

慈惠月報

The Philanthropy Monthly

聖雅各福群會
St. James' Settlement



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社工的話

Social Worker's Remark

把祝福轉化為行動

農曆新年將至，相信大家都忙得團團轉——工作的希望在收爐前盡快把工作完成，家庭主婦為迎接新春，努力大掃除及添至新年衣服及物品。希望在新年之始，一家人有新的和有好的開始，整年可以順順利利！

隨著大節日的來臨，相信大家都收到不少WHATSAPP傳來祝福的短訊，特別在踏入年初一的晚上，瘋傳祝福短訊的情況更為熱鬧，原因很簡單，就是希望為自己關心的親朋戚友在最重要的一刻，送上最美好的祝福！

今年，大家不妨嘗試一下，在每次大時大節之前，除了想起為家人朋友送上祝福外，也同時把祝福送予社會上弱勢的一群！在12月尾，跟負責「後顧無憂」生前規劃服務的同事說起，寒冬來到，引發長者長期的身體毛病，體質突然轉差而入院，可幸及時的送暖行動，可確保他們在出院後有足夠的禦寒衣物，這都是托福於善長的慷慨。

又因在新年前獲派公屋的獨居長者，雖然他們在港無人無物，但新年始終是中國人的大節日，有貼心的三行師傅願意忙中抽出寶貴的時間，趕快地為獨居長者預備新居基本配套設施，當然及時的資源可以減省他們的鋪地板及安裝扶手、燈泡等開支，讓他們可以安心在新居渡新歲。這些都是社會上一班熱心人士，在生活中，特別是在非常日子，更貼心地為孤寡老弱的一群分憂。

社會上有許多不幸的人，單靠三兩人的之力實感不足，唯有集結一眾有心人，以不同形式的資源來回應他們的不幸，資源就成為他們不幸中的美好祝福！

有善長呼籲親朋在自己生日之時以「折現」方式送禮，他就把收到禮轉送給社會上有需要的一群。今天，大家也可以嘗試在轉發WHATSAPP祝福短訊之時，把祝福化為實際行動，為默默等待祝福來臨的弱勢社群送上到位的支持。

Turn Your Blessings Into Action

As the Lunar New Year draws near, everybody is busy – workers laboring to finish the job on hand within the year, housewives cleaning house and getting new clothes and articles for the upcoming festivities. It is the wish of every family for a good start of smooth sailing throughout the new year.

Many new year wishes will also be exchanged on WhatsApp, especially on New Year's Eve. People all want to send their best wishes to their dearest friends and relatives at this important moment.

Perhaps this year, besides friends and relatives, we can also send our blessings to the disadvantaged members of our community. During a conversation in late December, a colleague in charge of the Pre-paid Funeral Navigation Service mentioned that many elderly people in fragile health had fallen ill and landed in hospital in the freezing weather. Fortunately, after discharge, they had enough clothes to keep warm, thanks to the generosity of kind donors.

There are elderly persons living alone who have just been assigned public housing units. Many of them have no kin in Hong Kong. But the Lunar New Year is a major Chinese festival. In order that these old folks can move into their new homes for the new year, some of our volunteer workers are willing to donate their time to add fixtures and furnishings to the housing units. They are very caring and are anxious to help, but they need resources to purchase the necessary material - flooring, handrails, light bulbs and etc.

The resources needed to help the unfortunate in our community are immense, much more than a few people can provide. We need to pool the efforts of all who care to gather resources in all forms to make our good wishes for the unfortunate come true.

Some kind donors ask their friends and relatives for cash as birthday presents, which they then pass on to the needy. This year, when you exchange holiday greetings on WhatsApp, please turn your blessings into action and give effective support to the disadvantaged who are waiting silently for blessings.

憐恤人的人有福了！因為他們必蒙憐恤。
Blessed are the merciful: for they shall obtain mercy.



感謝給我們一趟 心靈之旅

忙裡偷閒，到郊外走走，賞賞日落紅霞，與家人朋友共聚一番，確是賞心樂事。基層家庭的父母子女其實也有同樣的期盼，只是因生活的拮据未必許可，如果加上嚴重疾病或身體殘障，就更是空想。

聖雅各福群會惠澤社區藥房平日除了為病人提供藥物上的支援外，亦不忘關懷病人及其家屬的心靈健康。上月，惠澤社區藥房邀請了60多名於本藥房受惠癌症藥物的病人及其家屬參與本地半天遊。

當日一行人在藥房同事的安排下，浩浩蕩蕩到昂坪360及天壇大佛參觀。活動當日，大家除了享用齋菜外，我們更為每個家庭拍攝一張家庭照，並即日把照片送贈予他們，藉此機會把祝福送到每個家庭的手中。有受惠者帶著滿足的笑容向我們說：「影得好靚啊！上一次一家人一起合照已經是好幾年前的事了。多謝你們！」

對於長期病患者來說，藥物很容易成為自己每日的負面鬧鐘。作為病患者的家人，這份疲累對他們而言也是十分沉重。不過，半杯水是半空還是半滿，全取決於自己的態度。在乘坐纜車回程途中，有一位女病人向我們分享：「原本我不想來，因為自己有病，不想麻煩你們。幸好最後都是來了，出來行下，人都精神一點。」車廂內的另一位病人隨即回應：「對啊！平日只是在藥房見到穿著西裝的藥劑師，好開心今日一起去旅行，沿途還得到他的鼓勵。好多謝你們不單在藥物上資助我們，還經常關心我們。」

是次活動不單只是一趟旅程，而是藉此機會讓一眾家庭暫且不去記掛各樣的不足，反而好好享受一家人一起的樂趣，為生活增添一份美好的回憶！



Thank You for Giving Us A Soul Journey

It is a matter of joy if one can get together with family and friends in a trip to the countryside to admire the sunset and the evening clouds after busy at work. Parents and children from grass root families also long for the same opportunity but may not be able to materialize due to the expenses. And it would be just a dream for those who are seriously ill or handicapped.

In addition to providing medicinal support to patients of St. James' Settlement's Philanthropic Community Pharmacy, St. James' also concerns about the patients and their family members' psychological health. Last month, the Philanthropic Community Pharmacy invited over 60 patients receiving help from the Pharmacy's cancer medications and their family members to participate in a local half day tour.

Under the arrangement of the Pharmacy's staff, all the participants visited Ngong Ping 360 and the Great Buddha Statue. That day, they had a vegetarian lunch and St. James' also took a family photo for each family. After that, St. James' gave each family their photo, giving them the blessings along with it. One client remarked with a smile of content, "It is a great photo! It was a few years ago when our family last took a photo together. Thank you!"

Medications can easily become a negative alarm clock to chronic patients. And the invisible fatigue is also heavy for the patient's family. However, it is up to one's attitude whether a half glass of water is half full or half empty. On our return trip in a cable car, one female patient shared with us thoughts on her mind. "I did not want to come at first for I did not want to trouble you because I am ill. I am glad I came after all. I feel so much better now that I came and got around." Another patient inside the car immediately responded, "Right! I normally saw the pharmacist in a suit in the pharmacy. I am happy that we took this trip together and the pharmacist was encouraging me on the way. I am so thankful that St. James' not only helps us with our medications but also often concerns about us."

That activity was not just a trip. It was meant to be a chance for the family not to think of their various misfortunes but to enjoy the fun of being together with their family and to add one more beautiful memory to their lives!

除了提供藥物支援，惠澤社區藥房亦關懷病人及其家屬的精神需要，藉著活動舒緩他們的壓力。

Apart from medication support, the Philanthropic Community Pharmacy also care of the mental health of the patients and their family. We hope they can release the pressure through the leisure activities.



我們需要你的捐助 We Need Your Donation



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良藥難求 請支持惠澤社區藥房服務營運

作為藥劑師，很明白藥到病除的道理。要成功治病，首要得到合適的藥物治療，也即是所謂的「良藥」。

聖雅各福群會惠澤社區藥房面對的全是公營醫院的病人，他們在公立醫院覆診，得到醫生發出的處方藥單，然後來惠澤社區藥房配藥。大家也知，在公立醫院的每一個角落都是人頭湧湧的，等候時間是長而又長。當他們來到我們的面前，一下子就把心裏的憤慨宣洩：那個醫生只顧看電腦、某個護士不近人情、學護們拿病人來做實驗、藥房的哥兒態度欠佳……醫生是看過了，藥物是拿到了，但總是心靈未能得到真正的照顧，對病治療方案及藥物應用仍是模模糊糊。

面對這些病人，我們可以如何回應？「係啦！佢地都麻木晒，冇晒愛心。」「佢地全部都HEA住來做，咁多人，快做快收工……」，這樣做可以成功突顯我們服務的可貴，因為我們藥房堅持每個病人都有十五分鐘和藥劑師面談的空間。但，這樣的回應、對他們有什麼益處呢？曾經在公立醫院工作過，以我觀察所見，絕大部份的醫護人員是很有熱誠和愛心的，他們一直為病人及自己的專業努力。他們的工作也是為病人的好處作為依歸，但無奈實況是無限量的病人需要、有限的醫療資源漸漸把那赤子之心壓上冷冷的圍牆……。

聖經有句話：「喜樂的心乃是良藥；憂傷的靈使骨枯乾。」(箴言17:22)，心可以作藥嗎？這裡的「藥」看來是指對病人有益的東西。在醫院中得到藥或在惠澤社區藥房中得到藥，身體得到醫治，但心靈卻仍舊困苦。另一個想法是，被病患困擾的，身邊人的支持和鼓勵往往是他們每天生存的動力，這遠勝一粒在醫學文獻中被引證有效的特效藥。聖雅各惠澤社區藥房如果單單只是提供有效的藥物，沒有愛，也算不得什麼。當我們善用這個平台，讓病人得到那份關顧和被愛護的感覺，更甚的是為他們在醫院裡遇到不良經歷作個正面的回應，相信這樣正是上文提到的「良藥」。

近幾年，本藥房發展迅速，相信除了到位地幫到窮困的病人，給予他們實在藥物醫治外，我更堅信團隊為他們心靈上給予所需要的關注，這個無價的「良藥」遠比天價的特效藥貴重得多。需要幫助的個案，真的愈來愈多，從前是幾天前的預約就可以了，現在最新求助個案要等上一個月才可以來到藥房！可見服務有著十分龐大的需求，五位同事(包括藥劑師)盛載了四千位病人的個案，這個數字每天也在增加，這是多「高效」的團隊呀！我是讀藥劑學的，不能了解香港反智的社會福利制度，這個服務確實正在有效堵塞社會的缺口，但可是仍沒有一個恆常的實質支持。

善款用在支持有需要病人治病上是十分重要的，但在服務的運作上，在政府沒有任何持續性的支援下，服務正面對被迫失去初衷的危機，面對兩難的局面，在此不得不透過慈惠月報呼籲各位善長，慎重考慮作一個較為長遠的施善計劃，期望是針對服務運作上的支持，用作惠澤藥房團隊的行政開支。善款支票抬頭請書寫：「聖雅各福群會」，支票背面註定：「惠澤社區藥房服務營運」。施善查詢：2835 4321或8107 8324。

Hard to Get Good Medicine Please Support Our Pharmacy's Service

As a pharmacist, we know "medicine cures illness". The first element for getting the illness cured is to get the proper medicine. That is what we called in Chinese the "Good Machines".

Patients of The philanthropic Community Pharmacy of SJS all come from public hospitals. They get repeated consultations from public hospitals. After getting the doctor's prescription, they will go to our Pharmacy to buy the medication. We all know that every corner in the public hospital is overcrowded and the waiting time is long. When they come to us, they usually unload their grievances to us: "That doctor looks at the computer all the time certain nurses are unreasonable..... nurse trainees treat their patients as experiment the dispensers' attitude is bad.....". After seeing the doctor, they got the medicine but unable to get real care in deep. Most of them are unsure about the treatment plan and medicine application.

How should we response? "Yes! They are all insensitive and lack compassion." "They all work without enthusiasm. As there are so many patients, they just work fast and hope to get off quicker." Undoubtedly, this can successfully show the value of our service as we insist in giving 15 minutes consultation time for each patients. However, how will they benefit from this response? I have worked in public hospitals before. My observation is that most of the medical staffs are enthusiastic and compassionate; they always work hard for the patients. Unfortunately, the reality is patients' demand is unlimited and the limited medical resources slowly suppressed their passion

There is a Bible saying: "A glad heart makes a healthy body, but a crushed spirit makes the bones dry. (Proverbs 17:22)" How can the heart be a "medicine"? In fact, the medicine refers to anything beneficial to the patient. Medicine obtained at the hospital or the pharmacy cures the body but their mental health does not. Looking from another angle, support and encouragement by people close to patients are often the driving force for their daily survival which is always far better than a pill according to some medical journal. If our Pharmacy only provide them with medication without care and love, there is little we should be proud of. However, if we can make use of this platform by providing love and care for them, or even give a positive response for their negative experience in hospitals, I believe that is what we called the good medicine" as mentioned above.

In recent years, there is a rapid development of our service. In addition to offering them the medication, I believe the team's provision of mental need and care is a much more invaluable "good medicine". The number of case in need is increasing. Appointment used to take a few days in the past but now requires nearly a month! This shows its huge demand. Five of us (including pharmacists) have to take care of four thousand patients and the number is keep rising every day. What a "high efficient" team! I am a pharmacist while I cannot understand this Hong Kong social welfare system. I just know this service exactly fills the gap in the community effectively but still haing no real and steady support.

Donations used to support needy patients for treatment is vital. But in terms of the service operation, the service is facing the crisis of being forced to lose our initial ideal without sustainable government support. Facing the difficulties in future, we can just make the appeal to the benefactors through The Philanthropy Monthly. We hope you all can seriously consider a long term donation plan in order to support our service operation, covering the administrative expenses of the Philanthropic Community Pharmacy. Donation cheque beneficiary "St. James' Settlement" with the endorsement of "Philanthropic Community Pharmacy Service Operation" at its back. Donation inquiry: 2835 4321 or 8107 8324.



「親人都無你咁好！」

近日本港天氣持續寒冷，令不少貧困弱老苦不堪言。為了保暖，他們只能將所有單薄的衣物穿在身上，十分臃腫和不便。夜晚睡覺時，惟有將幾張單薄的毛毯蓋在一起，才能勉強熬過寒冷的冬夜。為了使無依長者不用再忍受寒冷帶來的痛苦，我們的義工從今年十一月起便開始走訪港九新界，持續為有需要的長者送上禦寒物資。

家住青衣的徐伯伯是獨居長者，雖有親人在港，但是已經很久沒有聯絡。伯伯平日都是獨來獨往，少有別人探訪和關懷。地區社工到伯伯家中探訪時，發現伯伯家中的棉被單薄，根本不能禦寒。而伯伯患有慢性的支氣管炎，一旦著涼生病，就會咳嗽不止，十分辛苦。眼見伯伯的苦況，社工馬上幫助伯伯向「送暖行動」計劃申請禦寒棉被和暖風機，以度過嚴冬。了解伯伯欠缺家庭支援的情況後，我們便和義工一起上門探訪，為伯伯送上有關物資。

當我們為伯伯送上棉被和暖風機時，伯伯十分高興：「要你咁送咁多嘢嚟，真係唔好意思。」義工又教伯伯使用暖風機，伯伯終可在寒冬中感受到陣陣暖意：「真係好暖好舒服。」此時，社工發現伯伯僅靠一個已經生滿鐵銹的水煲煲水飲用，於是便決定為伯伯提供一個有保溫功能的電熱水壺，以便他隨時可以喝上溫水。伯伯一開始時顯得非常不好意思：「唔使啦，點好意思又麻煩你哋。我而家呢個水煲係爛咗啲，但係用得就用住先啦。」後來在社工和義工的勸說下，伯伯明白到用生銹的鐵煲煲水是不健康又十分危險，才同意接受。義工其後再次上門為伯伯送上電熱水壺，這令伯伯十分感動，他感慨道：「你哋真係好關心我，親人都無你咁好！」

需要電熱水壺的，還有家住黃大仙的關婆婆。獨居的關婆婆年逾八十歲，患有白內障和關節炎，身體十分孱弱。家中沒有電熱水壺的她，平時靠煤氣爐煲水。但由於婆婆年事已高，記憶力減退，經常會忘記關火，出現「煲乾水」的情況，十分危險。另外，婆婆以往習慣把煲好的熱水倒入保暖瓶內儲存，但現在由於視力模糊和右肩發炎，常常斟瀉水，有好幾次還被熱水燙傷！地區社工馬上為婆婆申請一個具有保溫功能的電熱水壺。為了方便婆婆使用，義工耐心示範電熱水壺的使用方法。當婆婆看到熱水從壺中流出時，開心地說：「好咯好咯，我而家隨時都有熱水飲，太好了！多謝你哋！」

在我們生活的社區，像徐伯伯和關婆婆這樣的無依弱老，還有很多很多。大家的捐助與關懷，不僅能助他們渡過困境，更能為他們的晚年生活增添一點希望和快樂！



"You are even better than my relatives!"

Hong Kong weather stays cold in recent days and it is hard to the poor and weak elders. They need to wear all their flimsy clothes which is bumpy and inconvenient. At night, they have to cover themselves with a number of thin woolen blankets so that they can barely fight for the cold night. In order to lift them from the ordeal, our volunteer, keep running around Hong Kong, Kowloon and the New Territories to deliver warmth keeping materials to the needed elders since November.

Grandpa Tsui lives alone in Tsing Yi. Though having relatives in Hong Kong, he has long lost contact with them. He is all by himself, seldom having visitors and care. On one visit by the the district social worker, she found Grandpa Tsui only had a thin cotton padded quilt to keep him warm. As he has bronchitis, he will keep coughing once he is getting sick. By knowing his difficulties, the social worker immediately helped to get him a better cotton padded quilt and a fan heater from the Warm Giving Action. As he has no family support, we quickly deliver the relevant items to him with our volunteer.

Seeing our delivery, he was very happy and said, "It is really for giving me all these things." The volunteer also taught Grandpa Tsui the proper use of the fan heater, and he can feel the bleeze of warm air, "Really nice and warm!". Meanwhile, the social worker found that his kettle was very rusty and decided to provide him with a new electric thermos for having hot drinking water all time. At the beginning, he refused, "No, thanks! Don't want to bother you all again. My kettle is rusty but is still usable at the moment." It was only after the persuasion of the social worker and the volunteer that he was convinced that use of the rusty kettle to boil drinking water is not only unhealthy but very risky too. Finally, he agreed to accept the new kettle. When the volunteer deliver to him again, he was deeply moved and sighed, "You guys really care for me. You are treating me even better than my relatives."

Another case in need of a kettle is Grandma Kwan who is living alone in Wong Tai Sin. She is over 80 years old, having cataract and arthritis. She used town gas to boil water as she has no electric thermos. Being old with poor memory make, she often forgot to turn off the fire, which is very risky. In addition, she usually pours boiled water into the thermos in keeping it warm; however, her poor eye sight and the inflamed right shoulder often cause the water spilt out. On a number of occasions, it scalded her! For Grandma's convenience, the district social worker promptly referred her case to us. To facilitate her usage, the volunteer patiently showed her the steps. When she saw the hot water pouring out from the thermos, she said happily, "Nice, nice, I have hot water all time now. It is very good indeed! Thank you!"

There are many other helpless elders in our community like Grandpa Tsui and Grandma Kwan. Your generous donations and care not only help them overcome the living difficulties, but will also send hope and happiness in their old age!

一個電熱水壺，一份愛心與關懷，能讓無依長者露出幸福的笑容。
An electric hot water thermos as well as the love and care bring the helpless elderly happiness.

幸好有你們支持 「送暖行動」！

近日天氣寒冷，天文台多次發出寒冷天氣警告。這對於身體較弱，特別是患有慢性疾病的長者來說，更是一個嚴峻的挑戰。政府衛生防護中心表示，長者皮下脂肪較少，調節體溫機能減退，身體可能未能對氣溫下降做出適當反應。部分長者可能因為行動不便或慢性疾病，令新陳代謝減慢，減低產生熱能的能力。每當天氣轉冷，長者求助數字就會上升至一成半至兩成。由此可見，寒冷天氣對於生活貧困，缺乏禦寒物資的長者來說，是一個極大的困難和挑戰！

聖雅各福群會慈惠服務每年冬天的重點服務——「送暖行動」，我們走遍港九新界，為經濟困難、體弱的長者送上暖風機、棉襖和棉被等禦寒物資。自去年11月正式啟動以來，我們已經收到近五百個申請，預計整個計劃將有超過600位長者受惠。為了幫助有需要的長者抵禦寒冷、及時保暖，我們的義工不辭勞苦，在他們的工餘時間為有需要的長者送上冬日的祝福。即使是較為偏遠的地區，我們亦務求儘快送到，以免長者受寒冷之苦。

租住粉嶺屋邨的李伯伯，由於患有肺氣腫等疾病，身體十分虛弱，要長期在家中使用的氧氣機。近日天氣轉冷，令缺乏禦寒衣物的李伯十分痛苦。為了幫助李伯，我們的義工特意開車到粉嶺，為伯伯送上棉襖和頸巾「呢度係郊區，一到夜晚就會好凍好難頂。好彩有你哋件棉襖。」伯伯感動地說。「好多謝你哋，我真係好感動。我一個人，無人無物真係好淒涼，好耐都無人咁關心我。」伯伯說著說著，還留下了感觸的淚水。

「送暖行動」雖然已到已開展了幾個月，現時仍會接到一些個案，感謝各善長的慷慨捐助，才可以令有需要的長者得到幫助。



Thanks for Supporting “Warmth Giving Action”

The weather has turned cold. The Hong Kong Observatory has more than once issued cold weather warnings. To the elderly, especially to those in frail health and suffering from chronic disease, cold weather poses a serious challenge. The government Centre for Health Protection tells us that, as the elderly have less subcutaneous fat, they are less capable of thermoregulation, so their bodies may not react adequately to temperature drop. Immobility and chronic disease also slow down their metabolism, reducing their ability to generate heat. So, whenever it turns cold, the number of elderly people calling for help rises, to as high as 15-20 percent. Cold weather is clearly a tremendous hardship and challenge for needy elderly persons who lack resources to keep warm.

A key Charity Project offered by St. James' Settlement every winter is “Warmth Giving Action”. We go to all corners of Hong Kong, Kowloon and the New Territories to deliver heaters, padded coats and padded quilts to needy elderly people who are in frail health, so that they can keep warm. We have received nearly 500 applications since the action was launched last November, and expected the action to benefit over 600 seniors. Our volunteers work hard in their spare time to make timely delivery of our winter blessings, so that the old folks can keep warm. To avoid their suffering in the cold, we try to make the deliveries as soon as possible.

Grandpa Lee who lives in Fanling is very weak from emphysema. He has to use an oxygen machine at home. As he lacked warm clothing, the recent spell of cold weather was miserable for him. To help him out, our volunteer made a special trip to Fanling by car, to deliver a padded coat and a scarf to him. “This is open country. It turns so cold at night that it is insufferable. It is a good thing I get this padded coat from you,” Grandpa Lee said. “Thank you very much. I am very touched. I lead a sad life with no kin and no money. It has been a long time since anyone showed concern for me.” Tears ran down his face as he spoke.

Though the “Warmth Giving Action” has been going on for several months, cases are still coming in. We thank all the generous donations which have made help to the needy elderly possible.

一件棉襖，一條頸巾，能夠幫助孤苦無依的李伯度過漫漫長冬，感受人間溫暖。

A padded coat and a scarf can save lonely Grandpa Lee through the long cold winter, and bring him warmth from others.



「以後出入廁所， 我不用再擔心了！」

「我今年77歲，丈夫離世後，我一個人住在九龍城公屋單位。因為現時單位的水浸情況嚴重，房處安排我要調遷到另一單人單位。」老來搬家，區婆婆方寸大亂，對搬家的事全無想法。

雖然是同邨調遷，但婆婆身體不好，光是安排傢俱都讓她一頭煙。「舊有的傢俱都已經爛溶溶了，社工幫我找到申請二手傢俱的資料，我不介意用二手物品，反正我真的沒有足夠金錢購置全屋傢俱。」婆婆經由社工轉介，向社區內的資源申請二手傢俱，讓區婆婆的家不至家徒四壁。在一切準備好後，婆婆正式入住新單位，可是婆婆要順利開展新生活，仍要面對一個大挑戰——每次出入廁所要上落一大級！

區婆婆患有關節退化，雙腳常常受痛症的困擾：「我之前試過膝頭好痛，連行路都痛的時候，忍痛行到廁所前，非常痛苦才可舉起腳再用盡力氣踏上去，很痛很痛！」每天至少來回廁所4次的區婆婆，如非必要，她是十萬個不願意再踏進那一呎多高的廁所。

「當我正在苦惱有什麼方法可以解決這個問題時，社工告訴我聖雅各福群會有一班義工師傅，專門上門幫長者提供家居維修、裝扶手服務。社工幫我轉介後，不久，師傅便上門了解情況，然後在廁所門邊安裝扶手，給我出入時借力之用。」師傅請區婆婆試握著扶手出入廁所，見婆婆的動作比前自如，大家也安心。

「之前我好擔心會出入廁所而跌倒，現在我之所以能夠安樂一個人住在這裡，全靠善長人翁、熱心義工不遺餘力，幫助我們這些孤獨老人家。你們提供一支扶手，已解決了我的擔心，真的很感謝！加上你們既不認識我，卻願意這樣幫我，我真的很感動。」區婆婆感激地不斷道謝！



No More Worry in Going to Toilet!

"I am 77 years old and live by myself in a public housing unit since the decease of my husband. Owing to serious flooding of the current unit, the Housing Department relocated me to another single occupancy unit." Having to move house at an old age, Grandma's had no idea what to do.

Though the removal stays in the same estate, she stills has difficulties as her health situation is poor. Just the arrangement for furniture already blows her mind off. "The existing furniture are old and worn-out. The social worker helped me get second-hand furniture which I don't mind as I simply couldn't afford buying the new one." With the social worker's referral, she got second-hand furniture from the community resources. Thus, the house is not completely empty and she was ready to move in. However, she has another challenge to tackle which is she has to get through a big step when going to toilet.

Deterioration of her joints causes both feet in pain and that bother her a lot. "In the past, when my knees are in pain even on walking, I tried to fight for the pain in going to the toilet. By arriving the toilet, it is very painfully to lift my foot in getting through the step. Very painful indeed!" She has to go to the toilet at least four times a day and unless really necessary, she would be extremely reluctant to go to the toilet with a high step.

"While I was vexed on how to tackle the problem, the social worker told me that SJS has a group of volunteer specialized in the provision of domestic repair and handrail installation services. Shortly after the social worker's referral, a tradesman showed up, looked at the situation, then installed a handrail by the doorside which lends me strength." He told her hold onto the handrail getting in and out the toilet. Watching her smoother movement than the past, all of us don't have to worry of Grandma again.

"I was really worried about falling down before, now I can live here by myself comfortably all due to you benefactors and enthusiastic volunteer helping us, the lonely elders. Your provision of a handrail solves all my worries. Really thanks a lot! Besides, you hardly know me but still are willing to help, I am deeply moved," gratefully said by Grandma Au with repeated thanks!

義工在門邊安裝扶手，以後區婆婆出入廁所就安全得多！

Doorside handrail installed by volunteer enables Grandma Au get in and out the toilet much more safely!



我們需要你的捐助
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一五年一月份
JAN 2015
慈惠月報
The Philanthropy Monthly

為遮擋刺眼陽光 籌募經費為長者安裝窗簾路軌

七十多歲中風後行動不便的葉婆婆與患有淋巴癌的女兒同住，兩人依靠綜援金在新界區公屋生活。從前生活上很多細節都是由女兒負責，可惜女兒的身體狀況時好時壞，現在卻要由葉婆婆反過來照顧女兒。

葉婆婆的單位不大，兩人長期身體狀況不好而很少外出，經常要留在家中休息。婆婆居住的是西斜單位，床的位置剛好在窗的旁邊，下午開始刺熱的陽光照進屋內。「我很容易疲累，每天總要睡午覺，但是受西斜的影響，曬得我很熱，長期睡不好，精神很差。」婆婆指著窗戶的陽光說道。

「為了遮擋陽光，我們在窗花上夾了一塊布，但在太熱的日子，就要爬高拆除這塊布，令室內空氣流通。可是當我身體狀況較差，好易頭暈，就不能爬高處理。」女兒望著窗戶，很無奈地說。「我有想過做窗簾，也去過舖頭報價，一條窗簾路軌要二百多元，找人上門安裝又得花幾百元，還要買窗簾布，一起到這裡，自己何以有能力應付這筆支出？！於是，就打消了這個念頭。」

地區社工把葉婆婆和女兒的個案轉介到本會「長者家居維修服務」，隨即安排義工上門安裝窗簾路軌，以解她們受西斜陽光所帶來的困擾，看著義工師傅熟練的手藝，很快就把路軌安裝妥當，然後掛上窗簾布。婆婆終於可以安心地睡午覺，女兒又不用再爬高爬低。

面對類似葉婆婆的個案，我們都建議為長者安裝窗簾路軌，而材料費全靠善款支付，然後義工協助安裝。現時窗簾路軌的材料費約二百元一戶，希望透過善長慷慨支持，預計在未來半年約有五十戶長者申請，需要經費約一萬元。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與我們聯絡。



Raise Fund for Curtain and Rails

70 years old Grandma Yip, with mobility difficulty, lives on CSSA in a public housing unit in the New Territories with her daughter who is having lymph cancer. Her daughter was responsible for taking care Grandma's daily living in the past But due to ups and downs of her condition, Grandma has to look after the daughter instead.

The unit is not large. As both of their physical conditions are poor, they rarely go out and rest at home most of the time. The unit is facing the west. Grandma's bed is next to the window. The blazing afternoon sun shines right onto it. "I get tired easily and need an afternoon nap. However, as the unit is west facing, the sunshine makes the house temperature very high and I cannot nap well." Grandma said by pointing to the sun shining through the window.

"In order to block the sunshine, we clamp a piece of cloth at the window. In the hot days, we have to climb high and remove it for getting more airflow. However, I am weak and will get dizzy easily; thus, I am not unable to do so." Grandma's daughter sighed. "I also thought of installing a curtain and hence I checked the costs in some shops. I found that it costs HK\$200 for a rail and few more hundreds for the manpower cost. How can we afford it? I can just forget about it."

The district social worker referred the case to our "Elderly Home Maintenance Services". Right away, we sent a volunteer to install the curtain rail to fix their problem. Watching the skilful handwork of the volunteer, the rail was soon installed and the curtain hung with no more blazing afternoon sunshine. The Grandma can now nap comfortably and the daughter no longer needs climbing up and down.

For cases similar to Grandma Yip, we would recommend installation of curtain and rail. The materials cost is supported by benefactors' donation and manpower provided by volunteers. Current material cost is about HK\$200 per job and we estimate 50 elders would have such a need in the coming half year, which is roughly HK\$10,000 in total. Hence, we look forward to your generous giving. Please send your donation by cheque, beneficiary "St. James' Settlement", earmarked for "Elderly Home Maintenance Services" at the back. Please mail it to Room 105, 85 Stone Nullah Lane, Wanchai, Hong Kong or contact us at 2835 4318.

義工為葉婆婆安裝窗簾路軌及窗簾布，兩母女不再為刺眼陽光及上落掛布而煩惱。

The volunteer installed rail and curtain for Grandma Yip so that they no longer have to worry about the sunshine anymore.

剪刀下的關愛

「喂，聖雅各呀？我是羅生，我想約楊姑娘剪頭髮。」接到羅先生的來電，便隨即致電到參與到戶理髮服務的義工楊姑娘，安排時間上門提供服務。

羅先生今年五十多歲，一直與九十多歲母親住在石硤尾的公屋。幾年前，羅先生突然患上脊髓肌肉萎縮症（SMA），嚴重影響他的活動能力，現在日常生活都要依靠電動輪椅，更要年長的母親照顧，母子靠綜援金生活。

義工楊姑娘由三年前開始服務羅先生和羅老太理髮，「第一次來訪，我見羅先生連從床上坐起來都有困難，全都是羅老太幫助，看著他們的情況，實在需要別人的幫忙。」楊姑娘感慨地說。因為兩母子住在舊式公屋單位，受結構和空間限制，未能增設一些醫療床。他們已申請調遷一年多，可惜到現在還未有新消息。

三年來義工風雨不改來幫助兩母子，一邊剪髮，一邊有說有笑，「日常發生了甚麼，我都會告訴楊姑娘。上次我就跟他說，星期天我坐『戰車』（電動輪椅）出街，經過商場竟然見到明星官恩娜，官恩娜還跟我合照。我覺得義工不單來幫我理髮，還分享我的苦與樂。」羅先生邊說著邊拿出電話分享照片。

羅老太由衷地說：「真係好多謝聖雅各和楊姑娘，因為兒子成年發病，病後要理髮的話，附近的髮廊都不准他的電動輪椅進入！最近兒子較為精神，理髮後個人儀容好得多，他願意多外出，心情開朗又開心，非常感激你們，沒有你們的幫忙，我們都不知如何是好！」

聖雅各群福會「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。義工會上門、到長者中心或護老院，為一些經濟上有困難及行動不便的長者提供服務。理髮的過程中，除了可以讓他們換上新形象外，更藉著傾談對話，送上關心並建立深厚的關係。



Loving Care Through a Pair of Scissors

"Hello, St. James' Settlement? This is Mr. Lo. I would like to make an appointment with Miss Yeung for a haircut." Mr. Lo's request was quickly transferred to Miss Yeung, a volunteer of our Home Haircut Services, to arrange a house call.

Mr. Lo, in his fifties, lives with his mother, who is over 90, in a public housing unit in Shek Kip Mei. Several years ago he suddenly came down with spinal muscular atrophy, which seriously hampers his movement. Now he must depend on an electric wheelchair, and rely on his old mother for care. The two of them live on Comprehensive Social Security Assistance.

Volunteer worker Miss Yeung began three years ago to give haircuts to Mr. Lo and old Mrs. Lo. "On my first visit, I saw that he even had difficulty sitting up in bed, and depended entirely on old Mrs. Lo for help. They really need help," said Miss Yeung with a sigh. Limited by space and layout, their old-style public housing unit simply cannot accommodate a medical bed. They applied for a different unit more than a year ago, but there has been no news.

For three years Miss Yeung has served mother and son, come rain or shine. She keeps up a lively conversation with them as she cuts their hair. "I would tell Miss Yeung everything that's happened. Last time I told her that, on Sunday, when I was out in my chariot (the electric wheelchair), I ran into pop star Ella Koon in a shopping mall, and she even had a picture taken with me! Miss Yeung doesn't just cut my hair; she shares my experiences, happy ones and sad ones." As he spoke he held up his phone to show the picture.

Old Mrs. Lo said from her heart, "I must thank SJS and Miss Yeung. My son is sick in his middle age. When he feels well and needs a haircut, none of the nearby barber shops would let his electric wheelchair go in! He has been in better condition lately, and looks much neater after a haircut. He is willing to go out more, he is in a brighter mood, and he is happy. Thank you so much! We wouldn't know what to do without you."

SJS's Home Haircut Services serves mainly the elderly and the physically challenged in all districts in Hong Kong, Kowloon and the New Territories. Our volunteers visit homes, elderly centers and old-age homes to give haircuts to elderly persons who are needy or not so mobile. A fresh haircut does not just give a new image. Concern is conveyed and a profound relationship can be established through conversation in the process.

在義務工作中 我獲益良多

從少就喜歡寫作，中學時參與學刊的籌備工作，大學主修傳理系，之前有師姐為《松柏之聲》撰寫稿件，而且能跟長者面談訪問，從中聽到很多長者的往事和趣事。由於我對服務長者情有獨中，或許是自幼由爺爺照顧有關吧！

經師姐介紹後，原來還要跟總編來個面試，透過詳細講解，得以明白這份長壽長者報紙的宗旨和發展方針。當我細看八版報紙的內容，有些是現職作家、有些是記者或編輯、有些是來醫護專業，還有一些是來自社福界。看到不同專業的有心人成為義工，我能夠加入這個義工團隊，實在很幸運！

有次接到總編派來的一個60多歲再生勇士的訪問，年少時已身患頑疾，他的人生最終是妻離子散，雖然聽的盡是坎坷，但這位伯伯卻是常常感恩，在他口中不斷是多謝不同人士的說話，如果沒有他或她，自己真的很難繼續走下去。與此同時，在治療頑疾期間，他更向其他病床的老友記作出開解，最終成為榮獲再生勇士。從他生命中，我見到處都是幫助他人的足跡，並為有需要病人注入正能量。

雖則我是以義務身份來採訪，但是我卻獲益良多。我只是一個年青人，生活算是平順，人生閱歷較為簡單。可是透過跟長者的談話，我看到生命中奮鬥的精神，是堅毅不屈，是永不放棄！我又拜訪過香港人歲，沒想過過百歲的婆婆，仍堅持一星期幾天游早水的習慣，從她的養生之道，我學習到有規律的生活何期重要，這些都是書本中未能學習到的寶貴生活經驗。

多謝總編給我機會，以一支筆來做義工，其實我所作的比起其他長者對社會的付出，實在是微不足道。



I Have Learnt A Great Deal Through Volunteering

I have been very fond of writing since I was small. In secondary school, I took part in the publication of Students Magazine. I was major in communication in university and have learnt about "The Voice" from one of my school-mates. She is writing articles for "The Voice" narrating some elderly's stories of the past and their interesting memories after interviewing them. I am very devoted to helping the elderly probably because I have been taken care of attentively by my grandfather since my childhood!

I was recommended to write for "The Voice" by my school-mate, which was then followed by an interview with the Editor, who explained clearly to me the objectives of this long-established elderly magazine and its guidelines for moving forward. After reading carefully this eight-page magazine, I came to realize that its writers are coming from many different sectors of society, namely professional writers, journalists, editors, medical personnel, social workers and many others. I feel privileged to be a member of this volunteering workforce which is comprised of so many enthusiastic professionals.

I was once given a chance to interview a Regeneration Fighter, who, in his sixties now, has been facing serious health problems since he was young. Though he went through a life-path full of frustration and toughness and was deserted by his wife and son, he is not defeated and is still filled with gratitude to those who have helped him out in difficult times, always saying that without their help, he could never manage to strive on. During his hospitalization, he even helped his fellow patients by comforting and encouraging them. He was deservedly recognized as a Regeneration Fighter. All along his life, he rendered help wherever he could and his positive thinking has inspired many patients in need.

I conducted the interviews as a volunteer with a mission to help; nevertheless, I have learnt a great deal from the people I met. I am just a young fellow leading a smooth life without much exposure. These stories of fighting against adversity in life have revealed to me these elderly's strength and determination of never giving up hope in life. I have once paid a visit to a grandma over a hundred years old. To my surprise, I came to know that she still keeps her habit of swimming a few days a week. Discipline proves a crucial element in maintaining a healthy life. This valuable actual life experience could never be found in books.

I would like to thank the Editor of "The Voice" for allowing me to join the volunteering team so that I can render my help and care for the elderly in the form of pieces of article, which is, of course, scarcely comparable to the elderly's contributions to society.



電器捐贈有限制？

問：本人從親友處得悉貴會有一「電器贈長者」計劃，可轉贈基本家電予有需要之長者，湊巧我家中有好些物品可捐出，故數天前致電，希望了解有關安排。查詢之下，發現原來你們對贈予長者之電器有不少條件，如電器使用期需於五年以下、性能良好、尺寸不能太大等等……其實，有心人一片善心作出捐贈，而服務上又有此需要，為何要定下這些規限？原因何在？

答：「電器贈長者」計劃為本會慈惠服務之一，推行有賴社會上善心人以現金或實物的形式捐助支持。

有關電器的轉贈，無疑對解決貧老基本生活所需是十分重要的；但轉贈的同時，我們亦要顧及長者的實際生活情況及安全使用的需要。如每月月報所示，慈惠服務的對象主要為有經濟困難的獨居長者，他們有的居於小型公屋單位，有的更是租住板間房，居住環境一般比較狹窄；因此，我們於轉贈時必需考慮其實際需要，一些過於大型的電器未必足夠空間放置，其相應帶來較高昂的電費亦非我們個案所能負擔，最終得物無所用。

此外，長者的體力等身體狀況亦屬服務的關顧範圍。一般來說，電器以操作簡單及屬安全情況使用下為原則。例如：我們只收取「頂揭式」的洗衣機而非俗稱「大眼機」的洗衣機。這是因為我們考慮到長者使用「大眼機」洗衣機時須蹲下或彎身，或會引致跌倒等的危機。

至於電器的使用期限，是期望能讓長者於獲贈電器後可使用一段較長的時間。使用過久的電器，其需要維修的機會亦隨之增加，不但對長者造成困擾，於財政緊絀下要尋找資源維修亦或存有一定困難。

於現時的各種局限下，服務仍有賴各善長繼續熱心支持，以助改善貧老的生活質素，如當中存有不便，敬請諒解！如各善長對捐助有任何疑便，亦歡迎隨時聯絡我們了解。

Restriction to Donation of Electrical Appliances

Q: I learnt from my friends and relatives that your esteemed organization has an "Electrical Appliances for the Elderly Program" (EAE) through which interested parties can donate basic electrical appliances to elderly in need. It so happened that there were in my home certain appliances that I could donate so I called you a few days earlier to learn more about the arrangements. I found you set various restrictions, such as the appliance must be less than 5 years of use, in good condition and the size must not be too large. Since there is a need for this service and there are kind people who want to donate, why did you set these restrictions?

A: The EAE Program is one of St. James' Settlement's Charity Project which operates through support of kind people who either donate cash or appliances. The donation of second hand electrical appliances is very important towards meeting the basic needs of the poor elderly. At the same time, we have to pay attention to the actual living condition and the need of safe use. As reported in the Philanthropy Monthly, our targeted clients are elderly who live alone with financial difficulty. Some of them live in a small public housing unit, some in a rented boarded room. Their home is usually very small. We must consider their real need. Some large electrical appliances are too large for a small home, and the relatively higher electricity cost is also beyond the burden of the intended user.

In addition, health and strength condition are also our concern. Generally speaking, the appliances must be safe and easy to use. For example, we only accept top loaded washers and not front loaded washers because there is a danger of falling when the elderly bends down or squats himself when using a front loaded washer.

Regarding the 5-year restriction, it hopes that the elderly can use the appliance for a longer period of time after he/she received the appliance. If an appliance has been used for a long time before it is donated, its need for repair also increases. When that happens, it will not only interrupt the elderly's daily life, but also create a problem as it is not easy to find money for repair under a tight budget.

Despite various existing restrictions, the Program relies on generous support of our benefactors. With joint efforts, we can improve the poor elderly's living quality. Please understand our situation if inconvenience has been caused. Should there be any queries regarding donations, you are cordially welcome to contact us for further information.



聖雅各福群會 為長者送暖

在寒冷天氣下，既濕又冷的天氣對體弱多病的貧苦長者而言，勢將備受氣促、頭痛等痛症折磨，嚴重者更須即時送院。聖雅各福群會推出「送暖行動」計劃，為匱乏長者送上「禦寒三寶」棉襖、棉被及暖風機，避免長者因氣溫急跌而受寒冷病。去年「送暖行動」服務了超過一千名缺乏禦寒衣物的長者。

計劃急需更多善款

該會「送暖行動」已於11月正式啟動。居於青衣公屋邨的羅婆婆，因中風行動不便，需長期臥床，唯靠一張單薄冷氣被保暖。探訪時社工握着羅婆婆冰冷的手，擔心當氣溫進一步下降，羅婆婆弱不禁風的身體會抵受不住。翌日透過義工協助，為羅婆婆送上「禦寒三寶」，以在天氣轉冷前可以足夠保暖。計劃正急需更多的善款，以協助體弱長者，確保天氣進一步轉冷後，及時獲得禦寒物資。

計劃經理鍾慧蘭昨日表示：「我們相信今年同樣有逾千長者急需『禦寒三寶』，整個計劃預算尚欠10萬元，以協助200名正急需保暖物資的匱乏體弱長者，實在需要社會有心人士捐助支持行動。」施善熱線：2831-3283。計劃網址：<http://www.thevoice.org.hk>。



St James' Settlement Sending Warmth to Elderly

In cold weather, the weak and poor elderly would suffer a lot of hardship such as shortness of breath, headache and other physical discomfort. Some need to be sent to the hospital for immediate medical treatment. In view of this, St James' Settlement has launched the "Warmth Giving Action" to offer the needy elderly the "Three Winter Treasures", i.e. wadded jacket, wadded quilt and heater to protect them from falling ill due to the cold weather. Last year, the Warmth Giving Action has served over 1,000 needy elderlies.

Donation Needed

The action has been launched officially in November. Grandma Law in Tsing Yi Public Housing Estate has been bedridden for a long time due to stroke. She only has a flimsy quilt to keep warm. Holding Law's icy hand during their visit, the social workers worried that she might not be able to hold herself together if the temperature drops further. With their assistance, Grandma Law was given the Three Winter Treasures the next day to keep her warm before the weather gets colder. The project badly needs more donations now so as to help more fragile elderly to ensure they get timely protection against the cold weather.

Project Manager Winnie Chung said yesterday, "we believe over 1,000 elderlies need to be served with the Three Winter Treasures this year, same as last year. The project budget still falls short of \$100,000 to provide 200 needy elderlies with the warm clothing and heater. We really need enthusiastic donors to help support this action." Donation Hotline: 2831-3283. Website: <http://www.thevoice.org.hk>

弱老急需「禦寒三寶」保暖，避免冷病。

The weak elderly is in need of the Three Winter Treasures to avoid getting sick in the cold winter.



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"/> Medication Delivery Services | <input type="checkbox"/> Outreach Physical Examination |
| <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.

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