



社工的話 Social Worker's Remark

愛心的延伸和及時的回應

今天出席了一個安息禮拜，他還在大學讀醫的日子，為回應一張招募義工的海報，就跑來聖雅各做義工，一直至投身社會工作，在忙碌行醫的生涯中，亦不忙義務地幫助本會推動社區健康。

雖然這些都是工作上前輩告訴我的事，但今天他的家人仍是親力親為地為本會慈惠服務繼續當義工，我們實在很感恩。

有人說「生命無常」，亦有人說「生活不在乎長短，而是在乎是否活得精彩」。不論如何，「活在當下，珍惜眼前人」，確實是不變的道理。

有緣相遇，遇上總算是一種緣份，如若被你聽見對方一些需要，又或給你看見對方所面對的困難，勿視而不見，聽而不聞，嘗試問問自己，可以為對方做一點甚麼嗎？

香港，實在有很多有心人，從記者朋友了解，報導下一突發的不幸家庭個案，之後通常會接到不少社會人士的來電，有一般市民，亦有隱形富豪，他們主動致電報館，希望為不幸人士提供援助，可見香港美麗處處。

今天雖然別了那位也在本會留下美麗腳蹤的長期義工，但他關愛弱勢社群的精神，仍然由他的家人繼續延伸！

慈惠服務因著大家的關心和樂意捐助，才可以多年來回應數以萬計不幸人士的需求，過程中我們看見很多得著解困的基層人士面孔，在憂愁中眼淚中，重現笑容，這些都是大家的捐助的果。服務開辦了二十多年，由幾個慈惠項目到今天差不多二十多項，我們經歷過善心的捐助是由父親到兒子，他們以捐助把關愛的精神和行動一代一代延伸下去。

社會上需要更多愛心的延伸和及時的回應，才能繼續締造美麗處處的香港。

Extension of Love and Timely Response

Today I attended a memorial service of a deceased volunteer. When he was doing his medical degree, he became a volunteer of St. James' Settlement in response to a poster for recruitment of volunteers. After he graduated and started practicing, he kept helping St. James' to promote health in the community even when he was busy.

These things were disclosed to me by my senior at work. We are grateful for his family members who still help as volunteers in our Charity Projects.

Some people say life is unpredictable. Some say, "Long or short, what matters is one lives a fruitful life." The truth is, "Live for this instant and treasure the ones around you."

Let us treat each meeting of a new acquaintance a fond encounter. If we chance to find out the other party's need or hardship, we can ask ourselves "what can I do for him/her?"

There are many caring people in Hong Kong. Some reporters remarked when cases of surviving family of unlucky, unexpected accidents were reported, telephone calls of enquiry were often received. Among the callers, there were common citizens, also hidden millionaires. They took the initiative to call the newspaper office with the intension of offering help. There is beauty everywhere in Hong Kong.

Today, though we say goodbye to the long term volunteer who had left beautiful footprints in St. James', his family will extend his spirit of caring to the underprivileged!

St. James' Settlement's Charity Projects have been able to meet the needs of thousands of unlucky people for many years through people's concern and donations. In the process, we saw people of the basic social strata were able to smile again amidst worries and tears because they got help. These are the fruits of donations. Charity Projects have been in operation for over 20 years. The Service started with only a few programs and increased to around 20 today. We experienced the process of donation passed down from father to son. They extend the spirit of concern and love generation by generation.

Our society needs more extension of love and timely responses so that beauty can continuously be created all over Hong Kong.

為善者天報之以福。

Heaven will award fortune to those doing good deeds.



疼痛煎熬二十載 新藥點燃生活曙光

當一個人的活動能力漸漸喪失，嚴重的時候就連日常簡單的動作，如坐下、站立、走路，又或是如廁等，都會因劇痛難當而不能完成。

張伯伯年屆七十多，被類風濕關節炎折磨了二十個年頭，患病前他是一間大公司的司機，熱愛生命，一生人為家庭而努力工作；可是，長年累月被疾病患折磨下，十隻手指頭的關節已受到不同程度的損壞，變得彎彎曲曲的；莫論開車，簡單如用筷子和推門等的動作，也因感到無比僵硬刺痛而無法做到，而最嚴重的是雙膝的損壞，每次牽動到關節處都會苦不堪言！

上月初透過聖雅各福群會的藥物資助計劃，為張伯伯帶來了一個新希望，它就是一種新型口服類風濕藥物。在善長的捐助下，張伯伯開始接受藥物的治療，一個月後他的身體狀況有明顯的改善，「我覺關節沒有以前那麼疼痛，現在可以和家人外出，不用日日困在家裡對著四面牆，……以往那些日子就好像坐牢，不單是我，太太也受累，她怕我跌倒，就常左右陪伴，現在我靠自己做回一些日常生活的事，她亦可以自由一點，真沒想到今天可以這樣！」在他憶述病患日子的點滴和用藥後的改變，每說一句都流露出驚喜和感恩！

在感恩的背後仍然有憂慮，因為現時的善款只能支付三個月藥物療程，每月七千多元藥費對張伯伯和家人來說實在沉重的負責，近月在醫生建議下，藥量可減半，在身體上及經濟上都是一個好消息，「實在好感激好感激善長的捐助，讓我重拾活動能力，又幸好藥量減半後，本來三個月的資助療程，可以用多兩個月，雖然未來的日子仍有很多未知數，但是我和家人仍抱著希望，善長的捐助不但實質上幫助病人，心靈上的支援也是十分重要。」

聖雅各福群會「惠澤社區藥房」乃首間非牟利的社區藥房，以優惠價錢售賣自費藥物給予經濟困難的病人，以舒緩他們沉重的經濟負擔和壓力。我們接觸了許多曾經接受藥費資助的個案，具體地向他們作出藥費的資助，大大有助他們積極參與藥物治療，使病情有效受到控制。

Suffering From Pain for 20 Years New Drug Lights Up My Life

When a person is slowly losing his ability to move around, he cannot even do simple things in daily life such as sitting down, standing up, walking or going to the toilet due to severe pain.

Uncle Cheung is over 70 and has been suffering from rheumatoid arthritis for 20 years. Before he had the disease, he worked as a driver for a large company. He loved life and worked hard for his family. All his finger joints are so deformed and twisted with the disease that he could not even use his chopsticks or push a door open owing to the indescribable stiffness and pain, not to mention driving a car. The worst damage happened to his knees which pained him beyond words each time he exerted his knee joints.

Last month, hope was brought to Uncle Cheung through St. James' Settlement's medication subsidy program. It is a new oral drug, Xeljanz, for rheumatoid arthritis. With benefactors' donations, Uncle Cheung started to receive medication treatment. His health showed conspicuous improvement one month later. "My joints are not as painful as they used to be. Now I can go out with my family instead of stuck at home looking at the four walls. In the past, I lived like a prisoner. Not only me, my wife also. She was afraid I might fall and stayed by my side all the time. Now I can do things for myself in daily life; she has more free time than before. I never thought I could live like this!" When he recalled the days of his disease and the changes after medication, he was amazed and grateful throughout.

However, there is a feeling of worry behind gratitude. The collected donations can only pay for 3 months' medication cost which comes to over \$7,000 monthly. It is a heavy burden for Uncle Cheung and his family. Recently, the doctor suggested the dosage could be reduced by 50%, which is good news for both health and finance. "I am very grateful for benefactors' donations which gave me back my mobility. What is more, with the reduced dosage, the money can last for 2 more months. Though there are a lot of unknowns in the future, I and my family are full of hope. The benefactors' donations not only help sick people financially but also support them psychologically which is awfully important."

St. James' Settlement's Philanthropic Community Pharmacy is the first non-profit making community pharmacy in Hong Kong. It sells at discounted prices self-paid medications to patients with financial difficulty. In so doing, the Pharmacy alleviates patients from their heavy financial burden as well as stress. We contacted many patients who received medication subsidy from us. Those patients participated in drug treatment enthusiastically and were able to keep diseases under control effectively since St. James' subsidized them financially.

盼能重回校園 六歲病童誓與癌病最後一戰

六歲，是很多專家認為一個兒童的重要年齡——當幼稚園的哥哥姐姐，又準備進入小一人生另一階段，與小朋友一起學習、一起「玩耍」，應該是享受著無憂無慮，開心快樂的生活。但對於同樣六歲的明仔來說，他現在所面對的跟一般小朋友成長的經歷卻是天壤之別，年紀輕輕的他卻是徘徊於死亡邊緣，掙扎求存。醫生表明，每月接近四萬元的標靶藥是明仔最後的希望！

「雖然日日有電視睇，但佢唔鐘意呢度(醫院)，佢覺得悶，想快啲可以返學同同學仔玩，不過佢宜家身體弱到咁，都唔知可以撐幾耐，每次佢問我幾時可以返學，我都唔知可以點答……」明仔媽媽飲泣地說。明仔認為小學是很新奇的地方，是標誌著小朋友長大的記號，在那裡有新老師、有新同學。正當他準備好好享受他的小學生活時，上天似乎沒有好好眷顧這位小孩，在一次持續發燒中發現明仔患上罕有的神經母細胞瘤。

明仔患上的神經母細胞瘤為現時最常見的兒童癌症之一，香港現時每一百萬名新生幼兒中便有數名新發現的個案。神經母細胞瘤分為局部性及擴散性，明仔患上較難治癒的擴散性腫瘤，加上發病初期的病徵與一般感冒傷風無異，明仔媽媽一時也不為意，直至持續發燒和經多番檢查後才被證實患上癌症。

「當知道明仔患上癌症的時候，醫生話癌症已經擴散到唔同地方，做手術同化療都效用唔大，宜家醫生話呢隻標靶藥係最後的治療，不過成四萬蚊一個月，老公做保安一個月搵得一萬蚊左右，我地又無咩積蓄，真係有諗過放棄，但當一見到佢，邊忍心由得佢死，最後決定點籌都要籌到藥費俾佢！」明仔媽媽透過社工申請本會的「惠澤社區藥房」，獲得每月三成的藥費資助，其餘的藥費仍需向親戚朋友借貸。對於未來，明仔媽媽直言沒有想到太多，能得見明仔一天便一天。

現呼籲善長為明仔這一類需要自費購買昂貴藥物的病人伸出慷慨之手，為病者及家人給予治療希望，施善支票抬頭：「聖雅各福群會」，指定捐予「惠澤社區藥房」；或致電施善熱線：2835 4321 或 8107 8324。

Wish of Back to School Six Years Old Boy Fight for the Last Battle

According to many experts, six years old is considered to be vital to a child. They are kindergarten kids getting ready for Primary 1, entering another stage in life, learning and playing with other children, enjoying a carefree and happy life. But, for the same six years old Ming, it is a totally different story. He is now on the brink of death at this young age struggling for survival. The doctor has stated that the target therapy costing around \$40,000 would be his last hope!

“Though he has TV to watch day after day, he dislikes here (the hospital). He is unhappy and wishes be back to school playing with the other kids. But he is frail, not knowing how long he could stay alive. So each time he asked me when he could be back in school, I did not know how to reply……” said his mother sobbingly. Ming thinks that primary school is a wonderful place. It is a landmark for children’s grow having new teachers and schoolmates. While he is ready to enjoy this primary school life, heaven has not been kind to him. Ming had persistent high fever and being diagnosed of the rare Neuroblastoma.

Neuroblastoma is now one of the most common child cancers. For every million new borns in Hong Kong, there will be several new Neuroblastoma cases. Neuroblastoma can be divided into two categories which is localized and metastatic. What Ming has is the rather hard to cure metastatic type. In addition, its initial symptom is very similar to common flu and was overlooked by the mother. He was diagnosed with cancer until having continuous fever and after numerous examinations.

“After knowing the news, the doctor told us that the cancer has been spread out. Surgical operation and chemotherapy will be of little use and target therapy is the final resort but it costs HK\$40,000 a month. My husband works as a security guard earning around HK\$10,000 a month and we just have little family saving. I really thought of giving up. But when I look at my son, I cannot bear to let him die. So finally, I am determined to find money for the therapy!” She then applied, through the social worker, to our “Philanthropic Community Pharmacy” and was subsidized for 30% of the monthly medication cost. For the rest of the medication cost, she still has to borrow from friends or relatives. For the future, she said honestly that she only has no thought by just excepting to see Ming more days.

We are now appealing for your kindness to donate generously to patients like Ming for self-paid medication, bringing hope to the patients and families. Please send your donation by cheque, beneficiary, “St. James’ Settlement”, specifying at its back for “Philanthropic community Pharmacy”. Donation hotline: 2835 4321 or 8107 8324.



善長捐贈電器貼身又貼心

「現在家中的電飯煲是問朋友借的，自己的電飯煲已壞，最多只能煲粥吃。最近我吃了好幾餐粥了，所以要向朋友借電飯煲用。朋友住隔離邨，我要自己走路去借回來用，想食口飯，自己又無能力，無辦法啦！」居於深水埗公屋的李婆婆是一名獨居長者，丈夫已入住老人院，兒子則居於國內偏遠地區，從事農務工作，故未能來港照顧母親。李婆婆現時依靠綜援為生，家裡電飯煲已用了多年，最近發現已壞，但又沒有經濟能力購買，故向地區長者中心社工求助，希望能得到「電器贈長者」計劃的支援，贈送電飯煲，以解燃眉之急。

本計劃社工在探訪李婆婆期間，發現李婆婆個子矮小，身體瘦弱。家中舊電飯煲內膽已殘破不堪，完全燒黑。但由於她視力差，看東西感模糊，故較難發現電飯煲已損毀嚴重。「其實仍可用的，可盛載食水用，不要緊的！」李婆婆如一般長者般不願意丟掉破舊的東西；故此，本計劃為李婆婆送上一部新的電飯煲。在探訪期間，義工細心地教她使用新電飯煲，讓她不再只靠吃粥填飽肚子之餘，同時再三叮囑她不要再用舊電飯煲煲粥，把它棄掉。

另外，言談間李婆婆表示很疲累，原因是最近用手洗衣服，手力不足倍感吃力。細問下發現原來李婆婆家中是有一部洗衣機，最初是能夠使用的，但後來不知道什麼原因不能啟動。「我不懂的，又看不懂說明書及洗衣機上寫著什麼？我不敢找人幫忙，好像經常要麻煩人。」由於李婆婆不想添別人麻煩，寧願自己蹲在浴室，靠瘦弱的雙手清洗衣服。

「電器贈長者」計劃之社工了解過李婆婆的情況後，隨即聯絡義工陳先生到訪李婆婆家，了解她家中洗衣機情況。他細心地教導李婆婆使用洗衣機的方法，並在洗衣機上劃上了深色的記號，讓視力差的李婆婆也看到指示，按步驟使用。當李婆婆看到洗衣機能夠開啟，便立即拿來幾件衣服放入洗衣機內，學習洗衣程序及使用方法。她看見洗衣機能啟動，臉上隨即掛上笑容，也感謝義工陳先生的協助，解決她洗衣問題。義工臨走時，李婆婆在門前揮手向義工道別，連翻感激義工的幫忙。

「電器贈長者」計劃宗旨是為無依靠的長者老有所居，善長慷慨捐出善款購買電器，確能解決如李婆婆般年老無依的長者在生活上面對的困難；加上義工細心地指導長者使用電器，讓年老體弱的長者即使不懂使用電器，學懂後也能老有所居，住得安心。



Benefactors Donate Electrical Appliances Warmed the Body and the Heart

"The rice cooker I have at home was lent to me by my friend. My own cooker can only cook congees, not rice. Recently, I had congee for meal several times. That is why I borrowed my friend's rice cooker. I had to walk to her place to bring the cooker home. I wanted to eat rice; that was the only way I solved my problem for I could not afford a new rice cooker!" Grandma Lee, who lives in a public housing estate in Shamshuipo, lives on her own. Her husband lives in an elderly's home. Her son, a farmer who lives in a remote area in mainland China, is unable to come to Hong Kong in taking care of her. Grandma Lee lives on the comprehensive social security assistance (CSSA). She had her rice cooker for years. Lately the cooker went out of work. Grandma Lee sought help from the social worker of the district elderly center since she could not afford to buy a new one. She hoped the Electrical Appliances for the Elderly Program (EAE) would solve her problem by giving her a new rice cooker.

During a home visit to Grandma Lee's unit, the EAE social worker found that Grandma Lee is thin, short and weak. Her old rice cooker was completely black from burning beyond use. As she has poor eyesight, she did not notice that her rice cooker was seriously damaged. "Actually I can still use it to hold water. It is alright!" Like most elderly, Grandma Lee does not want to discard old things. Accordingly, the EAE program intended to give Grandma Lee a new rice cooker. At a visit to her home, our volunteer taught her how to use the new cooker patiently so that she would not have to live on congees only. At the same time, the volunteer reminded her not to cook congee with the old cooker any more. Instead, she should throw it away.

In the process of conversation, Grandma Lee said she felt very tired because she had been washing clothes with her hands. The volunteer learnt that her washing machine stopped functioning after she had it for some years. "I could not understand what the instructions said on the manual. I did not want to ask someone for help. I did not want to be troublesome." Grandma Lee would rather wash her clothes with her bony, weak hands, squatting in the bathroom.

After knowing Grandma Lee's situation, the EAE social worker asked Mr. Chan, another volunteer, to find out more about Grandma Lee's washing machine. Mr. Chan taught Grandma Lee the proper way of using the washing machine carefully. He also put bold markings on the machine so that despite her poor eyesight Grandma Lee could operate the machine according to proper procedure. As soon as the washing machine could function again, Grandma Lee put some clothes into the machine and practiced using it by following the steps. A smile appeared on her face when she saw the machine working. She thanked Mr. Chan for his help in solving her clothes washing problem. When Mr. Chan was about to leave, Grandma Lee waved him goodbye and thanked him again and again.

St. James' EAE program aims at helping the elderly to live comfortably at their old age. Our benefactors definitely solve many aged and helpless elderly's problems in life like Grandma Lee. In addition, our volunteers instruct the elderly how to use various electrical appliances patiently. As a result, after frail and old elderly learn how to use certain electrical appliances properly, they can live peacefully and comfortably.

義工細心教導長者電器的使用方法，讓長者能安心適當地於日常生活。

The volunteer patiently teaches the elderly proper way of using the appliances so that they can use it safely and accurately in their daily life.



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The Philanthropy Monthly

送風扇迎炎夏 為長者添涼快

香港與其他國家一樣受著溫室效應影響，天氣反常，夏季來得愈來愈早。今年五月份開始，已感到天氣潮濕悶熱，氣溫更高達三十度。面對炎熱天氣，相信有很多家庭已開啟冷氣機，沒有冷氣的就靠風扇來降低，以抵抗悶熱難耐的空氣。但對於經濟貧困長者，大多未必有能力支付昂貴的冷氣費，故此「風扇」是他們夏季取涼的必選。然而，若他們家中風扇壞了，動輒要花費數百多元購買，令他們本來捉襟見肘的生活更是雪上加霜。因此善長的捐助，為匱乏的長者添一把風扇，確實能為他們解決炎夏之苦。

獨居於葵涌村屋的梁婆婆，今年已92歲，自老伴過身後，一個人獨居於村屋。村屋位於山上，以鐵皮及木塊疊成，窗門不算通風，屋內設施簡陋。由於村屋地理位置交通不便，梁婆婆平日深居簡出，加上年紀老邁，行動緩慢，鮮有外出，多留在家中。

在今年五月初，義工及電器贈長者計劃之社工到訪梁婆婆家探訪，走進梁婆婆屋內已感到屋內焗促難耐，四面給木板及鐵皮圍著，探訪義工與社工已感汗流浹背，在盛夏之時，情況應該更嚴重！「我在這裡居住了幾十年了，一直也是這樣生活，習慣了。現在伯爺公走了，只餘下我一人，我沒有什麼要求。」眼見獨居於山上行動不便的梁婆婆家中欠缺風扇，平日生活又不能跟其他長者般到商場或社區中心涼冷氣，於是「電器贈長者」計劃送上一把風扇，讓她得以安心迎炎夏。

石伯伯同樣是一名獨居長者，居於大埔區屋邨。平日生活非常簡樸，靠綜援金維持生活。他對於生活沒有太多要求，只要仍是用得著的東西，他也十分珍惜，不會隨便掉去。社工在探訪石伯伯期間，看見他家中的傢俬或電器都是拾回來或別人轉贈的。炎夏將至，家中欠缺一把風扇。「還用得著的，不用擔心。你看這些東西仍很新淨，隔離鄰居不要的，就送了給我用，恰好能放在的家中，我自己搬回來的。」說時石伯伯掛上了一臉滿足的笑容，對於這些二手物品感到非常珍惜。石伯伯說自己搬舊傢俬及電器回來。眼前這位獨居長者生活匱乏，步履不穩，身體矮小的他，實在令人感到心痛。於是本計劃便向他贈送了一把風扇，讓他能迎接夏天，減低因取用拾回來的二手電器而發生家居意外的危險。

若果你也希望在這個夏天為無依體弱的獨居長者送上一把可乘涼的風扇，請捐助「電器贈長者計劃——送涼行動」，支票抬頭：「聖雅各福群會」。查詢：2835 4321 或 8107 8324。



Electrical Fan for Elderly to Keep Cool

Like other countries, Hong Kong is affected by the greenhouse effect. The weather does not follow the normal pattern any more, and summer sets in sooner every year. Humid heat has been felt since early May, with the temperature rising to 30 degrees. Faced with the heat, many families must have turned on the air conditioner, while those without air conditioners have turned on electric fans. But air conditioning is not affordable to the needy elderly. Electric fans are a necessity to them. Yet, if their fan is broken, where do they find the several hundred dollars to buy a new one? So electric fans from kind donors can bring real relief to them in the hot summer.

Grandma Leung, 92, has been living alone since her husband passed away. Her village house on a hill in Kwai Chung is a crude structure of sheet iron and wooden boards, poorly ventilated and sparsely furnished. Old Grandma Leung can only walk slowly, and there is no public transport nearby. So she seldom goes out. She spends most of her time at home.

Early May this year our volunteers and a social worker responsible for the Electrical Appliances for the Elderly Program (EAE) paid a visit to Grandma Leung's home. Greeted by stifling heat in her hut surrounded by wooden boards and sheet iron on all four sides, they were soon drenched in sweat. How much worse it must be in the height of summer! "I have lived here for dozens of years, always like this. I am used to it. Now my old man is gone, leaving just me. I don't ask for much." Seeing that she was living by herself and couldn't go out much, unlike many other seniors who could go to shopping malls and community centers for cool air, EAE presented her with an electric fan to make the hot summer easier for her.

Uncle Shek also lives alone, in a housing estate in Taiipo. He leads a simple life on Comprehensive Social Security Assistance. He doesn't ask for much. He treasures anything that is still useful. During a visit our social worker saw that all the furniture and electrical appliances in his house were used items, either given to him or salvaged from throw-away. Summer was coming, but he had no electric fan. "Don't worry, they still work. See? They are still pretty new. The neighbors didn't want them anymore, so they gave them to me, and I had room for them. I carried them home myself." He spoke with a smile of contentment. He treasures all these second-hand articles. It was heart-breaking to hear this old man say he had carried all of them home himself. He is so slightly built, and doesn't walk steadily. So EAE presented an electric fan to him, so that he can pass the summer safe from possible accident caused by used electrical appliance.

If you also want to present an electric fan for a needy elderly person to keep cool in summer, please donate to EAE's Fan for the Elderly Campaign. Please make your cheque payable to "St. James' Settlement". Donation hotlines: 2835 4321 or 8107 8324.

梁婆婆獨居山上村屋，屋內所有傢具及電器破舊不堪。
Grandma Leung lives alone in village house on hill. Her furniture and appliances are all very old.



危機意識不足 險釀家居意外

今年78歲的徐伯，獨居香港仔公屋單位。面對家中「多電器，少電制」的情況，他只得用萬能蘇一個接一個地支援所有家電！

「我知道這個方法是不安全，但自己又不懂有甚麼方法代替危險裝置，唯有每次外出前，我都把所有插座一一拔出，咁我先安心開出。」徐伯自知自己採用的方式有危險，但無奈不懂正確使用電力下，又因領取綜援金過活而沒有多餘金錢聘請電工師傅上門檢查。

「有一次老人中心的社工上門探我，看到我家中電掣的情況，於是轉介我到你們（聖雅各長者家居維修服務）的服務，社工表示有義工師傅專門上門為長者進行家居評估和維修。」轉介社工將徐伯情況告知我們後，義工便隨即上門為伯伯提供家居電力安全評估。經過一番評估後，義工建議為徐伯重新整理電綫。

徐伯眼見義工把電綫一一整理，禁不住說：「嘩！原來我使用萬能插蘇的數目真是很多！」義工一方面細心解釋這情況的危險性，另一方面幫徐伯把拖板續一分類，「義工幫忙後，電綫處理得十分整齊，最重要是很安全！感謝義工抽出假日休息的時間來，專程來服務我這些貧困長者。」徐伯看著義工為他整理電綫的眼神，流露著萬分的謝意及喜悅。

每次工作員及義工上門，不單只跟進轉介社工或長者提出問題的地方，他們亦會巡視屋內每個角落，整體評估環境是否安全適合長者居住。是次服務，義工在巡視中發現在廁所掛牆水箱有倒塌的危機，於是隨即進行維修及穩固工程，避免水箱突然倒下，造成危險。臨別之時，徐伯對著我們，有說不盡的感激，「我真的好開心遇上你們，這麼關心老人家，看著你們一一把有危險的地方修葺好，真的無以為報。多謝義工！多謝社會的有心人！」

徐伯伯的家居安全危險意識不足，幸得社工及義工主動關懷及實際支援，才得化險為夷。



Inadequate Risk Awareness Easily Cause Home Accident

Grandpa Yu, 78 years old, lives alone in a public housing unit in Aberdeen. By having too many electric appliances but few plug, he just plugging all appliances in one multi-sockets.

"I know it is dangerous but I have no other means as a substitute. What I did was to unplug them all every time when I go out so that I don't have to worry." He knows well what he did is unsafe. However, without knowing the right way of tapping power and by liveing on CSSA, he has no extra money in hiring an electrician to check.

"On one of the home visit by the elderly center social worker who saw my power plug condition, he referred me to your service (SJS Elderly Home Maintenance Services). The social worker expressed that volunteer technicians would visit elderly home giving on the spot safety checking and repair." With the social worker telling us Yu's situation, volunteer workers visited me and suggested rearrangement of the wiring after checking.

Watching the volunteer workers tidying up the wires one by one, Grandpa Yu kept saying, "Wow! I didn't realize I am using many multi-sockets! The volunteer worker, on one hand carefully explained the potential risks while on the other hand helped classify the extension boards." After the volunteer workers' help, the wiring is very neatly sorted which is safe! Thanks for taking the rest time and making special efforts in serving poor elders like me." By watching the volunteer's help, Grandpa expressed gratitude and joy in his face.

Each time when the worker and volunteer have the home visit, they do not just attend matters referred by the social worker or raised by the elder, they will also look into every corner of the house to check the overall safety to see if the environment is safe and appropriate for the elder to live. This time, the volunteer workers found the wall mount toilet tank stands the risk of toppling over; so he went to fix it. On departure, Grandpa Yu said directly to us of his extreme gratitude, "I am really very happy to meet you, caring so much for us elders. Just looking at how you get rid of the dangerous spots one by one, no way can I repay you. Thank you volunteers! Thanks to all the kind hearted people in the community!"

Inadequate home safety awareness of Yu has fortunately been released by the active care and actual support of the social worker and the volunteers.

這些是義工整理電綫後，多出來的萬能插蘇，一共有四個之多。
After tidying up the wires, there are four extrao multi-sockets left.



我們需要你的捐助
We Need Your Donation



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助孤苦貧老「上樓」

李伯伯今年68歲，年輕時一場意外，讓他失去了左眼的視力。數十年來只靠一隻眼睛來看東西，可惜隨年歲增長，李伯的右眼患上白內障，餘下四成視力。孤身一人，很多業主見他年老，不願意給他租地方，他只好入住安老院。

直至今年年初，他收到房署通知終於可以「上樓」——入住新界區一個新落成的公屋邨。李伯伯多年來住在安老院，今天有自己的家，實在是很開心，但多年來大小事務都有院舍職員代為打點，現在他獲派公屋，頓時卻毫無頭緒。「無所謂啦，我都唔知有甚麼要準備、要打點。有間屋有張床就得啦！」李伯伯抱著「無所謂」心態，白白讓時間流逝，來到安老院退租需要搬遷的前一星期，他才感到問題終於需要解決，「我都唔知可以去邊度求助，我係屋邨樓下問裝修價錢，嘩！成幾千蚊，一直領綜援，我邊有咁多錢，我之後周圍問人，問問下搵到老人中心的社工，姑娘話試吓幫我搵服務。」

李伯伯一向沒有朋友，社交圈子很狹窄，獨立搬屋及為新居入伙作準備，實在有困難，幸好在搬遷前一星期，聯絡到地區的長者中心幫忙。由於李伯伯距離搬遷日很短時間屬緊急情況，當我們接收到社工的轉介後，便馬上聯絡義工和安排材料，提供基本的新屋入伙安全設備工程（包括：鋪設防滑膠地板、安裝照明燈膽、窗簾路軌、掛勾及掛架）。希望協助伯伯處理最基本入住「全吉」公屋單位的需要-基本照明系統及地板，這樣才放置睡床。經過一一解釋後，伯伯開始明白裝設新屋的基本生活設備，有助只有四成視力的他，安全地在新環境居住。

我們跟義工與李伯一同到新居打點工程，就在開門的一刻，李伯伯花了很長時間才打開鎖，因為他無法攪清門鎖的方向和開鎖方法。有見及此，義工為伯伯的門鎖和鎖匙都分別貼上標記。「紅色對紅色，是鐵閘。綠色對綠色，是大門。」伯伯口中念念有詞，嘗試牢牢緊記門鎖的分辨。

「長者家居維修服務」不只為長者維修和改善破舊的家居工程；同時，亦會為體弱貧老提供基本新屋入伙工程，每一個長者的特性和需要各有不同，需要細心留意才能提供適切的服務，就如李伯伯的情況一樣。服務需要大家的捐助，讓更多孤苦貧老晚年作得安好窩。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，或致電2835 4318聯絡我們。



Help the Needy Elderly Move Into Public Housing Units

Uncle Lee is 68. He lost his left eye in an accident in his youth, so has been depending on his right eye to see. Unfortunately, with age, his remaining right eye has developed cataract and now only has 40% vision. Seeing that he is old and alone, landlords refused to rent to him. He had no choices but entered an old age home.

Then, early this year, he received notice from the Housing Department that he had been assigned a unit in a new public housing estate in the New Territories. He was overjoyed at the thought of having a home of his own. At the same time, he had grown so used to having everything taken care of for him at the old age home that he had no idea how to get ready for the move. "It doesn't matter. I don't know what I have to do. Anyway, all I need is a room and a bed." Feeling "it doesn't matter," Uncle Lee lets time pass by without any action, until a week before he was to move. He realized there were problems to solve. "I didn't know where to go for help. I went to the neighbourhood of the housing estate to ask how much it would cost to furnish the unit. Several thousand dollars! Where could I find the money when my only income is Comprehensive Social Security Assistance? I asked around, and wound up at the senior center where the social worker said she would find help for me."

Uncle Lee did not have friends in his small social circle. It was really difficult for him to get his new home ready all by himself. Fortunately he got in touch with the district elderly center a week before he was to move house. In view of the urgency, we took action as soon as we received the social worker's referral. We contacted volunteer workers and gathered material (including anti-slip flooring, lighting fixtures, curtain rails, hooks and frames for hanging) necessary for the basic safety installations in the new housing unit. Only when these were in place could the bed be brought in. It took careful explanation for Uncle Lee to understand that, with his poor vision, he needed all these installations to be safe in his new home.

We accompanied Uncle Lee to his new home. He took a long time unlocking the door, because he did not know which way to turn the key or how to work the lock. Seeing his problem, our volunteers marked the keys and locks for him. "Red matches red, for the grill; green matches green, for the front door," he kept mumbling, trying to remember how to tell one key from the other.

Elderly Home Maintenance Services is not limited to repairing and improving old home fixtures. They also provide basic works for the needy elderly to move into new homes. Like Uncle Lee, every elderly person is unique and has special needs which require special attention so as to render appropriate services and our services need the support of your donation. Please make your cheque payable to "St. James' Settlement", and mail it to Room 105, 1/F, 85 Stone Nullah Lane, Wanchai, Hong Kong. You can also contact us at 2835 4318.

因應長者的特殊需要，為長者的門鎖分別貼上標記。Locks and keys are marked to meet the elderly person's special needs. Now, Uncle Lee can easily unlock the door.



分擔電費開支 為貧病者分憂

聖雅各福群會推出慈惠服務，主要是為回應社會上弱勢社群的需要，特別是一些與基本生活息息相關的項目，如「電費助貧弱」計劃，服務要到位，就需要以實際行動幫助到有需要的人士。

居住於油塘的李小姐，今年27歲，依她的年紀，應該正直事業衝刺期，可惜李小姐自少就患上腦癌和癲癇症，經過化療及電療後，視力全失，右耳失聰，左耳只剩餘兩成聽力，而癲癇症令記憶力、平衡力及觸覺感官變差，需要家人24小時全日照顧，外出需用到輪椅代步。不幸的是父親剛剛病逝，現主要由母親及年幼的妹妹照顧，一家依靠撿取綜援為生。

由於李小姐身體的原故，醫生建議她留在室內的溫度，在夏天避免太悶焗，冬天切忌著涼。於是她唯有按四季的情況，開啟冷氣或暖氣，以配合身體的需要，以免身體不適帶來家人更勞累的照顧。結果，每次收到的電費單，每每會超過綜援金的資助，在入不敷支的壓力下，只好向社工尋求協助，轉介至本會「電費助貧弱」計劃。

李小姐的情況，確實是冰山一角，我們接觸了很多貧困的長期病患者，因病情所需及以醫生指示下，必需長期使用醫療器材或冷暖氣的支援。這些紓解病人的器材，往往附帶著沉重的開支，於是本會推出「電費助貧弱」計劃，以經濟支援他們因疾病帶來的額外電費開支，為他們分擔經濟上和心理上的負擔，讓他們感受社會人士到位的關懷。

「電費助貧弱」計劃服務的申請者必須為使用醫療器材治病的長期病患者，經濟條件有限(如：領取綜援人士)，及必須透過醫院之醫務人員或社工轉介。

Power Subsidy for Deprived Patients

The Charity Projects launched by St. James' Settlement mainly aim in response to the needed disadvantaged in the community, particularly in items closely related to the daily life, such as the "Power Subsidy – Ailing & Handicapped" Program.

Miss Lee, 27 years old living in Kwun Tong, should be at her golden age in developing career. Unfortunately, she the brain cancer and epilepsy. After going through chemotherapy and radiotherapy, she became blind, deaf for the right ear and remains 20% of the leaf year hearing. Meanwhile, the epilepsy has worsen her memory, counterbalance and tactile senses; thus, she requires 24 hours care by the family and has to rely on wheelchair when go out. Worse still, her father just passed away. She is now mainly being looked after by her mother and a younger sister and the whole family lives on the CSSA.

Due to her physical condition, the doctor suggested her to stay in room temperature, not being too sultriness in summer and too cold in winter. Hence, she has the heating or air conditioning in different season. As a result, the electricity bill always over the CSSA subsidy. Under pressure to make ends meet, she then sought help from social worker and was then being referred to our "Power Subsidy – Ailing & Handicapped" Program.

Miss Lee's situation is really just tip of an iceberg. We have come across many poor chronic patients whose conditions require, under doctors' instructions, long time use of medical equipment or hot/cold air-con support. Such uses by the patients are often linked to heavy power bills. Hence, SJS launches "Power Subsidy – Ailing & Handicapped" Program, giving financial support to cover the extra power cost to ease their financial and mental burden. Equally important, it can offer the community care for them.

Applicants to "Power Subsidy – Ailing & Handicapped" Program must be deprived chronic patients who have to reply on the medical equipment in daily life. All applications have to be referred by social worker or medical profession.



剪出整潔儀容 流露愛與關懷

我是剪髮義工Wicky，為了進修剪髮技術，因此經參加不同的剪髮課程，在課程中結識了不少朋友。說起何時開始做義工的話，應該是在一次機緣巧合下，跟隨導師到大角咀一間護老院提供義剪服務，原來導師是聖雅各福群會「到戶理髮服務」的義工，就這樣我就開始跟隨大家，到香港各區的院舍，又或上門為有需要的長者提供剪髮服務。

在過去義剪服務中，令我印象最深刻的是某次服務一間老人院的長者，眼睛所及的很多是連基本自理能力不足的公公婆婆，有幾位更是只可躺臥在床上，等候別人來照顧。我習慣每次幫公公婆婆剪髮時，都會跟他們聊天，關心他們的近況，跟他們說笑。

我曾想若果在他們人生最後的旅程中，自己無能力照顧個人儀容，也沒有他人幫助，他們便會成為社會上被遺棄的一群，變得沒有尊嚴、要孤獨地渡過，十分可憐。因此每次為他們理髮後，看見他們滿心歡喜，滿臉笑容及整齊清潔的樣子，我就十分感動及欣慰，更能體會到「施比受更有福」。

最後我很希望可以繼續用我的專業來幫助不同有需要的人，可是我一個人只得一雙手，有需要的人很多，因此我希望能夠分享剪髮感受後，讓更多的髮型師能夠加入義剪行列幫助更多人。

工作人員後記：

義工Wicky每次也很用心為長者剪頭髮，她很關心每一位接受服務的長者，她會挽著公公婆婆的手，跟他們說笑聊天，現在有好些老人院的長者，都會記得Wicky，甚至希望一直由她幫他們打理頭髮。

聖雅各福群會「到戶理髮服務」，服務港九新界各區，對象以長者和傷殘人士為主。以上門或到訪長者中心和護老院，為一些經濟困難及行動不便的長者提供服務。透過理髮的過程，除了可以讓有需要的長者換上新形象外，更藉著傾談對話，送長者一份關懷！



Love and Care Haircut For Neat and Tidy Appearance

I am Wicky, a volunteer hairdresser. I have attended many different hairdressing courses to advance my skill. During the courses, I also met many friends. How I started to be a volunteer hairdresser was just a coincidence. I went with my instructor, a volunteer worker for "Home Haircut Services" of SJS, to an elderly home in Tai Kok Tsui to provide free haircut service. This was how I began to work with the group at various elderly homes in Hong Kong and provide haircut for needed elders at their homes.

What had left me with the deepest impression was my service in an elderly home, where my eyes caught many elders losing self-care ability, and some just lying in their beds waiting for care. It has been my habit to chat with them, probe into their recent situation and joke with them during haircut.

I am thinking if they are incapable to take care of their appearance and with nobody to help in their remaining journey in life, they would become a discarded group in the community with no dignity which is a pity to pass their final years in loneliness. Hence, each time when I finish their haircut, watching their heartfelt joy, smiles, neat and clean appearances, I am deeply moved and gratified. I am much realize "Give is more blessed than take".

Finally, I really wish to continue using my professional skill to help all those in need. However, I only have one pair of hands while many people out there have the need, so I hope to get more hairdressers to join our volunteer work and share with us the joy of doing it.

Worker's Remark:

Wicky is very attentive when she cuts hair for the elders and she cares about every one of them. She would hold their hands, joke and chat with them. Many elders in the elderly homes would remember Wicky and wish her to continue the haircut service for them.

The "Home Haircut Services" of SJS mainly serves elders and disables throughout Hong Kong, Kowloon and the New Territories. They go to their homes, elderly centers and elderly homes cutting hair for those in financial and mobility difficulties. Apart from haircut, it not only changes their look and appearance, but also convey regards and care to them!

Wicky 不但為長者剪出整潔儀容，更重要是送上愛與關懷。

Wicky not only provides elderly with neat and tidy appearance, but also with love and care!



愛心攝影服務

今天，愛心攝影隊走到安老院舍，為一班年老體弱的長者拍攝照片，當中有位伯伯跟義工們說，他從一生人未曾穿過西裝，所以十分興奮，在短短的十幾分鐘內，他一邊跟我們分享了他的成長故事，一邊整理這個新形象，轉眼間，一位有如謝賢般自信的長者，站在已佈置得十分溫馨的佈景前，擺出型格的姿態，給攝影師拍照。我們不禁地問，是西裝外套令伯伯變得自信嗎？還是，他找到會聽他的聆聽者，而由心底發出開心自信的笑容。

義工隊認識趙女士的時候，她的病情已經轉差，醫務社工向我們解釋，趙女士的病情影響了儀容外表，所以她十分抗拒拍照，不過她三位可愛的兒子，曾說一張家庭照也沒有，很想趁媽媽身體還可以的時間留個回憶。明白趙女士的擔心及家人的期望，義工隊有幾位義工，專誠早一天去到醫院，了解趙女士的憂慮和期望，並講解透過化妝和拍攝技巧，會令她顯得精神煥發和更為年輕。相信是義工們的認真和關心，感動了趙女士，也令她明白拍攝的情況，讓她放顧慮。

翌日清早，在護士的協助下，義工們先以色彩鮮艷的布料包裹病床，將之變身為摩登梳化，然後在旁放置花瓶及書本，讓人看來有如身處一個溫馨的家居，三位小男生開開心心地包圍着女主角的媽媽，爸爸就站在最後，把雙手張開擁抱著家人，看來就是一爸爸支撐著一家大小。義務攝影師事後跟我們說，在拍下第一張相片時，他覺得相片很美，但內心卻是百感交集。義務攝影師除了為這個家庭留住珍貴的一刻外，還很細心地安排各種組合的照片，目的是讓每一位家庭成員都能與媽媽有自己獨特的回憶！

儘管勞累，趙女士還是十分開心地全情投入整個過程，加上醫護人員給予極大支持，有好幾位護士及醫生更是特地到拍攝場地為病人打氣，畢竟從整理裝束，到各人企位及姿勢，都有一些時間準備，對久病在床的她來說，需要大量的體力，醫護人員的支持，實在是一份很大的支持！他們表示，看到病人及家人的忍耐和理解，更看到的是一幅幅充滿愛的圖畫。

留住美好的一刻，對很多人來說，既可令自己及家人有個美好回憶，總好過在毫無片段下，只遺下思憶，最終令人惆悵傷感。隨著科技進步及社會經濟發展，傳統的「影樓」服務，已漸漸被淘汰，取而代之是一些「自拍」的機械式攝影服務；對部份體弱或行動不便的長者來說，實在難以自己完成，更何況是住在院舍或醫院的長者或智障人士？

聖雅各福群會於2002年成立了一隊由義工組成的「愛心攝影隊」，服務初期專為各區低收入長者或傷殘人士免費拍攝「車頭相」，服務發展至今已配套拍攝背景、服飾、化妝的造形照等，期盼能為行動不便及長期病患者提供更理想的攝影服務，好讓大眾能以開放、正面的態度面對死亡，帶出珍惜眼前人的訊息。



Love & Care Photo Service

Today, our Love & Care Photo Service went to an old age home to take pictures for some seniors. One old uncle told our volunteers he was very excited because he had never once worn a suit in his whole life. He told us his life story in the dozen minutes that he took to fashion his new image. In no time an old gentleman looking as self-assured as a seasoned movie star was standing in front of the set, striking a pose for the camera. We wondered: Did the suit give him the self-confidence, or did his confident smile come from having found listeners to his life story?

Ms Chiu's condition had deteriorated when our volunteer photographers met her. The medical social worker explained that she was reluctant to face the camera, because her illness had affected her looks. But, in the absence of any family photo, her three lovely sons wanted one taken for keepsake while her health still permitted. Knowing her concerns and her family's wishes, some members of our volunteer team paid a visit to the hospital a day earlier, to get an understanding of Ms Chiu's worries and expectations, and to explain how make-up and photographic stills could make her look more radiant and younger. Ms Chiu was moved, and understanding the photographic process eased her mind.

The next morning, with the help of the nurses, the volunteers first covered the hospital bed with bright-coloured fabric, turning it into a modern sofa, then placed flower vase and books next to it, to create a warm home-like setting. The three boys cheerfully surrounded the leading lady, while dad stood behind, his arms around all of them – the picture of a man holding the whole family together. Our volunteer photographer told us later that he found this first photo very beautiful, but it also filled his heart with mixed feelings. Besides capturing that precious moment for the family, he went on to photograph various combinations of the family members, to give each of them a unique remembrance of being with mom.

Though it was exhausting, Ms Chiu threw herself into the entire process cheerfully and whole-heartedly. The medical personnel was extremely supportive. Several nurses and doctors came to the set to cheer for her. Attire, position and pose all took time to arrange before a shot. The time taken for all the preparation was a tremendous physical strain for a patient person who had been bed-ridden for a long time. She drew strength from the support of the medical personnel, who were in turn moved by the patience and understanding of the patient and her family, and by picture after picture filled with love.

Capturing a beautiful moment gives a person and his family a beautiful memory instead of just an unfounded sadness. Traditional photo studios no longer exist, replaced by mechanical automatic photo booths. It is hard for old people who may be feeble or clumsy in movement to get photos taken, not to mention the seniors and mentally challenged who live in institutions.

St. James' Settlement's Love & Care Photo Service was launched in 2002. Originally just to take free portraits for the elderly or disabled to display at their funerals, the service has extended to photographing elderly or chronically ill persons who are less mobile, against background sets, in special attire and poses, for the purpose of helping people to face death positively with an open mind, and to treasure those who are around them now.

與醫院醫務社工部合作，為長期病患或末期病患的院友與家人拍攝溫馨美麗照片。
The service cooperates with hospital in taking photo for the elderly or disabled with their family.



服務到位 安心轉介

「很多謝你們的義工為婆婆維修了門鎖，我代婆婆多謝你們的服務。」轉介社工蔡先生在得悉義工師傅完成維修後，很感激地說。

「朱婆婆今年73歲獨居，行動不便，走路都需要用拐杖。最近一次，因鄰居聞到異味，擔心婆婆的安全，於是叫來警察和消防員。拍門多時，加上電話亦聯絡不到朱婆婆，消防員決定破門而入，看到房門鎖上，隨即亦破開房門。」社工在細說朱婆婆的情況。

幸好的是，破門而入後，沒有發現婆婆，家中看來並沒有異樣，這算是一個好消息。可惜的是，朱婆婆買餅回家後看到這樣的境況，心中萬般無奈和著急。「婆婆的性格比較急和焦慮，事發之後，她的情緒都起伏不定。重要的是，她擔心門鎖損壞後，家居的安全度大大減低。她馬上來向我們求助。」轉介社工知道婆婆的情況，亦隨即申請聖雅各福群會「長者家居維修服務」，希望有關師傅可以幫助維修，減低婆婆的焦慮和保障他的家居安全。

知道朱婆婆的情況後，木工師傅翌日就帶同相關工具上門為婆婆更換門鎖及維修木門。社工十分感謝義工的及時行動：「婆婆十分焦慮，幸好義工很快就可以安排到時間上門維修。這樣，婆婆就不用再擔心。昨天晚上都一直都睡得不好，擔心有賊人乘虛而入。」

「我代婆婆多謝你們的義工服務，得到你們迅速的行動，婆婆才不用再徹夜難眠，擔心安危。如果要外出找人維修，以婆婆現時依靠綜援金生活的經濟能力又負擔不起。所以婆婆很開心可以這樣快就維修好，讓她安心睡眠。」蔡先生在最後提到，這個服務很幫到低收入的長者，轉介手續亦十分簡便，他初次接觸這群熱心三行師傅，亦感受到善款支持這類維修工程，實在很有意思及到位！



破損的門鎖，不能如常關門及鎖門。
Broken lock makes the door insecure.



維修後木門可以正常操作，婆婆可安心休息。
The old lady can have worry free sleep after the door is fixed.

Excellent Service Gains Referee Trusts

"I would like to thank you all for fixing up the door lock for the old lady." Social worker Mr. Choi said after the volunteers finished their work.

"Grandma Chu is 73 years old and is living alone. She needs to walk with crane. Recently her neighbor smelt a bad odour from her unit and worried about her safety and thus they called for the police and fire services. When the firemen arrived they got no response from the unit by knocking the door and calling the telephone. Therefore, firemen decided to break through the door and got access to the Unit." Mr. Choi recounted.

Luckily, Grandma Chu was not there and they found the Unit was in normal condition. Regretfully, Grandma Chu returned home from the market and found her door was broken. Grandma was upset that the broken door and lock would make her home insecure. So she came to the social worker for assistance and was being referred to St. James' Elderly Home Maintenance Services.

Once the volunteer carpenter learned about the case, he gathered necessary tools to Grandma Chu's home and fixed her broken door. Grandma Chu was very happy and she could sleep through the night without worry then.

Mr. Choi, the social worker said, "I must thank you all on behalf of Grandma Chu. Your prompt response had eased her worry. Since she lives on the Comprehensive Social Security Assistance, she does not have extra money to repair the door." Mr. Choi further commented that this service can help those low-income old people. The referral process is simple. He admired the enthusiasm of the volunteer carpenters and masons. He agreed that the donations spent on this maintenance and repair works are very meaningful and practical.



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

- | | | | |
|------------------------------------|---|-------------------------------------|------------------------------------|
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(請在適當位置加上✓號)

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

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

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