



# 軍 ARMY 信 SCENE

2021 5月 - 6月  
MAY - JUN

「住 + 」  
重 拾 生 活 尊 嚴



REGAIN DIGNITY IN LIVING IN  
'HOME PLUS'

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## 救世軍知多啲 The Salvation Army Nowadays

### 卜維廉賓館

卜維廉賓館在翻新後於 2014 年 12 月重新開幕，共設 44 間配有無障礙設施、房內保險箱、冰箱、免費 WiFi 等設備的客房，其優質服務亦獲多個酒店預訂服務平台頒授獎項。位於油麻地的卜維廉賓館毗鄰百老匯電影中心、玉器市場等熱門景點。

### Booth Lodge

Renovated and reopened in December 2014, Booth Lodge now offers 44 rooms with barrier-free facilities, in-room safe box, refrigerator, free WiFi and more. The outstanding services of Booth Lodge have also been recognised with awards from multiple hotel booking platforms. Located in Yaumatei, Booth Lodge is just a few steps away from tourist attractions such as Broadway Cinematheque and Jade Market.

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Corporate Communications Department

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救世軍港澳軍區機構傳訊部  
Corporate Communications Department  
The Salvation Army Hong Kong and Macau Command

香港九龍油麻地永星里 11 號  
11 Wing Sing Lane, Yaumatei, Kowloon, Hong Kong

電話 Tel: (852) 2332 4531  
傳真 Fax: (852) 2332 4286  
網頁 Website: <https://salvationarmy.org.hk>

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## 達成小小的心願

## MAKING LITTLE WISHES COME TRUE

今期的《軍信》封面故事的主角—海梅與丈夫離異後，只能與一對年幼兒女和年老多病的父親蝸居於狹窄且衛生惡劣的劏房。幸得學校家長介紹她向救世軍求助，除了得到物資援助，在社工協助下更成功申請到救世軍「住+」土瓜灣下鄉道社會房屋，終於能一圓與家人改善居住環境的願望。

而特稿則講述透過「香港安老院舍完善人生關顧計劃」重回熟悉教會的方伯的故事。縱使一直希望到教會敬拜和禱告，礙於身體欠佳加上需以輪椅代步，方伯難以恆常外出。計劃職員偶然得知方伯藏於心底多年的心願，便聯同各方協助他重返教會，與闊別多年的教友寒暄問候，讓他的心靈得以滿足。

除了海梅和方伯，不少弱勢人士可能都藏着看似簡單卻難憑一己之力實現的小願望。希望以上兩個故事，可鼓勵大家多關心身邊的弱勢一群，支援他們達成小小的心願，並重燃生活的希望。

In this issue's *Cover Story*, Coco, after divorce, had no choice but to cramp into a tiny subdivided flat in poor hygiene conditions with her two young children and her frail elderly father. Thankfully, following the suggestion from a parent at her son's school, Coco sought help from The Salvation Army and received material assistance. Later, with the help from the Army social workers, she successfully applied for accommodation provided by The Salvation Army 'Community Housing Movement – To Kwa Wan Project' (Home Plus). Her wish of improving the whole family's living conditions has come true.

*Special* tells the story of how The Salvation Army 'Palliative Care in Residential Care Homes for the Elderly' programme has helped Uncle Fong to return to his once familiar church. Uncle Fong has always wished to worship and pray in church, but it has not been easy for him to go out regularly due to poor health and being wheelchair-bound. When the project staff learnt that he had this inner wish for years, they started coordinating with various parties to help Uncle Fong go back to church. On the long-awaited day when Uncle Fong managed to meet and connect with his old friends in church after all these years, he found true contentment.

Other than Coco and Uncle Fong, there are many disadvantaged people who have inner wishes that seem unachievable for them even so simple. We hope you will be inspired by these two stories to care more about the underprivileged community. Let us give support to make their little wishes come true and help them see a glimmer of hope.



REGAIN DIGNITY IN LIVING IN  
'HOME PLUS'

# 「住+」 重拾生活尊嚴





「土瓜灣下鄉道對我們一家來說，是人間天堂。」海梅於上年年底從救世軍「住+」土瓜灣下鄉道社會房屋項目（下稱「住+」）搬至現時新的公屋單位。儘管現在已成功上樓，海梅也不時懷念在「住+」的日子，那裡的鄰里互助及溫暖的人情味讓她難以忘懷，每次說起總會不禁泛起微笑。

### 壓迫在劏房中

數年前，懷有身孕的海梅與年約2歲的兒子及年老的父親來港。當時她與丈夫離異，因聽說深水埗的住屋租金較便宜，便搬到那裏去。

海梅一家四口租住的劏房面積只有150呎，廚廁狹窄，幫兒子梳洗時他只能站在馬桶上，才能騰出空間讓海梅站着。生下妹妹後更是不方便，連轉身也困難。因房內有橫樑及頂柱，活動空間甚少，睡覺時更要曲著腿，害年老多病的父親經常睡不好。最大問題是衛生情況不理想，廁所經常傳出惡臭，怎樣也沖不走，當馬桶沒水時，臭味更是濃烈得揮之不去，讓一家四口非常困擾。

'For our family, To Kwa Wan Ha Heung Road is a paradise on earth.' Although Coco, one of the participants of The Salvation Army 'Community Housing Movement – To Kwa Wan Project' (Home Plus) (referred below as 'Home Plus'), has successfully applied for public housing during her stay in 'Home Plus' and moved into a new flat at the end of 2020, she still keeps wonderful memory of 'Home Plus'. A smile shows on her face every time she talks about those days, for she never forgets the mutual support and warm kindness among the neighbours.

### The suffocating subdivided flat

Few years ago, the pregnant Coco came to Hong Kong with her 2-year old son and her aged father. She had just separated with her husband at that time and moved to Sham Shui Po area with her family as the rent there was lower.

It was a room of only 150 square feet. The kitchen and toilet area was so cramped that Coco needed to put her son standing on the toilet lid so that she could have enough space to wash him and get him dressed. After the birth of the baby sister, it became difficult for them to even move in the room. The cross beam and column of the room further reduced the space; they had to curl up to sleep and it was particularly difficult for her ill-health father. Above all, the biggest problem was the poor hygiene condition. Foul smell came from the toilet and would not go no matter how many times they flushed. On the days when there was no toilet water, the foul smell was so strong that it was hardly bearable for the four of them.

儘管現在已成功上樓，海梅也不時懷念在救世軍「住+」土瓜灣下鄉道社會房屋的日子。Although Coco, one of the ex-tenants of the To Kwa Wan Project of The Salvation Army 'Home Plus' Community Housing Movement, has successfully applied for public housing during her stay in Ha Heung Road and moved into a new flat at the end of 2020, she still keeps wonderful memory of Ha Heung Road.



## 遇上救世軍施以援手

因為生活環境不理想，加上學歷較低，那時的海梅比任何人都感到自卑，每天背着妹妹接送哥哥上下學時，都會匆匆趕回家，不想與他人接觸。有一位學校的家長注意到她，主動與海梅攀談，得悉她的處境後更介紹她尋求救世軍的幫助。最終，她遇上救世軍深水埗家庭支援網絡隊。

網絡隊的社工們均很熱心，會定期探望及慰問他們的情況，又幫助他們一家申請各種物資及津貼，如餸菜包等。「後來（2018年），下鄉道項目開始接受基層家庭申請入住，網絡隊的社工問我有沒有興趣。我那時很猶疑，因為才剛剛熟悉了現在居住的地區，又要搬去一個陌生環境，有點害怕。然而，他告訴我可先上去參觀，後再決定，所以最後我們一家還是上去了。一打開門，嘩！眼前一亮！我未見過這麼大、舒服的地方。」她的兒子也對下鄉道的單位一見鍾情，於是便嘗試申請，結果成功了，讓他們開心了半天。



數年前海梅一家租住深水埗區劏房，比任何人都感得自卑。  
Few years ago, Coco and her family lived in a sub-divided flat in Sham Shui Po, which made her feeling inferior to all others.

## The helping hand from the Army

The poor living environment and her own low education level became Coco's complex, making her feel inferior to all others. Every time she went out, with her daughter on her back, to send her son to school and pick him up, she would rush home afterwards to avoid any personal interaction. Her behaviour caught the attention of one of the parents, who then approached her and suggested that she could seek help from The Salvation Army after learning about her situation. At the end, Coco found the Army's Shamshui Po Family Support Networking Team.

The social workers in the Networking Team are enthusiastic, they paid regular visits to Coco and her family and help them to apply for various supplies and subsidies such as food pack. 'Later (in 2018), when the Ha Heung Road Project was open for grassroots families to apply, Networking Team asked if I was interested but I hesitated. I just got familiar with the area I was living in, and moving to another area sounded unsettling. But the social worker said I would first go to see the place before making any decision, so we all went to have a look. When the door opened, wow! We were wide-eyed with surprise! I have never seen a place so spacious and cosy.' Her son loved the Ha Heung Road flat so they applied for it, and the whole family was over the moon when they knew the application was successful.



「住+」團隊過往定期舉辦不少活動，拉近住戶彼此的關係，當中讓住戶交換物資。

The Project has been holding regular social activities to straighten the connections among the occupants. Among the activities, some include the exchange of useful items.





「住+」團隊社工阿基指出很多像海梅的基層家庭面對居住環境狹窄、欠衛生、租金昂貴等問題。

Kei, one of the social workers of the Project, said that many grassroots families like Coco's are facing issues like cramped living space, poor hygiene and high rent.

### 如天堂般的下鄉道 鄰里守望相助

海梅一家是首批入住「住+」的住戶。房子變得寬敞了，環境及衛生都較以前理想，住起來也更舒服了，海梅的爸爸終於能好好躺在床上，不用再曲著腳睡覺，一家人也因而舒坦了不少。為了讓各鄰里熟悉彼此，項目的社工團隊定期舉辦不少活動，如聚餐、電影會及戶外導賞等，讓住戶們聯誼及融入社區。海梅也因此認識了不少街坊，彼此聊天訴說近況，更不時交換有用物資：「大家都非常親切及熱心，有對夫婦曾送過鞋履給我的孩子們穿。我和兒子都很掛念他們，也特別想念社工舉辦的活動。最記得有一年的聖誕節，社工在附近牛棚藝術村舉辦尋寶遊戲，那是我們第一次去那個地方。」她在「住+」居住期間，更因為接觸到救世軍九龍城部隊（教會），開始建立信仰，部隊軍官（牧師）馬少校也不時關心他們一家。

「對我們一家而言，『住+』是一個天堂，那裡鄰里情既濃厚又溫暖，大家像弟兄姊妹般談天說地，兒子又認識了不少朋友，我們也開心了不少，那裡的點點滴滴都是值得回憶的。現在新的住所已經穩定下來，但總覺得與鄰居有隔膜。」她續說：「我真的很感激救世軍這些年來在我們困難的時候伸出援手，一直幫助我們，不然我也不知道要怎麼辦。」

### A paradise where everyone helps each other

Coco's family is one the first tenants of 'Home Plus' building. With bigger living space and better hygiene condition, their living quality improved greatly. Coco's father could finally lie well on bed without curling his body to sleep. The whole family was more relaxed both emotionally and physically. To allow the occupants to get familiar with each other and better integrate into the community, the social workers of the Project held various activities regularly, such as meal gatherings, movie nights and outdoor guided tours. Through these activities, Coco made friends with many neighbours. They shared with each other their latest news and exchanged supplies and goods. 'Everyone was tremendously nice and warm; once a couple has given my children some shoes. My son and I miss everyone a lot and we miss the activities the social workers organised. In one Christmas we went to Cattle Depot Artist Village for treasure hunt, it was the first time we visited the place.' During the days in 'Home Plus', she joined the Kowloon City Corps (Church) and started building faith. Major Ma, pastor of the Corps, has been caring for them.

'For us, "Home Plus" is a paradise. The connections among the neighbours were strong and warm. Everyone was like sibling and we talked about everything. My son has made many friends and we were much happier. Many tiny things in those days are memorable. Now, even we have been living in the new place for some time, we can still feel some distance between neighbours,' Coco said. 'I am really grateful for the help from the Army over all these years. They gave us a helping hand when we needed it the most and continue helping us; I don't know what we were going to do without them.'



## 住得有尊嚴 共建鄰里情

2018年，「住+」以「共住・共管・共生」為理念，以較相宜的租金提供適切的居住空間予基層家庭，讓他們住得有尊嚴。項目至今，共有約二十戶數像海梅一家在「住+」居住期間，成功過渡上樓，亦有不少新住戶不斷搬入短住。

項目團隊社工之一的阿基表示，很多像海梅的基層家庭除了面對居住環境狹窄、欠衛生、租金昂貴等問題，最大的困難是他們容易精神繃緊及產生強烈的孤獨感，與社區疏離。「一直以來，我們項目定期舉辦聯誼活動，拉近住戶彼此的關係，又與住戶協調，帶領他們自發處理大廈管理問題，增加住戶的歸屬感。我們又希望住戶回饋社區，於是邀請有一技之長的住戶做義工，如修理電器、開瑜珈班、辦雜耍班，住戶更自發形成互助網絡，會相互幫忙照顧小朋友等。」

項目於今年年尾結束，除了幫助部份住戶過渡上樓或跟進公屋輪候狀況外，也會為個別居民訂立個人化離宿準備，及為現時共居中的部分住戶做配對，看看會否繼續在新居所共住。



入住「住+」土瓜灣下鄉道社會房屋後，住戶的居住環境改善了不少。  
The living environment of the tenants has been improved after moving into the building of the Ha Heung Road Project.

## Living with dignity and building the neighbourly culture

In 2018, 'Home Plus', with the idea 'co-living and co-management', provided proper housing space at lower-than-average rent for grassroots families to help them live with more dignity. So far around twenty tenants, including Coco's family, have successfully made the transition during their stay in 'Home Plus' and were allocated public housing. Today, there are continuous arrangements to arrange new tenants to move in for short-term residency.

According to Kei, one of the social workers of the Project, many grassroots families like Coco's are facing issues like cramped living space, poor hygiene and high rent, among which the biggest issue is tensed mental state, strong sense of loneliness and alienation from the society. 'The project has been holding regular social activities to strengthen the connections among the tenants. We facilitated coordination among them and guided them to handle the building management on their own, with the aim to increase their sense of belonging. We also wanted to give them opportunities to contribute to the community by inviting them to be volunteers to help repairing electric appliances, giving yoga and juggling lessons. Further, the tenants had established a helping network among each other, like babysitting for one another.'

With the Project coming to an end later this year, the Project team will keep their work of helping tenants to apply for public housing and following up their housing application status, at the same time will help other tenants to prepare their leaving and work on matching some current tenants up with other new places to see if it is possible for them to co-live again.

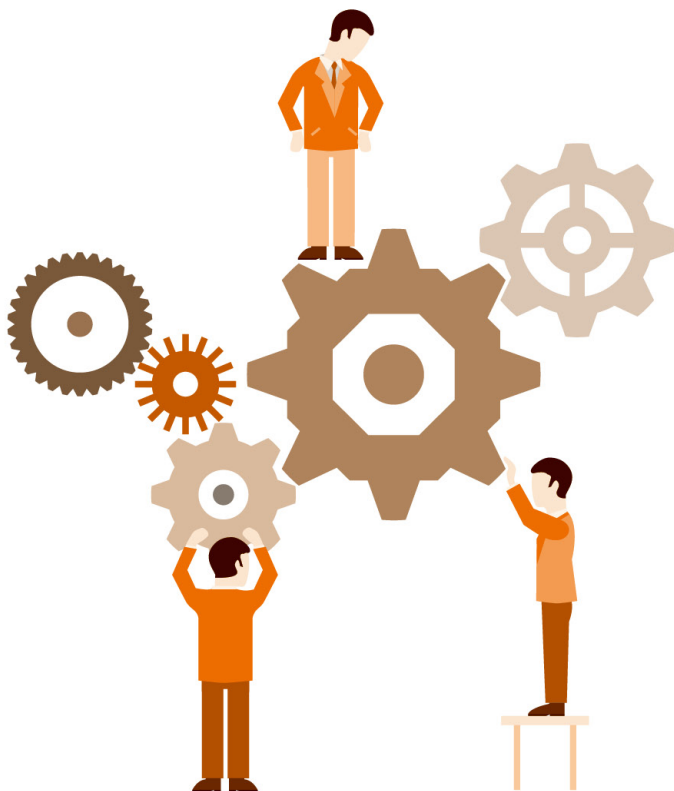


請掃描二維碼，觀看海梅親述以前的經歷。  
Scan QR code for Coco's story.

# 自閉症僱員 不乏優點

## Autistic employees have their strengths

梁美詩  
Ms. Leung May-sze  
救世軍天希中心職業治療師  
Occupational Therapist of  
The Salvation Army PATH Centre



「我想有規律的返工時間，如果要OT或有更改，希望可以預早知道」；「工作環境必須要安靜，最好坐在角落處」；「要給我清晰的指示，以及完成一樣工作才派遣另一樣，否則我擔心處理不來」；「我想操作工具多於要面對人們的工作」。以上都是自閉症人士對於未來工作的期望及心聲。

'I want to work in fixed hours; if there's any change in schedule or if overtime work is required, I wish to know in advance'; 'The work environment must be quiet and it is the best if I can sit in a corner'; 'I need clear instructions. Let me finish one task before assigning another one, or I may not be able to manage them'; 'I prefer operating equipment rather than handling people' - All these are the inner wishes and preferences of people with autism regarding their future work.

可惜的是，在現實社會中，僱主往往只是著眼於自閉症僱員的缺點，例如：想法固執、墨守成規、不懂得與同事溝通相處、容易與人產生磨擦……如果大家都能換個角度，欣賞自閉症譜系人士的特性和優點，例如跟從指示、守規則、忠誠工作、專注細節、不怕刻板或重複的工序等，就能讓他們在職場上發揮天賦及潛能。

自閉症譜系青年常有想法固執、做法死板的情況，換個角度來看，這些也可以變成優點。當自閉症青年酷愛一項事情，便會專心投入其中，樂於跟從指示，亦會忠誠地完成工作。如能就著他們的喜好或專長找到適合的工作，再加以適當的調節及支援，相信他們可以勝任。

自閉症譜系青年應該及早接受職涯規劃，增加對自我的職業性向及能力，以及對就業市場的需求及變化的認識。只要給予充分及適當的職前訓練，提升他們的社交溝通能力，再選配與他們能力及興趣相符的工作，便能讓他們裝備好去迎接職場上的挑戰。期望社會各界能給予機會、包容及支持，建立一個共融社會。

It is indeed a pity that in real life many employers focus on the weaknesses of autistic employees, for instance their stubbornness, sticking to routines, low social and communication skills, and the high tendency of having conflicts with others... But if we look at it from another perspective, we will see their special characters and strengths, such as good at following rules and instructions, loyal, attentive to details, and willing to perform monotonous or repetitive tasks, and they can shine with their talents and potential in workplace.

Young people with autism spectrum disorder (ASD) are often stubborn and rigid at work, but these character traits can be strengths with a change of point of view. When young people with autism are really interested in one task, they will be fully devoted to it, readily follow instructions, and duly complete it. When they find jobs that align with their interests or special skills, and with appropriate coordination and support, they can be competent at the tasks.

It is optimal for young people with ASD to receive career planning at an early stage. This will enhance their understanding of their own aptitude and abilities, as well as the needs and changes in the employment market. With adequate and proper pre-employment training, their social and communication skills can improve, and with career choices that based on job nature that matches their abilities and interests, they are equipped just as well to take up the challenges in the workplace. We hope there are more opportunities, tolerance and support in building an inclusive community across all sectors of society.

### 救世軍天希中心

為社會福利署資助的自閉人士支援中心，於 2020 年 3 月 31 日正式成立。中心主要為自閉症譜系障礙人士（下稱自閉人士）及其父母或照顧者提供支援服務，以及為康復服務及社會福利服務單位提供自閉人士專業支援及諮詢服務。本中心命名為「天希」，意即啟迪天賦，建立正向有希望的人生，英文名為 'PATH'，即 **Pathway of Talent and Hope**。

### The Salvation Army PATH Centre

With the subvention from Social Welfare Department, The Salvation Army PATH Centre, a support centre for persons with autism, began its operation since 31 March 2020. PATH Centre provides a range of tailored training and support services for persons with autism. The Centre also offers support to their parents / carers, and gives professional trainings and consultations to the frontline workers who serve persons with autism. The meaning of Centre's name 'PATH' is to enlighten the '**P**athway of **T**alent and **H**ope' for persons with autism and their parents/ carers through maximising their potential and building hope for their lives.





## 沿途有你 ALONG THE WAY WITH YOU

這張照片是我當日攝於龍鼓灘的，相片中的小孩一起挖蜆，挖到多少並不重要，但過程中朋友支持陪伴，卻是最為珍貴的。

我是上年（2020 年）十月才來到天希中心的會員，日子雖然不長，但天希中心對我來說，是一個總是有滿滿正能量的地方。

成長的路上，總有大小的難關要過。無論是生活自理、家庭關係、與朋友相處，或為自己做抉擇，若身邊有一個同行者，你總不會覺得孤單。

多謝中心同事的邀請，今年三月開始了一個以「會員主導」及以攝影為主題的活動。當中，我們不分彼此，分享自己，了解自己，表現自己，然後實現自己。我們的會員看起來好像說話不太多，但心中的想法卻挺多，只不過我們轉一個方法去引導他們表達自己，讓他們看到自己不一樣的一面。

希望日後在天希中心會有更多的互助小組活動，和大家一起玩樂、分享和活動。

This photo was taken on that day when I was at Lung Kwu Tan. The children in the photo were digging clams at the beach. They didn't actually care how many clams they got as they were having good time together. It's so true that the most precious thing is the support and the company of friends.

I became a member of The Salvation Army Path Centre last October (2020). It has not been long, but to me, the Path Centre is a place filled with positive energy.

Growing up it is inevitable for us to encounter obstacles: daily life and self-care challenges, relationship with family and friends or countless moments that we need to make decision for ourselves. If there is someone to walk with us on the way, we can feel supported and accompanied.

Thanks to the invitation from the Centre's staff, we launched a member-centred photography programme in March. In the programme we opened our hearts to each other as we went through the process of sharing, understanding, expressing and ultimately fulfilling ourselves. Our members may seem quiet, but they do have many thoughts and ideas. When we guided them to express themselves in another way, they saw a different side of themselves unveiled.

In the future, I hope the Path Centre will organise more mutual help groups and activities for us to gather, share and have fun.



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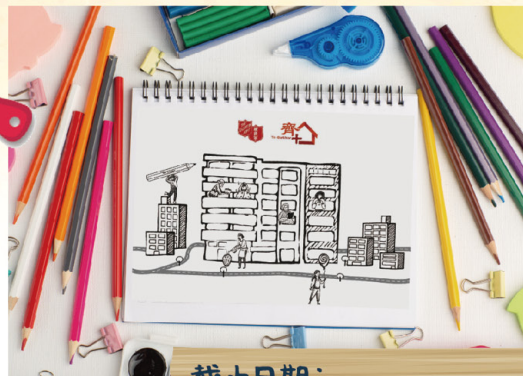
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2

## 合作夥伴





## 「香港安老院舍完善人生關顧計劃」國際研討會

### 'Palliative Care in Residential Care Homes for the Elderly' International Symposium

「香港安老院舍完善人生關顧計劃」與香港大學秀圃老年研究中心於 5 月 12 日合辦「為人之道」長者臨終照顧新模式 - 「核心支援模式」及疫情下的挑戰國際研討會，邀請各地專家分享臨終照顧新模式及如何克服疫情下的挑戰。救世軍港澳軍區總指揮李光秋上校感激各捐助機構及合作伙伴對院舍推動新臨終照顧服務模式上的支持。

'Palliative Care in Residential Care Homes for the Elderly' co-organised 'International Symposium on Promoting Personhood for Older Adults at End Stage of Life (CORE-UPHOLD Model) and Challenges during the COVID-19 Pandemic' with Sau Po Centre on Ageing of The University of Hong Kong on 12 May, inviting professionals worldwide to share their expertise and how they overcome challenges



in the pandemic. Lieut-Colonel Bob Lee, Officer Commanding of The Salvation Army Hong Kong and Macau Command, expressed his gratitude to the contribution of sponsors and work partners in supporting residential homes in developing the new mode of palliative care.

## 「在乎你」家庭支援計劃

### 'Care About You' Family Support Project

「在乎你」家庭支援計劃於過去一年為超過 80 個育有特殊需要兒童的基層家庭提供服務。計劃透過網上支援、個案輔導、家長小組及親子活動，協助有需要的家庭建立支援網絡。計劃踏入第二年，將推出教育短片讓大眾更了解特殊需要兒童及其家庭的需要。

The 'Care About You' family support project served more than 80 low-income families with special needs children over the last year through online support service, individual counseling, parent support groups and parent-child activities. Stepping into the second year, the project targets to enhance public understanding on special needs children and their families with a series of educational videos.



## 克己運動 2021

### Self-Denial Appeal 2021

承接去年的「克己運動挑戰日」，今年救世軍推出「克己熱舞團」，為印度北部、巴布亞新幾內亞及所羅門群島、盧旺達及布隆迪、坦桑尼亞和澳洲祈禱及介紹他們的特色舞蹈，鼓勵大家更深入認識其文化；並透過舞蹈強健體魄，增強抵抗力。

Following the Sports Challenge Day of last year, The Salvation Army introduces the 'Let's Dance Campaign' in 2021. By praying for countries and regions, including North India, Papua New Guinea and Solomon Islands, Rwanda and Burundi, Tanzania and Australia, and introducing their dances, participants were invited to gain a deeper understanding of these cultures as well as to boost physical health through dancing.



## 夏季衣物回收

### Summer Clothes Collection

即將踏入夏季，救世軍循環再用計劃鼓勵市民將八成新及乾淨的夏季衣物捐贈到 4 個物資回收點或各區的家品店，實踐環保減廢的同時，幫助更多有需要人士。

Summer is just around the corner. To further promote waste reduction and help those in need, The Salvation Army Recycling Programme encourages the public to donate summer clothes which are clean and gently used to 4 collection points or our Family Stores.

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FULFILLING ELDERLY'S WISH  
OF REVISITING CHURCH

# 重遊舊地 為長者圓心願





對於體弱而需入住院舍的長者，我們會比較關注他們身體的需要，有時或會忽略他們心靈的需要。今期特稿的主角救世軍德田長者之家院友方伯，透過本軍的香港安老院舍完善人生關顧計劃（計劃）、院舍同工和家人的幫助，完成了一個讓他心靈滿足的願望。

年幼時雙親不幸去世的方伯，由養父母養大。那個年代物質匱乏，小時候的方伯隨養父母到教會領取物資，就這樣認識了基督教信仰。及後他成為一位虔誠的基督徒，一直都有參加教會聚會，直至晚年因為身體轉差，要入住院舍，以致較難恆常外出返教會，屬靈生活主要參與院舍的宗教活動。有次舊教友探訪時間他是否想返教會聚會，令他萌生起重回一次自己熟悉教會的願望。

2018年12月，計劃同工在方伯所住院舍舉行生死教育講座，鼓勵院友積極作晚晴規劃，並及早實現心願，好讓人人生了無遺憾。就在那次，方伯向計劃同工透露心願。院舍得知方伯的心願後，經家人同意下轉介方伯至計劃「伴你心中願」支援服務，希望協助方伯重回教會。

### 用心安排

由於方伯不良於行，需要以輪椅代步，加上患有高血壓、腎病等慢性疾病，未知身體狀況能否支持他由院舍往返教會並參與聚會。同工先邀請院舍護士和物理治療師為他進行身體評估，感恩評估結果理想，令本來有些顧慮的家人都能放心支持。與此同時，同

In residential home, sometimes we may be too focused in taking care of the physical needs of weak elders and forget their hearts also need nourishment. This issue of Special features Uncle Fong, a resident in Salvation Army Tak Tin Residence for Senior Citizens - with the help of the Army's project Palliative Care in Residential Care Homes for the Elderly (the Project), his residential home and his family, Uncle Fong had one long-awaited wish fulfilled.

Uncle Fong became an orphan in young age and was raised by adopted parents. In the old days when the society was not affluent, Uncle Fong had been going to church with his adopted parents to obtain materials and it was how he got to know about Christian faith and later became a devoted Christian. He had been going to church meetings until his health deteriorated and moved into residential home. After that it has become more difficult for him to go out regularly for church, and he keeps his spiritual practice mainly through the residential home's religious activities. Once an old friend from the church paid him a visit and asked if he was interested in joining a church meeting, giving him an idea to revisit the church that he was once so close and familiar.

In December 2018, the colleagues from the Project held a talk on life and death education in Uncle Fong's residential home. The aim of the talk is to encourage residents to make active planning of their late life and take action to fulfil their wishes to make life regretless. Uncle Fong told the colleagues his wish of revisiting church and when his residential home learnt about it, they referred Uncle Fong, after obtaining the consent from his family, to the 'fulfilling your wishes' services of the Project, and all parties worked together to help Uncle Fong to revisit his church.

工又與方伯的教會聯絡，以了解聚會程序及教會所在的建築物是否有無障礙設施等。

萬事俱備，本已擇下方伯重返教會的日子，可惜因他突然要入院而延遲了，原來要助長者完成一個看似小小的心願也不容易。感恩他不久就出院，院舍重新為他作身體檢查和評估後，2019年5月19日那天，在計劃同工及家人的陪同下，他終於可以如願返教會。他更透露在返教會前一晚興奮得睡不着！

### 讓人生無憾

這趟「旅程」來得不易，院舍及計劃同工、家人及教友均非常重視。甫抵步，闊別多年的教友紛紛趨前寒暄問候，幫手推輪椅的同工差不多每推兩步便要停下來。希望與他合照的教友排成一條「長龍」。對於當日教友的熱情，方伯仍然歷歷在目：「那天見到很多熟悉的弟兄姊妹，他們為我祈禱，又與我合照，我覺得好開心！」

教會的屬靈氣氛，加上教友的彼此相交，令方伯重溫以往返教會敬拜和禱告的時刻，享受一個別具意義的主日崇拜。「以前隨時都可以返教會，現在自己年紀大了，行動不便，不能隨心所欲，所以特別珍惜可以返教會的機會！」

事隔兩年，他仍不時想起當日的情境。救世軍香港安老院舍完善人生關顧計劃隊長陳浩光相信，對不少長者來說，能重返充滿回憶的地方其實很有意義，亦可讓長者覺得人生圓滿無憾；而對家人而言，一同實現長者的心願可以提升家人之間的親密度，並留下美好回憶。看過方伯圓心願的故事，希望能啟發我們多關心身邊長者的身心靈需要。

### Attentive arrangement

Uncle Fong's activities are limited by his physical conditions and is wheelchair-bound, and with high blood pressure and chronic illness such as kidney disease, it was not sure if his body was fit enough to allow him to go back and forth the church and participate in the meeting. Our colleagues first asked the nurse and physiotherapist of the residential home to conduct an assessment on Uncle Fong's body condition and were happy that the results were satisfying. This cleared the concern of Uncle Fong's family and gained their full support for the plan. Our colleagues also contacted Uncle Fong's church in advance and obtained a good understanding of the meeting rundown and whether the building where the church is located was equipped with barrier-free facilities.

Everything was ready and the date of Uncle Fong's visit was set, but the plan was set back since Uncle Fong needed to go to hospital suddenly – it was never certainly easy for elderly to get their wishes fulfilled even the wishes may seem simple and easy. Fortunately, Uncle Fong was discharged from hospital soon later, and after another round of physical check and assessment, on 19 May 2019, with the company of our colleagues and his family, Uncle Fong went to his church once again. He said he was so excited he couldn't sleep the night before!

### Leaving no regrets

This 'trip' to church was not easy, everyone including the colleagues from the residential home and the Project, Uncle Fong's family and the friends in church treated it with great importance. When Uncle Fong arrived, his friends from church who had not met him for years all gathered around him to greet him and send their regards; the colleague who pushed the wheelchair-bound Uncle Fong into the venue had to stop every two steps. There was even a long queue as so many friends wanted to take photos with him. The warm and enthusiastic reception of his friends was so unforgettable for Uncle Fong, 'I met many familiar faces that day. They prayed for me and we took photos together. I was so happy!'



The spiritual atmosphere in the church and connection with church members brought Uncle Fong back to the days when he went worship and praying in church, and on that day he enjoyed a meaningful Sunday worship. 'In the past I could go back to church whenever I wanted. Now in old age my activity is restricted and cannot always go to places that I want to go, so I treasured this visit very dearly!'

It has been two years since the visit and he still thinks about that day from time to time.

Bobby Chan, team leader of the Army's project 'Palliative Care in Residential Care Homes for the Elderly', believes it is very meaningful for many elderly to revisit places that are special to them and the visit can complete their lives. Families can also strengthen the bond and create new beautiful memories with elderly by revisiting those places of special memory together. We hope Uncle Fong's story can inspire more of us to care more about the needs of body, mind and soul of elderly.

### 救世軍香港安老院舍完善人生關顧計劃

本計劃由 "la Caixa" 基金會及東亞銀行慈善基金捐助，於院舍及社區為長者拓展臨終照顧服務。我們需要有志參與晚期照顧的義工，協助推行「伴你心中願」支援服務，旨在陪伴體弱長者完成未了心願，安排外出或特別活動，締造難忘回憶。歡迎你掃描 QR Code 填寫「義工登記表」，如有義工訓練或相關服務消息，會盡快通知。你亦可透過以下平台追蹤「完善人生」計劃最新動向：

### The Salvation Army Palliative Care in Residential Care Homes for the Elderly

Sponsored by "la Caixa" Foundation and The Bank of East Asia Charitable Foundation Limited, the Project aims to develop palliative care services for elderly both in residential homes and in general public. We need volunteers who are interested in elder care to support our 'fulfilling your wishes' services, whose aim is to help physically weak elderly to fulfil their wishes and create memorable experiences through outings or special activities. You are welcome to scan the QR code and fill in the registration form so that we can contact you with latest volunteer training information or other related service news. You can also follow the news of the Project through the following social media platforms:



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