



## 我們的服務介紹 Our Service Introduction

# 敢創生前身後資訊網 關愛短片助衝破隔漠

聖雅各福群會「後顧無憂」規劃服務一直透過外展講座、研討展覽會，鼓勵社會人士能以開放態度，正面談論生死及後事規劃安排的事宜，目的是藉此增加市民對此人生必經「生活資訊」的認識；故本會於今年創立名為「生前身後資訊網」的網站，得到華人永遠墳場管理委員會撥款資助，致力將生死教育擴展至社區不同階層的市民，務求讓市民可透過網站更易於認識香港殯葬知識文化，從中得到實質「生活資訊」的掌握。

此外，「生前身後資訊網」更致力關注人們珍愛生命，重視家人間之關係，藉著短片，引導市民珍惜眼前人；由於現今子女每天工作時間長而辛勞，與家人的溝通相處越形見少，若父母一旦身故後，子女回頭反醒欲表關愛心意時，父母已不在身邊，心中盡是無奈自責，悲痛內疚；此些社區教育短片欣賞，得到名導演單惠珠義助拍攝，包括：「可能是十萬個母親的心願」、「生命的詩」、「『瓷』來父情」、「『舞』父愛」等，目的是倡導我們關愛生命，重燃珍愛和諧，正面談論死亡。

短片以寫實角度、及真人真事改編而成，以引起大家的共鳴；有智慧機靈的母親，善用母親節與子女慶祝期間，巧妙及勇於安排與兒女談論後事意願；亦有以父子關係作主線，以父子間含蓄內斂的關係，以表達彼此內心深處的互相關心，但彼此都不善表達情感，唯至慈父離逝，才醒覺到「他」的存在對他是如何重要；全部短片皆讓人子察覺人與人的關，應留於在生時就得互相珍惜，勇於表達溝通，更勝盡在不言中。

資訊網內容包羅萬有，如心靈支援、白事小貼士等資訊，本著「殯儀知識普及化」的目的，增加市民對生前規劃事宜和殯葬禮儀的認識，從而減低面對死亡的擔憂恐懼及忌諱。如欲對資訊網有進一步瞭解，歡迎瀏覽[www.lifeanddeatheducation.sjs.org.hk](http://www.lifeanddeatheducation.sjs.org.hk)或致電 2831-3230。

# Dare establish Life and Death Education Caring Documentary to remove isolation

St. James' "Funeral Navigation Service" has been encouraging Hong Kong people to discuss life and death as well as the necessary arrangements through seminars and exhibitions. Its objective is to familiarize people with this information that will come in handy sooner or later. This year St. James' has set up a website titled "Life and Death Education". Funded by The Board of Management of the Chinese Permanent Cemeteries, the website strives to expand life and death education to citizens of different social strata, hoping that people can easily acquaint themselves with local funeral procedures.

In addition, "Life and Death Education" focuses on people should treasure their life as well as family relationship. The documentary aims at inducing citizens to treasure people around and near. People work long hours, they work hard, too. They communicate less and they spend comparatively less time with their family. Often it is too late and people are remorseful when they wish to show love and care to their parents who no longer live to experience. These communal, educational documentary films, shot by famous director Ms Sin Wai Chu at no cost to St. James', consist of titles such as "Wish of 100,000 Mothers", "Poetry of Life", "Ceramics and Laternal love", "Dance and Love of Father" etc. These aim at drawing viewers' attention to care for life, to re-ignite concern and harmony and to discuss death positively.

Each documentary is based on facts modified from a true story to arouse empathy from the viewers. The character can be a wise mother who discusses arrangements after her death in the middle of celebrating Mother's Day. Another can focus on the subtle father-son relationship in which both are poor at expressing their emotions. The son never realizes how much his father means to him until he has died. All these films try to make people aware that people should treasure each other and be brave at expressing one's feelings. They should tell to each others how they feel and leave no room for guesses.

There is a wide coverage of topics in our web such as emotional support and tips on funeral matters etc. The web is designed to "popularize the knowledge of funeral procedures" to increase people's awareness of funeral rituals and plan while alive. As a result, it can reduce fear and taboo when death knocks on the door. Those interested to know more are welcome to visit [www.lifeanddeatheducation.sjs.org.hk](http://www.lifeanddeatheducation.sjs.org.hk) or call 2813-3230.



## 轉介者言 Referee's Remark

# 會員以後都可以靚啦！

「到戶理髮服務」是由一群熱心剪髮師傅組成的義工隊，義務為長者或行動不便人士到戶理髮，使他們能有抖擻的面容示人。日前，「到戶理髮服務」的二位義工，走到位於東涌的一間痙攣訓練中心，為一群智障和痙攣人士作出剪髮服務。

據該中心社工陳先生所言，以往他們亦曾嘗試帶會員到理髮店剪髮，但往往都遭受到別人的歧視和拒絕，唯一的方法就是請理髮師傅到中心剪髮，但要找到合適的師傅談何容易。然而，巧合地知道本會有這個服務，認為非常合適，於是聯絡本會。

剪髮當天，我們有兩個師傅義工抽空幫忙剪髮。在剪髮的過程中，義工和會員有說有笑，氣氛融洽，義工細心地幫每一個受患者剪髮和清潔髮碎。值得一讚的是，當中有些會員害怕電剪的聲音，義工便會用別的工具代替；當有會員不能靜靜地坐下剪髮時，義工會又說又笑地哄著說笑，以最快速度而又安全的方法為會員理髮，果然照顧周到！不消一個上午，我們便替10多位院友作出「靚靚的服務」。每個會員剪完頭髮都會望望鏡子梳梳頭，笑著說：「唔該哥哥姐姐！剪得好靚呀！」

完成服務後，陳先生更大讚義工們：「兩個師傅幫咁多個人剪，真係好快手！個個會員都剪得咁靚！一個字，正！」「真係多得聖雅各，會員依家好靚！以前我哋都擔心緊他們可在何處理髮呢？因為會員既頭髮一直生長，剪頭髮係必需嘅，佢哋都需要有整齊儀容呀！我哋都好心急想快哋搵到，原來聖雅各有一群熱心義工可助，班院友以後都可以有靚樣見人啦。我哋就可以放心啦，因為會員以後可以靚啦！」



## Our Members Can Look Good !

“The Home Haircut Service” is run by a group of enthusiastic hairdressers, which renders complimentary hair dressing services for the poor elderly and the disabled with the hope that they can regain their self-confidence by having a good appearance. A few days ago, two hairdresser volunteers visited a Training Centre for patients of spasm situated at Tung Chung and helped to do the haircut for a group of people who are either mentally retarded or suffer from spasm.

Mr. Chan, who is the officer of the Training Centre, indicated that they had tried to take their members to some hair salons to have a haircut, however, they were often discriminated and even refused admittance. They cannot but to hire in-house hairdressing service, but rare hairdressers are willing to come to their Centre. Having come to know our “Home Haircut Service” which perfectly meets the need of their members, Mr. Chan made an enquiry.

The appointed day came, two hairdresser volunteers appeared in the Training Centre. They coped with the members there very well and had the haircut done for every one of them with great care. Some of the members were scared by the sound of the electric hair scissors, our volunteers immediately used other tools instead although it would take them a longer time to finish the work. Some members were very active and moved around even when they were having the haircut done. Our volunteers, therefore, had to try hard to attract their attention by telling some jokes and making some funny gestures while doing the haircut quickly and, of course, carefully. It took just one morning to finish the “mission of beauty” for more than ten members who, at the end, looked at themselves in the mirror with great satisfaction and smiled happily and said, “Thank you very much. I am looking so good now!”

Upon completion of the service, Mr. Chan made his remark with great appreciation, “the hairdresser volunteers are fantastic. They are professional and efficient. With the help of St. James’ Settlement, our members can have a good appearance! It has been a problem for us as to how to arrange haircut for our members which is a must as their hair keeps on growing! They need to look neat and tidy, just as the other people do. Many thanks to the enthusiastic volunteers who helped people in need and made them look great! What a relief to us!”

「多謝義工替我剪髮。」

“Thanks to the volunteer for doing the haircut for me.”