督教勵行會 青海兒童之友 2022年年度報告 **Christian Action** Friends of Qinghai Children **2022 Annual Report**

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青海兒童之友計劃

Programme

Friends of Qinghai Children

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基督教勵行會成立於1985年[,]是香港註冊的慈善機構 Christian Action is a Hong Kong registered charitable organisation established in 1985

2022年是充滿挑戰的一年,新冠疫情持續肆虐全球,基督教勵 行會青海服務亦面對各種困難。在疫情最嚴峻時,各地均實施封 控管理,青海同工、社工及院內的孩子未能自由進出兒童福利 院,籌備戶外活動更是困難。

不過,無論面對多困難的環境,我們青海的同工亦會想方設法, 令院內孩子得到全面適切的服務。因為我們深信在神的帶領下, 即使面對難題,只要倚靠祂,祂就必成全。



2018年我到訪青海西寧市社會福利院。 In 2018, I visited the Qinghai Xining Social Welfare Institute.

雖然過去一年不能親身前往青海探望孩子們,但透過青海同工傳 來的照片及影片,看到院內孩子臉上洋溢著笑容,漸漸學會不同 技能,我內心充滿愛與感動。

展望2023年,在神的帶領和祝福下,我們能提供更多及更完善的服務予青海弱勢兒童,為他們帶來希望及有尊嚴的人生,亦盼 與您繼續同行,讓更多有需要的社群感受到關懷及暖意。 2022 was a challenging year, with the COVID-19 pandemic continuing to ravage the world and Christian Action's services in Qinghai facing various difficulties. During the most severe stages of the pandemic, lockdowns were implemented in various regions, preventing our staff, social workers and children in our children's homes from freely entering and leaving their premises. Organizing outdoor activities was also challenging.

However, no matter how difficult the situation has been, our staff always found ways to provide comprehensive and appropriate services for the children in the children's homes. This is because we firmly believe that with God's guidance, even in the face of challenges, as long as we trust in Him, He will do this.

During the pandemic, we used technology to bridge the gaps between people, using on-line platforms to let social workers understand the children's situation and that of the loving house mothers in the children's homes; and to encourage and comfort anyone's anxiety. When the children had free time, they could participate in painting workshops, which not only allowed them to play, but also helped them develop their creativity, expression, and coordination skills. When the pandemic situation improved, our staff took the opportunity to organize multiple outdoor activities, allowing the children to walk and exercise, which greatly benefited their physical and mental health.

Although I could not visit Qinghai in person to see the children in the past year, through the photos and videos sent by our Qinghai staff, I can see the children in the children's homes with smiles on their faces, gradually learning different skills. My heart was filled with love and was much-stirred by these communications.

Looking forward to 2023, under God's guidance and blessings, we hope to provide more and better services to Qinghai's vulnerable children, bringing them hope and dignified life every day.

We also hope to continue walking alongside you and extend this care and warmth to more communities in need,



看到孩子們的笑臉,我內心充滿愛與感動。 Seeing the smiling faces of the children filled my heart with love and emotion.

anglheung

張洪秀美太平紳士 Mrs. Cheung-Ang Siew Mei, JP

我們的使命 Our Mission

是服務弱勢、被邊緣化及流離失 所的社群,以及被遺棄的兒童。 is to serve those who are disadvantaged, marginalised, displaced or abandoned.

我們的目的 Our Aim

是帶給這些群體希望、尊嚴和自 立能力。 is to give them hope, dignity and self-

is to give them hope, dignity and selfreliance.

我們的服務 Our Services

建基於耶穌基督的榜樣,服務有需要的社群,不論其年齡、性別、國籍及宗教信仰。

are based on the example of Jesus Christ who came to reach and serve all people, regardless of their age, gender, nationality and religion.



01 // -

心寧家園在周末帶孩子們到院內遊樂場 玩耍,看他們多高興! Xin Ning Court took the children to the indoor

playground on weekends, and they were all so happy!

04 // -

在母親節,心寧家園的孩子向愛心媽媽 送上鮮花及賀卡。

On Mother's Day, the children at Xin Ning Court gave flowers and cards to their caring mothers.

02 // -

橋樑家園的同工向青年們講解五四青年節 的起源。

The Bridge Home staff explained the origin of Youth Day to the youth.

05 // -

海南院舉辦一場植樹活動,教導孩子珍 惜大自然。

Hainan Children's Home organized a tree planting activity to teach the children to cherish nature.

03 // -

黃南院帶孩子們到公園池塘旁講解遇溺的危險性,相信孩子們日後行經都會加倍小心。 Huangnan Children's Home brought the children to the pond in the park to talk about the dangers of drowning, and it is believed that the children will be extra careful in the future.



海南院舉辦防洪水演習,孩子們迅速搬來沙 包。

Hainan Children's Home organized a flood prevention exercise, and the children quickly moved sandbags.



	服務數字 Figures of Services		
西寧市兒童福利院及兒童康復中心 Xining Children's Home and Children's Rehabilitation Centre (1998年起 Since 1998)	累積服務孤兒人數 Cumulative no. of children served 517 ・ 獲安排到寄養家庭人數: 19人 ・ 接受康復服務人數: 50人 ・ No. of children in foster care: 19 ・ No. of children who received rehabilitation service: 50		
黃南州兒童福利院 Huangnan Children's Home (2008年起 Since 2008)	累積服務孤兒人數 Cumulative no. of children served 772 ・ 接受大學、大專及職前教育人數: 1人 ・ 獲安排到寄養家庭人數: 11人 ・ No. of children received university, college, vocational training: 1 ・ No. of children in foster care: 11		
海西州兒童福利院 Haixi Children's Home (2011年起 Since 2011)	累積服務孤兒人數 Cumulative no. of children served 53 2022 ● 服務孤兒人數: 10人 • No. of children served: 10		
海南州兒童福利院 Hainan Children's Home (2013年起 Since 2013)	案積服務孤兒人數 Cumulative no. of children served 66 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		
橋樑計劃 Bridge Programme (2014年起 Since 2014)	累積受助者人數 Cumulative no. of beneficiaries 55 2022 ・服務孤兒人數:45人 ・ No. of beneficiaries: 45		
青年資助計劃 Youth Assistance Programme (2008年起 Since 2008)	 累積發出助學金次數 Cumulative no. of grants given 2,385 ● 於2022-2023學年,整個青年資助計劃受惠人數:101人 ● For the 2022-2023 academic year, total no. of children benefited from Youth Assistance Programme: 101		



早媽開心的笑臉。Zhuoma has a happy smile on her face.

院內社工和卓瑪到公園散心。The social workers took Zhuoma to the park to relax.

「沒有玩伴,獨自在福利院生活的日子 真的很難受、很孤單,幸好院內社 工時常關心及照顧我,令我感受到家庭般的 溫暖。」-卓瑪

許多人回想起童年回憶,也有疼愛自己的父母 和溫馨又熱鬧的家庭。不過,這些對於13歲的 卓瑪來說都只是奢望。卓瑪一出生便患有先天 性馬蹄內翻足,雙腿下肢萎縮,1歲時因為被 遺棄而入住黃南州兒童福利院。

在其他孩子四處跑動和遊玩時,小小年紀的卓 瑪為了治療雙腿,只能忍受著極大的痛楚,分 別到西寧、天津和香港接受手術。雖然歷盡艱 辛,但卓瑪並沒有自暴自棄,堅強地跨越眼前 的難關。因為那時候她不單止擁有福利院社工 的細心照顧及關心,亦有寄養媽媽的疼愛及支 持,院內其他孩子因此十分羨慕卓瑪。

直至約4年前,卓瑪的寄養媽媽家中出現變 故,無力繼續撫養卓瑪,當時只得9歲的卓瑪 開始感到孤單。以往卓瑪最期待的是節日來 臨,因為寄養媽媽會帶同她喜歡的食物及玩具 等來探望卓瑪,但自那時候起,卓瑪便開始討 厭節日,她只能默默流淚,想念著寄養媽媽。

不久後遇上疫情爆發,其他回家探親的孩子考 慮到安全,暫時未能返回福利院,院內只剩下 卓瑪一名孩子。失去寄養媽媽後,再次失去朝 夕相處的同伴,對年幼的卓瑪來說是巨大的打 擊,並感到更加孤獨,她說:「除了福利院的 哥哥姐姐們,沒有人關心我,多麼想回到以 前……」

為了幫助卓瑪健康和快樂地成長,院內社工時 刻關心她的一舉一動,除了輔導功課之餘,週 末亦會為卓瑪開放玩具室、一起下五子棋、陪 她看動畫。疫情稍有緩和,便會和卓瑪到公園 散心。在社工細心照顧和關愛下,卓瑪逐漸變 得開朗,不再感到狐獨無助,成為具自信、努 力學習和堅強的孩子。

雖然年紀小小便要面對許多艱苦情況,但卓瑪 十分堅強,她即將在九月升讀初一,希望未來 學習電腦知識,足不出戶便可知悉世界上其他 事情。卓瑪亦在院內培養出畫畫的興趣,冀日 後當一名畫家,以畫作來表達自己所思所想。 **"L** iving alone in the children's home without a companion is really difficult and lonely, but fortunately the social workers of the children's home often care for and take care of me, making me feel the warmth of a family." - Zhuoma

Many people reminisce about their childhood memories of being loved by their parents and having a warm and lively home. However, these were only luxuries for 13-year-old Zhuoma. From birth, Zhuoma had congenital talipes equinovarus, which caused atrophy of the lower limbs, and at the age of one, she was abandoned and entered the Huangnan Children's Home.

While other children ran around and played, young Zhuoma had to endure great pain in order to treat her legs, undergoing surgeries in Xining, Tianjin, and Hong Kong. Although she went through many hardships, Zhuoma did not give up and courageously overcame all these obstacles. At that time, she not only received guidance and attention from the social workers in the children's home but also the love and support of her foster mother, causing the other children to envy her.

Until approximately 4 years ago, there was an incident in the family of Zhuoma's foster mother, that made it impossible for her to continue foster care. At the young age of 9, Zhuoma began to feel lonely. In the past, Zhuoma looked forward to holidays because her foster mother would bring her favourite food and toys when she visited. But since then, Zhuoma has started to hate holidays because she can only shed tears silently and misses her foster mother.

Shortly after the epidemic outbreak occurred, the other children went home to visit their extended families temporarily but then could not return to the children's home, leaving Zhuoma by herself. She used to spend every day with her foster mother and companions, so losing them was a huge blow which made her feel even more lonely. Zhuoma said, "No one cares about me, except for the staff at the children's home. I really want to go back to the past..."

In order to help Zhuoma grow up healthy and happy, the social workers cared for her every move. Besides tutoring her with her homework, they also opened-up the toy room for her on weekends, played backgammon with her, and watched cartoons with her. When the epidemic eased

slightly, they would take her to the park to relax. Under this care and love from the social workers, Zhuoma gradually became more cheerful, no longer feeling lonely and helpless, and became a confident, hardworking and capable child.

Although she has had to face many difficult situations at a young age, Zhuoma is now strong. She will be entering Secondary One in September and hopes to study computer knowledge in the future, so that she can learn about other things in the world without leaving home. Zhuoma also developed an interest in drawing at the children's home and hopes to become a painter in the future, and to use paintings to express her thoughts and ideas.



總幹事張太陪伴年幼的卓瑪看醫生。 Executive Director, Mrs. Cheung, accompanied the young Zhuoma to see the doctor.



院內社工和卓瑪下棋。 The social workers played backgammon with Zhuoma.

活動花絮 Event Highlights



愉快—日「游」 A Fun Day Out

心寧家園在2022年夏天舉辦了游泳活動,全體愛心媽媽和孩子 們一起到室內游泳館游泳,讓孩子們多接觸社會,並擴闊他們 的視野。孩子們可以在愛心媽媽及院內同工的陪同下,根據自 身能力及興趣選擇遊玩設施,所有孩子都興奮得手舞足蹈。即 使到了吃飯時間,孩子們仍喋喋不休,講述游泳的樂趣,有孩 子更說十分喜歡今次活動,希望日後能再有機會外出遊玩呢!

In the summer of 2022, Xin Ning Court organized a swimming event where all the caring mothers and children went to an indoor swimming pool to swim together. This allowed the children to have more social interaction and to broaden their horizons. With the caring mothers and staff's accompaniment, the children were able to choose the facilities that suited their abilities and interests and were all excited and full of energy. Even during mealtime, they couldn't stop talking about how much fun they had, and some expressed their desire for future opportunities to play outside!





與大自然來一場約會 A Date with Nature

疫情緩和,橋樑家園的同工趁天氣晴朗,帶青年們到附近公 園散步、做運動及唱歌,讓青年們感受大自然的魅力。在暖 洋洋的陽光下散步及唱歌,青年們鬱悶心情一掃而空,有青 年更說當時心情是無比輕鬆!部分青年則選擇打羽毛球,不 但可以鍛鍊他們的肌肉及協調能力,亦有助促進青年之間的 溝通及社交能力,互相結交為朋友。大家玩得不亦樂乎,提 升了對橋樑家園的歸屬感。

With the easing of the pandemic, the Bridge Home staff took the opportunity to bring the youth to a nearby park for a walk, exercise, and singing. This allowed the youth to experience the charm of nature. Walking and singing under the warm sunshine, the youth's depressed mood disappeared and some even said that they felt incredibly relaxed! Some of the youths chose to play badminton, which not only helped to exercise muscles and coordination, but also promoted their communication and social skills, allowing them to make friends with each other. Everyone had a great time and their sense of belonging to the Bridge Home was enhanced.



立即行動! Get Involved Today!

您的捐獻,可為青海殘疾孤雛帶來長遠的改變! Your donations mean we can implement sustainable changes for orphaned, abandoned, and children with disabilities.

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家務小幫手 Little Housework Helpers

為了加強孩子的自理能力,海南院2022年舉辦「家務小幫手」活動,15名孩子必須在30分鐘內完成多項家務,包括收拾床舖、整理鞋架、清潔廁所及地面等,讓孩子學習做家務,訓練他們的獨立能力,為日後適應社會生活奠定良好基礎。相信孩子們學懂做家務,並培養成生活習慣後,未來將一生受益!

To strengthen the children's self-care abilities, Hainan Children's Home organized the "Little Housework Helper" activity in 2022, where 15 children had to complete various household chores within 30 minutes, including tidying up the bed, organizing the shoe rack, cleaning the toilet and floors, etc. This allowed the children to learn how to do housework and develop their independence, laying a good foundation for adapting to social life in the future. It is believed that once the children learn how to do housework and cultivate good habits, they will benefit for life!



花香使者 Flowers Messenger

黃南院今年夏季舉辦「花香使者」活動,教導孩子們栽種植物的 技巧。12名孩子興致勃勃,紛紛嘗試親手栽花,小心翼翼地為盆 栽澆水施肥,並擺放在宿舍和自修室作裝飾之用。其中一名孩子 周末時忘記澆水,盆栽因此枯萎,院內同工透過此事,引導孩子 探索生命價值,並教導他們日後要把握好機會。

This summer, Huangnan Children's Home organized the "Flowers Messenger" activity to teach the children how to plant flowers. The 12 children were eager to try planting flowers themselves, carefully watering and fertilizing the potted plants, and placing them in the dormitories and study rooms as decorations. One child forgot to water the plants over the weekend, causing the potted plant to wither. The staff used this incident to guide the children to explore the value of life and taught them how to seize opportunities in the future.





全年支持 Year Round Support

青海兒童之友計劃 Friends of Qinghai Children Programme



為了讓更多港人認識青海——這個遙遠的異地,以及關注當地孤雛的需要, 基督教勵行會從2010年4月開始在香港展開街頭籌募,希望您們可以成為計 劃支持者,讓愛在青海遍地開花,潤澤每位青海兒童的心田。

Christian Action started our street level fundraising in April 2010, in order to raise the general public's awareness and understanding of the situation faced by orphans in China, and particularly in Qinghai. We would love for you to become a donor, too, and help to bring love to a child in need.



衷心感謝您過去一年的全力支持!您的慷慨捐助令無數青海弱勢兒童 的生命得以轉化! 誠邀您繼續與我們同行,支持本會的服務,一同為 更多孩子的生活帶來改變。

We would like to express our sincere gratitude for your wholehearted support in the past year! Your generosity has transformed the lives of many underprivileged children in Qinghai. We invite you to continue journeying with us by supporting our services to make a difference in the lives of even more vulnerable children.



,708 ,386 ,609

Individuals / Church Groups Donations		
籌款活動 Fundraising Events	32.9%	2,354,
慈善基金 Funds / Foundations	21.4%	1,528,
	100%	7,148,

兒童照顧及護理服務 Child Care Services	36.4%	2,755,113
社區項目 Community Welfare	23.3%	1,763,542
青年技能提升計劃	14.9%	1,128,532
Empowerment of Children and Young Adults		
特殊兒童服務 Special Needs Children Services	11.3%	852,170
青年資助計劃 Youth Assistance	9.6%	726,105
項目行政費 Programme Administration Cost	4.5%	344,493
	100%	7 560 055