

# 青海兒童之友通訊

## Friends of Qinghai Children Newsletter

### 總幹事的話

#### A Message from the Executive Director

隨著孩子的成長需要，我們於兒童福利院定期推行「成長訓練計劃」或舉辦不同活動，如5月份海西州兒童福利院的「心靈栽種計劃」、6月份5間兒童福利院分別舉行的六一兒童節慶祝活動、以及7月份黃南州兒童福利院的青春夏令營等，希望能提升他們的自信心及社交能力，務求讓他們的身心也得到健康發展。

雖然21年來我們在青海的兒童福利服務不斷更新，但我們不忘初心，挽救孩子的生命仍然是我們其中一個核心價值。十分感恩來自海西州兒童福利院的康康經過本會安排的搶救和治療後，生命得以保存，現正在康復中。此外，曾來港接受治療、來自西寧市兒童福利院的善善今年獲得領養了，看到善善於美國與家人展開人生新的一頁，我不禁為神在青海孤兒身上的奇妙作為獻上讚美！

In order to meet the children's growth and needs, we believe in offering them continuous training and activities. In the past quarter, we have organised the "Psychosocial Development Programme" in Haixi Children's Home and the Youth Summer Camp in Huangnan Children's Home.

The five children's homes also held celebrations on International Children's Day. It is hoped that this would enhance the children's self-confidence and social skills, to support them in their physical and psychological health.

Although we have been developing our services over the past 21 years, we have never forgotten the core value of saving our children's lives. We are grateful for the blessings that Kang Kang has survived with our aid, after respiratory failure following a difficult birth; plus Ji Shan, who underwent several medical treatments in Hong Kong, has now been adopted by a family in the USA! Praise God for his marvelous work for our children in Qinghai!



▲ 張洪秀美很感恩能於6月時分別到美國東西兩岸與獲領養的孩子重聚。  
Mrs. Cheung-Ang Siew Mei is thankful to have reunion with the adopted children in the east and west coast of the US in June.

張洪秀美  
Mrs. Cheung-Ang Siew Mei, JP



兩位老師(左一及右二)與西寧兒童福利院特殊教育主管孟倩(右一)交流。  
Moments of sharing experiences between two teachers (1<sup>st</sup> from left and 2<sup>nd</sup> from right) and Meng Qian, Supervisor, Special Education, Xining Children's Home (1<sup>st</sup> from right).



兩位老師(左二及三)與黃南州兒童福利院院長們合影。  
Two teachers (2<sup>nd</sup> and 3<sup>rd</sup> from left) meet with the directors of Huangnan Children's Home.

### 新加坡義安理工學院考察服務

#### Continued Partnership with Ngee Ann Polytechnic, Singapore

新加坡義安理工學院的學生曾於去年6月到訪海西州兒童福利院，義務教授院內兒童英語及電腦運用技巧。很高興他們再計劃明年到西寧市及黃南州兒童福利院服務，學院的兩位老師更專程於本年6月前往兩間兒童福利院，探討當地的醫療狀況及院內需求，為明年服務作好準備。

在西寧市兒童福利院，學院將與我們一起培訓院內康復訓練及特殊教育的同工，提升他們運用電腦試算表的技巧、跟進院內電腦軟件的需要。而在黃南州兒童福利院，學院將協助我們探討為院內孩子安排電腦課程的可行性。

歷年來我們均安排不同專業義工團隊到青海服侍，不少更像新加坡義安理工學院的學生，持續為兒童院或社區提供服務，衷心感謝各團隊的熱心支持！

In June 2017, representatives from Ngee Ann Polytechnic, Singapore, visited Haixi Children's Welfare Home to teach English and computer skills. We are happy to share that they plan to serve again in 2019, this time at Xining and Huangnan Children's Homes.

Both Homes will receive IT training and support, through our joint partnerships with the Institution. Staff at Xining Children's Home will learn how to improve their Excel skills, and upgrade pre-existing software. Meanwhile, we will explore the possibility of computer classes for the children at Huangnan Children's Home.

Over the years, we have arranged professional volunteer teams to serve in Qinghai. Like the students of Ngee Ann Polytechnic, Singapore, many of them offer their continuous support to the children's homes and Qinghai community. We are truly grateful for their dedication!



開幕禮上學生載歌載舞的表演，令人感到興奮！  
The opening ceremony features a marvellous song and dance performance by the students.



孩子們在競技賽中體驗團隊精神。  
The children learned camaraderie and team spirit through group games.



專業的社工用洋娃娃教授生理知識。  
A social worker made use of a doll to teach human physiology.



幾位大專生在小組中為自己的生涯規劃進行強弱危機分析 (SWOT analysis)。  
Several university students are doing SWOT analysis for their career planning.

## 黃南州「暑期青春夏令營」

### Huangnan Children's Home Summer Camp

隨著黃南州兒童福利院的孩子逐漸長大，我們也為他們的成長需要提供適切的服務。今年7月，本會與該院合辦「青海省孤殘兒童暑期青春夏令營」，除了舉行團體競技遊戲外，最主要希望為孩子灌輸正確的性教育觀念。

夏令營分兩個階段進行：第一個的對象為小學至初中學生，為期兩天；第二個則為高中至大學生，為期四天。開幕禮當天，近200名小學及初中學生懷著興奮的心情，大清早便聚集在禮堂，聆聽來賓與兒童院代表的講話，最後他們更獻上精彩的歌舞表演為夏令營揭開序幕。

競賽遊戲和性教育講座同步進行，讓小學組和初中組的學生可以輪流參與。來自海西州和西寧市兒童福利院的孩子與黃南州兒童福利院的孩子分組進行比賽，即使在猛烈的陽光下，他們也玩得不亦樂乎，更難得的是能從中體驗和學習團隊精神。另一邊廂，專業社工主講性教育專題講座，講解正確的生理知識與性觀念，同時亦設有分組討論等互動環節，希望從而提高孩子的自我保護意識。

至於第二個階段的高中及大學生，我們則安排多一點分享及討論，內容包括以男女愛情觀及對性方面的態度為主題，期間進行辯論比賽，令他們多加思考。此外，我們也教導他們生涯規劃，分享擇業及就業等問題，好讓孩子們將來能在社會上發光發熱。

在這一個星期的夏令營裡，充滿歡樂氣氛，無論是小學、中學或是大學生，都能投入參與，敢於開放自己。看到他們愉快成長，實在非常感恩！

As the children of Huangnan Children's Home are growing up, we develop appropriate services to meet their needs. In July, we co-organised a summer camp with Huangnan Children's Home. Apart from the outdoor competitive activities for the children, our primary goal was to instill proper sex education in them.

There were two stages of our summer camp. The first stage was a two-day programme for primary and secondary school students while the second one was a four-day programme for high school and tertiary school students. On the day of the opening ceremony, around 200 primary and secondary school students gathered excitedly at the hall early in the morning, attentively listening to the speech by the guests and representatives. The summer camp was kicked off by the exciting performance of our children.

The competitive games and sex education talk happened simultaneously, for the two groups of students to take turns attending. Some children from Haixi Children's Home and Xining Children's Home also came to Huangnan Children's Home to join the camp. Despite the hot weather and strong sunlight, the children still enjoyed the competition. The most important was that they have learned to develop team spirit through active participation in the games. On the other side, professional social workers lectured on sex education, and taught the children about the origin of life, the differences between boys and girls, and the importance of self-protection. Group discussions were held to consolidate their knowledge.

As for the second stage for high school and tertiary school students, we had arranged more sharing and discussion sessions, which included debate competitions on the different attitudes towards love and sexuality between men and women. In addition, we also provided guidance for them on career planning, choice of occupation, and employment issues.

This one-week summer camp was filled with joy and laughter. All primary, secondary and tertiary school students were eager to participate, willing to open up, and share with each other. We are so grateful to see them grow up happily!

## 得來不易的呼吸

**Kang Kang - The Survivor**

**初**夏伊始，天陽暖照，康康在今年5月誕生。原是一幕美好幸福的畫面，卻變成一個嬰兒掙扎求生故事的開始。

康康的母親是位未婚的單親媽媽。因為生產過程不太順利，孩子的健康出了一點問題，母親便離開康康一走了之。沒有母親在身旁愛護與照料的康康，更因羊水進入肺部而要面對呼吸衰竭和窒息的情況，出生只有數天就已接受了兩次緊急搶救，一度徘徊在生死之間。與此同時，親戚家中的經濟條件不佳，負擔不起他的醫療與生活費用，於是康康便入住海西州兒童福利院。

康康這個名字其實是由兒童福利院起的，顧名思義就是希望他能擁有健康的身體，而本會也一直為此而努力。除了就康康的病情諮詢青海紅十字醫院與外國兒科專家的意見外，我們還積極尋找呼吸機與氧氣袋等資源，希望盡力挽救他的生命，並給予適當的治療。而且，我們亦為康康提供香港奶粉，務求減低出現肚瀉的情況，讓他能好好吸收營養，使他的身體能快點強壯起來。負責照顧康康的護理部主管趙萬華指出，康康的情況已漸趨穩定，「現在康康吃的好、睡的好，精神好多了，感謝基督教勵行會這麼關心他以及為他付出的點點滴滴！」

現時三個月大的康康是個安靜的嬰兒，最喜歡的就是被擁抱。雖然康康因曾缺氧而有中度腦損傷，不過本會仍會跟進他的醫療與生活情況，為他安排定期的檢查與治療。希望康康可以早日康復，健康快樂地成長！

**O**n a warm summer day in May this year, Kang Kang was born. What should have been a delightful and blessed scene became the start of a baby's struggle for survival.

Kang Kang's mother had difficulty during birth, which resulted in the baby's subsequent health problems. A single mother, with poor economic circumstances, abandoned Kang Kang shortly after birth. Suffering from respiratory failure, and lacking maternal care and love, he received emergency care twice within the first few days of life, and was soon sent to Haixi Children's Home.

Kang Kang's name was chosen by the Children's Home, meaning: health, the underlying wish we have for him. We consulted with the paediatricians at Qinghai Red Cross hospital to find out how to help him live, and provided him with proper treatments, including: ventilators, oxygen bags and milk powder from Hong Kong.

Ms. Zhao Wan Hua, head of the hospital's nursing department, was responsible for the care of Kang Kang. She pointed out that Kang Kang's condition has gradually become more stable. "Now that Kang Kang has been eating and sleeping well, he has become a lot more energetic. Thanks to Christian Action for the care, and the big and the little things that you have given him!"

Now three months old, Kang Kang is a quiet baby. His favourite thing is to be held by others. Even though Kang Kang's midbrain has been damaged due to hypoxia, we continue to follow up on his medical and living conditions through the arrangement for regular check-ups and treatment. We pray that Kang Kang would get better as soon as possible and grow up healthily and happily!



康康出生時出現呼吸衰竭和窒息的情況，經過兩次搶救後靠呼吸器來維持生命。

Kang Kang suffered from respiratory failure and suffocation at birth, and after two emergency resuscitations, is shown here breathing with the help of a respirator.



經過搶救後，我們把康康送到青海紅十字醫院深切治療部作詳細治療及檢查。  
We sent Kang Kang to Intensive Care Unit of Qinghai Red Cross Hospital for further treatment and medical check-ups.



醫院的護理部主管趙萬華抱著康康。  
Ms. Zhao Wan Hua, head of the hospital's nursing department, is holding Kang Kang.



現在康康已轉到普通病房中，情況日漸好轉。  
Kang Kang's health is improving and is now at the general ward of the hospital.

# Season of Love

Charity Drive

## TAMA and FRIENDS



x Mrs. Fields

### 慈善朱古力禮盒

Charity Chocolate Gift Set

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每盒 each **HK\$120**



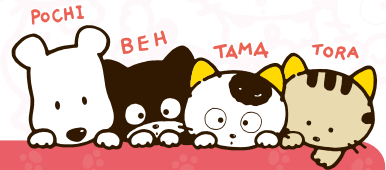
### 慈善餐袋

Charity Lunch Bag

慈善義賣價 Charity Price

每個 each

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查詢熱線 Enquiry Hotline

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詳情將稍後公佈，請密切留意本會網站及 Facebook!  
Details will be announced shortly. Please visit our website and Facebook for most updated information!

## 籌款目的 Objective

為香港低收入家庭兒童、青海孤兒及殘障兒童籌款

To raise funds for children from low-income families in Hong Kong as well as orphans and disabled children in Qinghai.

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(花生 / 杏仁牛奶 / 杏仁純朱古力)  
CHOC CLUSTERS 9PCS  
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## 為他們伸出援手！ They need your help now!

### 捐助表格

#### Donation Form

- 我願意成為基督教勵行會青海兒童之友，每月捐款：  
I would like to join Christian Action's Friends of Qinghai Children Programme with a monthly donation of:  
 HK\$150    HK\$250    HK\$400    其它 Other HK\$ \_\_\_\_\_
- 我願意作一次性捐助，以支持基督教勵行會青海兒童之友計劃：  
I would like to make a one-off donation to support Christian Action's Friends of Qinghai Children Programme.  
 HK\$300    HK\$1,000    HK\$3,000    其它 Other HK\$ \_\_\_\_\_
- 我願意調整我的每月捐款金額，幫助更多青海孤兒。  
我現時每月捐款金額為 HK\$ \_\_\_\_\_，新的每月捐款金額為 HK\$ \_\_\_\_\_  
I would like to increase my monthly donation to help the Qinghai orphans.  
Currently, my monthly donation is \$ \_\_\_\_\_  
NOW, I want to upgrade my donation to \$ \_\_\_\_\_



#### 每月捐款 You can help the children by donating monthly

- HK\$400** 可支持一個殘障孤兒接受一個月的復康訓練  
will contribute one month of rehabilitation for one disabled orphan
- HK\$250** 可支持一個孤兒一個月的照料及護理費用  
will contribute one month of caring expenses for one orphan
- HK\$150** 可支持一個殘障孤兒接受一個月的特殊教育  
will contribute one month of special education for one disabled orphan

#### 捐助者資料 Personal Particulars

- 個人捐款 Individual Donation       機構捐款 Corporate Donation
- 姓名 Name \_\_\_\_\_ (先生 Mr / 女士 Ms / 太太 Mrs)
- 機構名稱 Organisation \_\_\_\_\_ (機構捐款者適用 For Corporate Donation)
- 地址 Address \_\_\_\_\_
- 電話 Telephone \_\_\_\_\_
- 電郵 E-mail \_\_\_\_\_

#### 捐款方法 Donation Methods

- 信用卡付款 By Credit Card              
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- 信用卡號碼 Credit Card No. \_\_\_\_\_
- 到期日 Expiry Date \_\_\_\_\_ 簽署 Signature \_\_\_\_\_
- 郵寄劃線支票 By Crossed Cheque  
抬頭請寫「基督教勵行會—慈善服務」；支票背面請寫上捐助者姓名及聯絡方法。  
Payable to "Christian Action - Charity Services".  
Please write the name and contact information at the back.
- 網上捐款 By Internet  
可於本會網頁直接進行登記捐款及轉帳 Donate online and make a money transfer.
- 直接存入匯豐銀行帳戶 Deposit cash or cheque in HSBC Account: 567-320973-005  
請將入數紙連同捐款表格郵寄/傳真至本會  
Please mail / fax the bank receipt and this donation form to Christian Action
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