

MAGAZINE

CFSC

Collaborate for a Better City



健康



封面人物

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過去數個月，香港人一起經歷了一場前所未見的疫情。新冠肺炎病毒的出現，打亂了香港人的日常生活規律，面對被感染甚至死亡的威脅，搶購口罩、停工停課、居家抗疫，為了家人，為了自己，在疫情期間，不少人對健康有了新的體會。

人與人之間必須保持社交距離，但關心卻是零距離；在抗疫期間，我們得到不少機構及企業的熱心捐贈和協助，為社會上的弱勢群體，包括長者、殘疾人士和基層家庭提供抗疫物資和資助，大家攜手對抗疫情。今期CFSC Magazine的主題正是大家熱切渴求的「健康」，我們特別走訪殘奧會劍擊金牌得主余翠怡，分享她練就健康人生的心得；11歲患上骨癌，13歲切除左腳，她走的每一步都比別人艱難，她卻選擇不斷挑戰自己，走出健康精彩的人生。

「健康」是CFSC其中一項重視的核心價值。意識到實踐健康生活的重要性，我們的醫療健康服務特別組成多元化的醫療服務團隊，齊備社區的需求。除了推廣基層健康，我們亦特別關顧癌症病患者，更連結社區上具經驗的機構及組織，希望在抗癌的長久戰中，能夠與他們「攜手同行」。

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余翠怡

練就健康人生

當全球遇上世紀疫症，保持身體健康不止是個人的事，也是一種社會責任。如今世界幾乎停擺，為的就是「健康」二字。

健康的可貴，香港輪椅劍擊運動員余翠怡從小已有深刻體會，11歲患上骨癌，13歲切除左腳，成長過程可以是一齣悲劇，她卻選擇挑戰自己，「人生有好多事可以變，雖然我有癌症，但我的人生不一定是灰色，我可以選擇添加不同的色彩。」

今日的余翠怡，時刻散發正能量，在世界爆發健康危機之際，她勉勵大家嘗試放鬆心情，欣賞平日無暇留意的人與事。所謂醫病先治心，內外平衡，方能活出健康人生。



◀ 余翠怡曾代表香港參加雅典、北京、倫敦、里約四屆殘奧會，共奪得11面獎牌，是累積獎牌最多的香港選手。（左：相片由《體路 Sportsroad》提供）

Alison competed in the Athens, Beijing, London and Rio Paralympic Games, where she has bagged 11 medals and became the top Paralympic medal-winner in Hong Kong (Left: photo taken by "Sportsroad")

有「輪椅劍后」之稱的余翠怡，曾代表香港出戰四屆殘奧會，共奪得七金、三銀、一銅的佳績；今年已取得足夠積分出線東京奧運，惟受疫情影響，暫時休息。「劍擊一直在我生命中不斷出現，從未試過放低，平時星期一至五都要練習，放假約朋友見面，或忙於辦理其他瑣事，所有時間都被佔據，但今次是真正正正的休息，就像心靈放假，多了時間在家吃飯，與家人相處。」

曾經身患重病，余翠怡特別懂得珍惜健康及身邊人，「人與人之間的感情需要保養，親人也一樣，記得我患病時媽媽每日到醫院探望，不管打風落雨照樣煲湯給我。她曾經說過最討厭由家中出發到威爾斯醫院的路程，因為每次經過都會想起以前探病的日子，是非常痛苦和折磨的回憶。」

以往余媽媽要外出工作，兩母女不算親密，但共同跨越難關，感情漸見親厚，尤其近來日夕相對，慢慢培養出默契。她笑着抗議：「在疫情下不能到健身室做

運動，我就在家鍛練，偶然拍片在網上分享，媽媽每次都成為片中的路人甲，但朋友都喜歡看媽媽出鏡，我完全沒人理會！」

清理情緒櫃

對余翠怡來說，健康人生包括兩大範疇，一是身體健康，二是心理健康。「我們甚麼時候才意識到健康的重要？通常是即將失去或已經失去時才發覺。保持身體健康需要適量運動，一星期做三至四次中強度運動，做的時候要氣喘，所以打麻雀不算，因為打麻雀只會心跳不會氣喘！」

相比之下，余翠怡認為更重要的其實是心理健康，一個外表健康的人，內在可能有很多問題，需要學會適時抒發情緒。「我的方法是跟自己說話，有些人遇上問題，覺得難以解決便塞入櫃內當沒事發生，但多大的櫃也會有爆滿的時候，我閒時會清一清情緒櫃，有生氣的事會先發洩，可以喊，也可以食餐好，只要不傷害人或傷到自己，之後再回歸理性，思考解決方法。」

最近令她生氣的事，是玩電動時遇挫，氣得她幾乎想棄掉原有遊戲重頭再玩。「冷靜下來想想，其實打機與人生有幾分相似，當我們遇到挫折、污點時，第一時間想抹掉，或推倒重來，但很多事情沒有第二次機會，有錯只能提醒自己不能再犯。打機是不斷挑戰新level，每個階段有不同的難關要闖，成功解決便跳去另一level，但去到新level一樣有其他難關，這是人生的學習過程。」

逆境奮戰

天生樂觀積極，在人生路上奮戰多個回合，戰勝病魔，也戰勝運動場上無數對手，究竟余翠怡如何在困境中長期保持鬥志？「一個人必須有期盼，例如去某處旅行、見一個人，或擁有一件物品，人要有希望才有動力。」她近年開始挑戰極限運動，兩年前在杜拜初嘗跳傘後一直念念不忘，「當螺旋槳飛機不斷上升時我開始緊張，到跳下去時大約有十秒離心力，然後很快便開傘定位，這是相當特別的體驗，我計劃明年東京奧運後再去杜拜跳多次！」小小的心願，足以帶領步伐朝着目標前行。



◀△ 余翠怡特別懂得珍惜健康及身邊人，她與媽媽一起經歷了癌症難關，感情深厚。

Having survived cancer with her mother's support, Alison prioritises her health and those around her, and has established an enduring bond with her mother.

今日看來，擁有健康、榮譽、事業的余翠怡似是人生勝利組，但幸運源於不幸，她感恩自己一路走來得到不少支持和機會，小時候患病，身邊有家人、老師、社工及慈善機構的陪伴及幫助。「癌症在40年前是絕症，在20年前是重病，到現今醫學昌明，治療方法愈來愈多，藥物的副作用大大減低，病人身體上所受的痛苦相對較少，因此在面對頑疾時，心理和經濟支援顯得更加重要。」她希望將個人經驗與更多人分享，早前於基督教家庭服務中心（CFSC）舉行的「全港兒童及青少年精神健康校園約章閉幕禮」上分享她的正向人生故事，又為《第七屆正能量青年選舉》擔任評判，鼓勵年輕人持續發揮正能量，為實踐目標而努力。

作為過來人，余翠怡切身感受在逆境中有人攜手同行的重要，「我是兒童癌症患者，11歲的小朋友至少不用擔心醫療費用，但成人患者有經濟、工作和家庭壓力，需要多方面的支援，令他們明白身邊有人支持和陪伴，有外界的幫助，加上自己的努力，未來的路才得以建立。」

Alison YU

Fighting her way to a healthy life

As the world is gripped by a once-in-a-century pandemic, maintaining physical health is now a matter of social responsibility that lies beyond the personal realm. In today's context, it seems fitting that the world has come to a near-standstill – all in the name of health.

Hong Kong-based wheelchair fencer, Alison Yu, developed a profound understanding of the value of her health from a young age. After being diagnosed with bone cancer at the age of 11, Alison had part of her left leg amputated when she was 13. Her childhood was what one might call a tragedy, but she has nonetheless ventured on a boundary-pushing journey: “Life is full of uncertainties. Having cancer does not mean my world is drained of colour. I can still paint my life with the colours I want.”

Today, Alison radiates positivity wherever she goes. With the public health crisis unfolding throughout the world, her advice is to relax and take notice of the people or things that often go unnoticed in our busy lives. It is important to heal your mind before healing your body. A balanced body, mind and soul are the keys to a healthy life.

▼ 世界因防疫而停擺，平日忙於訓練的余翠怡表示，終於放慢腳步，學會欣賞身邊的環境和事物。

As the world has come to a standstill amid the outbreak, Alison, an athlete with a hectic training schedule, has finally been able to slow down and appreciate the things around her.



Hailed as the “Queen of Wheelchair Fencing”, this Hong Kong athlete is a four-time Paralympian with seven gold, three silver and one bronze medals under her belt. Despite having scored enough to qualify for the Tokyo Olympics, she is now taking a break due to the coronavirus outbreak. “Fencing has never been absent from my life. It’s something that I’ve never stopped doing. I used to train Monday through Friday. On my days off, I would either hang out with friends or get wrapped up in errands. My schedule was always full to the brim. This is an occasion for me to get some solid rest, which is like a vacation for my soul. I get to spend more time with my family at home and around the dining table.”



Once critically ill, Alison knows full well the importance of maintaining good health and appreciating her loved ones. “Relationships take an effort to maintain. Family is no exception. When I was hospitalised, my mum came to visit me every day with a bowl of homemade soup, rain or shine. She once told me that she hated the route from home to the Prince of Wales Hospital the most, because it reminded her of those hospital visits every time she passed by. Those days were painful and agonising to her.”

The mother and daughter have not always been so close, as Alison’s mother used to work outside the home all the time. While weathering their storms pulled them closer together over the years, being cooped up at home 24/7 has gone even further, putting them on the same wavelength as time passed by. Alison complained, in jest: “Since hitting the gym is out of the question because of the coronavirus, I’ve been training at home and posting my workout videos online from time to time. My mum was always making an appearance in the background, and all my friends have loved her cameos, so much so that I’m practically invisible to them!”

△▷ 經歷癌症、截肢，再登上世界頒獎台，余翠怡一步步朝着夢想前行，創造出不一樣的人生。

From surviving cancer and leg amputation to becoming a world champion, Alison is striding towards her dream one step at a time, living a life unlike any other.



Decluttering your store of emotions

To Alison, maintaining a healthy life is two-fold: it involves both our physical and mental health. “When do we truly realise the importance of health? Most of the time, we do so only when it’s already lost or about to be lost. Maintaining physical health requires a sufficient amount of exercise. Moderate-to-vigorous exercise should be done three to four times a week. Mahjong doesn’t count, because exercise should get you breathing harder. Mahjong does not do this; all it does is make your heart race!”

Alison also identifies mental health as the more important matter. People who look outwardly healthy could be suffering from a great deal of internal struggles. It is important that they learn to release their pent-up emotions, whenever necessary. “My way around this is to have conversations with myself. When they are confronted with a tough problem, some people simply stuff their emotions into an imaginary box and pretend that everything is fine. But any box, no matter the size, will overflow sooner or later. I try to declutter my box from time to time. When something ticks me off, my first reaction is to let out my anger — whether that means crying or tucking into a nice meal — as long as it doesn’t hurt myself or anyone else. The next step is to return to a rational view and search for the solution.”

One recent experience that irked Alison was the frustration she felt playing a video game. She was on the verge of deleting all her progress and restarting from scratch. “I came to my senses and realised that video games are somewhat similar to life. When we get frustrated or see a stain on our canvas, we are immediately tempted to remove the stain or to hit the restart button. But a second chance doesn’t always come our way. We can only remind ourselves to never make the same mistake twice. Gaming is all about tackling new levels. You work your way up from one level to the next, only to find a new challenge at every step of the way. It’s like the process of lifelong learning.”

▶ 余翠怡選擇挑戰自己，成為香港輪椅劍擊運動員。

Alison ventured on a boundary-pushing journey and became a Hong Kong-based wheelchair fencer now.



Stay strong in adversity

A cancer survivor turned world-champion athlete, Alison has fought through many battles in her life and in the sports arena with her innate optimism. How does she keep her chin up in times of adversity? “You need to have something to look forward to, be it a place to visit, someone to meet, or something to get your hands on. There’s no motivation without hope.” In recent years, Alison has ventured into the world of extreme sports. She has been itching for another go after getting her first taste of skydiving in Dubai two years ago. “I started getting nervous when the propeller plane was ascending. After the jump, there were around 10 seconds of free fall before I could open my parachute for positioning. It was a unique experience. I plan on skydiving again in Dubai, after the Tokyo Olympics next year!” It is a simple wish, but it is enough to keep her working towards her goal.

▲ 余翠怡近年開始挑戰極限運動。

In recent years, Alison has ventured into the world of extreme sports.

Today, it may look like Alison has won the lottery of life, as she is blessed with health, honour and a successful career. Yet, her fortune is rooted in misfortune. She is grateful for the generous support and opportunities that she has been given along the way. When Alison was young and severely ill, she enjoyed the help and companionship she received from her family, teachers, social workers and charities. “Cancer was an incurable disease 40 years ago and a severe illness just 20 years ago. Now, new treatments are emerging with the advancement of modern medicine. Patients experience much fewer side effects and less physical discomfort from the treatment drugs. This makes providing psychological and



◀ 2017年12月到杜拜初嘗跳傘，結果一試上癮，計劃明年東奧後再度挑戰。

In December 2017, Alison tried skydiving for the first time in Dubai. She has been obsessed with it since then, and plans on taking a second dive after the 2021 Tokyo Olympics.



▲ 余翠怡戰勝癌症，感恩人生路上得到不少支持和機會。

Alison overcame cancer and grateful for the support and opportunities that has been given in her life.



▲ 除了運動員身份外，余翠怡還身兼電台體育節目主持人，以及劍擊學校創辦人。

Alison wears many hats: in addition to an athlete, she is the host of a radio sports show and founder of a fencing academy.

financial support to chronically ill patients all the more important.” Hoping to help others through her personal experience, Alison shared her story of positive living at the Mental Wellness School Charter Closing Ceremony held by the Christian Family Service Centre. She also sat on the judge’s panel for the 7th Positive Youth Award, where she encouraged young people to keep their positive outlook and strive for their goals.

Having been through it all herself, Alison knows all too well the importance of companionship in times of adversity. “I was a patient with childhood cancer. At the age of 11, at least I did not have medical bills on my list of concerns. But adult patients carry a financial, occupational and family burden. Assistance should come from all sides to show them that they’re supported and in good company. External help, along with one’s own hard work, is what paves the way to a bright future.”

攜手相伴 實踐健康目標

在生命的長跑中，健康才是致勝關鍵。獲得真正「健康」的秘訣，不外乎多運動、注意飲食、遠離煙酒、關注壓力、保持良好生活模式。追求健康，除了自身努力，外力支援亦很重要。基督教家庭服務中心（CFSC）為市民提供多元化醫療健康服務，並透過跨機構合作，照顧病者及其照顧者的身、心、靈需要，積極攜手抗病。

△ (左) 香港防癌會主席朱楊珀瑜女士及(右) CFSC總幹事郭烈東先生代表兩間機構簽署協作。

(Left) Mrs. Patricia Chu, Chairman of the Hong Kong Anti-Cancer Society (HKACS); and (Right) Mr. Kwok Lit-tung, Chief Executive of the CFSC, signing an agreement for service collaboration.



「疾病有千百種，健康卻只有一種」，追求健康是不少人的終身挑戰。CFSC很多年前已意識到實踐健康生活的重要，並開展基層醫療服務，在社區推動健康教育和支援的工作。面對新冠肺炎的新挑戰，中心持續向有需要家庭派發口罩、搓手液、防疫訊息和防疫包，與大眾攜手捍衛健康。

多元化醫療服務

健康的前提是預防，提高健康意識變得很重要，CFSC總幹事郭烈東先生指，CFSC的社區基層醫療服務着眼於健康教育和預防疾病，轄下的醫務所提供多元化服務，包括「註冊西醫門診、疫苗注射、身體檢查計劃、公私營協作項目、護士診所等，鼓勵市民定期量血壓並提供藥物諮詢，建立健康生活習慣，繼而幫助市民及早識別身體異常。」

除了西醫服務，CFSC與醫院管理局及香港中文大學三方營辦位於牛頭角、服務觀塘區的中醫診所。此外，機構還設牙醫、物理治療、足病診療、心理治療、院舍外展醫生到診服務，以至營養輔導等，組成多元化的醫療服務團隊，全面回應社區的需求。



▲ CFSC設有中醫門診、牙醫、物理治療、心理治療等。

CFSC also provides Chinese medicine outpatient services, dental care, physiotherapy and psychotherapy, among other services.

跨界別攜手抗癌

說到都市人的健康威脅，癌症一直是「頭號殺手」，戰癌是一場長期戰，對癌症患者及家庭的持續支援尤為重要。於2015年開始，CFSC與香港防癌會得到香港賽馬會慈善信託基金的資助，合作推行的「賽馬會『攜手同行』癌症家庭支援計劃」，透過跨機構合作，為病者及家人提供更全面的癌症支援服務，協助癌症患者及家庭積極面對人生。



▲ 朱楊珀瑜女士認為CFSC服務多元化，有強大地區網絡，可接觸到社區有需要的癌症患者。

Mrs. Patricia Chu believes that CFSC's diversified services and strong regional network help it to reach out to cancer patients in need within the community.

所謂「攜手同行」，除了與病人及家屬攜手同行，亦連結了社會不同界別及機構一起攜手抗癌。「防癌與治癌的工作並非單一機構可以完成，需要政府、非政府機構、社會大眾，以及醫療系統人士一起合作。」香港防癌會主席朱楊珀瑜女士說，「一加一絕對大於二」，香港防癌會希望連結更多志同道合的非政府組織(NGO)一同協作，在尋找合作夥伴的時候，就想起CFSC，「CFSC歷史悠久，服務多元化，以家庭作本位，在地區上有很高的認受性，亦願意創新，兩間機構一拍即合。」她說，CFSC擁有強大的九龍東地區網絡，接觸到真正有需要的社會人士，且與地區組織如聯合醫院有緊密聯繫，很多癌症病人的個案正是來自觀塘區；CFSC多元化的服務經驗亦可應用在這項計劃上，為病人提供社區支援。

郭烈東先生亦指，兩間機構的協作運用了各自的強項，成為病人艱辛抗癌路上最堅實的後援。防癌會專長於照顧癌症病患，除了擁有強而有力的醫療團隊，提供很多癌症的護理資訊，同時亦有豐富資源為有需要的癌症人士及家庭提供支援，「CFSC過往主要負責管理、轉介個案，現時，透過兩間機構的互助支援，CFSC也直接照顧癌症病患個案，同時亦運用了我們過去個案管理的知識、經驗以及地區網絡等，令CFSC在照顧癌症病人方面有一個新面貌。」



▲ 郭烈東先生認為，跨機構的合作模式，對機構及服務使用者帶來更大裨益。
Mr. Kwok believes cross-organisational cooperations could benefit more for both organisations and services users.

一對一針對性支援

「攜手同行」作為一對一的計劃，注重以實證經驗支援癌症病人，至今已支援5,600多個癌患家庭。計劃會安排一個社工或護士跟進個案，亦因應個案的身體狀況及家庭需要作出跟進支援。CFSC服務總監（健康、環境及創老工作室）陳鳳雯女士指出，「攜手同行」計劃會協助個案尋找社區資源應付抗癌過程中的實際需要包括經濟援助，並協助安排進出醫院的交通工具以至家居清潔服務等，又會透過CFSC的基層醫療健康服務，如中醫、物理治療及飲食營養諮詢等，減輕癌症治療的副作用。

與「癌魔」搏鬥除了經濟上的負擔及社區支援，癌症患者在生理、心理、以至社交上的支援尤為重要。朱楊珀瑜女士強調：「從過往經驗，癌症不單影響病人的情緒，也影響病人的日常生活、工作以至家庭關係，高齡病人更面對與照顧者互相照顧的問題。這一連串由醫療至康復，以至康復後如何面對癌症的陰影，這些都是『攜手同行』計劃所著力的地方。」

朱楊珀瑜女士期望，未來可加強資源及宣傳工作，更關注癌症病人在康復後仍要「與癌共舞」的需要，「我們希望除了在他們治療過程上幫助他們，將來他們康復後繼續『戰癌』的路途上，也可繼續給予他們更多支援，增強他們面對癌症的能力，重過有質素的生活。」

「攜手同行」計劃不但聯結了兩間NGO，亦連結了更多資源及社區攜手同行。朱楊珀瑜女士認為，未來的戰癌工作更不限於香港各界的合作，要與世界接軌，藉不同層面的協作，攜手共建健康。

Walking Hand-in-Hand towards Health Goals

Good health is the key to victory in the marathon of life. Everything from regular exercise, a balanced diet, abstinence from smoking and alcohol, and stress management to sustaining a healthy lifestyle are the open secrets in the recipe for true health. Yet, the pursuit of health relies as much on external support as it does on personal effort. By offering a variety of medical and health services and working closely with other organisations, Christian Family Service Centre (CFSC) attends to the mind, body, and soul of each patient and their caregivers, supporting them in the active battle against illness.

As the saying goes: “There are a thousand kinds of illnesses, but only one kind of health”. To many, the pursuit of health is a lifelong struggle. Having realised the importance of practising a healthy lifestyle, CFSC began to roll out primary care services, initiate health education and support services in community many years ago. In the face of the COVID-19 crisis, CFSC has joined the public in fighting the pandemic, by constantly distributing care packages that include face masks, hand sanitiser and anti-epidemic information to households in need.



△ (左) CFSC服務總監 (健康、環境及創老工作室) 陳鳳雲女士與朱楊珀瑜女士。

(Left) Ms. Angel Chan, Programme Director (Health, Environment and InnovAge) of CFSC and Mrs. Patricia Chu.



- ◀ CFSC醫療健康服務編制了「徒步九龍東」地圖，鼓勵長者多走多動。CFSC health services created a healthy walking map for Kowloon East to encourage elders to walk and stay healthy.

Diversified Medical Services

Prevention is a cornerstone to health, and the promotion of health awareness is paramount and irreplaceable. According to Mr. Kwok Lit-tung, Chief Executive of CFSC, the Centre's community medical services are centred on health education and disease prevention, with medical clinics that offer comprehensive care to patients. "At our clinic, we provide medical care, vaccination programs, public private partnership (PPP) programs and nurse-led clinics, among other primary care services, we encourage members of the public to have their blood pressure checked regularly and to develop a healthy lifestyle. This helps them detect any physical abnormalities as early as possible."

醫務所到校為小學生接種流感疫苗。▶
Medical Clinic providing onsite seasonal vaccines for primary school students.



In addition to regular medical services, CFSC has partnered with the Hospital Authority and the Chinese University of Hong Kong to operate a Ngau Tau Kok-based Chinese medicine clinic that serves the residents of Kwun Tong District. Other available services include dental care, physiotherapy, podiatry, clinical psychological services and visiting medical practitioner services (VMPS) and nutrition counselling. A diversified health care team has been formed to address the comprehensive needs of the community.



△ 中醫師舉辦講座。
Chinese medicine practitioners delivering a health talk.

Cross-Sectoral Cooperation to Combat Cancer

Cancer has perennially been a top killer among city-dwellers. Fighting cancer is a long battle, in which the ongoing support for cancer patients and their families plays a paramount role. Since 2015, with funding support from the Hong Kong Jockey Club Charities Trust, CFSC has teamed up with the Hong Kong Anti-Cancer Society (HKACS) in launching the HKACS-Jockey Club "Walking Hand-in-Hand" Cancer Family Support Project. The aim of this cross-organisational cooperation is to support patients and their family members with more comprehensive support services, and helping them to adapt a positive perspective on life.

The "Walking Hand-in-Hand" initiative not only symbolises solidarity with cancer patients and their families, but also brings different walks of life and organisations together. "The work of cancer prevention and treatment does not lie with a single organisation. This task necessitates a concerted effort from the government, non-governmental organisations, members of the public and stakeholders in the medical system." Mrs. Patricia Chu, Chairman of HKACS, asserted that: "One plus one is definitely greater than two." In a bid to ally itself with more like-minded NGO partners, HKACS has singled out CFSC as a candidate for partnership. "CFSC is a long-standing establishment that offers a wide variety of family-centred services. It is highly recognised in the local region and is keen to innovate. HKACS and CFSC clicked right away." According to Mrs. Chu, CFSC's strong regional network in Kowloon East keeps it engaged with those who are truly in need. It also maintains close ties with the United Christian Hospital and other regional organisations in Kwun Tong District, where a significant number of cancer patients reside. In this initiative, CFSC's diversified service experiences can be extrapolated to providing community support for patients.



△「攜手同行」計劃透過不同活動支援癌症患者的心理需要，如大笑瑜伽課程及社交活動等。

The initiative addresses the cancer patients' psychological needs, by organising activities such as Laughter Yoga courses and social events.

Mr. Kwok acknowledged that the collaboration between HKACS and CFSC built upon their own strengths has provided a most solid support for the patients battling against cancer. As specialists in attending to cancer patients, HKACS boasts of a powerful medical team that can offer a lot of cancer nursing information and vast resources for supporting cancer patients and families in need. "Through this initiative, CFSC in the past, mainly focussed on case management and referrals. And now, through mutual support with HKACS, we directly taking care of cancer patients. We have also harnessed our regional network, as well as our knowledge and past experiences in managing cases, to reshape CFSC's role in caring for cancer patients."



◀ 防癌會出版刊物分享機構多年來與各界攜手戰癌的經驗。

One of the HKACS's publications features stories about how the organisation has collaborated with various sectors to fight against cancer.



△ 由社工帶領三分鐘「靜觀練習」，在一個安全聆靜的環境中，敷上散發香味的暖眼膜。
Participants put on an aromatic, warming eye pillow in a three-minute mindfulness practice led by social workers in a quiet and secure environment.



One-to-One Targeted Support

By operating on a one-to-one basis, the “Walking Hand-in-Hand” initiative highlights the importance of supporting cancer patients through experiential evidence. To date, an estimated 5,600 cancer families have benefitted from the initiative. A social worker or nurse is assigned to follow up each case and to offer assistance, based on each patient’s physical condition and familial needs. Ms. Angel Chan, Programme Director (Health, Environment and InnovAge) of CFSC remarked that the initiative was helping cancer patients by locating community resources to meet their practical needs during treatment including financial assistance, arranging transport to and from the hospital and providing home cleaning services, as well as easing the side effects of cancer treatment through the CFSC’s medical and health services such as Chinese medicine, physiotherapy and nutrition counselling.

Apart from financial and community support, physical, psychological and social assistance is also indispensable for overcoming cancer. Mrs. Chu concurred: “We know from experience that cancer takes more than an emotional toll on patients, and impedes their daily lives, occupations and family relations. Elderly patients are also burdened with the task of caring for their partners. All of these problems, from therapy to rehabilitation and post-traumatic healing, are the focal points of the ‘Walking Hand-in-Hand’ initiative.”

Looking forward, Mrs. Chu hopes more efforts can be made to secure resources and publicity, as well as the cancer patients post-recovery needs in their continuing battle with cancer. “We hope that apart from lending a helping hand during their treatment, we will extend our support all the way to their journey against cancer by empowering them to live a quality life.”



△ 不同階段的癌症病人及其照顧者，正參與八段錦活動，保持活躍。
Cancer patients at various stages, as well as their carers, participating in Ba Duan Jin lessons to keep active.



◀ 由康復者義工帶領一班「同路人」進行小組活動，一邊做手作，一邊分享心聲。

A group of fellow survivors exchanged their feelings in a craft workshop guided by ex-patient volunteers.

By uniting the two NGOs, the “Walking Hand-in-Hand” initiative has mobilised a great pool of resources and has brought communities together. Mrs. Chu believes that, in the future, anti-cancer efforts should move beyond cross-sectoral coordination not only within Hong Kong but to be in line with global development, engaging collaborators at multiple levels to build a healthy society.



▲ CFSC為癌症病人送上口罩及資源包，攜手抗疫。
CFSC delivered face masks and resource packs to cancer patients.

醫療健康服務積極發展基層醫療服務，由疾病預防、疾病治療、以至疾病管理提供一站式的服務，並透過與社區協作，推廣健康教育，為市民提供中醫、西醫、院舍外展醫生到診、牙科、物理治療、臨床心理服務、足部診療、營養服務、護士諮詢及癌症家庭支援等。

Medical and Health Services are dedicated to providing one-stop, high-quality primary health care services, ranging from disease prevention and treatment to disease management. Through collaboration with the community, we provide health education and comprehensive health services to the general public, including Chinese medicine, medical services, visiting medical practitioner services, dental care, physiotherapy, clinical psychology, podiatry, dietetic services, nurse consultations and cancer support.

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To learn more about
Medical and Health Services



HKU X CFSC

身心靈健康課程 助基層兒童抗濕疹

濕疹是不能治癒的慢性病，不但令身體飽受煎熬，更會影響自我形象及親子關係，尤其基層家庭資源有限，處理小朋友的濕疹問題隨時為家庭帶來極大困擾。香港大學社會工作及社會行政學系自2017年起與基督教家庭服務中心（CFSC）兒童及家庭服務合作舉辦「童心同行」身心靈健康親子課程，為濕疹兒童及家庭紓緩病痛的糾纏，梳理鬱結的情緒。

△ 香港大學社會工作及社會行政學系副教授陳凱欣博士（左）與CFSC服務總監（家庭及社區）吳家駒先生

「童心同行」透過身心靈全人健康介入模式，從醫療、教育、心理角度出發，幫助小朋友改善濕疹症狀，訓練抗逆力，加強親子溝通。計劃與CFSC重視兒童發展及家庭功能的理念非常膾合，服務總監（家庭及社區）吳家駒指濕疹不止是生理問題，更會帶動情緒，「我們希望小朋友和家長共同學習，增加應對能力，同時讓家長有機會認識同路人，建立社區網絡，日後彼此仍能互相聯繫和扶持。」

港大社會工作及社會行政學系副教授陳凱欣博士表示，大學及非政府組織（NGO）合作，有助將大學的研發成果，帶到有需要的人士身上，「大學負責研究工作，尋求非藥物的治療方式，而最能直接接觸到公眾的正正是NGO，我們希望透過與CFSC的合作，培訓前線社工實踐這種身心靈全人健康介入模式，並發展成恆常服務方向。」



△ 陳博士指計劃不但照顧濕疹兒童的身心需要，同時關注家長的整體生活質素及自我關顧意識。



△ 安靜瓶裏面的閃粉和閃石代表躁動的情緒，放下安靜瓶片刻讓情緒沉澱，是冷靜舒壓的好方法。

支援低收入家庭

目前計劃的個案主要來自聯合醫院兒童皮膚科，陳博士指，藉着CFSC在九龍東的網絡，能讓區內的低收入家庭參與計劃。吳家駒坦言，各階層的兒童均會患濕疹，但低收入家庭資源較少，父母應付較吃力。「同事落區時常遇上受濕疹困擾的家庭，父母要長時間工作，家居環境狹窄易誘發濕疹，父母亦難以分配時間和資源特別照顧濕疹子女，覺得很無助。」



△ 吳家駒指，低收入家庭受工作、環境所限，照顧患有濕疹的子女時倍感吃力。

培養親子關係

坊間有關濕疹的謬誤、偏方多不勝數，陳博士期望參加者獲得更多正確資訊，又改善親子關係，「濕疹兒童容易躁動，家長亦可能因擔心導致情緒起伏，繼而演變成家庭衝突，大家要學習正確地表達情緒。」課程設有親子手藝活動，如製作「安靜瓶」，讓參加者沉澱情緒。

由港大、聯合醫院與CFSC三方合作的跨專業模式，提升了服務的認受性，吳家駒說：「濕疹問題複雜，難以單打獨鬥只用社工介入模式，課程通過科學驗證，成效顯著。有家長指參加計劃後由欠缺自信到懂得應付，全憑父母和小朋友一起同行面對，這正是我們最希望達到的效益。」



△ 課程由CFSC社工帶領，透過身心靈健康課程，為濕疹兒童及家庭提供非醫療主導的應對濕疹方案。課程中參加者以圖畫表達對濕疹的印象及感受。



△ 課程包括一系列親子互動活動，如藉親子按摩，增加親子溝通。

了解更多
兒童及家庭服務



「衣」自家製布口罩

新型肺炎疫情未退，預計仍需戴口罩長期抗疫，不如大家一起自製布口罩，加上濾芯或配合外科口罩使用，為防疫作好準備！

材料及工具

 防水布料（兩塊）

 剪刀

 針線

 大頭針

 熨斗

製作步驟：

1

將兩塊布料分為面布（有圖案）及底布（無圖案），剪裁成口罩形狀（如圖示），並手縫虛線位置。



2

將縫好的布料打開並熨平。



3

底布兩邊摺1cm，再摺1cm，然後沿邊依虛線縫好。



4

對齊面布及底布，用大頭針固定，並手縫虛線位置。



5

將縫好的布反到正面，將耳繩放好，面布邊位摺1cm，再摺1cm，用大頭針固定。



6

轉到口罩正面，在口罩面兩邊沿虛線縫好，**完成**。



「食」變法

玫瑰花餃之魚肉叁食

一種食材，可以煮出多種美味。魚肉營養豐富，不但可製成賣相吸引的花餃，剩下的魚肉用不同調味，可製成魚餅及魚麵，創意惜食。



材料：

- | | | |
|------------|------------|------------|
| 1. 紅菜頭100g | 2. 硬豆腐50g | 3. 陳皮少量 |
| 4. 鯪魚肉300g | 5. 翠肉瓜100g | 6. 馬蹄2粒 |
| 7. 蝦米4隻 | 8. 雞蛋1隻 | 9. 餃子皮300g |



調味料：

- | | | |
|------------|------------|---------------|
| 1. 魚露30g | 2. 酒60mL | 3. 柚子醋80mL |
| 4. 檸檬汁1/4個 | 5. 胡椒粉80g | 6. 蜜糖20mL |
| 7. 蒜頭40g | 8. 薑40g | 9. 豆粉（鷹粟粉）80g |
| 10. 鰹魚碎3g | 11. 麻油80mL | 12. 水1L |

食譜由「平食煮意·創意無限」食譜創作及烹飪比賽季軍得主—ET及阿球創作。該比賽為觀塘區議會贊助「窮有點·不一樣的衣、食、行、玩」計劃其中一項重點活動，藉個人或親子組合的烹飪比賽，向社會人士宣揚「平食」概念。

製作步驟：

- 1 將翠肉瓜及紅菜頭刨絲，各用40g柚子醋浸泡。
- 2 將魚肉分3份，每份各100g，其中1份加入少許胡椒粉、酒20mL、麻油20mL、薑20g、陳皮幼絲、蒜10g、豆腐（去水）50g、馬蹄拍碎2粒、魚露10mL，作餃子餡料備用。
- 3 另一份魚肉100g，加入切碎的蝦米4隻、切碎的紅菜頭（去水）20g、切碎的翠肉瓜20g、胡椒粉30g、麻油20mL、薑10g、蒜10g、酒20mL、檸檬汁10mL、魚露20mL及少許切碎的陳皮，作魚餅材料備用。
- 4 最後一份魚肉100g，加入磨成粉狀的陳皮8g、翠肉瓜蓉30g、紅菜頭蓉30g、胡椒粉少許、豆粉40g、魚露10mL、酒10mL及少許檸檬皮，作魚麵材料備用。
- 5 製作魚肉餃子，先將4塊餃子皮，以魚鱗方式疊起1/3，在中間放入餃子餡料，並將餡料排成直線，用水掃餃子皮上半邊，由右至左捲起餃子皮，捲至尾端加水壓實；燒熱開水，水滾後放入餃子煮10-15分鐘，**即成**。
- 6 製作魚餅，先將魚肉撈好，撻至起膠，唧出肉丸形狀，易潔鑊燒熱後加麻油，放入肉丸，壓扁煎約3分鐘，**即成**。
- 7 製作魚麵，將調味料混合魚肉打成魚漿，放入厚身食物袋，將500mL水燒開加少許鹽，將魚漿放入袋內，唧出魚漿成條狀至滾水中，煮數分鐘，**即成**。

「住」- 家居運動小貼士：

抗疫期間，大家都特別關注身體的健康；其實只要多留意一些家居運動的注意事項，在家亦可伸展筋骨。

前弓後箭 ▶
(小腿後肌肉伸展)



由物理治療師協助
進行復康運動，既
安全又有效



1. 安全的環境

運動前先清理好運動區附近的傢俬雜物，打開窗戶以保持空氣流通。長者進行站立及平衡運動時，可利用家中穩固的傢俬協助平衡，以確保安全。

2. 運動種類

家居運動建議包括伸展運動（即「拉筋」運動，有助保持肌肉及關節的柔韌性）、阻力訓練（利用運動橡筋帶、水樽等物品進行阻力訓練，以保持肌肉質量），以及帶氧運動（可按個人能力，進行原地開合跳躍等運動，保持心肺耐力）。

3. 運動頻次

建議每日做三十分鐘。

4. 特別注意事項

有特殊運動需要的人士，如中風患者及長期病患者，最好先經由醫護人員評估及指導後才開始運動，且可考慮使用家居物理治療服務，由註冊物理治療師上門為患者評估並協助進行針對性的復康運動。



適量運動有助保持身體健康，如運動期間感到不適，必須暫停運動並向醫護人員尋求專業意見，以策安全。



欲了解更多
可瀏覽「樂力長者日間
訓練中心」專頁

◀ 屈膝半蹲



◀ 利用運動橡筋帶
進行阻力訓練



行之時間

可選擇一些非繁忙的時段。
例如清早或黃昏時段，有助減壓，鬆弛神經。



行之地方

盡量不要行離家太遠。
可在最接近的海邊
或公園進行。



躍動香港健步

行

在眾多運動之中，步行可算是最簡單、最安全，也是最有效促進健康的運動之一，特別適合一家大細甚至長者參加。但如果要達到事半功倍的效果，就一定要「行」得其法。

行之準備

運動前要先做好熱身，
並注意衣著是否合適。
可與好友一起健步行，
共享當中樂趣。



行之姿勢

正確的健步行姿勢：

雙手擺動：

雙手保持微曲，自然的隨步行擺動。

放鬆身體：

抬起頭，放鬆肩膊，不論上斜或下斜，身體也要保持挺直及放鬆。



雙軌步行：

雙腳不要沿著同一直線上行，應有各自不同的軌道，保持平衡向前。

足部起落：

以腳跟先著地，到腳掌，再到腳尖。



活動回顧

1 各界攜手抗疫



新型肺炎肆虐，防疫物資短缺，弱勢社群面對疫情打擊，生活壓力更是百上加斤。本會感謝熱心人士及多間公司團體的幫助，讓我們向基層家庭、長者、癌症患者及社區上有需要的家庭，派發口罩等防疫用品，並為受疫情影響的基層家庭提供經濟支援，與各界共同攜手抗疫。

2 家饒愛·添溫馨



為減輕基層家庭的生活負擔，傳達愛心，本會與香港中華煤氣有限公司合辦「家饒愛·添溫馨」計劃，向觀塘及深水埗區基層家庭送贈餸菜包，為他們「打氣」，期望大家珍惜一家人開飯的溫馨時光。雖然疫情期間，社區的交流減少，但一眾家庭透過社交專頁交流煮食心得，分享以餸菜包精心製作而成的菜式，加強彼此的交流，聯繫社區。

4 「維拉荻茜 - 智活記憶及認知訓練中心」... 投入服務



本會獲「維拉荻茜 - 荻茜基金」資助，在香港仔設立第二間專門提供認知障礙症服務的中心「維拉荻茜 - 智活記憶及認知訓練中心」，為360個認知障礙症患者家庭提供為期3年的一站式服務，連結社區鄰舍的網絡，讓患者能夠延緩認知退化和保持自理能力，繼續於社區生活，同時減輕照顧者壓力和負擔。

3 復康券慈善籌款活動2020



本會致力為殘疾及復康人士提供多元化的服務及發展機會，協助他們提升生活質素，締造平等共融的社會環境。本會早前參與「復康券慈善籌款運動2020」，共籌得港幣\$87,238.8，感謝社會各界人士支持，善款將用於本會精神病復康者、殘疾及復康人士服務上。



捐款支持 Donation

- ☐ 本人 / ☐ 本公司樂意支持基督教家庭服務中心 ☐ I / ☐ Our Company would like to support the services of CFSC.
- ☐ 每月捐款 Monthly Donation 金額 Amount : ☐ HK\$1,000 ☐ HK\$500 ☐ HK\$300 ☐ HK\$200 ☐ 其他 Other HK\$ _____
- ☐ 單次捐款 One-off Donation 金額 Amount : ☐ HK\$5,000 ☐ HK\$2,000 ☐ HK\$1,000 ☐ HK\$500 ☐ HK\$300 ☐ 其他 Other HK\$ _____

協作支持 Partnership

- ☐ 舉辦企業社會責任活動 Organise Corporate Social Responsibility Activity
- ☐ 參與義務工作 Participate in Voluntary Work
- ☐ 商討其他協作機會 Other Collaboration Opportunity (稍後與您聯絡詳談 We will contact you for more details later)

捐款方法 Donation Methods

- ☐ 信用卡 Credit Card
- ☐ VISA ☐ Master Card ☐ 信用卡號碼 Card No. : _____
- 持卡人姓名 Cardholder's Name : _____ 有效日期(月 / 年) Expiry Date (Month/Year) : _____ / _____
- 持卡人簽署 Cardholder's Signature : _____

**本人授權基督教家庭服務中心由本人之信用卡賬戶內定期扣除上述之款項，直至另行通知(適用於每月捐款者)。I/We hereby authorise Christian Family Service Centre to charge my/our card account for the relevant amounts specified above. This authorisation shall have effect until further notice (Applicable to monthly donor only).

- ☐ 劃線支票 Crossed Cheque (支票抬頭請填寫「基督教家庭服務中心」 Payable to 'Christian Family Service Centre')
- 支票號碼 Cheque No. : _____ 發票銀行 Issued Bank : _____

- ☐ 網上銀行轉帳 / 直接存款 e-Banking / Direct Transfer

(請將網上捐款記錄/銀行存款收據正本連同此回條寄回本會 Please mail the copy of e-banking confirmation/original bank pay-in slip along with this form to us for an official receipt.)

滙豐銀行 HSBC : 030-001580-001

恒生銀行 Hang Seng Bank : 291-117851-001

東亞銀行 Bank of East Asia : 531-40-06926-5

渣打銀行 Standard Chartered Bank : 407-0-062511-9

- ☐ 網上捐款 Online Donation

請掃描右方QR code或登入本會網頁www.cfsc.org.hk/donation填寫網上捐款表格。

Please scan the QR code or visit www.cfsc.org.hk/donation to fill in the Online Donation Form.



捐款者資料 Donor's Information

- 捐款人姓名 Name (☐ 先生 Mr. / ☐ 女士 Mrs. / ☐ 小姐 Ms.) _____
- 團體/公司名稱 Organisation/Company : _____
- 聯絡人 Contact Person : _____
- 聯絡電話 Contact Phone No. : _____ 電郵 Email : _____
- 通訊地址 Address : _____

請將此回條連同劃線支票 / 網上銀行轉帳紀錄 / 存款收據正本郵寄至 九龍觀塘翠屏道3號基督教家庭服務中心10樓 / 簡便回郵 61 KEA
Please mail the crossed cheque / record of e-banking confirmation / original bank pay-in slip along with this completed form to
Christian Family Service Centre, 10/F, 3 Tsui Ping Road, Kwun Tong, Kowloon, Hong Kong / 61 KEA Freepost

捐款港幣\$100或以上者可獲發出捐款收據，以供申請扣稅之用。基督教家庭服務中心尊重及保護閣下的個人私隱，本會將按需要運用閣下的個人資料作開立收據、行政、基本通訊及收集意見之用途。如閣下反對本會用作上述用途，請致電2950 5871或電郵至part@cfsc.org.hk聯絡本會伙伴及資源拓展部。

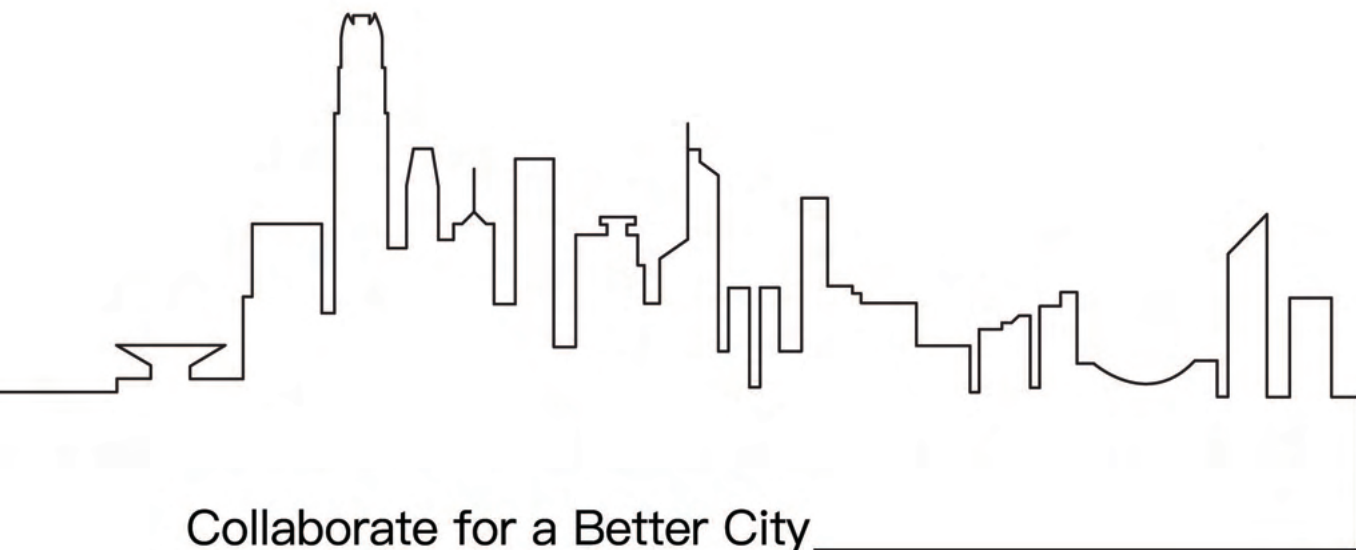
Donations of HK\$100 or above are tax deductible with official receipt. Your personal data will be treated as strictly confidential and will be used by Christian Family Service Centre (CFSC) for the purpose of issuing receipts, administration, communications and conducting surveys for CFSC. If you object your personal data being utilised for the above purposes, please contact our Partnership and Resources Development Department at 2950 5871 or email the request to part@cfsc.org.hk.

- ☐ 本人不同意基督教家庭服務中心運用本人的個人資料作發送最新消息及活動邀請的用途。

I object to the proposed use of my personal data for latest news promotion and invitation of activities purposes.

備註 Remarks : 請在適合的空格內上「✓」 Please put a tick in the appropriate box.

查詢 Enquiry : 伙伴及資源拓展部 Partnership and Resources Development Department 電話 Tel : 2950 5871 傳真 Fax : 3188 5026 電郵 E-mail : part@cfsc.org.hk



基督教家庭服務中心
Christian Family Service Centre