

慈惠月報

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社工的話 Social Worker's Remark

隨著政府鼓勵官商民三方合力參與扶貧工作，鼓勵社會福利機構拓展網絡，推動企業或商業機構承擔更大的社會責任，合力建立一個團結和諧、充滿愛心的社會。在這個氣氛下，確實多見了不同企業和團體到長者中心和院舍，提供一些活動給長者，實在令長者們在生活上倍添歡樂！

漸漸地企業、團體或一些善長會問，根據你們作為社會服務機構的觀察，究竟現時香港基層人士有甚麼地方是最需要幫助？

聖雅各福群會為基層人士提供慈惠服務多年，由20年多前的「長者家居維修計劃」、15年前的「電器贈長者」、10年前成立「食物銀行」、「助學改變未來」慈惠計劃、及近年的「惠澤社區藥房」等等，均是前線同事在接觸基層家庭及弱老中聽到、看到及感受到而誕生的服務。除了「食物銀行」現時已獲政府資助外，其他慈惠服務均一律需要自行籌募經費；於是，負責計劃的同事四出向不同人士提交建議書及講解服務需求和意義，讓更多公眾明白在政府資助服務單位之外，其實還有另外一些需要，是急需資源來支持運作，讓活於水深火熱的困乏者可以得到及時的援助！

有一個問題，我們也常常遇到的：「政府不是已給予困乏者急需的支援嗎？」如綜援金、上樓搬遷津貼等等，為何仍要你們仍要推行這些慈惠服務？擔心服務是錦上添花。事實上，政府是有為急困者提供援助，但這些援助都是十分十分基本的。一個領綜援的長者約每月有三千元的綜援金，扣除食、住、燈油火燭，基本上沒有餘錢可應急。所謂應急錢就是生病的診金，小病當然可以應付，但萬一是較複雜的病情，長者也會希望尋求多一個的治療方案，又或萬一患上疾病是需用上自費藥物，那就更加徬徨。此外，就上樓搬遷方面從前已談及費用是不足以應付基本開支的，而事實上透過報導後很多市民才知道公屋是沒有地板及電熱水爐配備，這些東西怎可算得上是奢侈品，那又何來會是錦上添花？！

整體香港扶貧工作推行得如何？有見坊間不少有心的個人、企業和團體在不同範疇上幫助有需要的人士，作為慈惠服務的推行者，持續性推行到位的扶貧服務是非常重要的。就百多萬的貧窮人口，期望透過政府推出結構性措施，在房屋、就業、教育及人口政策上作出長遠規劃，個人、企業和團體透過直接服務或捐助，解窮困人於燃眉之急，滅貧之路才可露出曙光！

In the past few years, the government promotes cooperation of the corporations and public in alleviating the poverty. It encourages the social organization in expanding the network and pushes the commercial organizations in taking more social responsibilities so as to establish a more united and harmony society. Undoubtedly, there are more and more corporations and organization visiting the elderly center and elderly home, wishing to provide more happiness and energy for the elderly.

Gradually, some corporations, organizations and donors will ask what the grassroots need most according to our observation.

St. James' Settlement has been launching different Charity Projects for many years. We have the "Elderly Home Maintenance Services" 20 years ago, the "Electrical Appliances for the Elderly Program" 10 years ago, the "People's Food Bank" and the "Grant-in-aid" Brightens Children's Lives Charity Project" 10 years ago, and the "Philanthropic Community Pharmacy" in recent years, etc. These services are all established by our front line staff who really feel and experience the need during their services. Apart from the "People's Food Bank", all the Charity Projects are still without the government subsidy; thus, the project in charge has to raise fund in all possible ways. They have to submit funding proposal, explain to different parties the need and meaning of the projects and etc. It hopes to let the public realize that there are services which are with urgent need of donation in providing prompt and needy support for the grassroots.

"The government has already given support for those in urgent need, hasn't they?" This is the question we have oftenly been asked. They wonder if there is a need to launch those Charity Projects since there are already different kinds of subsidy from government, such as the CSSA and relocation subsidy. In fact, they subsidy from government is just very basic. Taking an elder who receives \$3,000 CSSA per month as an example, there is much left after paying the rent, meal fee, water and electricity and etc. They have no money to support any urgency. They may able to pay for minor ailments; however, they have no ways to fight for diseases which require more complicated treatment or self-paid medication. While for the relocation issue, we have mentioned long time again that the subsidy is completely not enough for the basic cost. Many people told us that they just realized there are no flooring, heater and etc for a public housing unit after reading the media report. Thus, it is definitely not a luxury to launch the Charity Projects.

How's the poverty work now in Hong Kong? We notice that there are kind people, corporations and organization willing to help the needy in different aspect. As the in charge of the Charity Projects, it is important for us to continue the poverty work. The approximate population of poverty in Hong Kong is now nearly a million. We wish the government can have a long term plan in the housing, education and population policy; while the public, corporation and organization can keep the volunteer work or donations in supporting the needy. That's the only way we can see the hope in eliminating the poverty problems.

冀見滅貧曙光 A Hope to See the Elimination of Poverty

為人慈善，是造福己身。

Charity to others is benefit for oneself.



你們好像天使 在治療路上支持和安慰我

「病魔離間不到我與家人的關係，痛苦只會令我們要更珍惜活在一起的時間！」現年五十多歲的尹先生患有肺癌多時，在醫生處方下他需要服食標靶藥治療，原藥物費用近二萬多元，幸好得到聖雅各福群會的協助，使藥費能減輕一部分，家庭經濟壓力頓時得到舒緩。「我兒子好乖巧，每次往醫院覆診一定會陪伴在側，他雖尚在學，但懂得分辨事情的輕重，故此從來都不用我擔心；相反，他要擔心我的健康、擔憂我的病情，兒子很懂事，我想與他相處多一段時間！」尹先生的願望應是所有為人父母簡單的心願，作為父母都期望看著自己子女成長，學有所成，結婚生子，對於尹先生來說，願望雖平凡，但卻不易成真。

服食標靶藥治療近一年，原以為曙光在望，怎料醫生說癌細胞控制得不太好，需再另加化療藥物雙管齊下進行治療。現時化療藥物一個月大約需要一萬五千元，疾病不單令尹先生身體變得虛弱，更令一家人身心受創；如今醫生建議尹先生需加多一種藥物治療，令一家人變得更捉襟見肘，「姑娘，我的病情是否太差，無法再醫治？醫生沒有多解釋為何要再加一種藥物，只是說病情控制得不太理想……有時我會問，自己還能撐下去？」說來尹先生淚流滿面，儘管多堅強的他，似乎已無力再前行。

很多時候病人來到惠澤社區藥房，不只是希望得到經濟上的援助，更甚的是需要心靈上的安慰與支援，聽他們就連跟家人也不能分享的痛，輕拍他們的肩膀，說些鼓勵的說話，與他們一起面對頑疾的挑戰。「好感激聖雅各的支持和鼓勵，你們的出現，就好像天使一樣，為我提供藥費的資助，亦體貼地轉贈癌症病人專服用的營養奶粉，還有你們常常為我打氣！多謝你們，多謝善長們！」尹先生得到家人及藥房同事的支持下，重燃信心勇敢地繼續接受治療。

疾病最可怕的不只是摧毀人的生命，有時更可怕是推倒人的信念和意志。治療疾病的路上並不孤單，只要將你的訴求坦誠，身邊的人一定會伸出援手。



An Angel Giving me Support and Comfort During the Treatment

"Serious illness fails to drive a wedge in the relationship with my family; pain could only make us even more treasure our time together!" Mr. Wan, around some fifty years old, has had lung cancer for quite a while. The doctor prescribed him a target drug and the original cost is nearly \$20,000 a month. Fortunately, with the assistance of the "Philanthropic Community Pharmacy" of SJS, the cost is partly subsidized and hence releases the family's financial burden. "My son is very good. He accompanies me for each hospital visit. Although he is still studying, he never brings me troubles. It is just me who always make him worry. He is such as good boy that I will to spend more time with him." Wan's wish is simple as all parents have. They wish to see their children grow up, complete their study and get married. However, this simple is not easy for Wan to achieve.

When Mr. Wan thought his situation will become better after taking the target drug for nearly a year, the doctor said the cancer is not controlled well. As a result, another type of chemotherapy has to be added for treatment. Currently, the medication for chemotherapy is around \$15,000 for a month. The diseases weakened Wan physically and mentally. Now, the suggestion of additional medication by doctor even makes the family further worry. "Is that my illness get worse? The doctor didn't explain why an additional drug was needed, he merely stated that control of my illness has not been satisfactory enough..... sometimes I would question how long can I keep fighting?" said Wan with tears on his face as if he has lost the strength to march forward despite his tenacity.

Most of the time, patients come to the Philanthropic Community Pharmacy not only hope to get the financial support, they also need the mental comfort and support. We have to share their feeling that cannot be shared with their families. We will pat their shoulders, say a few words of encourage and face the challenges with them. "I am really grateful to SJS for their support and encouragement. You all just like the angel who not only give me financial support and provide me with nutritious milk powder specific for cancer patients, but also cheer me up very often! Really thanks you all as well as the kind donors." With the encouragement from family and the Pharmacy staff, he regains the confidence in continuing the treatment!

The most horrible thing of sickness is not destroying one's life; in fact, it is the destruction of one's belief and will power. Remember, you are not alone in the way of treatment. As long as you are willing to share, there will be people who are ready to give a helping hand.

醫生建議多加治療藥物，令尹先生於經濟及心理上背負沉重壓力，幸得家人及藥劑師的支持下，讓他重拾信心戰勝病魔。

The additional medication treatment suggested by doctor brings further pressure on Mr. Wan both financially and mentally. Fortunately with the encouragement from his family and SJS pharmacist, he now regains the confidences in fighting the cancer!



一家三口靠自費藥續命 呼籲善款助病人渡難關

心臟是人體血液循環的一個重要器官，主要是透過血管令血液流通到全身，提供養份到各個器官，不過患有遺傳性心臟病人士會出現先天性心臟結構或功能出現異常情況，情況較嚴重者更需要進行心臟移植手術。

現年四十多歲的李媽媽，本身患有心臟病，去年幸運地進行心臟移植，健康情況得到改善；可是，原來李媽媽的兩名兒童均遺傳了此疾病，大兒子今年廿五歲因先天性心臟病，身體一直較為虛弱，去年更不幸中風，日常生活需要家人照料。大兒子中風後，醫生處方一種較新的薄血藥希望令他可好好控制病情。新一代的薄血藥副作用較低，而且不用經常往返醫院抽血檢驗，不過價格一點也不便宜，每月藥費近一千元。現時，一家都靠李爸爸每月一萬元的收入維持家庭所有開支，生活十分拮据，加上一家四口有三人都有長期疾病，需要被照顧，李爸爸的壓力大得可想而知！

大兒子中風已令李家陷入愁雲慘霧的狀態，但十九歲的小兒子情況更令人擔憂。小兒子跟哥哥一樣要服用新一代薄血藥以控制病情，同時他正急於等候進行心臟移植，唯現時香港輪候移植心臟的病人實在太多，而捐贈器官的人數始終追不上需求，現時只能等待！「是我連累兩名兒子，他們本來有大好的前途，可以上學，與朋友打球或跟學校外地遊學觀光，可是他們人生大部份時間是不斷進出醫院，現在才廿多歲，醫生表示要一直服用自費藥物。看！他們體質跟本不能工作，未來的日子真的不知怎麼辦？」談到兩個愛子，李媽媽淚水不停在眼眶打轉地說。

李媽媽的家庭經社工轉介到聖雅各福群會惠澤社區藥房，現時藥房提供的薄血藥比一般市面藥房較為優惠，藥費能減輕至約六百元一個月，經藥房同事評估李家的經濟情況後，透過「贈藥治病計劃」資助兩兄弟的藥物費用，希望能暫時舒緩李家的經濟壓力。盼望各善長能捐助類似李家的家庭，支持「贈藥治病計劃」，善款數目不拘，支票抬頭請書寫：「聖雅各福群會」，支票背面註明：「贈藥治病計劃」。施善查詢：2835 4321或8107 8324。

Three in a Family Survive on Self-Paid Drugs Appeal for Donations to Tide Them Over

The heart is an important organ for blood circulation. Its main function is to provide nutrients for various organs by blood circulation. People who are afflicted with hereditary heart diseases show abnormality in cardiac structure or cardiac functioning. In more serious cases, they need to undergo heart transplant operations.

A bit over 40-year-old Mrs. Lee has heart disease. She underwent heart transplant operation last year and her condition started to improve afterward. Unfortunately, both of her sons have the same disease genetically. Her elder son is 25 and he has been comparatively weak due to the congenital heart disease. Last year, as a result of stroke, he needs someone to take care of in his daily life. His doctor prescribed a new kind of anticoagulant drug to help control his disease. The new drug has less side effects and the patient doesn't have to take the blood test in hospital oftenly. But the drug is costly, about a thousand dollars a month. Presently, the family lives on the \$10,000 Mr. Lee brings home. The whole family is in a financial strait. In addition, three in a family of four suffer from chronic disease and require intensive care. One can easily imagine the great stress Mr. Lee faces.

The Lee family has been living in misery since their elder son had a stroke. The condition of their 19-year-old son is more worrying. Their younger son has to take the new drug like his elder brother. At the same time, he urgently needs a heart transplant. Presently, the number of patients waiting for heart transplant by far outnumbers the number of donors. "I was the cause of my sons' problems. They should have a bright future and should be able to go to school, play ball games with their friends or go on exchange study tour, sightseeing overseas with school. Instead, they go in and out of hospital most of the time. My elder son is only 20 plus. The doctor said they would have to take the self-paid drugs for the rest of their lives. They are not fit for work. What can I do in the remaining years?" Tears kept rolling in Mrs. Lee's eyes while she was talking about her sons.

The Lee's social worker referred her case to St. James' Settlement's Philanthropic Community Pharmacy. Right now, the Pharmacy sold the anticoagulant drugs at a price largely discounted than the market price which is around \$600 a month. After the Pharmacy staff assessed the Lees' financial situation, St. James' could further subsidy the sons' drug costs with the "Medication Subsidy Program". Hopefully, this could alleviate the family's financial pressure for the time being. We hope that benefactors can donate to help out families like the Lees and to support our "Medication Subsidy Program". Any amount is greatly welcome. Make out your cheque payable to "St. James' Settlement", specifying at its back for "Medication Subsidy Program". For enquiry, please dial 2835 4321 or 8107 8324.



擺脫燒柴煮食的煩惱

在物質豐盛、繁榮進步的香港，仍居住了一群匱乏無依的長者們，未能分享科技進步帶來的便利。居於葵涌山上、九十一歲的梁婆婆便是其中一位。

「我係度住了五十多年，一直與丈夫相依為命。我們每天到山上拾柴、燒柴煮飯，隔陣子一起下山購買日用品，生活無憂無慮。」梁婆婆回味著年輕的日子，與丈夫均抱著「樂天知命」的生活態度，即使活得簡樸也從不抱怨。無奈兩老年事已高，伯伯於年前因病過身，剩下婆婆一人獨自生活。近年梁婆婆更因患上慢性腎衰竭需頻密出入醫院，也曾因跌倒而導致手腕骨折。百病纏身的梁婆婆也不希望將麻煩帶給別人，繼續自行燒柴煮飯。社工擔心居住地區偏遠，原始簡陋的家居環境，會造成梁婆婆生活上的不便，於是向「電器贈長者」計劃，希望餽贈基本家電，減輕梁婆婆的生活困難。

「電器贈長者」計劃不受區域的限制，只要長者提出需要，計劃必及時、到位為他們送上所需的家電。計劃派出義工協助運輸和探訪梁婆婆。由於路途偏遠，義工們需一大早從市區出發，駕車到山上進行探訪。由於梁婆婆居住的村落沒有清晰指示路牌及門牌，義工花費了不少時間找尋該屋的所在地。加上「天有不測之風雲」，中途突然下起滂沱大雨，讓找路的過程更為艱鉅。可是「皇天不負有心人」，加上村民的指示，終於看到一位身形瘦弱、戴著三角竹帽的婆婆站在門口向義工們揮手：「我係呢度呀！」義工們立即停下車來，攜著眾多的電器，爬行到十多級樓梯，終到達梁婆婆的家。「咁遠你地都黎探我，辛苦晒你地！」

義工隨即為梁婆婆安裝了座枱式電熱水壺，可以燒熱水並保持水溫，讓梁婆婆可以隨時飲用熱水服藥，也不用攜著笨重大水煲，加重手腕的傷勢。另外，義工也帶備了電磁爐，更預備了一個煮食煲，細心教導婆婆如何安全使用。「我已經調教好晒，只需按一個開關制，就可煮食，十分簡單。」聽了義工的指導，梁婆婆十分高興，以後再也不用為燒柴而苦惱。「我已經無能力再去拾柴，有左呢個電磁爐，我可以煲下粥、煮下菜，真係感謝社會大眾對我的照顧！」

「我沒想過居於杳無人煙的地點，仍沒有跟社會脫勾。從市區帶來的關懷特別窩心！」梁婆婆對善長的關懷之情，萬分感謝，並承諾好好調養身體，回復健康。

「關懷無分邊界」正是「電器贈長者」的服務宗旨。服務堅持透過義工親身到戶，送上長者所需的家電之餘，不忘送上對無依長者的真摯關懷和慰問。即使居於偏遠的角落，這份關懷亦會衝破地域上的限制，由計劃義工親手送到無依長者手中。



No More Preparing Meals with Firewood Make Living Easier

While Hong Kong is widely recognized as a prosperous city with abundant resources, there is a large group of poor lone elderly without access to the convenience brought by the advancement in technology. Grandma Leung, 91-year-old, living in the hills in Kwai Chung, is one of them.

"I have been living here only with my husband over 50 years. Every day we would collect from the hills some dry sticks as firewood to prepare meals. Once in a while, we would go down the hills to buy some daily groceries. What a trouble-free way of life!" Grandma reminisced her old days with her husband when they were young and embraced the belief to let their fate take its course and were contented with their minimal way of life. Nevertheless, the couple is aged and her husband died of disease last year leaving her alone. Over the recent years, Grandma has had to go to the hospital quite often to get treatments for her chronic kidney disease. She once fell leading to wrist fracture. Despite all the sufferings she is enduring, she prefers not to ask for help and continue to prepare meals with firewood as she does not want to bother others. As the Social Worker who is helping Grandma worried that she would encounter much difficulties living in such a primitive house in the remote area, he therefore applied to the "Electrical Appliances for the Elderly Program" on Grandma's behalf for basic home electrical appliances hoping to make her living easier.

"Electrical Appliances for the Elderly Program" sets no limit of service area and will effectively and suitably bring the home electrical appliances in need to the elderly once their application is acknowledged. Some volunteers were mobilized to visit Grandma Leung and bring her some electrical appliances. As it is quite a distance between Grandma's place and the urban area, they set off very early in the morning and drove straight up the hills. It took them a long time to locate her house as no clear road signs or house numbers were available. Even worse, suddenly it rained heavily hindering the search. But nothing will frustrate their will to help; and with the help of some villagers, they finally saw a slender grandma with a triangular bamboo hat standing at a door waving to them, "I am here!". They pulled over and then made their way up a long staircase carrying with them many pieces of electrical appliances. They finally made it. "It's very kind of you all to take so much trouble to come over here!"

They immediately placed the thermal heater on the table and connected the wires making it ready to boil water and keep the water warm. Grandma can then take medicine with warm water any time she needs, saving her from carrying the heavy kettle which may hurt her weak wrist. They also brought her an induction cooker and a cooking pot and carefully taught her how to safely operate it, "I have made it ready to use; it is very simple; you just have to press the on/off button." Knowing how easy it is to operate the induction cooker, Grandma is delighted as she can be free from the trouble of preparing meals with firewood. "I am no longer strong enough to collect firewood from the hills. With this induction cooker, I can prepare congee and fry vegetables. I am really grateful for the concern from the community".

"I never thought that I could still be a part of society when I am living in a remote area. The concern brought by the benevolent people from urban districts is particularly touching!" Grandma expressed her gratitude to the benevolent people and promised to take good care of herself and get a good recovery.

"Serving the needy without boundary" is the principle upheld by the "Electrical Appliances for the Elderly Program". We have been all along adopting the principle of expressing our concern to the needy by mobilizing volunteers to pay them visits besides bringing them the electrical appliances they need. Regardless of how far away the poor lone elderly live, our volunteers will bring them our concern and assistance.

義工細心教導梁婆婆如何安全使用電磁爐，讓她可以習慣使用電磁爐煮食。The volunteer is teaching Grandma carefully how to operate the induction cooker to prepare meals with ease.



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一四年四月份
APR 2014
慈惠月報
The Philanthropy Monthly

炎熱夏季 為弱者送涼風

隨著年齡漸長，長者肺功能偏弱，尤其對於患上氣管疾病如支氣管炎、哮喘的長者，絕不能長期處於悶熱、黴爛的環境中。否則，輕則引發熱感冒、身體不適，嚴重者則會中暑危及生命。尤其本港炎夏的日子長久，日間氣溫經常超過30度，體弱長者極易受中暑的威脅。「電器贈長者」計劃正式啟動「風扇餽贈月」，呼籲善長及早向貧老施予援手，贈送風扇予體弱長者，免除他們受熱浪所襲而中暑的危機。

居於深水埗的陳伯伯跟我們分享了他於炎熱下的故事：「用左接近十年的風扇都要退休了。昨晚扇葉不能轉動，未有為意下開始嗅到燒焦的味道，嚇到我立即拔掉插蘇，唔敢再用！」患有支氣管炎的陳伯伯，當環境太黴爛即會感到呼吸困難。「風扇壞了，只能靠手撥扇，天氣這般黴爛，氣管唔順暢好辛苦！」。「電器贈長者」計劃得知陳伯伯的苦況，正盡力尋求善長的捐助，希望他可以盡快獲得一把性能良好的風扇，為陳伯伯送上涼風，免受呼吸困難之苦。

「電器贈長者」計劃期望可優先為居於空氣缺乏流通的板間房、天台屋等長者送上風扇。據資料顯示，缺乏窗門密室設計的板間房猶如「城市蒸籠」，室內氣溫可高達35—36度，對於排汗系統較弱的長者而言，必備受中暑的威脅。

居於深水埗唐樓板間的李婆婆，日間會外出到商場吹冷氣避暑。「黃昏回家煮飯，室內依然非常黴爛，無左把風扇我根本瞓唔著！」不幸的李婆婆，家中的風扇突然咁一聲，不能轉動。失去了風扇，室內的溫度更高，讓李婆婆苦不堪言。「希望早日輪到公屋，就可脫離黴爛之苦。而家我最需要係一把風扇，讓我可以乘乘涼，晚上唔會熱到瞓唔著。」

「電器贈長者」會於「風扇餽贈月」全港性協助獨居無依的匱乏長者，按照他們的家居需要，餽贈新淨及性能良好的風扇。計劃並會組織義工，支援運輸及探訪的工作，確保長者可即時使用風扇乘涼。計劃去年已為超過300名匱乏長者送上風扇，預計今年有600位來自港九各區的匱乏長者需要風扇，解除炎熱之苦。

「電器贈長者」計劃本著「及時、到位」的服務精神，目標為孤苦無依的長者於炎夏裡送上安全實用的風扇。計劃作出緊急呼籲，期望籌集足夠善款為無依長者送上風扇，縮短他們苦等的時間。捐款支票抬頭：「聖雅各福群會」，指定捐款「風扇餽贈」。查詢：2835 4321 或 8107 8324。



Give Cool Air for Frail Elderly in Hot Summer

Elderly's lung function deteriorates with ages. Particularly for those having trachea problems such as bronchitis and asthmas, they cannot stay long in the hot and suffocating environment. Otherwise, they may get cold and fever; more seriously, it can bring risk to their life. The summer day in Hong Kong is long and the temperatures often exceeds 30 deg. C. The frail elders is easily be threatened by heatstroke. Our "Electrical Appliances for the Elderly Program" is now launching the "Donation for Fans Month", appealing to the benefactors for donation of electrical fans so to prevent the frail elderly from risk of heatstroke due to heat waves.

Grandpa Chan living in Shum Shui Po shared with us his story in hot summer. "It's about time for my old electrical fan to retire. Its blades stopped turning last night with a smell of burning. Being frightened, I quickly pulled the plug out and not dare to use it anymore. Grandpa Chan has bronchitis and thus he will have the breathing difficulty if it is stuffy. "As the fan is broken down, I could only fan myself to stay cool. It is hard for me to breathe comfortably." In knowing Grandpa Chan's situation, the EAE program started to look for the help of donors in giving him an electrical fan.

The EAE program hopes to give priority for elderly who are living in partitioned flat or rooftop where the ventilation is comparatively poor. According to the data, room without windows is like a "city steamer" that the temperatures can reach 35-36 deg. C. Thus, elders whose perspiration system is weak are under the heatstroke threat.

Grandma Lee living in a Shum Shui Po partitioned flat will go to the shopping mall in escaping from the summer heat. "The flat is still awfully hot even when I return home in the evening. Without the electrical fan, I cannot fall asleep." Unfortunately, her fan is broken down all of a sudden. The room temperature is extremely high without the fan which makes Grandma Lee very uncomfortable. "I wish I can be relocated to the public housing unit as soon as possible so that I can escape from the heat. Right now, I urgently need an electrical fan to cool down and allow me a good sleep at night."

The EAE program plans to help poor living alone elders throughout Hong Kong by giving them a clean fan with good working condition during the "Donation for Fans Month". It also organizes volunteers for delivery and home visits, ensuring elders can use the fan promptly. Last year, the plan provided fans for over 300 needy elders and the target number for this year is 600.

"Promptly in-place" service is the spirit of the EAE program. It aims at giving out safe and workable electrical fans to living alone elderly during hot summer. We wish to raise sufficient fund so that the waiting time can be shortened. Please make out your cheque payable to "St. James' Settlement" specifying at its back for "Fan donation". Donation hotline: 2835 4321 or 8107 8324.

一把小型風扇，能為長者送上涼風，免除黴爛、悶熱之苦。

A small electrical fan sends cool air to the elder, removing the hardness of stuffy and sultry.



「太好了，原來可以這樣的！」

黃伯今年七十有多，一直住在天水圍的公屋內，直至太太離世，女兒因組織家庭而遷出後，黃伯只剩一人獨居。隨著女兒的搬離，他們的關係愈來愈疏離。現在任何大小事情，黃伯只是靠自己或找社工協助。

幾年前，黃伯申請調遷，搬到太和邨一人單位的公屋。伯伯沒有親人的照顧，起居生活，家中大小事務均由自己負責，但日子久了，身體也差了，行動變得不便。連隨家中的電器亦如是，家中很多電器都開始有毛病了：「這台大牛龜電視機跟我很多年，雖然遙控器不見了，但電視仍能用，所以我就不捨得掉。但現在連電視機的開關鍵都壞了，我不知道如何開關電視，唯有直接拔除電插蘇。」

黃伯每次想看電視的時候就插上電源，到他不想看時，就拔走插蘇。「我每次都要好用力先可以拔出插蘇，但我又沒有其他辦法。買一部新電視最平都要千幾蚊，我食既用既都係靠個少少綜援金，我唔捨得買，我亦沒有能力買。」黃伯邊指著插蘇擊邊解釋。

義工上門為黃伯嘗試維修電視機的開關鍵，雖然未能成功，但義工亦非常擔心黃伯這樣使用電視機，心怕黃伯稍不小心以沾了水的手去拔插蘇，又或伯伯用力不善失足跌倒。

最後，義工想出另一個方法讓黃伯不用每次都要辛苦拔插蘇，就是為電視的電插蘇改成可開關的插蘇。這樣，黃伯既不用花錢買一台新電視，又可以不拔插蘇而隨意輕鬆開關電視機。同時，義工亦向黃伯講解正確的用電知識，著黃伯不要以濕水的手接觸電器，以確保安全。

黃伯伸手試用電視機的開關：「太好了，原來可以這樣的！這樣我就不用再辛苦拔插蘇來開關電視了！」

“Wonderful! It can be done in this way!”

Uncle Wong is over 70 years old and was living in a Tin Shui Wai public housing unit. When his wife passed away, his daughter moved out to start her own family. Uncle Wong started to live alone. He and his daughter became less close since her removal. Uncle Wong has only himself to rely on or seeks help from a social worker in his daily life when necessary.

A few years earlier, Uncle Wong applied for relocation. He moved to a one-person housing unit in Tai Wo estate. With no relatives to take care of him, Uncle Wong attends to everything himself. As time goes by, his health began to deteriorate. He started to have trouble getting around. And deterioration happened to the electrical appliances at his home too. Problems of mal-functioning appeared. “This old TV set has been with me for years. Though the remote control is nowhere to be found, the set still works. So I keep using it. But the on-off button is out of work now. I don’t know how to switch it on and off. I can only unplug it when I want to turn it off.”

Whenever Uncle Wong wanted to watch TV, he plugged it in and unplugged when he didn’t want to watch anymore. “I have to try hard in order to unplug each time. But I have no other way out. The cheapest new TV set costs more than a thousand dollars. I live on the meager sum of Comprehensive Social Security Assistance. I don’t want to spend money in a new TV set. I can’t afford it anyway.” Uncle Wong explained his situation, pointing to the socket.

St. James’ Settlement volunteer tried to repair the on-off switch for Uncle Wong without success. He was worried that Uncle Wong might remove the plug with wet fingers carelessly or might fall down when he was not unplugging in the right way.

Finally, the volunteer came up with a solution. He modified the plug into an on-off switch. In this way, Uncle Wong doesn’t have to spend money in a new TV set and he can turn the TV on and off easily without the trouble of plugging in and unplugging. At the same time, the volunteer instructed Uncle Wong not to touch any electrical appliances with wet hands for safety precaution.

Uncle Wong tried the new on-off switch with his hand. “Wonderful! It can be done in this way! I don’t have to plug in and unplug laboriously anymore when I want to switch the TV on or off!”



黃伯現在只需開關此電源制便可輕鬆開關電視機了。
Now, Uncle Wong only needs to switch this supply source then he can turn the TV set on and off easily.



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助長者居家安老

陳婆婆年輕時來港打工，將所有的工資都寄回內地的老家供養弟弟和姪女。她卻是獨個兒生活，曾租住港島區的床位和僱建的天台屋。直至去年，因該幢大廈需要拆除重建，陳婆婆被逼遷離該址，那時她已93歲！

陳婆婆無兒無女、體弱行動不便，收到遷出通知，頓時變得無家可歸。初時，陳婆婆馬上聯絡內地的姪女，回鄉暫住兩個月，但因為陳婆婆退休後都是依靠綜援金為生，回鄉時間不可太長，否則會終止發放綜援金，加上陳婆婆的姪女也沒有時間照顧她；於是，陳婆婆只好再次返回香港，在社工的幫助下，找到一間安老院暫宿。

住了一個多月安老院舍，陳婆婆實在適應不來，她很想離開安老院，希望好像以前自由自在地生活。在社工的協助下，她申請公屋，可幸的是她很快就獲配到港島區的一個單人公屋單位。「婆婆的身體好弱，行動不便，走路時要攙扶才可勉強行路，我們都很擔心婆婆的情況，由於婆婆真的很想返回社區生活，所以我向你們提出申請家居維修服務，希望改善婆婆新居的設備以助她安全居家。」陳婆婆的負責社工說。

陳婆婆年長體弱，新居有很多裝置都不太適合她，於是，「長者家居維修服務」的義工便因應陳婆婆的能力而改善她家中的設施，讓婆婆可以方便以及安全地使用。

這一天，義工分別為陳婆婆鋪設膠地板以防行動不便的她在家中滑倒、安裝「閃燈門鐘」好讓她靠著閃爍的門鐘得知有人來訪、在大門加裝手柄方便她開關大門、將手拉式的廁所水箱改裝成按鈕式，使她不用再要猛力地拉手掣沖廁。這些都是看似簡單的瑣碎事，但卻大大改善了陳婆婆的生活質素。

我們的服務就是按長者的能力和需要而進行改善家居工程，幫助他們可以繼續在社區居家安老。服務除了得到各位熱心義工的幫忙外，亦非常需要各位善長的支持，才能使我們的服務得以延續。善施支票抬頭請書：「聖雅各福群會」，指定捐予「長者家居維修服務」，支票請寄：香港灣仔石水渠街85號一字樓105室。



Help the Elderly live in Comfort

Grandma Chan earned wages by working in Hong Kong when she was young. She sent all her wages back home in mainland China to support her younger brother and niece. She had lived in a rented bunker bed in Hong Kong Island and illegal quarters on the rooftop of a building. Last year, that building had to be pulled down for redevelopment. Grandma Chan was forced to move out. At that time, she was already 93.

Grandma Chan has no children and is weak with trouble getting around. When she received the removal notice, she realized she would become homeless. At first, Grandma Chan got in touch with her niece at once and later she lived in her home town for 2 months temporarily. But she couldn't stay there too long since Grandma Chan lives on the Comprehensive Social Security Assistance after she retired. If she did, she would be disqualified from receiving CSSA. Besides, her niece had no time to take care of her. Grandma Chan had to come back to Hong Kong. With the help of social worker, she found temporary lodging in an elderly's home.

When Grandma Chan had spent one month in the elderly's home, she couldn't adapt to life there. She wanted to leave the elderly's home and lived freely by herself as she did before. The social worker then helped her apply for public housing and she got a single-person unit very soon in Hong Kong Island. "Grandma is very weak. When she walks, someone has to help her. We are worried about her condition. Since Grandma really wanted to live in a community, I applied for St. James' Settlement's 'Elderly Home Maintenance Services' on her behalf. I hope that St. James' can improve her home facilities so that she can live safely," said Grandma's social worker.

Grandma Chan is old and frail. Many of the facilities in her new home are not suitable for her use. Volunteers of the "Elderly Home Maintenance Services" improved them based on her condition so that she can use them conveniently and safely.

That day, the volunteers laid a flooring to prevent her from falling. They also installed the Flash Light Door Bell which arouses her awareness of visitor. They also added a handlebar so that she can open and close the front door easily. Finally, they changed the toilet flushing device into a press button design. With this improvement, Grandma wouldn't have to pull hard when she wants to flush the toilet. These improvements, seemingly trivial, improved Grandma's living quality tremendously.

We carry out home improvement works according to the elderly's ability and needs. We aim at helping them to live comfortably in their own community. Our continuous service needs support from generous donors as well as enthusiastic help from volunteers. Make out your cheque payable to "St. James' Settlement", specifying for "Elderly Home Maintenance Services" at the back. Kindly mail your cheque to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong.

義工合力將手拉式的水箱改建成按鈕式，方便婆婆使用。

The volunteers changed the flushing device from pulling into press button design which is easier for Grandma's use.



到戶理髮服務

在大約半年前，我加入了聖雅各福群會慈惠服務，負責到「戶理髮服務」。除了聯絡轉介機構外，也要協助義工上門工作。有次我們到達一間新接觸的院舍，為老弱院友提供剪髮服務。

院舍姑娘安排了房間，並逐一安排有需要接受服務的長者坐在長椅上，期間我看見一位「帶著帽子的婆婆」，站在旁邊一直觀察著義工剪髮，但當我邀請她坐下接受服務時，她即二話不說地拒絕了。因著這樣，我對她留下非常深刻的印象。過了兩個月左右，我們又再次來到這間院舍為長者剪髮，那位「帶著帽子的婆婆」又一直在旁觀看著我們，當下我再次邀請她坐下，她又拒絕了，如是者在第三次我們來提供服務時，她也是這樣。據我的觀察，雖然她帶著帽子，我卻發現她的白髮愈來愈長，相信半年來也沒有修剪過。

直至第四次拜訪，今回「帶著帽子的婆婆」不再站在觀望的位置，而是乖乖地安坐在院舍姑娘安排的長椅上，我不禁好奇向姑娘查問，原來婆婆對人的信任很低，她估計由於我們定期來幫長者剪髮，觀察到義工對老人家的熱誠有禮和剪髮的技術，令她有信心接受剪髮服務。當天「帶著帽子的婆婆」還主動表示想安排早一點理髮，心恐義工要趕時間離開。理髮時她把帽子除下，他請義工幫她剪短，令她易於打理，經過一輪修剪後，看著新的髮型，她興奮得忘記取回帽子，還高高興興地向其他院友展示她的新形象！我和義工們看到這情境，都感到無比的感動。因為大家付出的努力，得到婆婆的信任，實在十分開心和滿足。

對我而言，看到「戶理髮服務」的義工們努力的成果，還有這位婆婆的轉變，實在令我十分感動。我看見義工們對長者的愛與關懷，同時亦慶幸可以和這班熱心幫助長者的義工一起工作。因著這群熱心和有剪髮技術的義工，才可散發「戶理髮服務」的力量，幫助到更多有需要的長者。

「到戶理髮服務」的目的是為體弱行動不便的長者及傷殘人士作出剪髮、整理儀容。服務透過地區機構的社工轉介，經社工審核及合乎資格後，本會便安排義工們到轉介機構服務或親到長者家裏進行理髮服務。而理髮義工都是義務性質，抱著助人自助的精神為有需要的人服務。



Home Haircut Services

Approximately 6 months earlier, I joined St. James' Settlement's Charity Project. I was responsible for the "Home Haircut Services". In addition to liaising with referral organizations, I work with volunteers who cut hair via home visits. One time, we went to a newly enlisted elderly home to cut hair for the old and frail elderly.

The worker prepared a room and arranged the elderly who needed the haircut service to sit on the bench. Meanwhile, I saw an old lady with a hat standing aside, watching the volunteers while they were cutting other's hair. When I invited her to sit down for a haircut, she refused right away. Because of this encounter, she left me a deep impression. About 2 months later, we came to this elderly's home to cut hair for the elderly again. The same old lady, "Grandma with hat", was watching us once more. She refused like she did before when I invited her to sit down. She gave the same response when we came for the third time. According to my observation, her white hair, seen from under the hat, was getting longer and longer. I believed she hadn't had haircut for 6 months.

During our fourth visit, Grandma with hat sat on the bench cooperatively according to arrangement instead of watching by the side. I asked the worker the reason of her change out of curiosity. I was told that Grandma hardly trusted people as a rule. She guessed that Grandma was confident to let us cut her hair since she developed confidence in us as a result of our politeness and sincerity on top of our volunteers' hair cutting skills in cutting the elderly's hair on regular visits. That day, Grandma with hat expressed she wanted to have her hair cut as early as possible as she afraid that the volunteers were in a hurry to get the work done. Before the volunteer started to cut her hair, she removed her hat and asked the volunteer to cut it short so as to make it easy for her to care for it. After the haircut, she was so excited with her new hair style that she forgot to take back her hat. She also showed her new hair style to her friends of the elderly's home happily! I and the volunteers found the scene very touching. We were very happy and satisfied because Grandma gave us her trust as a result of our good efforts.

It was very touching for me to see the good result of the volunteers of the Home Haircut Services and the change in Grandma. I witnessed the volunteers' love and care for the elderly and was glad I could work with these volunteers who dedicated in helping the elderly. The Home Haircut Services radiated with power that would enable the enthusiastic volunteers with hair cutting skills to help more elderly.

The Home Haircut Services aim at cutting hair for the frail elderly who have problem of getting around as well as the handicapped. The Services operates through referral of district social workers who assess their eligibility. St. James' Settlement will arrange volunteers to provide the haircut service at the referrals' organizations or the elderly's home. While all our hair cutting volunteers are with a kind heart hoping to help the needy with a tidy look.

對藥房運作的疑問

Queries about Operations of Pharmacy

問：我真的不明白為何到「惠澤社區藥房」買藥，一定要有公立醫院的藥單，直接前來又話不能即時買藥，又要預約，預約期往往長達兩星期？真有這樣的需要嗎？

Q: I really do not understand why we need to present prescriptions from doctors of government hospital before purchasing medicine in Philanthropic Community Pharmacy. Besides, why do we need to make prior appointment before coming to the Pharmacy? The appointment usually been scheduled after two weeks!

答：多謝閣下提出的問題，「惠澤社區藥房」成立的目的是為了減輕病患者因服食自費藥物而帶來的沉重經濟負擔，令基層病患者皆可享有公平治療疾病的待遇及機會。來購買藥物的病人主要是綜援人士、長者、低收入或經濟有困難人士。透過善長捐款、慈善基金及不同藥物資助方案，才能夠以較廉價價錢買藥；同時，為了保障基層患者能公平使用資源，藥房訂立了一些申請資格，包括：申請者須持有有效香港身份證、申請者須通過經濟審查、申請者須持有有效的醫院管理局轄下的醫院或診所發出的自費藥物處方證明。

A: Thank you for your question. The reason for establishing Philanthropic Community Pharmacy is to lighten the financial burden of the lower-class patients who are of old age, or taking Comprehensive Social Security Assistance, or getting low income or having financial difficulties. Through donations, charity funds and various medicine assistance plans, the Pharmacy can sell prescribed medicine at a lower price to the targeted patients. In the meantime, the Pharmacy has set up a screening system so that the needy can benefit. Successful applicants must have prescription issued by hospitals under Hospital Authority.

現時，「惠澤社區藥房」提供的藥物已增加至七十多種，每月服務人次亦超過五百，在資源緊絀的情況下，藥房已達飽和狀態。故此，我們早前已於九龍區增設一所新藥房，藉此舒緩現有情況。此外，藥劑師除了負責賣藥及為病人提供藥療輔導外，亦需要到社區中心進行藥物教育工作，教導市民服藥知識及正確處理藥物方法，從而減低病人對處理藥物的擔憂。所以，來本藥房買藥的病人必須提早致電預約，依現時的服務量來說，預約期往往需要兩星期左右。安排預約一來可讓藥劑師預留時間在藥房準備接見，二來藥劑師也要按前來購藥的病人所需而訂藥，其餘的時間，藥劑師還要家訪有需要個案作藥療輔導、視像問藥和舉行照顧者藥物知識講座等等。

At present, Philanthropic Community Pharmacy has stocked over 70 kinds of medicine and patients getting service have been reached over 500 a month. In view of this, the Settlement has opened another Pharmacy in Kowloon to ease the need of the increasing patients. Over 500 patients receive service from them every month. Addition to selling medicine, pharmacists provide medication consultation and proper intake of medication for the communities. Due to high demand of services, prior appointment is required. And it usually takes about 2 weeks before appointment is scheduled. By pre-scheduled appointments, pharmacist can make use of free time to conduct seminars, consultations, pharmaceutical care service, tele pharmaceutical consultation and etc.

每位預約前來買藥的病人都有十五分鐘時間與藥劑師面談，藥劑師透過傾談方式，幫助病人清楚了解自己服用藥物的特性和藥物的副作用，藥劑師也會了解病人服藥及儲存藥物的方法等等。另外，因為在經濟上及環境上的限制，本藥房沒有能力訂購大量藥物供病人隨時上來買藥，為免因藥物缺貨或藥劑師出外工作而白行一趟，病人應預約時間。而為了公平起見，我們將會優先服務按時到達的病人，再跟據當天藥房的情況安排為遲到的病人服務，盡量減少對所有來買藥人士的影響。

Each person will have 15 minutes with the pharmacist in each appointment to learn about the effect and side-effect of the medication that they are taking. On the other hand, the pharmacist can also make use of the meeting to understand how the patient stores and takes his medicine. Due to financial and environment limitations, the Pharmacy is unable to purchase large quantity of stock or have all kinds of medicine at a time. Therefore, patients are requested to make appointment before they go to get their medicine. In order to be fair to all patients, the Pharmacy applies first come first served policy.

「惠澤社區藥房」是幫助經濟有困難患病的長者及長期病患人士，藥物價格會較其他藥房便宜，而每種藥物都有不同的申請要求，每一個新的申請，都須要出示政府醫生的署方藥物證明及經社工作經濟審查，期望透過不同專業人士的協助及各位善長的善心支持，盡力幫助病人解決沒錢沒有藥吃的情況。

Philanthropic Community Pharmacy is to help patients with chronic diseases and having financial difficulties. Medicine prices here are lower than the market. Each successful application may need to have prescription from government doctors and passed the assessment conducted by social workers. The Settlement can help more patients with financial problem to buy medicine through help from donors and people of various professions.



缺乏資源 社工四出張羅 幸有家居維修補服務縫隙

作為長者地區中心社工，每天接觸到區內不同的長者，那天一位73歲的黃伯來找我協助，原因在大半年前他以差不多一千元買了一部二手雪櫃，但買回來不久，雪櫃就出現問題了，當時我已即時幫伯伯向供應商要求更換了另一部雪櫃。

可是，黃伯的二手雪櫃最近不能製冷了，裡面的食物很容易變壞。我曾四出張羅，向一些維修水電舖查詢修理雪櫃價錢，但一般上門檢查都要幾百元，還未包括維修靈件在內，如不能維修都是要付基本費用。對拿綜援的黃伯來說實在是沉重開支。有見黃伯一直身體欠佳，不能每天外出買菜，每次都買幾天的份量回家，可是現在雪櫃壞了，他就不敢將餸菜放入雪櫃，只好每天吃即食的食物。

後來我在網上找到聖雅各福群會「長者家居維修服務」，我致電向負責計劃的林姑娘查詢及表明：黃伯真的很窮，他無依無靠，在香港沒有任何親人，每月依賴綜援金生活。之前他將每月扣除基本開支及食用後的僅餘金錢儲下來，儲了多個月辛辛苦苦錢可買到一部二手雪櫃。亦因為這是二手雪櫃，所以很容易壞，問題多多。現在壞了，既沒有保養，而外面的維修費真的很貴，黃伯實在沒有能力了。請你們接納他的申請。

當時要幫伯伯找人維修，真的很困難。礙於黃伯再沒有金錢可以支付維修費，亦不能購買新一台雪櫃。我們中心亦沒有資源可以幫伯伯，幸好有你們這類服務填補現時社會服務之不足，有義務三行師傅上門為沒有錢、沒親人幫的長者檢查及維修電器，這實在是位到及幫到長者的服務！

我把黃伯個案轉介後，知道很快就安排了義工上門檢查這台不能制冷的雪櫃。黃伯在維修好雪櫃後立即致電聯絡我，表示十分感謝！聽到他喜悅的聲音，義工們幫助他解決生活的難題，令長者可以開開心心健健康康地生活！

希望善長們繼續支持這個支援長者的維修服務，讓有需要的老人家可以得到及時的幫助！



Social Workers Seeking Help Due to Lack of Resources Elderly Home Maintenance Services Fills the Inadequacy

As a social worker of the District Elderly Community Centre, we get in touch with different elderly in the district every day. One day, 73-year-old Uncle Wong came to seek my help. He has used about \$1,000 to buy a second-hand refrigerator more than six months ago but it was not working properly soon after he bought it. I helped him on the spot by requesting the supplier to replace the faulty refrigerator.

Recently, Wong's refrigerator is not cooling properly making the stored food turn bad easily. I tried to ask some water and electricity maintenance shops for the fee of repair. They normally charge a few hundred dollars for on-site inspection, not including the fee for repair and spare parts. The basic fee has to be paid irrespective of whether any repair work is done. This seems to be a heavy burden to Uncle Wong who relies solely on the Comprehensive Social Security Assistance for a living. Wong used to store up a few days' portion of food as he cannot go to the market everyday due to poor health. With the refrigerator broken down, he dares not store food in it and has to eat instant food every day.

Later on I find on the internet the Elderly Home Maintenance Services run by St James' Settlement. I called the person-in-charge, Miss Lam, to enquire and told her the case of Uncle Wong, stating the fact that he is all alone in Hong Kong relying solely on the CSSA for a living. It took him months of saving to buy the second-hand refrigerator but he cannot afford to pay for the repair fee now. Second-hand electricity appliances are without warranty and break down easily. The maintenance fee charged by shops is very high. Uncle Wong really cannot afford it. I hope his application for the service can be accepted.

It is really difficult to find maintenance help for Uncle Wong at that time. While he cannot afford to buy a new refrigerator or pay for the repair fee, we have no resources in our center to help him either. Luckily, St James' Settlement can provide help to fill this inadequacy by offering volunteer electricians and plumbers to provide home maintenance for the poor and needy elderly. This is indeed a very practical and useful service.

After my referral, arrangement was soon made for volunteers to go to Wong's home in checking and repairing the refrigerator. Wong called me right after the refrigerator was repaired to express his gratitude. I am so glad to hear his happy voice. With the help of volunteers to solve their problems, the elderly can lead a happy and healthy life.

I sincerely hope benefactors can continue to support the Elderly Home Maintenance Services to ensure the elderly can get timely help.

經轉介到聖雅各，黃伯的雪櫃終可冷藏食物了。
Uncle Wong's refrigerator works properly after referral to St. James' Settlement

【小資訊】

為聽障者免費裝「閃」鐘

全港現時約有10萬名失聰或弱聽人士，由於聽覺不靈，未必能聽到門鐘的聲音。聖雅各福群會自1991年起為全港缺乏支援的弱勢社群提供「長者家居維修服務」，並為這批失聰或弱聽人士提供「失聰人士應門鐘」服務，協助其應門所需。

該種應門鐘附有閃燈及聲響裝置，當訪客按動門鈴，門鈴的燈便會閃動，可按需要調校聲量大小，更附設按鈕以關掉其聲響及閃燈，助弱聽或失聰人士維持日常社交及使用適切的服務。凡領取綜援或經濟有困難的弱聽人士，可透過醫院醫務人員或社福機構社工轉介，合資格的申請者可獲免費安裝。查詢電話：28354318。

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到戶理髮 為弱勢建自信

簡單的剪髮技術，可能為弱勢社群「剪」出個未來？聖雅各福群會舉辦「到戶理髮服務」，招募有剪髮經驗的義工，義務上門為殘疾人士剪理亂髮，一洗頹氣，建立正面生活態度！

該機構有感老弱及行動不便等社群，平日很多足不出戶，因此疏於整理儀容，對生活及人生價值產生負面情緒，希望透過此服務能「剪」走弱勢一群對生命的灰暗感，協助他們建立自信。歡迎現職髮型師或家庭主婦加入義工行列，一同到訪不同的長者宿舍、中心或到戶，為受助者整理儀容，回復昔日的光彩！查詢電話：2831 3283。



[Information]

Install Flash Light Door Bells For People with Impaired Hearing

There are approximately 100,000 people with hearing impairment in Hong Kong. Since they suffer from impaired hearing, they may not hear when the door bell rings. Starting from 1991, St. James' Settlement provides "Home Maintenance Services for the Elderly" for the underprivileged in need of support. In addition, St. James' provides "Flash Light Door Bell Service for Deaf" for people who are deaf or have hearing impairment.

Those door bells are equipped with flash light and sound function. When the visitor presses the door bell, the light on the bell flashes and it gives out sound, the volume of which can be adjusted accordingly. There is a button to turn off the flash light and the sound when required. The door bells help people who are deaf and have hearing impairment to maintain social interactions in their daily lives. People with hearing impairment who receive Comprehensive Social Security Assistance or have financial difficulties can apply through medical staff or social worker's referral.

Free installation of door bell will be granted to eligible applicants. For enquiry, please dial 2835 4318.

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Home Hair Cut Services Build Confidence for the Underprivileged

Can a hair cut shape the future for the underprivileged? St. James' Settlement recruited experienced hair cutting volunteers when it implemented Home Hair Cut Services. The volunteers cut hair for the disabled people at their own homes. With the haircut, the handicapped people can put on a new look and build up a positive attitude in life.

It came to St. James's attention that the frail elderly and people with problem getting around seldom leave their homes and consequently neglect caring about their appearances. They developed negative feelings about living and the meaning of life. St. James' hopes that a hair cut can replace the feeling of despair by confidence for the underprivileged. Hair dressers and housewives are welcome to join St. James' team of volunteers. They will visit various elderly hostels, centers or homes to cut hair for the people on the list. For enquiry, please dial 2831 3283.

義工手起剪落，為老友記剪個靚髮。

The volunteer gave a nice hair cut to the elderly skillfully.



參與行善之方法

How to donate in these Programs?



本人/本公司樂意 單次捐助 / 每月捐助 \$ _____ 以贊助及支持

- | | | | |
|------------------------------------|---|-------------------------------------|------------------------------------|
| <input type="checkbox"/> 贈藥治病計劃 | <input type="checkbox"/> 電器贈長者計劃 | <input type="checkbox"/> 家居醫療用品支援計劃 | <input type="checkbox"/> 病患者藥療輔導服務 |
| <input type="checkbox"/> 診病交通費支援計劃 | <input type="checkbox"/> 專科專藥補助計劃 (燃點希望計劃、補血寶愛心、乙肝援助防病行動及慢性阻塞性肺病家居支援行動) | | |
| <input type="checkbox"/> 送藥到戶服務 | <input type="checkbox"/> 營養福袋 | <input type="checkbox"/> 惠澤社區藥房 | <input type="checkbox"/> 家居維修服務 |
| <input type="checkbox"/> 到戶理髮服務 | <input type="checkbox"/> 電費助貧弱計劃 | <input type="checkbox"/> 外展體檢計劃 | <input type="checkbox"/> 後顧無憂規劃服務 |
| <input type="checkbox"/> 閃燈門鐘 | <input type="checkbox"/> 《松柏之聲》 | <input type="checkbox"/> 健康推廣活動 | <input type="checkbox"/> 以上任何一項 |

捐款人姓名/公司：_____ 寄件編號(如有)：_____

地址：_____ 聯絡電話：_____

捐款方法：

劃線支票 (抬頭「聖雅各福群會」)

銀行：_____ 支票號碼：_____

以信用卡捐助 (VISA MASTER)

信用卡號碼：_____ 信用卡有效日期：_____ (月/年)

持卡人姓名：_____ 簽署：_____

銀行入數紙 (善款可存入聖雅各福群會於下列銀行戶口)：

匯豐銀行：002-5-224247 或 恒生銀行：388-558645-001 或 東亞銀行：514-10-30561-7

(請在適當位置加上✓號)

敬請在支票背後或銀行入數紙寫上所捐賜之「慈惠服務」，連同捐款者之姓名及地址擲寄本會地址，或將銀行入數紙傳真至本會，FAX：3104-3635，俾本會可奉上謝函以及收據，以供閣下用作**扣除稅額**之用。謹此致謝。

I / My company would like to contribute (one-off / monthly) \$ _____ to support

- | | | |
|---|---|---|
| <input type="checkbox"/> Medication Subsidy Program | <input type="checkbox"/> Electrical Appliances for the Elderly Program | <input type="checkbox"/> Home Use Medical Equipment Support Program |
| <input type="checkbox"/> Pharmaceutical Care Service for Patients Project | <input type="checkbox"/> Patients Travel Subsidy Plan | <input type="checkbox"/> Nutritional Baggie For the Weak |
| <input type="checkbox"/> Philanthropic Community Pharmacy | <input type="checkbox"/> Specialty Medication Assistance Program (Light Up The Life Program, Precious Blood Precious Love, Anti-hepatitis B Action and Chronic Obstructive Pulmonary Disease Home Support Scheme) | |
| <input type="checkbox"/> Elderly Home Maintenance Services | <input type="checkbox"/> Home Haircut Services | <input type="checkbox"/> Power Subsidy - Ailing & Handicapped |
| <input type="checkbox"/> Funeral Navigation Services | <input type="checkbox"/> Flash Light Door Bell for Deaf | <input type="checkbox"/> "The Voice" Monthly Elderly Magazine |
| <input type="checkbox"/> General use | <input type="checkbox"/> Health Promotion Activities | |

Donor / Co's Name : _____ Mailing No. : _____

Address : _____ Phone No. : _____

Donation Method :

Crossed cheque (Payable to "St. James' Settlement")

Bank : _____ Cheque No. : _____

By Credit Card (VISA MASTER)

Card No : _____ Expiry Date : _____ (MM/YY)

Card Holder's Name : _____ Signature : _____

Bank deposit (Please deposit donations to St. James' Settlement's Bank A/C):

HSBC: 002-5-224247 or Hang Seng Bank: 388-558645-001 or Bank of East Asia: 514-10-30561-7

*Please check off your method of payment.

*Please kindly indicate the name of the Program / Service that you donate at the back of the cheque or bank receipt slip.

Please ensure that the bank receipt slip is returned along with your name and address to us via mail or fax at 3104-3635.

A tax return receipt will be issued with respect to your donation for tax deduction use. Thank You for your support.

查詢及網址：聖雅各福群會

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 友情印刷：平偉印務有限公司

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