising from ward nurse to home care nurse and now advanced practice nurse, she holds firm to one belief: "Some diseases are irreversible, but palliative care can be every patient's strong backing."

摸索階段 找到方向

天欣修讀護理課程時，在老人科實習已埋下服務長者的種子；畢業後，在公立醫院先後從事內科、腸胃科及骨科。一次百歲骨折病人的抉擇：醫生建議手術，家人卻盼帶其回家，讓她深思病人意願與治療方案如何取捨的問題。

離職公院後，她到澳洲工作假期期間，目睹當地外展紓緩護士如何支援院友在院舍「終老」，回港後決心投身紓緩服務，因而加入善寧會轄下的「賽馬會善寧之家」。初入職時缺乏紓緩科經驗，從依賴儀器轉爲臨床判斷，她曾因經驗不足而感到沮喪，幸得資深同事傾囊相授，逐步掌握臨終徵兆及症狀控制。

Finding Her Calling

During nursing training, a geriatrics internship sparked her interest in elderly care. A case in public hospital—where doctor recommended surgery for a centenarian but the family wanted to take him home—made her question how to balance medical advice with patient wishes.

After a working holiday in Australia, where she saw community palliative nurses supporting residents to die in care homes, she returned to Hong Kong and joined the SPHC. Though inexperienced at first, she learned quickly with mentorship from senior colleagues.

轉變之中 累積經驗

紓緩治療強調身、心、社、靈全人關顧。駐院期間，她曾爲院友設計Live音樂會、麻雀聯誼、盆栽種植等活動，更助病人圓願——帶他們外遊、回家團聚或與寵物玩耍。「出於不想病人坐著等生命倒數，所以鼓勵他們善用時光，締造美好回憶。」

天欣的熱誠獲院長林詠芝賞識，建議她轉任家居護士以累積更多實務經驗。今年8月，她獲晉升資深護師，而她亦積極提升專業水平，修讀老年學及臨終關懷碩士課程。她總結三個工作崗位各有挑戰：病房著重臨床判斷，家居護士需因應在家狀況提供諮詢，早前曾成全病人在家離世的心願；資深護師除了帶領病房同事，還要兼顧行政管理。每個角色都是學習契機。



從護理系畢業後，天欣成爲註冊護士。

TY became a registered nurse right after graduating from nursing school.



醫護團隊爲院友安排康樂活動，維持社交生活。

The medical team organized recreational activities for inpatients to maintain their social lives.

Growing Through Roles

TY organized activities like concerts, mahjong, and gardening for residents, and helped patients fulfil wishes—outings, family reunions, or time with pets. "I didn't want them just waiting for the end," she says.

Encouraged by the superintendent, she took on home care nursing, where she helped a patient pass away at home. Now as advanced practice nurse, she balances clinical leadership with administration, while pursuing a master's in Gerontology and End-of-Life Care.

走入社群 推而廣之

隨著「預設醫療指示」、「居處離世」等政策實施，病人自主權獲更大保障。善寧會推動紓緩服務及生命教育近40年，目前與多間護老院合作，提供晚期護理支援，助院友完成「院舍離世」心願，將善終服務拓展至社區。生命教育方面，天欣透露現主力統籌由社署撥款的「老有所為活動計劃」，以「老鬼敢死隊」為主題，為長者設計生死教育工作坊。最難得的是，20位60歲以上的參與者坦然面對死亡，敢想敢講敢做。計劃擬將成果寫成劇本並拍攝成微電影，有望於2027年舉辦放映分享會，帶同長者到社區推廣生死教育。她期望未來加強本地及國際業界交流，促進本港紓緩服務發展。

天欣由病房走進社區，實踐理想的生命教育，每一步皆忠於初心。「推廣紓緩治療除了給病人多一個選擇外，亦讓病人知道有紓緩治療這個後盾，可以更加勇敢地面對人生路。」

Community Outreach

With policies like advance directives gaining ground, the hospice is partnering with elderly homes to support "dying in place." TY also coordinates a death education programme for seniors, featuring an " Elderly Daredevils " of 20 participants over 60 who openly discuss death. Their stories will be made into a micro-film, with a screening planned for 2027 to promote death education in the community. She hopes to boost local and international exchanges to advance palliative services in Hong Kong.

TY has taken her mission from the ward to the community, remaining true to her vision. "Palliative care offers patients not just another choice, but a safety net — giving them courage to face what lies ahead."

主辦單位: 善寧會 Society for the Promotion of Hospice Care

協辦單位: The Salvation Army 救世軍

支持單位: 香港中文大學 賽馬會老年學研究所 CUHK Jockey Club Institute of Ageing

第二屆
「居處離世臨終照顧進修課程」

日期: 2026年11月3日(二)、5日(四)
2026年11月10日(二)、12日(四)

課程由善寧會屬下[3G 圓滿人生輔工課程] 舊生會籌款贊助 ，首階段提供 五班 共100個資助名額
名額有限,先到先得

善寧會四十年臨終照顧服務經驗專業打造此進階培訓

對象:專為安老院舍前線同工量身定制

課程重點

- **核心概念**｜理解「全人關懷」與「生死覺察」
- **辨識與處理「瀕死症狀」**｜針對癌症、認知障礙症、器官衰竭三大類別
- **實務操作**｜執行「最後潔身護理」與舒適餵食等技巧
- **院舍應用**｜熟悉啟動安寧房流程，並於實務場景中熟練操作
- **臨終溝通技巧**｜掌握病患與家屬的對話方法，並引導其進行「五道人生」
- **預防職業倦怠**｜接受哀傷輔導與學習「自我關懷」方法

教學方法｜專業講授 · 情境模擬 · 實務操作 · 院舍實習

講師團隊



林詠芝女士
善寧會營運總監暨賽馬會善寧之家院長
紓緩治療專科護士



黃建慧女士
救世軍創越綜合服務高級主任
註冊社工



黃健萍女士
救世軍資深護師
註冊護士



阮慧敏女士
善寧會善別輔導員
香港專業輔導協會認證輔導師

課程策劃顧問



陳丘敏如博士
香港中文大學老年學研究所 顧問護師

上課與實習地點

- 救世軍宣教使命學院三樓 (主要地點)
- 賽馬會善寧之家
  香港沙田亞公角山路10號
- 九龍區域安老院舍(地點待定)
- 居家場景 (地點待定)

時間: 每天9:30-17:15 (含午休)

「修畢進修課程及實習」證書頒發

✅ **頒發條件:** 完成課程及考核合格

學費: HK$2,500
出席及考核達標者，退還 $2,000;
其餘 $500 為行政費用
💡善寧會屬下 "3G輔工圈" 夥伴機構
費用全免

立即報名

查詢: 朱小姐
只限WhatsApp: 60373935

報名截止日期
2026年10月20日



登山善行 爲生命賦意義

HIKE FOR HOSPICE ADDING LIFE TO DAYS

登山善行 hike for hospice

33rd HIKE FOR HOSPICE 2026

自1992年起，善寧會每年舉辦「登山善行」，亦是每年的重點大型籌款活動。「登山善行」不僅是登山活動，更是支持晚期病人及其家庭的重要行動。「登山」象徵人生旅途——過程中有高峰也有低谷，正如生命中的大小挑戰與困難。

我們希望藉著登山活動，讓參加者在大自然中享受郊遊的樂趣；透過跨越高低起伏，鼓勵病人即使面對有限的生命，也能活出有尊嚴的人生。活動與此同時爲善寧會籌募善款，幫助晚期病人與喪親家屬，接受適切的紓緩治療及善別輔導。

「登山善行」提供多條風景宜人、不同長度的路線，適合各年齡層參加，包括成人、小朋友和寵物。參加者可以個人或隊制形式參與，欣賞沿路風光並促進交流。

已持續舉行三十多年的「登山善行」，彰顯社會對晚期病人照護的關注與支持。而第33屆「登山善行」已於2026年4月26日圓滿結束，活動吸引超過300名參加者。登山健兒齊集香港島大潭郊野公園，遠離石屎森林，投入園林景致，更爲善寧會籌得接近200萬港元善款幫助所需人士，意義非凡。

Since 1992, the Society for the Promotion of Hospice Care has run its flagship annual fundraiser "Hike for Hospice". More than a hike, it supports seriously ill patients and their families. The hike symbolises life's ups and downs.

It lets participants enjoy nature. Traversing uneven trails encourages patients to live with dignity amid limited time, while funds raised support palliative care and bereavement services.

With scenic routes of varying lengths, the event welcomes all ages and pets. People can join solo or in teams, enjoying views and building connections.

Running for over 30 years, it shows community care for end-of-life support. The 33rd event finished on 26 April 2026 at Tai Tam Country Park, Hong Kong Island. Over 300 participants escaped the city to enjoy greenery, raising nearly HK$2 million in donations.







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香港電台CIBS節目
好死有Say

社區參與廣播服務
COMMUNITY INVOLVEMENT BROADCASTING SERVICE

R.I.P. On My Way

「死，無咩好驚！」

在華人社會裏，「死亡」一向被視爲不吉利或大禁忌。在日常生活中，死亡每天都在發生，大家仍然抗拒公開談論。善寧會製作《好死有Say》這個節目，是想打破對「死亡」忌諱的傳統觀念，主張以理性的角度揭開死亡的神秘面紗，以減少不必要的恐懼與遺憾。同時希望透過生死教育，學會正向面對死亡，及早預備人生規劃並更加珍惜身邊的人與事。

"Death? Nothing to fear!"

In Chinese society, death is long seen as an ominous taboo. Though it happens daily, people avoid discussing it openly. The Society for the Promotion of Hospice Care created "R.I.P. On My Way" to break death-related traditional taboos. It encourages rational understanding of death to ease unnecessary fear and regret. Through life-and-death education, it helps people face death positively, plan ahead, and treasure those around them.



一場生死教育的文化沙龍

A Cultural Salon on Life, Death, and Meaning

沒有劃一定義

對於「好死」或「善終」，每個人的定義都不同。普遍人認爲，人在生命走到盡頭時，身體不用承痛苦與折磨，心裡沒有牽掛與遺憾，尊嚴而安詳地離世便是。當生命步向終結，有人選擇把握時間吃喝玩樂、有人希望向虧欠過的人道歉、有人只想摯愛陪伴在身邊、有人努力完成未圓心願……總之，每個人都可以對「好死」有Say，爲自己的人生下定義，爲完結生命落帷幕。

No Single Definition

The idea of a "good death" or "peaceful end" means different things to different people. Generally speaking, it is seen as a death that is free from physical pain and suffering, without lingering regrets or attachments, and that allows one to pass away with dignity and tranquillity. As life draws to a close, some choose to spend their time enjoying life to the fullest, some wish to apologise to those they have wronged, some simply want to be accompanied by true love, and others strive to complete unfulfilled dreams. In short, everyone can have a "say" in what constitutes a good death, defining their own life and bringing down the curtain on their own terms.

解開各種迷思

13集節目將邀請來自不同界別的嘉賓，例如中西醫、藝術家、照顧者及殯儀從業員等，分享他們自身最接近「死亡」的深刻經歷及拆解大眾對死亡的各種迷思。節目由多角度探討生命的意義，主要送給經歷過喪失摯親、伴侶或好友的過來人，以及對生死教育感興趣的聽眾。第54季節目《好死有say》將會由十月二日開始，逢星期五晚上10時至11時，香港電台普通話台播放，共13星期，敬請留意 。

Debunking Various Myths

The 13-episode programme invites guests from various fields – including doctors, artists, caregivers, and funeral service professionals – to share their own profound experiences closest to "death" and to debunk common misconceptions about it. The programme explores the meaning of life from multiple perspectives, and is dedicated especially to those who have lost a loved one, partner, or close friend, as well as listeners interested in life-and-death education. Season 54, *R.I.P. On My Way*, will air on RTHK PMR every Friday from 10:00 PM to 11:00 PM starting October 2nd, running for 13 weeks. Stay tuned.











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NW-Sep-2026

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