



# 協康

heep hong express

匯訊

## 環遊社區180日起程啦...

“Around the Community in 180 Days”  
Social Adaptability Training for Autistic Children

### 社區適應活動助自閉症童融入社區

為了協助自閉症童融入社區，讓他們從小學習生活技能，協康會自本年三月起，舉辦了一項名為「環遊社區180日—自閉症兒童社區適應計劃」，目的是喚醒社會人士對自閉症童的關注及幫助自閉症童盡早融入社區。



圖書館  
Library visit

這項計劃為期半年，由香港扶輪社贊助，並得到 Hair Culture 髮型屋的全力支持。從三月開始，為本會近三百名學前自閉症童及其家長舉行連串的社區適應活動，包括家長講座、剪頭髮、飲茶、到圖書館、看電影、乘搭公共交通工具和逛商場等。為了令參加的小朋友更容易適應各項社區活動，協康會更在舉行活動前，在中心設計了相應的模擬活動情景，讓小朋友先作預習。「環遊社區180日」計劃之所以能順利舉行，實賴有關機構和義工的全力協助，本會將於暑假舉行嘉許禮以示謝意。

With the sponsorship of the Rotary Club of Hong Kong, and supported by Hair Culture, Heep Hong has launched a pilot programme called “Around the Community in 180 Days” since March 2006 to train autistic children on social adaptability with an aim to integrate them into the community. It has already served about 300 autistic children by taking them outdoor on social activities which parents want them to do but have difficulty in managing them. These outing activities include visiting libraries, getting hair-cuts, eating in restaurants, watching movies in cinemas and visiting shopping malls.

The success of this programme hinges on the support of many service providers who do not merely provide concession and special arrangement for our children but also extend so much kindness, understanding and assistance to them and their parents.



咪郁！小心！  
Don't move and watch out!

剪完啦，好靚仔！  
Finished! Our handsome boy!

June  
2006年6月

Issue No 23 第二十三期



先來模擬買票情況  
Cinema simulation: buying ticket

“Around the Community in 180 Days” is a joint effort of many parties of the community. A recognition ceremony will be held in summer to acknowledge their contributions, without which, the programme would not have any success.

### 65% of Autistic Children's Parents Attribute their Stress to the Public

“Around the Community in 180 Days” programme has conducted a first-of-its-kind survey targeting at pre-school autistic children and their parents. The survey has involved a group of 110 pre-school autistic children aged between 2 and 6 (called the “Autistic Group”) and a group of 52 ordinary children (called the “Control Group”).

The findings revealed that over 80% of autistic children did not watch any movies in cinema and 50% did not visit library, 40% did not have a hair-do in salon. It is noteworthy that 65% of parent respondents think that the public's acceptability of their autistic children is not sufficient. In contrast, only 10% of ordinary children's parents find it stressful.

### 六成半自閉症童家長稱壓力源自大眾

為了進一步瞭解自閉症童參與社區活動的情況，及其家長面對的壓力，「環遊社區180日—自閉症兒童社區適應計劃」進行了一項首次以學前自閉症童及其家長為對象的調查。調查包括一百一十名年齡由兩至六歲的自閉症童(患童)及五十二名普通兒童(對照童)。

經過一年的追蹤，發現超過八成的自閉症童於過去一年沒有看過電影，五成沒有去過圖書館，四成沒有去過髮型屋剪髮。值得關注，調查顯示六成半患童組的家長認為社會人士對他們的孩子包容度不足，相對對照童組的家長，則只有一成。當比較兩組家長親職壓力時，發現患童組家長所承受的壓力三倍大於一般家長。

調查結果公布  
Survey result announcement



### 誠邀合作夥伴

「環遊社區180日」自推出後，引起了傳媒和公眾人士的廣泛關注。為讓這項有意義的計劃能持續推行，本會誠邀有興趣服務社群的夥伴加入我們的行列，以不同形式贊助活動。有興趣的機構可致電 **2776 3111** 聯絡企業發展部。

### Service partners are welcome

“Around the Community in 180 Days” has drawn extensive media and public attention upon its launch. We welcome more service providers to support our project by either providing sponsorship or assistance from their staff. Any party interested to help may call the corporate Development Dept. at **2776 3111.**

#### 公眾誤解自閉童 窒礙患者融入社會

【本報訊】自閉症兒童在公眾場所做出各種古怪或暴力行為，常引來旁人側目，不少家長也抗拒帶自閉症兒童外出，令自閉症兒童難以機會接觸社會。協康會一項調查發現，自閉症兒童家長承受的壓力較一般家長高三倍，六成半受訪家長認為公眾對患者的行為包容度不足，對自閉症的認識及圖書館的機會亦較一般兒童少。協康會希望增加公眾對自閉症的認識，提高公眾對自閉症人士的包容度。

今年五歲的曾建樂，兩年前才出現自閉症徵狀，每天需乘搭地鐵往返特殊學校，但他最討厭人多擠迫及嘈吵的地方，故建樂的母親會盡量避免在繁忙時間與兒子乘車。曾太太表示，有一次地鐵內較平日多的人，兒子即開始「發癲」，不斷拍打她及人叫，她要以九牛二虎之力才能將兒子制服，但已令全個車廂的乘客對他們投以異樣目光。她形容：「六個車站的十五分鐘車程，好似六個鐘頭時長。」

由於承受太大壓力，曾太太表示自回到學校後，即忍不住向兒子發火，她認為大眾對自閉症患者有很多誤解，以為自閉症兒童有暴力傾向，若身邊的人能多一點包容，就能讓她少一絲痛苦。

曾太太表示，她與兒子乘車時，她會盡量避免與兒子乘車，當她發現，六成半患者家長認為公眾對子女包容度不足，患者亦較一般兒童少。

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#### 家長批自閉童之支援

【本報訊】實地記者梁卓庭報導：一項調查顯示，自閉症兒童家長所承受的壓力，大部分來自公眾人士對他們的包容度不足。他們所承受的壓力亦比一般家長高出三倍。

為了了解學前自閉症兒童和其家長融入社區的情況，協康會早前邀請了四十二名二至六歲自閉症兒童的家長及五十二名普通兒童的家長，調查發現，六成半自閉症童組的家長，認為社會人士對自己的子女包容度不足。當帶孩子參與區活動時，患童家長明顯欠缺信心。

調查亦發現，患童家長較一般兒童較難前往影院和圖書館。過去一年，有六成自閉症家長沒有到過影院，僅有去過兩間及四間的兒童，分別佔五成二和四成四。

協康會的理財師梁卓庭表示，導致他們面臨困難，一般兒童的外出機會，導致他們面臨巨大的公眾壓力。若家長對區活動的生活技能訓練等，患童家長往往難以融入社會，家長亦難以自立的信心。

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#### 盼多包容減家長壓力

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# 讓我們說聲謝謝!

## 兩大籌款活動圓滿舉行

## Great Chefs and Grand Raffle a Big Success

協康會一年一度的籌款盛事，第十五屆「全港廚師精英大匯演」和「2006年慈善獎券」售賣活動已於五月十八日圓滿舉行。承蒙各界善長仁翁的支持，兩項活動合共為協康會籌得善款超過一百九十萬元。所得善款將悉數撥予協康會屬下的家長資源中心，為有特殊需要的兒童提供復康治療。

就讓我們一起向曾參與籌款的各位善心人士，義工和工作人員說聲：「謝謝！」

The 15th Great Chefs of Hong Kong and its associated Grand Raffle 2006 were successfully held on 18 May 2006. We are pleased to announce that the revenues generated from the two fundraising events total more than HK\$1.9 million. All proceeds will go to our Parents Resource Centres which are not subvented by the Government. We could not have run these two large-scale fundraising events had we not received the enthusiastic support of many sponsors, donors and volunteers. Thank you all!

## 第十五屆「全港廚師精英大匯演」籌款晚宴

## The 15th Great Chefs of Hong Kong

民政事務局常任秘書長林鄭月娥主禮

Mrs. Carrie Lam, Permanent Secretary for Home Affairs officiated at the ceremony.



## 2006 協康慈善獎券 售賣活動 Grand Raffle



新華旅行社義工隊仗義相助  
Volunteers from Sunflower Travel

譚社中心同事及義工  
Colleagues and volunteers of Jessie and Thomas Tam Centre

# 接納由家庭開始

## Acceptance Stems From Family

**"Dear mothers, our stories might be different, but what we have in common is: We must ACCEPT before we can DEAL WITH our situation."**

**Glady Chan, Deputy Chairman of Heep Hong Parents Association**

Glady is a triplet mother. She used to like to plan for everything. But the most important thing in her life has turned out to be totally out of her plan.

I could hear Glady's cheerful voice as soon as I entered her apartment. She immediately put down her housework and began to talk with me, bringing me back to 23 December 2001, the day when her triplets were brought to the world. Because of premature birth, the triplets only weighed 2lbs each when they were born. But the real problem was, some of their organs were not fully formed and they were in critical health condition. At the time, these boys, Chun-Wang, Chun-Yu and Chun-Chak were at death's door for their lives are threatened by the unclosed ductus arteriosus. Glady had no choice but to accept the doctor's advice to use medication. The triplets had to remain in the Intensive Care Unit before Glady could even hold them in her arms.

Now, although Glady was telling her own misfortune, she talked as if she were telling another person's story – not a word of grievance in her mouth. Nevertheless, when she spoke of some heartbreaking events, tears would still well up in her eyes...."

Although Glady had to run back and forth to the Intensive Care Unit, she never thought of giving up, she said, "My sons taught me life is precious, and I must respect and treasure it." She said. After some tough six months in the Intensive Care Unit, the triplets finally cheated death and were able to go home.

With Glady's thoughtful care, her triplet sons got bigger and bigger. But before Glady could relax, the sequela of the premature birth emerged: Wang-Wang was diagnosed to have cerebral palsy while Chak-Chak was found to be suffering from developmental delay, leaving Yu-Yu to be the only "lucky" one among them.

As a person who likes to have everything well-planned and in control, it was such an irony for Glady that she could have absolutely no control of this situation. It was then that Glady began to learn to appreciate "living at the moment". She said, "Today, I am their mother, they are my kids. I will just whole-heartedly enjoy the present moment when I am with them, instead of complaining about not being able to plan for the future, which is often unpredictable."

What worries Glady the most is Wang-Wang's condition. Because of cerebral palsy, he not only has difficulty to move his limbs but also his eye muscles, mouth muscles, and hearing were also impaired. Wang-Wang needs to go to the paediatrician, surgeon, ophthalmologist, orthopaedist, and dentist regularly. Moreover, he requires passive movement to his body and limbs everyday and learn how to stand with a stander. He has to get stronger in preparation for his "tendon operation" to take place soon to allow development of his mobility. Seeing a 5-year-old suffering like that will break anyone's heart, not to mention his own mother. Yet, Glady has not grumbled or complained. "Wang-Wang must learn to solve problems himself and

**「媽媽們：雖然大家的故事有別，但我想先要學會“接受”才能想出“辦法”去面對和改善自身的問題！」**

**陳如心 協康會同心家長會副主席**

陳如心是一位三胞胎的母親，她事事喜歡計劃，可是她生命中最重要的事情卻在她計劃之外.....

甫進入陳如心的家，已聽到陳如心爽朗的笑聲。她放下手頭的家務，隨即帶我回到二零零一年十二月二十三日那天，她誕下三胞胎的日子。由於早產關係，三個仔仔出生時，只有兩磅重，身體部份器官仍未發育完全；大仔俊宏、二仔俊宇和三仔俊宅的心管導均未成形，生死繫於一線。為了使心管導盡快生成，雖然明知會有副作用，但在無可選擇之下，陳如心唯有讓醫生給她的孩子們注射藥物。殊不知.....還來不及抱抱宏宏、宇宇和宅宅，三個孩子就要入住深切治療部。

眼前的陳如心是一位典型的事業女性，儘管她正在訴說自己非一般的經歷，卻好像訴說別人的故事一樣，當中沒有一聲埋怨為何「偏偏選中她」。話雖如此，說到傷感之處，強忍在眼眶內的淚光仍隱隱可見。陳如心從來沒有放棄，她說：「在我的仔仔身上，我看到生命來得不易，所以更要尊重和珍惜它。」這些借來的日子維持約半年，三個仔仔終於越過了生死線，可以回家了。

在陳如心悉心照顧下，看見孩子一天比一天強壯，但她還來不及高興時，早產的後遺症卻在這時出現！宏宏證實患上「腦麻痺症」，四肢無法活動；宅宅有發展遲緩障礙；至於宇宇，他算是比較健康的一個。

陳如心自言以前是一個很有計劃的人，凡事均想在自己掌握之中。但諷刺的是，她偏偏不能掌握自己子女的命運。她開始領悟到欣賞當下的真情趣。她說：「今天我是他們的媽媽，他們是我的兒子，我會盡情享受與三個仔仔一起的日子！不會再介意不可預計的將來。」

宏宏的情況最令陳如心擔憂。由於腦麻痺症影響，宏宏不但四肢活動有困難，連眼肌、口肌和聽覺也發育不良。宏宏必須定期看兒科，外科，骨科，眼科，牙科，還有每天要進行拉筋，用學行架學站立。除了上學外，宏宏其餘時間也要用來做運動，目的只為保持身體健康，為不久將來入院接受「挑筋手術」做好準備。對一個五歲的小孩來說，外人看起來也覺得很不是味兒。何況是他的親生母親呢！不過陳如心並沒有表露出來，她反而語氣肯定地說：「宏宏必須學習獨立，學習解決問





題，他總不能一輩子依靠別人。」陳如心知道宏宏日後要走的路有多崎嶇，她明白必須訓練宏宏的自信心，他才有機會真正「站起來」。

陳如心經常帶三個仔仔外出活動，讓他們學習如何面對自己和群眾。「要宏宏接受自己，家人必須先接受他，宏宏才會接受自己，社會自然接受他。」怪不得宏宏會主動對我說：「我不能走路是因為我有病。」

宏宏性格開朗，喜歡說話，愛表演。希望在他成長的路上，宏宏樂觀的性格可以帶領他跨越一個又一個的關卡。

be independent. He cannot count on others forever," Gladly said firmly.

Gladly has not stopped to take Wang-Wang out because he is handicapped. On the contrary, she takes every chance to bring her triplets out to let them learn how to face the world. "We family members must ACCEPT Wang-Wang first, and then the community would accept him." No wonder Wang-Wang would come up to me to tell me, "I am sick, that's why I can't walk."

Wang-Wang has a bright, talkative personality and he likes to perform. We hope his cheerful character will shine on his future and light up his way to overcome the many obstacles in his life.



## 活動花絮 snapshots



## 警察義工探訪慶華中心 Policemen brought joy to Catherine Lo Centre

平時雄糾糾的警察叔叔超哥哥、健哥哥和Cat哥哥卸下了一身軍裝，在四月四日兒童節以義工身份探訪慶華中心的小朋友，扮演「夏日聖誕老人」給他們大派禮物。三位警察義工與小朋友們共渡了一個非常愉快的兒童節。

On 4 April The Children's Day, three police volunteers Kin, Chiu and "uncle Cat" visited the children at our Catherine Lo Centre. These faithful supporters of Heep Hong played "Summer Santa Clauses" and gave out bunches of toys. All the kids had fun and it was a most memorable Children's Day.

## 本會小朋友樂在「理光慈善嘉年華」 A fun day at Ricoh Charity Movie Carnival

理光(香港)有限公司於三月三十一日，在添馬艦舉行了一個名為「香港國際電影節—為生活添姿彩！」理光慈善嘉年華會，邀請了協康會三百多名小朋友及其家長到場玩遊戲。

On 31 March, Ricoh Hong Kong Limited organised an event called the "Hong Kong International Film Festival – Color Your Life!" Ricoh Charity Movie Carnival. 300 Heep Hong's children and their parents took part in this fun programme.



## 『童』途有心人與小朋友歡敘 Monthly Donors' Gathering

一月二十一日當天雖然天氣十分寒冷，但有接近三十名「『童』途有您」的捐助者懷著一顆暖暖的爱心，專程往本會長沙灣中心探訪二十多位小童，與他們玩遊戲，共渡了一個愉快難忘的下午。

About 30 monthly donors gathered at our Cheung Sha Wan Centre on 21 January despite the freezing temperature that day. They went there to give our special needs children a very warm and happy afternoon by playing games with them.

# 「邁向專業新紀元—教學新知」研討會

請即報名

## “Advancing the Professional Frontiers - Practice Sharing Seminar”

分享本會近期卓越的實踐成果及促進同業間交流，本會將於七月十五日，上午九時至十二時半舉辦「邁向專業新紀元—教學新知」研討會，屆時本會資深心理學家、治療師及前線員工將與業界分享教學新知，並配合本會最新出版的專業訓練書籍，冀能為同業及教育工作者提供實踐良方，提昇教學成效。

為了幫助老師和家長有系統地訓練自閉症童，承蒙香港賽馬會慈善信託基金贊助，本會於五月份出版了《自閉症兒童訓練使用手冊》(連光碟)並備有教師版和家長版。為優惠參加者，凡出席研討會者均可獲贈最新出版的《自閉症兒童訓練使用手冊》(教師版或家長版)乙本及享有現場購書優惠。歡迎有興趣的同業及教學人士參加，報名或查詢請致電2784 7700訓練部，或到本會網站(www.heephong.org)下載報名表格。



The Heep Hong Society is going to hold a teaching seminar on 15 July 2006. Our professional team is pleased to introduce to you our latest teaching practices and new publications on related topics. All teachers and trainers are cordially invited to come. **A complimentary copy of “Applying the TEACCH Approach for Autistic Children: Teachers’ / Parents’ Manual”, sponsored by The Hong Kong Jockey Club Charities Trust, will be given away to participants of the seminar.** This manual is produced into two different versions for teachers and parents, and each of them comes with a CD rom. Call 2784 7700 (Training Department) for enquiries or visit the Heep Hong's website (www.heephong.org) for registration.

### 協康會40周年紀念文集《追求卓越—兒童康復服務新知與實踐》

#### The 40th anniversary commemorative book for Heep Hong Society

#### “In Pursuit of Excellence: Advances and Practices in Children's Rehabilitation Services”

慶祝創會四十周年，協康會特別邀請了三十多位中外康復服務專家和相關學者，包括在自閉症和特殊教育領域享負盛名的美國學者 Gary Mesibov 和 Serena Wieder，以及來自本港的有關專業人員，就其專業範疇撰文，並結集成書。此書內容理論與實務並重，極具研究和參考價值。讀者於推廣期間(七月三十一日前)可以優惠價港幣八十元購買此書(原價港幣九十八元)。如欲訂購，歡迎致電2776 3111或到本會網站(www.heephong.org)下載訂購表格。

This book is a good reference and guide book for researchers, professional staff and people interested in early intervention and special education. It collects articles by over 30 local and international renowned scholars and professionals working in the field of special education. The book priced HK\$98 is available for order now. A special discount rate at **HK\$80** will be honoured for orders placed on or before 31 July 2006. Please call 2776 3111 or visit the Heep Hong's website (www.heephong.org) for order placement.



### 《兒童學習綱領》與《兒童發展評估表(修訂版)》套裝

#### Developmental Learning Package—Curriculum Guide and Development Assessment Chart (Revised)

繼1988年出版的《兒童訓練指南》後，本會承蒙優質教育基金和富達基金(香港)有限公司的慷慨支持，再動員數十位專業同工，在兒科及教育專家組成的顧問委員會督導下，用了六年多的時間，廣泛參閱不同文獻，以及本地的研究及「效度」的檢定，傾力編寫此套教學及評估工具。此教材套自2003年完成初稿後，在本會的中心內試用，期間不斷改良，力臻完善。《兒童學習綱領》有助幼兒教育工作者了解兒童在不同階段的學習重點和訓練目標，透過配合《評估表》一起使用，能為兒童編訂適切的訓練計劃。

With the sponsorships by the Quality Education Fund and Fidelity Investments Management (Hong Kong) Limited, Heep Hong has published a twin set of books on children's developmental learning, which are contributed by a professional team consists of dozens of staff members under the supervision of a board of paediatricians and consultants. Since the first draft of the books was finished in 2003, trial teaching has been undertaken by Heep Hong's teachers whose feedback has been painstakingly adapted to fine-tune the content. The guide book and its assessment chart are complementary to each other and suitable for preparing training programmes for individuals with special needs.



## 協康夥伴獲「商界展關懷」標誌

經協康會提名，今年共有九間與本會合作無間的企業在「商界展關懷」計劃中獲得香港社會服務聯會頒發「商界展關懷」標誌。包括英傑華一般保險有限公司、堡獅龍企業有限公司、中華電力有限公司、香港君悅酒店、恒生銀行、香港人壽保險有限公司、怡和集團、美國道富銀行和香港永明金融有限公司。我們感謝他們一直以來給予本會多方面的支持和參與。

As a token of appreciation of our corporate partners, we are very pleased to have successfully nominated nine organisations to win the award of "Caring Company" logo conferred by The Hong Kong Council of Social Service. They are, namely, Aviva General Insurance Ltd, Bossini Enterprises Ltd, CLP Power Hong Kong Ltd, Grand Hyatt Hong Kong, Hang Seng Bank, Hong Kong Life Insurance Ltd, Jardine Matheson Group, State Street Bank & Trust Company and Sun Life Hong Kong Ltd.

商界展關懷  
caring company 2005/06



香港君悅酒店人力資源總監周慧小姐(左)  
Ms. Vida Chow (left), Director of Human Resources of Grand Hyatt Hong Kong

青蔥園地  
supportive learning project

開啟腦部功能 齊來做「健腦操」  
Brain-Gym — key to unleash your brain power

進一步開啟腦功能並不是天方夜談。透過簡單的「健腦操」就可以提昇和刺激大腦運作，讓腦部進入最佳的學習狀態。「健腦操」最大特色是一種以目標為本的腦部運動。本會的註冊「健腦操」導師針對學員之個別體能，再配合其個人目標，如加強專注力或書寫整齊字體等，透過「健腦操」來達到他們的目標。「健腦操」不但適合一般兒童，亦適合有特殊需要的自閉症童、學習障礙兒童和專注力缺乏兒童等。

除了「健腦操」小組課程外，本會亦有專為家長而設的「健腦操親子工作坊」。如欲體驗「健腦操」的效益，歡迎致電 2393 7555 查詢。

Want to learn things faster and more easily? Want to be more focused and organised? Brain-Gym can help you unleash your brain power to achieve these goals.

Brain-Gym can activate your brain for optimal storage, quicker retrieval of information and reduce your stress level so as to enhance your learning process. Brain-Gym is a target-oriented programme tailor-made for individuals' pre-set goals. Brain-Gym is not only suitable for ordinary children and adults but also children with developmental delay, learning difficulties and autism.

In order to publicise the advantages of Brain-Gym, the Heep Hong Society has designed a series of Brain-Gym programmes ranging from one-on-one workshops, seminars to parent-child workshops catered for students, teachers and parents. Want to experience Brain-Gym with a licensed instructor? Call 2393 7555 now for more information!

## 本會率先引入 瑜珈 結合物理治療 Introducing the Yoga-integrated Physiotherapy

相信許多人都不知道瑜珈原來有助治療自閉症或專注力弱的兒童。本會的物理治療部率先引入了這項服務，在二月廿四日至三月三日期間，邀請了國際著名的「靈量大師」Ms Shakta Kaur Khalsa 由美國來港主持「靈量瑜珈(Radiant Child Yoga Programme)工作坊」，吸引約五十位物理治療師和瑜珈導師參加。

With proven clinical results, more and more professionals who work with children with various types of dysfunctions such as autism, learning disabilities and ADHD have begun to incorporate Yoga into their therapy. To introduce this new concept to Hong Kong, our Physiotherapy Department has recently invited the world-famous Kundalini-Yoga instructor, Ms Shakta Kaur Khalsa, to come to Hong Kong to chair a professional workshop on Yoga-integrated physiotherapy.

The workshop called "Radiant Child Yoga Programme" was held between 24 February and 3 March and it attracted about 50 physiotherapists and yoga trainers to attend.



Maggie 與丈夫黃永棣合力服務社會  
Ms. Maggie and Mr. Raymond Wong  
serve the community strategically



## 夫妻檔合力服務社會

### A Caring Couple's Volunteering Example

黃永棣先生與協康會非親非故，對協康會的服務更不甚了了，他竟慷慨地捐了五萬元給本會，究為何因？原來全因他背後的女人——Maggie。

Maggie 並非何人，她既是本會「童途有您」每月捐款計劃的捐助人，亦是灣仔中心的義工。因為太太 Maggie 的緣故，黃先生就選了本會作捐款對象。

愛笑的 Maggie 當義工的「工齡」不淺，自初中開始便經常當義工。Maggie 很善談，想不到她以拙於表達來形容自己。「我有點被動，經常將心內的感受藏於心底，特別面對自己至親時，更不懂表達內心感受。」Maggie 的爸爸有高血壓，但礙於性格關係，雖然心裏焦急，面上卻泰然無事。多年義工的體驗，今日的 Maggie 已懂得主動關懷別人，她會打電話問候爸爸，又會搜集資料看看有什麼食療可以幫助爸爸。「原來問題只在乎您是否張開手！」

對 Maggie 而言當義工最大的得著是令她打開了自己的心扉，學懂主動關心別人。她希望更多人能加入義工行列，好像她一樣享受到助人助己的樂趣！問到有否感染到身旁的丈夫黃永棣時，Maggie 笑著說可能有吧。Maggie 夫婦服務社會的方式可以說是一個出錢，一個出力。三月九日，黃永棣便在 Maggie 陪同下，將五萬元捐給協康會。



Mr. Raymond Wong knows almost nothing about Heep Hong. How come he so generously donated HK\$50,000 to us? Well, thanks to his lovely wife, Maggie!

Maggie is a very pleasant and friendly young lady. She is not only our regular donor of Heep Hong Monthly Donor programme but is also a volunteer who helps out at our Wanchai Centre. Maggie still remembers the day when she was stopped by a "Heep Hong Ambassador" in the street in Central who asked her to become a donor. Believing that one should always help the others when one can, Maggie did not hesitate and immediately sign up to support the programme. Maggie has later decided to do more for the children and started to volunteer at our Wanchai Centre.

Actually, Maggie had been involved in volunteer services since junior high school. "Before that, I was quite introverted. I used to hide my feelings, especially before my own family," said Maggie. What Maggie was referring to was her father's case of high blood pressure. Maggie cared for him very much and was worried, but she never had the courage to express to him her concern. But when Maggie began to get involved in volunteer work, her personality began to change: She now takes initiative to call her father up to talk to him, telling him about the medicinal recipes she has found on the magazines. "The volunteering experience has made me more passionate and benefited my relationship with my family," Maggie said.

When asked whether she thinks her passion for volunteer work has influenced her husband, Maggie looked at Raymond smiling, "probably yes!" Maggie and Raymond are real "strategic partners" in serving the community. Look! One gives her energy and the other his money!

本會總幹事曾蘭斯(右二)接過黃永棣先生的捐款  
Ms. Nancy Tsang, Director of Heep Hong Society, received the donation from Mr. Raymond Wong



## 捐款表格

### DONATION FORM

本人/機構樂意捐助協康會，讓有特殊需要的兒童及其家庭獲得所需的訓練及輔助服務。

I would like to make a donation to the Heep Hong Society to provide training and support services for children with special needs and their families.

姓名 / 機構  
Name/Organisation: \_\_\_\_\_ 先生 / 太太 / 女士  
Mr / Mrs / Ms

地址  
Address: \_\_\_\_\_

電話  
Tel: \_\_\_\_\_ 電郵  
E-mail: \_\_\_\_\_

### 每月捐款 Monthly donation

捐款金額 Amount of Donation  
 \$1,000  \$500  \$200  其他 Others: \$ \_\_\_\_\_

### 捐款方法 Method of Donation

- 信用卡 (請填妥右方信用卡資料)  
Credit card (Please fill in your credit card information at the right)
- 銀行戶口自動轉賬 (自動轉賬授權書將於稍後寄上)  
Direct debit from Bank (The direct debit authorization form will be sent to you later)

### 備註 Notes

- 請把填妥的捐款表格連同劃線支票或銀行存款收據正本寄回香港九龍大坑東郵東裕樓地下1號。  
Please send the completed form together with a crossed cheque or an original copy of the bank-in slip to G1, Tung Yu House, Tai Hang Tung Estate, Kowloon, Hong Kong.
- 如以信用卡捐款，可把表格傳真至 (852) 2776 1837。  
For donation through credit card, you can fax this form to (852) 2776 1837.

### 一次過捐款 One-off donation

#### 捐款金額 Amount of Donation

\$2,000  \$1,000  \$500  其他 Others: \$ \_\_\_\_\_

#### 捐款方法 Method of Donation

- 劃線支票 (抬頭請寫「協康會」)  
Crossed cheque (please make payable to "the Heep Hong Society")
- 直接存入恒生銀行戶口 Direct deposit to Hang Seng Bank account  
(戶口號碼 Account no. 280-348822-002)
- 信用卡:  VISA  MasterCard  American Express  
Credit card (本會獲豁免手續費 Handling charge will be waived)
- 信用卡號碼  
Card No.: \_\_\_\_\_
- 信用卡持有人姓名  
Cardholder's name: \_\_\_\_\_
- 有效期至  
Expiry date: \_\_\_\_\_ 簽署  
Signature: \_\_\_\_\_

- 每月銀行自動轉賬及信用卡過數的日期分別為7號及15號，每月捐款在信用卡到期日後自動延續，直至閣下另行通知為止。  
Monthly transactions will normally be processed on or about 7th day and 15th day of the month for bank autopay and credit card respectively. Upon expiry and renewal of a credit card, monthly donations will continue unless notified otherwise.
- 一年內累積捐款達港幣一百元或以上可憑收據申請稅項寬減。  
Accumulated donations of HK\$100 or above are tax-deductible with a receipt.

上述個人資料只供聯絡之用，絕對保密。如需更改個人資料，請與企業發展部聯絡。

Data collected will be treated in strict confidence and will be used for communication purposes only. For alteration of personal particulars, please contact Heep Hong's Corporate Development Department.

電話 Tel: (852) 2776 3111 傳真 Fax: (852) 2776 1837 電郵 E-mail: cdd@heepHong.org