

ISSUE
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MAGAZINE

CFSC

Collaborate for a Better City



希望



封面人物

鄭丹瑞——逆境中尋希望

專題故事

燃點生活希望

專題故事

照護同行 防疫升肌動起來

義工嘉許禮

編者序 Editor's Preface

疫情持續一年多，香港人長期處於抗疫的狀態，面對疫情的反覆，社會經濟受挫，不少人身心都大受影響。而聯合國衛生專家亦表示，在疫情大流行期間，隔離、恐懼、不確定性、經濟動盪等因素都有可能引發心理焦慮。

面對疫情，不同人會有不同的應對及心態。今期CFSC Magazine的主題是「希望」，疫情能夠受控，當然是每個人的希望，但在對抗逆境的時候，能夠保持希望的心態亦很重要，阿旦鄭丹瑞就是其中一位。在疫症爆發的初期，阿旦的工作差不多完全停頓，生活大受影響，他的情緒亦一度出現抑鬱的情況，幸好他能夠調節心態，以保持希望的態度繼續創作，成功變身成為健康界KOL，開創網上健康頻道，為不少人帶來健康的生活訊息。

「希望」亦是CFSC精神健康服務的核心價值。意識到城市人面對沉重的生活壓力，情緒困擾的問題日益增加，我們以人生不同階段的需要著手，結合家庭力量和社區資源，幫助受情緒困擾的人士，讓他們活得健康快樂和有希望，與大家一路結伴同行，攜手抗疫，一起建立精神健康的城市。

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鄭丹瑞

逆境中尋希望

過去一年，全球疫情持續，有人選擇閉關，有人選擇闖關，鄭丹瑞（阿旦）是後者，在社會最低沉之時，開創《健康旦》網上頻道推廣健康資訊，又接連舉辦多個網上音樂會，用音樂為香港人打氣。「有疫情都不能被困，不可以被疫情帶住走，一定要自己搵機會、搵方法走出來。」在逆境下保持希望，不止是一種心態，更加是一種行動力。

去年初疫症爆發，製作全面停頓，縱使在娛樂圈身經百戰，面對突如其來的衝擊，平和如阿旦亦曾出現輕微抑鬱。「我意識到情緒出現警號，開始自己同自己傾偈。我腦中經常有A、B兩個人。A旦說：『不能繼續下去，這樣子不行……』於是B旦會尋求解決方法。一直以來，當我遇上問題，都會藉着跟自己對話來解困。」數十年來習慣忙碌工作，阿旦不喜歡被困的狀態，「於是逼自己思考，逼自己寫劇本，每日寫一場戲，明知現在不能開拍仍堅持去做。」他笑稱患有強迫症，經常迫自己挑戰極限，為報章撰寫一星期五天的專欄，他幾乎寫足七天，存稿已排到兩個月後。





△ 面對突然其來的疫症，工作大受影響，但阿旦仍然抱持希望，不斷創新，結果作出多個成功的新嘗試。

Although his work was heavily impacted by the sudden outbreak of the pandemic, Lawrence remains hopefully and keeps on innovating, and has had many successful results.

化身健康界KOL

「抗疫劇本」寫了數十場戲後，阿旦接到新任務，其時大眾對新冠肺炎病毒所知不多，真真假假的資訊在網上瘋傳，資深傳媒人葉潔馨急召阿旦、蕭潮順、羅燦等一眾老友成立YouTube頻道《健康旦》，每日訪問醫學界專家，發放健康資訊短片。

自此阿旦多了一種身份—KOL，「於是又令我強迫症發作，原來做KOL不簡單，我最初以為做訪談節目是自己強項，但今次被訪者全是專業人士，我要問到重點，又要問得有趣，為節目創造出個性其實不容易。」經歷短暫的適應期，阿旦很快掌握竅門，如今一日拍攝三個訪問仍輕鬆自如。拍片之餘又開網店，首創的鷹嘴豆月餅賣出5,000盒，他笑言不知道賺到多少錢，盈利都用作日常營運。「最重要是公司同事開開心心有工開，在疫情下，我最想做的是make yourself useful，我經常提醒自己勿忘初心，並非想賣貨賺大錢。」

阿旦對健康的關注，源自20多年前患上胃酸倒流，他直言當年健康知識貧乏，「甚麼是火燒心？甚麼是幽門螺旋菌？完全一無所知，只知道好難受，大半年萎靡不振，工作和情緒都飽受困擾。」轉捩點是運動，出一身汗感覺精神起來，「自此我保持跑步、踢波的習慣，我不為keep fit，沒有八塊腹肌，這是我健康的啟示，我慶幸自己好快醒覺，現在戒食宵夜，晚晚十點入房瞓。」

△ 《健康旦》頻道由阿旦和一眾老友創辦，目的為推廣正確醫學資訊。

The "HiEggo" channel was launched by Lawrence and his friends to promote correct medical information.



△ 阿旦廿多年前患上胃酸倒流，自此決心改變生活習慣，徹底改善了健康狀況。

Having suffered from acid reflux more than 20 years ago, Lawrence was determined to change his lifestyle, greatly improved his health.

從ABC審視自己

阿旦畢業於浸會傳理系，曾任編劇、演員、導演、製作人、專欄作家、電台主持、商台高層，觀眾眼中他周身刀，但他總是謙稱「冇張利」，「大家覺得《小男人周記》、《三個小神仙》好成功，但其實我可能做十樣只有兩樣成功，其餘八樣都好差，諸如此類的感覺平日收藏起來，但間中會出現影響我。」

遇上負面情緒來襲，阿旦習慣以「自癒」方式來應付，「A、B之外還有C，我經常以第三者身份睇自己，C是一面鏡，會提醒我：『鄭丹瑞，你剛才做甚麼？為何發脾氣？』我覺得每個人都需要第三個鏡頭去審視自己，C角色的作用是要看出自己有多醜陋。」

除了三個內置鏡頭，阿旦身邊還有三個外置鏡頭，就是太太和兩個女兒。每當情緒瀕臨失控，家人自動成為他的鎮靜劑。「可能我是編劇的關係，經常會幻想不同處境，萬一我兩個女日後以這種態度對我該怎麼辦？所以每次想發脾氣時，我一定會先考慮家人的感受。」那積壓的情緒如何釋放？阿旦選擇做運動，「不論對身體還是情緒都有放鬆功能。現今社會科技發達，我們太依賴電話，太少真正獨處。當你跑步或急步行，就是與自己相處的時間，我稱之為soul-searching，坦誠面對真實的自己，你會發現大有得着。」

◀ 本身是編劇的阿旦，擅於用第三者的角度審視自己。
As a screenwriter, Lawrence is good at using third-person perspective for self-reflection.



▲ 阿旦訪問本會「躍動香港健步行」觀塘區路線，分享步行對長者健康的好處。

Lawrence conducted an interview about the Kwun Tong District Route of “Walk the City for Active Ageing” and shared the benefits of walking for elderly persons.

傳承下一代

八年前辭任商台營運總裁一職，旁人不明白他何以放棄高薪厚祿，他坦言自己非管理人才，只想做自己想做的事。「當時做到一人之下萬人之上，有司機、有房坐，但我知自己並不屬於大班房，我不喜歡做行政管理，我只想繼續創作。」

近年他涉獵的層面愈來愈廣，教學、演講、擔任藝員訓練班校長，新一代視帝、視后都是他的學生。「50歲過後，我對自己承諾要開始教新人，上天召喚我投身演藝行業，這些年來所累積的經驗和知識，我希望可以傳承給下一代。」

去年阿旦訪問賽馬會齡活城市計劃，當中亦訪問了由基督教家庭服務中心參與設計的「躍動香港健步行」觀塘區路線，分享步行對長者健康的好處；接觸這類節目亦加深了他對長者健康和社會服務的認識，「社會高齡化帶來很多問題，例如看醫生要排四個月，未來需求更大如何應付？現時香港有很多機構已不停幫手，我的責任是讓更多長者知道這些信息。」應對高齡社會，最佳方法是從個人入手，阿旦今年66歲，外貌和心境依然年輕，對於踏入樂齡之年，他以一貫輕鬆心態面對，「生日第一時間去買長者八達通，最開心是兩元車費可以周圍去！我不太想及年齡，自己做到就繼續做，為了下一代着想，自己會盡量保持身心健康！」

Lawrence Cheng

Finding Hope in Adversity

The global pandemic outbreak has continued over the past year, some people decided to shut themselves away, while others made use of the new opportunities to try something new. Obviously, Lawrence Cheng belongs to the latter group. As the society was becoming more depressing than ever, he not only launched the “HiEggo” online channel to promote good health, but also held several online concerts to cheer up the people of Hong Kong with music. “COVID-19 cannot shut us out or take our normal life away from us. We must make use of the new opportunities and come through this pandemic,” he said. Maintaining hope in adversity is not only a state of mind, but yet an action that has to be done.

▷ 阿旦為報章撰寫專欄二十多年，欄名由《快樂的COO》到《快樂的CCO》，再變成現在的《依然快樂》，不變的是「快樂」二字。Lawrence has been writing newspaper columns for more than two decades. The title of the column has been changed several times, from “The Happy COO” and “The Happy CCO” to the current title “Still Happy”. What has remained unchanged is the word “Happy”.

Since early last year, the outbreak of the pandemic has resulted in a complete halt of entertainment production. Despite his years of experience in the industry, the easy-going Lawrence suffered slightly from depression in the face of these sudden changes. “I realised that I was experiencing warning signs of emotional stress, so I started to counsel myself. Basically, I made up two identities — Lawrence A and Lawrence B. Lawrence A would say: ‘You cannot continue like this.’ Then Lawrence B would look for solutions. Whenever I encounter problems, I will always have my two identities consult each other to look for a way out.” Having been accustomed to a busy work schedule for decades, Lawrence did not like being shut down during the pandemic. “I forced myself to think and write scripts. I have kept writing one scene per day, even though we cannot start filming yet.” He jokingly describes himself as an obsessive person who always pushes himself to the limit. As a columnist who writes for a newspaper Monday to Friday, he insists on writing seven days a week and has already finished writing articles that are scheduled to be published two months from now.

Becoming a Health KOL

After writing dozens of scenes for his script, Lawrence received a new task from the media expert Kitty Ip — to set up a YouTube channel called “HiEggo” together with Patrick Siu, Stephen Loh and others. They planned to interview medical specialists every day and post short videos about health protection. The reason for setting up the channel was to combat fake information on the Internet, especially when the outbreak first occurred and people did not know much about COVID-19.

Since then, Lawrence has gained a new role as a KOL (Key Opinion Leader). “It is not an easy job, and I am obsessed with making things perfect. At the beginning, I thought it wouldn’t be an issue as conducting interviews has always been my strength, but this time the interviewees are all professionals. I have to be precise in my questions while keeping the conversation interesting, in order to add a touch of personality to the show. It is indeed challenging,” he said. After a short period of getting used to YouTube, Lawrence has mastered the know-how and can now easily finish three interview sessions in a day. Besides producing these short videos, Lawrence also keeps busy with his online enterprise. He managed to sell 5,000 boxes in his debut sale of chickpea mooncakes — a success that has brought in a profit, which Lawrence has retained for his daily business operations. “The most important thing is that everybody in the company has a job and is happy. When facing the COVID-19 pandemic, I always strive to stay useful and remind myself not to forget the purpose of my profession, which is not making big money by selling stuff,” he explained with a smile.

Lawrence began having concerns about his health when he began suffering from acid reflux more than 20 years ago, and he admitted that he did not know much about health matters. “What is heartburn? What are the symptoms of *Helicobacter pylori*? I knew nothing about these things. For the greater part of the year, I simply did not feel well, which also affected my work and my emotions.” Nonetheless, he saw a turning point with his health when he started doing sports and “sweating the ailment out”. “I began jogging and playing football regularly, just for the sake of being healthy and not for bulking up. I am grateful that my body gave me this warning to lead a healthier life. Now, I have even stopped eating midnight snacks and I go to bed at 10 p.m.”



▲ 除了踢足球外，阿旦閒時跟好友見面，享受快樂人生。
Besides playing football, Lawrence enjoys his happy life with friends around.

Self-Reflection with Three Identities

Lawrence graduated from the School of Communication at the Baptist University of Hong Kong and has worked as a screenwriter, actor, director, producer, columnist and radio host, as well as an executive of the Commercial Radio. In the eyes of his audience, he is indeed a well-rounded person, but Lawrence is always modest and claims otherwise. “Our audience might think we achieved great success with ‘The Yuppie Fantasia’ and ‘Three Little Fairies’, but in fact I only had these two successful shows, while eight others have failed miserably. I usually hide the feelings related to those failures, but sometimes they do affect me.”

When facing negative emotions, Lawrence conducts a form of “self-therapy” to control his mental wellbeing. “Besides the Lawrence A and Lawrence B that I mentioned before, there is also a Lawrence C – a mirror which allows me to look at myself from a third-person perspective. When I become angry, I ask myself: ‘Lawrence, what have you just done?’ ‘Why are you mad?’ I believe that everybody should reflect on himself or herself from a third-person perspective, in order to see your unmasked true self.”

In addition to his “three identities”, Lawrence also relies on three other individuals to control his emotions – his wife and two daughters. Whenever he is on the brink of an emotional outburst, his family members become his “mood stabiliser”. “As a screenwriter, I often use my imagination to foresee various scenarios. It would be terrible to see my daughters pick up my short temper and treat me badly in the future, wouldn’t it? Therefore, every time before I lose my temper, I first think about how my family would react to it.” Lawrence also chooses to take part in sports to release his emotions. “By exercising, I can relax my body and soften my emotions. With today’s advanced technology, we have grown too accustomed to spending all time on our phones and little time alone. When jogging or speed walking, you are truly spending time with yourself. I would call this a ‘soul-searching’ process, during which a person faces his or her true self, and I find that rewarding.”

▽ 家庭是阿旦的最強後盾，每當負面情緒即將爆發時，一想到家人感受便會自動收火。

Lawrence’s family is his biggest support. Every time when he feels overwhelmed by negative emotions, he thinks about his family to calm himself down.



Passing it on to the Next Generation

Lawrence quitted his position as Chief Operating Officer – a well-paid job with good benefits – at the Commercial Radio eight years ago, much to the surprise of everybody he knew. He admitted that he is no expert in managing personnel and he only wanted to do work that he likes. “At that time, there were a lot of people working under me, and I was provided with my own driver and my own office. But I realised that I am not suited to working within such a big corporate structure, and I don’t like administrative work. I only want to continue to innovate.”

In recent years, he has become a number of roles – teacher, lecturer and the “Principal” of the Actors Training Programme, where both the Best TV Actor and the Best TV Actress were once his students. “After reaching the age of 50, I promised myself that I would teach the new generation of actors. The heavens called upon me to join the acting industry, and I hope the experience and knowledge I have accumulated over the years can be passed on to the next generation.”

Lawrence conducted an interview about the Jockey Club Age-Friendly City Project last year, where he introduced the Kwun Tong District Route of “Walk the City for Active Ageing” – an initiative that CFSC has participated in since the planning phase. He talked about the benefits of walking for elderly persons. This kind of interview deepened Lawrence’s understanding of elderly health and social services. “Many problems are starting to emerge along with our ageing society. For example, given the overwhelming demand for medical services, people may need to wait for four months before seeing a doctor, and this demand will only increase in the future. Currently, many organisations in Hong Kong have been actively trying to help, and my job is to ensure elderly persons get to know the relevant information.” In fact, the best way to cope with an ageing society is to involve each individual. Lawrence celebrated his 66th birthday this year, but he remains young in both his appearance and his state of mind. Having entered his senior years, he handles ageing with a relaxed attitude. He said: “Right after my birthday, I went to get an Elder Octopus Card. It really excites me to be able to travel around for just Two Hong Kong Dollars. I don’t really think about my age, and I will keep on working as long as I can. For the sake of the next generation, I will try my best to keep my body and mind healthy!”

◀ 阿旦有豐富演藝經驗，近年擔任藝員訓練班校長，希望將多年所學和經驗傳承給下一代。

Expertise in media and entertainment, Lawrence recently becomes the “Principal” for the Actors Training Programme. He is hoping to pass on his experience and the knowledge he has accumulated over the years to the next generation.



- ▷ 精神健康流動宣傳車取名「幸福雜貨舖」，為街坊營造親切環境，輕鬆卸下情緒包袱。

The mobile van, aptly named the Store of Happiness, has a welcoming ambience that invites the local residents to casually unload their emotional baggage.



燃點生活希望

世界衛生組織（WHO）對健康的定義是「身體上、精神上 and 社會適應上的完好狀態」，一個人除了擁有強健體魄外，心理、情感和社交健康同樣重要。香港人生活緊張，精神壓力本已偏高，近年復受疫情和社會影響，焦慮、不安、悲觀等負面情緒交疊而來，不論兒童、青年、成人或長者都需要關顧身心靈健康。基督教家庭服務中心（CFSC）的精神健康服務照顧人生不同階段的需要，除了提供宿舍和綜合社區中心，並有專為兒童、青少年、家長及長者而設的健康中心或計劃。近年服務越趨多元化，流動宣傳車「幸福雜貨舖」，以「入屋」的形象，將微小而實在的生活希望帶到九龍東大小社區。

CFSC的精神健康服務以「希望」為核心價值，服務總監（青年及精神健康）彭淑玲解釋，很多人面對難題時找不到動力去改變，「我們透過不同服務形式和介入手法，為他們灌輸希望，提升能力感、希望感、快樂感。作為社工，我們是燃點希望的人，在黑暗中點亮一點光，讓他們由這一點光出發，繼續尋找屬於自己更大的亮光。」

香港每七個人就有一位出現精神健康問題，疫情下情況更嚴峻，彭淑玲指香港暫時未有關於疫情影響精神健康的正式統計數字，但前線同事接獲的家庭求助個案明顯增多。「這一年來生活模式徹底改變，大家需要不停改變步伐去調適，如家人的步伐或觀點不同，兩者愈走愈遠會影響溝通和關係，增加夫婦和親子間的爭執，成為精神健康壓力源。」

- ◀ CFSC服務總監（青年及精神健康）彭淑玲（左）及CFSC精神健康服務及發展高級經理周儀儀（右）期望透過多元化的互動服務為社區注入正能量。

(Left) Ms. Sally Pang, Programme Director (Youth and Mental Health) of CFSC and (Right) Ms. Patsy Chow, Senior Manager, Mental Health Services and Development of CFSC hope to inject positivity into the community through a wide array of interactive services.



激發自身能耐

CFSC的精神健康服務採取優勢觀點及能耐為本取向，強調每個人均擁有強項和優點，有能力幫助自己復元，尋回生活希望。中心藉着非標籤式的生活化服務，例如興趣班、分享會、戶外活動等，讓更多人認識精神健康，察覺自己及身邊人的需要。

然而面對精神健康問題，最難的一步是認知求助，因此中心近年加強線上服務，利用社交平台、應用程式等軟性媒介令精神健康資訊更貼近生活。擁有數千粉絲的專頁《Bear Your Mind 熊不喜歡孤單一個》，由中心同事設計及管理，胖嘟嘟小熊化身形象大使，以入屋方式推廣精神健康。

結合線上線下的推廣攻勢，只為建立共融的社區環境，彭淑玲表示情緒困擾可能引致自殺、家庭破裂等嚴重社會問題，服務的最大目標是重組家庭關係，「我們以人為本出發，營造一種社會氛圍，鼓勵企業、團體、社區共同參與，大家一起栽種希望。」



△ Bear Your Mind家族以可愛小熊及多位好朋友角色帶出充滿趣味的精神健康信息及活動資訊。
The Bear Your Mind characters – a cute bear cub and its friends – share information on mental health and CFSC events in a fun and engaging way.

主動深入社區

中心的推廣招數層出不窮，最近「落地」的新招是精神健康流動宣傳車。計劃始於2019年7月，社會福利署資助CFSC開展宣傳車服務，針對情緒受困擾人士求助動機低的問題，每月出隊26次巡迴九龍東各區，以主動出擊的方法將精神健康資訊帶給黃大仙、將軍澳、觀塘及西貢區居民，支援街坊的日常需要。

流動車近月內外換上新裝，車身構圖配合主題「開門七件事」，飾以柴、米、油、鹽、醬、醋、茶圖案，每件事更各有寓意：柴是真人圖書館正向教育、米是精神健康資訊、油是幸福良方減壓香薰放鬆活動、鹽是社區人士正面經驗故事分享、醬是認識情緒心「情」卡、醋是情緒快速測試、茶是花茶百寶櫃靜觀活動。

車內裝備猶如迷你樂園，設有多項嶄新互動遊戲，加強大眾對情緒及各種情緒病的認知和包容。

負責籌劃的精神健康服務及發展高級經理周倩儀笑稱：「初時街坊很好奇，有些以為網店送貨，有些以為派贈品，有些以為收集捐贈物資，我們打趣說『這裏不賣糧油雜貨，這裏只賣幸福』，是一間名副其實的幸福雜貨舖。」



△ 「幸福雜貨舖」近月煥然一新，車內車外的設計和裝備均滿載CFSC一眾同事和義工的熱誠和巧思。

In a recent makeover, the Store of Happiness was redesigned from the inside out and fitted with new equipment by our passionate and ingenious staff and volunteers.



△ 車內設有「留言版」，讓參加者表達情緒及留下心聲。

Inside the van, there is a message board to let participants share their emotions and feelings.

流動車的任務除了遊走各區傳達資訊外，還有另一項重要使命，「當我們了解街坊需要，自然能提供相應對策，如發現家庭問題可以找家庭服務幫手，如在校內有壓力可以請學校社工跟進，務求連繫各界，為街坊提供適切的資源及援助。」流動車的優勢在於靈活主動，正好擔任各種服務之間的橋樑，深入地區發掘隱藏個案。

Igniting Hope in Everyday Life

The World Health Organization defines health as “a state of complete physical, mental and social well-being.” A person’s emotional, psychological and social well-being is just as important as having a strong physique. Ploughing through Hong Kong’s hectic lifestyle is stressful enough as it is, but throw the recent COVID-19 pandemic and social factors into the mix, many people are left grappling with a maelstrom of negative emotions. Christian Family Service Centre (CFSC) believes that the well-being of the mind, body and soul should be a priority for all children, adolescents, adults and elders alike. Driven by their evolving needs at different stages of life, our Mental Health Services have set up a variety of services, including hostel options, integrated community centre and wellness centres and programmes designed specifically for children, adolescents, parents and elders. While our repertoire of services has continued to expand in recent years, our Store of Happiness - The Mobile Van For Publicity Service On Mental Wellness, a down-to-earth community project, has been planting small, yet powerful seeds of hope in communities across Kowloon East.

CFSC’s Mental Health Services are built on the core value of “Hope”. Ms. Sally Pang, Programme Director (Youth and Mental Health) at CFSC, explained that many people are struggling to find the motivation to make changes in the face of adversity: “With our wide-ranging services and interventions, we are working to instil hope in individuals and to enhance their sense of competence, hope and happiness. As social workers, we are beacons of hope that shine through the darkness and illuminate the way to a much brighter future for people.”

▽ 「幸福雜貨舖」以「開門七件事」為主題，走訪不同地區，推廣精神健康信息。

The Store of Happiness mobile van was themed “Seven daily necessities”. It visited different areas to share information of mental wellness.



It has been estimated that one in every seven Hong Kong citizens suffers from mental illness – a crisis that has been compounded by the pandemic. Sally said that, while there hasn't official data on how the pandemic has affected people's mental wellness, frontline workers at CFSC are receiving a soaring number of calls for help from families. "Over the past year, our lifestyle has been turned upside down. We have needed to adapt constantly to keep pace with these changes. However, family members who are adapting at a different pace or are not on the same page will slowly drift apart, which can lead to miscommunications and poor relationships. The increased conflicts in family have become a new source of mental stress."

Unleashing Your True Potential

CFSC's Mental Health Services are predicated on a strengths perspective and a strength-based approach, which emphasise that everyone has his/her strengths, and is capable of rekindling their lost hope in life. Through an array of non-stigmatising day-to-day services such as recreational classes, sharing sessions and outdoor activities, CFSC is actively raising mental health awareness, helping people to be aware of the needs of themselves and others.

The most difficult steps in the battle against mental illness are identifying the problem and seeking for help. In response to this, CFSC has stepped up its online services in recent years, to incorporate mental health information into people's everyday lives. The popular Facebook page "Bear Your Mind" designed by CFSC staffs, has "appointed" a chubby bear cub as a virtual ambassador to promote mental wellness.

The online and offline campaigns are working together to build an inclusive community. Sally noted that, while emotional distress may lead to more serious social issues such as suicide

and broken families, the overriding goal is to restore family relationships. She added: "We have adopted a people-oriented approach to encourage corporates, organisations and communities to join hands with us to sow hope."



▲ 流動宣傳車提供精神健康教育、初步情緒評估及短期個案輔導三大功能。

The mobile van can serve three purposes: mental health education, preliminary emotional assessments and short-term counselling.

Actively Engaging the Community

CFSC has many different approaches in promoting mental health. Newly "hit the road" is our Mobile Van For Publicity Service On Mental Wellness. The project, which was launched in July 2019 with a subvention from the Social Welfare Department, is intended to help unmotivated emotionally distressed individuals to seek help. Every month, the van makes 26 visits to various parts of Kowloon East, proactively disseminating mental health information in the Wong Tai Sin, Tseung Kwan O, Kwun Tong and Sai Kung Districts.

In recent months, the van has undergone a facelift – its exterior decorated with images of the "Seven Daily Necessities": firewood, rice, oil, salt, sauce, vinegar and tea. "Firewood" symbolises The Human Library for Positive Education; "rice" stands for Information about Mental Health; "oil" for An Aromatic Secret to Happiness and Relaxation;

“salt” for Community Sharing of Positive Experiences; “sauce” for Know Ourselves, Know Our Emotions; “vinegar” for A Quick Test of Your Emotion Health; and “tea” for Finding Mindfulness in Herbal Tea Rituals. Inside the van, it looks like a miniature playground, as it is equipped with a range of new interactive games to raise the public awareness of different emotions and mental illness and to build a more inclusive society.

Ms. Petsy Chow, Senior Manager of Mental Health Services and Development, has found the experience amusing. “People were curious at first. Some thought it was a delivery van of e-shops; while others thought we were handing out free goodies or collecting in-kind donations. We joked that ‘we don’t sell groceries here; we only sell happiness’. As its name suggests, the van is truly a store of happiness.”



△ 流動宣傳車上設有學習情緒字詞的扭卡機。

Inside the mobile van, there is a card vending machine helping children to build their emotional vocabulary.



△ 車上設有多款電子投射遊戲，讓小朋友認識喜、怒、哀、樂四種情緒。

The van is equipped with a projector game that educates children about the four emotional states: joy, anger, sadness and pleasure.



◁ 戴上VR眼鏡讓街坊虛擬經歷抑鬱症、思覺失調等處境，提升大眾對康復者的理解和體諒。

Using a VR headset, the project allows users to be immersed in the world of the emotionally ill, like depression, early psychosis and other mental illnesses may feel like, inspiring the public to be more understanding and empathetic towards the ex-mentally ill.

Disseminating information across communities is not the project’s only mission. “Having a good understanding of people’s needs means we’re able to provide a fitting solution. For example, when we identified cases with a domestic issue or involve academic pressure, we can refer to family services and school social services respectively to provide communities with the resources and support they need.” The best things about the project come from its flexibility and proactive approach which is in the perfect position to bridge the gaps between services and identify the silent victims hidden deep in the community.

了解更多 To learn more about:



精神健康服務
Mental Health Services



幸福雜貨鋪
Store of Happiness – The Mobile Van
For Publicity Service On Mental Wellness

照護同行 防疫升肌動起來

疫情持續逾年，長期留家防疫難免影響身心健康，尤其自理能力較弱的長者，外出機會大減，不但增加自身和照顧者的精神壓力，同時導致肌力流失，增加跌倒風險。基督教家庭服務中心（CFSC）早前舉辦《快樂「不倒翁」疫有轉「肌」計劃》，透過升肌運動、情緒管理工作坊等活動，從身心靈全方位着手，為長者和照顧者做好身心準備，面對未來各種抗逆挑戰。

計劃源於去年疫情高峰期，公共場所限聚或關閉，地區中心及外展服務暫停，長者和護老者的生活大受影響。基督教家庭服務中心服務總監（長者院舍、日間照顧及悅齡服務）楊靄珊表示：「好多老友記的家人或照顧者擔心他們外出時不懂得自我保護，寧願他們留在家中，但長期欠缺活動令肌肉流失，身體變差。有部分長者又因被困家中影響精神狀態，變得情緒低落或不願進食，因此我們想主動出擊，舉辦升肌運動學堂上門教長者做運動。」

升肌運動學堂協助長者養成運動習慣，中心透過肌力檢測發掘區內有肌少症風險的長者及護老者，由升肌大使直接上門，教長者在家中看直播，進行帶氧運動、重量及阻力訓練，維持肌肉強度。

△（左起）啟德體育園經理（業務發展）鍾雅樂、CFSC服務總監（長者院舍、日間照顧及悅齡服務）楊靄珊、啟德體育園總經理（市場策劃及傳訊）夏麗姬、CFSC順安及真光苑長者地區中心服務經理（照顧者策劃及支援服務）李疊恩。

（From left to right）Ms. Melody Chung, Manager (Business Development) of Kai Tak Sports Park; Ms. Edna Yeung, Programme Director (Elderly Residential & Day Care and Active Ageing) of CFSC; Ms. Livian Har, General Manager (Marketing & Communication) of Kai Tak Sports Park; and Ms. Wendy Li, Service Manager (Carer Link Service), Shun On and True Light Villa District Elderly Community Centre of CFSC.

招募升肌大使

負責籌劃項目的基督教家庭服務中心順安及真光苑長者地區中心服務經理（照顧者策劃及支援服務）李疊恩曾擔心疫情下難尋義工，剛巧與啟德體育園有聯繫，於是向啟德體育園招募義工擔任升肌大使，結果雙方一拍即合。啟德體育園總經理（市場策劃及傳訊）夏麗姬笑言要成為升肌大使並不容易，先要接受九小時培訓，想不到同事們反應熱烈，「我們的義工團隊共21人，除了啟德體育園的同事，亦有我們的合作伙伴參與。義工們都十分樂意利用工餘時間上門探訪，有時需要在工作時間外出，各部門的主管亦相當支持，大家的積極參與令我非常感動。」

親身體驗長者需要

作為義工之一的啟德體育園經理（業務發展）鍾雅樂平日甚少接觸長者，培訓過程加深她對長者健康的認識，「在CFSC的同事帶領下，我們有很多不同體驗，例如佩戴一副滿佈白點的眼鏡，感受視覺有障礙的狀態；又試過戴着兩對勞工手套用筷子夾紅豆，感受手部乏力的苦況，原來老人家每日都經歷着機能退化的困擾。」



△ 為期四個月的義工服務中，義工會探訪長者家庭。探訪過程令不少義工更關注自己及身邊人的健康。

During the four months of volunteer services, volunteers visited households with elders. Through those visits, volunteers pay more attention to their own physical well-being and that of those around them.

精神健康易受忽略

身體的警號容易察覺，內在的精神健康卻容易忽略，楊靄珊以困獸鬥形容疫下長者與護老者的緊張關係，「長者身體差或經常發脾氣，照顧者會好辛苦，自己亦會煩躁，形成惡性循環。如果長者身體狀況保持穩定，照顧者有機會舒緩，大家都開心。」

計劃中的危「肌」管理學堂針對護老者的需要，正念MBSEL情緒管理工作坊、瑜珈課程、和諧粉彩、森林浴等活動，有助提升護老者的抗逆力，舒緩長期照顧老弱帶來的精神壓力，培養樂觀心態。



△（左）啟德體育園代表夏麗姬與CFSC代表楊靄珊表示兩間機構一拍即合，推行《快樂「不倒翁」疫有轉「肌」計劃》，幫助留家防疫的長者強化肌肉，保持樂觀情緒。

（Left）Ms. Livian Har of Kai Tak Sports Park and Ms. Edna Yeung of CFSC joined hands to promote the fall prevention and strength-training programme for elders to help homebound elderly strengthen their muscles and to stay optimistic amid the pandemic.

連繫社區一拍即合

《快樂「不倒翁」疫有轉「肌」計劃》共為169位長者和護老者進行肌少症風險評估，當中分別有50位長者和護老者參與升肌運動學堂、護老好有營及110位護老者參與危「肌」管理學堂的工作坊及課程。對於今次義工服務取得顯著成效，CFSC與啟德體育園表示雙方理念不謀而合，將尋求更多合作機會。夏麗姬說啟德體育園正以連繫社區為目標，體育園有三大目的一體育普及化、精英化、盛事化。「我們未來會參與更多與運動有關的社區活動，繼續與各地區的服務機構合作，將運動元素帶入社區，由各界合力將啟德體育園變成社區共享的資源。」

楊靄珊指長者地區中心強調照護同行概念，避免護老者感到孤單，協助他們投入社區活動、運用社區設施、連結社區人士正是最佳方法。

CFSC Carer Link: Stay Mobile and Active at Home during COVID-19

More than a year into the COVID-19 pandemic, being homebound for prolonged periods has taken a toll on people's physical and mental health, most notably in elders who are dependent upon others for their needs. As going out has become a luxury, elderly persons and their carers are finding themselves dealing with increased levels of mental stress, along with a loss of muscle strength and a heightened risk of falls. Christian Family Service Centre (CFSC) has launched a fall prevention and strength-training programme for elderly. The programme promotes the holistic restoration of the body, mind, and soul through activities like muscle-building exercises and emotional management workshops. The goal is to prepare elderly persons and their carers, both physically and mentally, for whatever adversities and challenges that the future may hold for them.

The programme was kick-started at the height of the local COVID-19 outbreak in 2020, when public gatherings were restricted or banned. As the community centres were temporarily closed and outreach services were called to a halt, these changes dealt a devastating blow to elderly persons and their carers. Ms. Edna Yeung, Programme Director (Elderly Residential & Day Care and Active Ageing) of CFSC, said: "All too often, families or carers try to keep the elders at home for fear that they might not know how to protect themselves. But prolonged inactivity can lead to muscle loss and poorer health in general. For some elders, being stuck at home is also detrimental to their mental wellbeing. They can begin to feel despondent or refuse to eat. That's why we have acted pre-emptively and offered targeted classes teaching elders how to train their muscles at home."



The muscle-training classes were designed to help elderly persons incorporate some physical activity into their daily routine. CFSC performed muscle-strength tests to identify elderly persons and carers at risk of sarcopenia in the community. Its dedicated Muscle-Building Ambassadors then visited the elderly individuals in person, to assist them in attending online workout sessions and maintain their muscle strength with aerobic, strength, and resistance exercises, all in the comfort of their own homes.

Recruiting Volunteer Ambassadors

Ms. Wendy Li, Service Manager (Carer Link Service) of Shun On and True Light Villa District Elderly Community Centre of CFSC, who organising the programme, recounted her concerns about recruiting volunteers amid the pandemic. She spoke to the management of the Kai Tak Sports Park about enlisting their staff as volunteer ambassadors. There was an instant connection that allowed the two organisations to collaborate. "Being a Muscle-Building Ambassador requires nine hours of training, which is not easy to achieve," smiled Ms. Livian Har, General Manager (Marketing & Communication) of Kai Tak Sports Park. To her surprise, however, the response was overwhelmingly positive: "A total of 21 staffs, including those from our company and our working partners, volunteered to take part. The volunteers devoted their personal time to make home visits during the weekends; and sometimes even had to excuse themselves in the middle of the workday. Department heads were also incredibly supportive. It is beyond heart-warming to see how the team supported the community generously."



△ 升肌運動學堂安排升肌大使上門協助長者透過視像直播齊做運動。

Home visits by the Muscle-Building Ambassadors were arranged to teach elders how to join the live workout classes from home.



◁ 升肌大使每星期會將一餐「增肌餸菜包」送到長者家中，鼓勵他們攝取含豐富蛋白質的食物，促進肌肉生長。

The Ambassadors delivered a free, nutrient-dense meal pack to their doorsteps once a week, while advising the elders to consume more protein-rich foods that are beneficial to muscle growth.

Gaining a First-Hand Understanding of Elderly Needs

Among the volunteers was Ms. Melody Chung, Manager (Business Development) of Kai Tak Sports Park, who previously had few chances to interact with the elderly. She felt that the training sessions deepened her understanding of elderly well-being: "We engaged in a wide range of experiences, guided by our partners at CFSC. For example, we tried wearing a pair of glasses spotted with white dots to put ourselves in the shoes of a person with a visual impairment. We also tried picking up red beans with chopsticks while wearing two pairs of work gloves. This gave us a perspective on the woes resulting from a weak handgrip and opened our eyes to the daily struggles of elders with degenerative conditions."

Addressing the Oft-Overlooked Issue of Mental Health

While the warning signs of a physical illness will often flash red, mental ill-health tends to remain hidden and overlooked. Ms. Edna Yeung used “cage fighting” as an allegory for the tensions existing between elderly persons and their carers amid the pandemic: “Looking after an elderly person who is experiencing ill-health or is quick-tempered places a huge burden on the carer, who will also become irritable. This ultimately creates a vicious cycle. However, if the elderly person maintains stable physical conditions, the carer will have time to seek relief. It’s a win-win situation.”

As part of the programme, crisis management classes were designed to address the needs of elders’ carers. Other activities such as MBSEL-based emotional management workshops, yoga classes, Pastel Nagomi Art workshops, and Shinrin-Yoku (which also named “forest bathing”) practices helped the participants to build up their resilience, relieve the long-term stress resulting from their care responsibilities, and promote an optimistic mindset.



▲ 危「肌」管理學堂關注長者及護老者的身心靈平衡，着重紓壓鬆弛的活動，有參加者表示活動讓他們有放鬆的空間。

The crisis management classes focused on rebalancing the minds, bodies, and souls of elders and their carers. After the workshops, the participants reported that the activities gave them space to unwind.

Sharing an Instant Connection through Community Engagement

Throughout the programme, 169 elderly persons and carers were assessed for their risk of developing sarcopenia. Among them, 50 attended the muscle-training classes and nutritional support scheme for the elderly, whereas 110 carers completed the workshops and courses as part of the crisis management classes. Speaking on the success of their volunteering partnership, CFSC and Kai Tak Sports Park agreed they shared pieces of the same vision that fit together like a jigsaw, and they are now seeking further areas for cooperation. According to Ms. Livian Har, Kai Tak Sports Park has committed itself to engaging with the community. The Park has three overarching objectives: to promote sports in the community, to support elite sports, and to develop Hong Kong as a prime destination for hosting major international sports events. “We’ll be involved in more sports-related community activities and will continue to join forces with social service organisations around Hong Kong, to bring elements of sports into the community and to turn the Park into a community resource through cross-sector collaborations,” Har said.

According to Ms. Edna Yeung, CFSC’s District Elderly Community Centres are united in solidarity with the carers for elderly person. They believe helping carers engage in community activities, enjoy the community facilities, and connect with other community members is the best way to protect them from loneliness.

了解更多《快樂「不倒翁」
疫有轉「肌」計劃》

To learn more about the
fall prevention and
strength-training
programme for elderly





企業/團體2020 義工嘉許禮

突如其來的新冠肺炎，雖然令社會大受影響，人與人要保持社交距離，很多活動都需要暫停，但我們的愛心工作並沒有停止，感謝來自不同機構及團體的義工，即使在疫情下，仍然與我們一起關心弱勢社群，幫助社會上有需要人士。

本會早前於網上舉行每年一度的「企業/團體義工嘉許禮2020」，在此再次祝賀得獎的企業/團體義工，感謝大家的無私付出！

重溫
「義工嘉許禮2020」



長情義工團體獎

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仁美清叙慈善機構
香港愛馬女士協會

活力家庭坊(綜合家庭服務)

蘇豪香港扶輪社

真光苑長者地區中心

九龍真光中學
水務署義工隊
地政總署義工隊
希望種子籃球亞洲
政府資訊科技總監辦公室義工隊
香港中文大學逸夫書院校友會
香港心理衛生會欣怡軒
差餉物業估價署義工隊
真光攝影隊
笑出健康協會
基督教中國佈道會聖道學校
聖安當小學

彩盈長者日間護理中心

牛頭角浸信會
耆福會

順安長者地區中心

中華基督教會望覺堂耶利米團契
秀茂坪聖母軍
匯基書院(東九龍)
寧波第二中學

誠信兒童之家/誠望輔助宿舍

好苗子
動物醫生

橫頭磡長者日間護理中心

東九龍居民委員會髮剪隊



傑出義工團體獎

真光苑長者日間護理中心

香港大學秀圃老年研究中心

真光苑長者地區中心

香港忠僕事奉中心

義務工作發展局

綠在觀塘

九龍巴士(一九三三)有限公司－「九巴之友」義工隊

寶血會嘉靈學校

順安長者地區中心

中國播道會順安堂

星光大道匯賢思行衛星扶輪社

香港小童群益會賽馬會秀茂坪青少年綜合服務中心

藍田聖保祿中學

觀塘長者日間護理中心

致愛社會服務中心－敬拜讚美團隊

企業伙伴獎

服務單位	企業伙伴
任白慈善基金景林安老院	<ul style="list-style-type: none"> 清水灣鄉村俱樂部
欣悅坊－地區支援中心 (觀塘東)	<ul style="list-style-type: none"> 香港人壽 博藝體運有限公司
順安長者地區中心	<ul style="list-style-type: none"> 富安集團有限公司 榮華慈善基金有限公司
伙伴及資源拓展部	<ul style="list-style-type: none"> AP Medical apm創紀之城五期 AUB Limited Basic Concept International Limited Creativo Design & Contracting Co., Ltd. Crowne Plaza Hong Kong Causeway Bay Far East Sourcing Limited 馮百福基金有限公司 I Love Kitchen Ltd Manulife (International) Limited Nice & Wise Studio On Stage Production & Consultant Ltd. PARADM CO. LTD. PCCW (HKT Limited and the HKT Trust) QI GROUP Richemont Asia Pacific Limited – Vacheron Constantin Salonpas, DKSH Hong Kong Limited S E A Holdings Limited Shing Wah Services Ltd Smart Concept Group Limited Sounds Good Creative Tesco Dental (Hong Kong) Ltd. Tesla Motors HK Limited The Sunnyside Club Towngas U Magazine & U Lifestyle Vita Green Health Products Co., Ltd. Vital Care Hong Kong Limited 一杯涼水有限公司 手工藝創作有限公司 威皇廚藝有限公司 建昇工程(香港)有限公司 建昇工程有限公司 建造業議會 恆木環保科技有限公司 香港永明藥業有限公司 商業電台馬路的事義工隊 國信證券(香港)金融控股有限公司 國泰航空飲食服務(香港)有限公司 華僑永亨銀行 新世界發展(中國)有限公司 楊蔡慧嫻基金會

*排名不分先後

抗疫新常態

Bear Your Mind 熊熊漫畫

疫情反覆，相信大家難免感焦慮，「蕉慮指數」亦隨疫情升跌。CFSC精神健康服務的「Bear Your Mind 熊不喜歡孤單一個」以輕鬆手法宣傳精神健康，這次熊熊跟大家分享抗疫下的「蕉慮」小故事，你又有沒有共鳴呢？



facebook 專頁:



Q 「Bear Your Mind 熊不喜歡孤單一個」



CFSC Channel 陪你居家抗疫 的綜合資訊頻道



疫情爆發以來，社會服務不時需要因應疫情而暫停，CFSC亦將服務換個形式跟大家「線上見」！我們結集了本會多個服務單位製作的精彩資訊節目，整合成全新的YouTube Channel – CFSC Channel綜合資訊頻道，包羅多元化生活資訊，適合一家大小收看，在疫情期間繼續與大家保持連繫。



親子節目推介：

Teacher Lion 教你讀英文

「獅人英語教室」由可愛的布偶 Teacher Lion配合生動的圖畫，小朋友輕輕鬆鬆就學會英文字樣的正確發音，適合親子一起收看！



△「獅人英語教室」用生動的方式教小朋友讀英文



長者節目推介：

簡單易做的長者運動

長者居家少活動，肌肉開始軟弱無力？CFSC Carer Link照護同行團隊設計了一系列適合長者的居家運動，帶領長者每天動一動，強化肌肉，增強活動能力。



△「中風患者或體弱長者居家運動訓練教學」讓照顧者和長者合作，利用家居物品在家中做簡單運動舒展筋骨。



綠色生活節目推介：

實用環保手作

如果你喜歡做手作，這一系列的環保手作教學就最適合你了！用一些天然物料及環保物資，簡單幾個步驟，就製作出環保又美觀的物品，如天然浴鹽、種子再造紙、大豆蠟燭及實用的環保防疫面罩等。



△「環保面罩製作短片」用簡單的膠片及小工具，跟大家一起製作防疫面罩。



青年節目推介：

富士山蛋糕

疫情下大家很久沒有去旅行，是不是很懷念旅行的日子呢？「富士山，吓？」由年輕主持一邊大談「旅行經」，一邊教大家製作富士山蛋糕，用眼睛和味蕾去一趟富士山，非常適合喜歡年輕話題的你。



△「富士山，吓？」短片除了跟大家聊聊旅行話題，也教大家製作賣相吸引的富士山蛋糕。



健康節目推介：

中醫教你改善失眠

都市人失眠問題十分普遍，中醫角度如何解決？「一覺好眠網上講座」由註冊中醫師詳細講解失眠的成因及對策，疫情下鼓勵大家培養良好的生活習慣及改善睡眠質素，讓大家一覺好眠。



△「一覺好眠網上講座」分享失眠與中醫調攝、中醫食療及安神穴位按摩法等。

CFSC Channel 綜合資訊頻道內容豐富及多元化，適合不同人士觀看。請掃描QR Code收看影片，並 **訂閱** 頻道，接收通知，搶先收看豐富節目！



活動回顧

「自立支援亞太區研討會」

全港首辦、專為照護者而設的「自立支援亞太區研討會」邀請到來自台灣、日本、澳門及香港的專家首次聚首於網上，向超過630位來自香港、澳門及內地的業界同工，分享長者自立支援照顧服務的推展經驗及認知障礙症上的運用，攜手建立一個尊重長者的關愛社區。



宏利「券」顧您健康計劃

本會與宏利香港合作推出市場首個由商界贊助的醫療券慈善計劃——「宏利『券』顧您健康」計劃，讓基層人士獲得免費健康檢查和諮詢服務，希望為弱勢家庭尤其是家庭支柱提供所需的健康支援，減輕基層家庭的醫療開支負擔。

藝術保抗力技能解鎖計劃

由本會青少年精神健康推廣及治療中心主辦、滙豐香港社區夥伴2020贊助的「藝術保抗力技能解鎖計劃」，透過社交平台舉辦一連串大型的免費精神健康及表達藝術工作坊，宣揚「保(持)抗(逆)力六式」，為受疫情影響的學生提供預防及支援服務，減輕焦慮情緒。



「鯉魚門壁畫藝術村」 美化社區

本會鯉魚門社區服務處先後獲多樂士油漆、觀塘區議會及市區重建局贊助，在鯉魚門的海堤牆上繪畫了近20幅壁畫，令冷冰冰的混凝土牆變成一幅幅色彩斑斕的壁畫，為社區增添藝術色彩。



擁抱生命計劃

本會翠林長者日間護理中心得到「華人永遠墳場管理委員會」年度慈善捐款——「生命教育」計劃撥款贊助，舉辦「擁抱生命計劃」，以顏「色」、濃「香」、回「味」、「隨」心、寫「意」為主題，拍攝了一系列短片，為護老者減壓。



您的慷慨支持可以令我們的服務得以延續及拓展，改善有需要人士的生活。

Your kind contributions will enable us to deliver quality services and improve the lives of the needy continuously.

捐款支持 Donation

☐ 本人 / ☐ 公司願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\$ _____

捐款者資料 Donor's Information (in BLOCK LETTERS please)

姓名 Name (☐ 先生 Mr. / ☐ 女士 Mrs. / ☐ 小姐 Ms.)

團體/公司名稱 Organisation/Company: _____

地址 Address: _____

聯絡電話 Contact Phone No.: _____ 傳真 Fax No.: _____

電郵 Email: _____

捐款方法 Donation Methods

☐ 信用卡 Credit Card

☐ VISA ☐ Master Card

持卡人姓名 Cardholder's Name: _____

信用卡號碼 Card No.: _____ 有效日期 Expiry Date: _____ 月Month _____ 年Year
(有效期不少於兩個月Minimum valid for 2 months)

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

(只適用於單次捐款，支票抬頭請填寫「基督教家庭服務中心」。For one-off donation only. Please make cheque 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 record of e-banking confirmation/original bank pay-in slip along with this form to us.)

滙豐銀行 HSBC: 030-001580-001

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

恒生銀行 Hang Seng Bank: 291-117851-001 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.



受惠對象 Beneficiaries

☐ CFSC緊急援助基金 CFSC Emergency Assistance Fund

☐ 青年服務 Youth Services

☐ 50+悅齡服務 Active Ageing Services

☐ 殘疾人士發展及共融 Opportunities and Inclusion for People with Disabilities

☐ 醫療健康服務 Medical & Health Services

☐ 環保及綠色生活 Environmental Protection & Green Living

☐ 其他 Others (請註明 Please specify): _____

☐ 兒童及家庭服務 Children & Family Services

☐ 長者照顧服務 Elderly Care Services

☐ 殘疾人士綜合服務 Services for People with Disabilities

☐ 精神健康服務 Mental Health Services

☐ 社區發展服務 Community Development Services

☐ 一般捐款 General Donation

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。

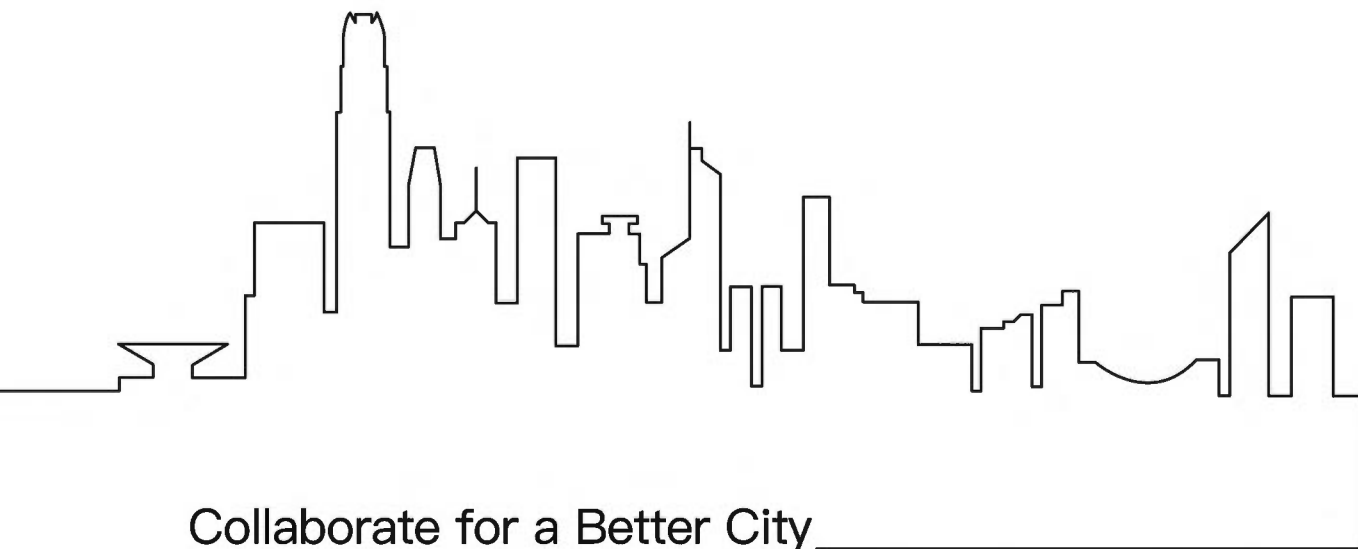
Donations of HK\$100 or above are tax deductible with official receipt. Your personal data will be used by Christian Family Service Centre (CFSC) for the purpose of issuing receipts, administration, communications and conducting surveys for CFSC. Your personal data will be treated as strictly confidential and saved in our encrypted database. 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 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