



總幹事的話

回首這幾個月時光，我最為關注的，莫過於去年十二月底在中國西北山區的那場6.2級地震。這場突如其來的災難，給我們長期服務的青海地區帶來了巨大的創痛和損失。然而，危難當前，人性的無私與光輝也得以綻放。在此，我要向每一位挺身而前、參與救援的英雄致以最崇高的敬意。

當我和馬龍得知這一災情時，心中滿是憂慮。我們立刻與青海團隊取得聯繫，確認他們的安全。從媒體傳來的一幅幅畫面，讓我們深切感受到了這場地震給青海地區帶來的沉重傷痛。我們深知，必須為當地的災民提供及時有效的援助。考慮到青海冬季的酷寒，我們迅速與海東市政府展開合作，動員整個團隊，購買並運送棉衣、棉被、暖爐等緊急物資到災區，為他們送上一份溫暖。

我們最近還啟動了一項新項目——在西寧市建立課餘托管中心，為那些來自青藏高原、因土地破壞而失去家園的孩子們提供課餘託管服務。我們堅信，通過教育和關懷，這些孩子將擁有更光明的未來。

而這一切，都離不開你們的無私奉獻和慷慨捐助。正是因為有了你們的支持，更多需要關愛的兒童才能得到妥善的照顧，每一位青海受災者的生命也因此綻放出更燦爛的光彩。在此，我要向你們表達最真摯的感謝！謝謝你們的支持和愛心，讓我們共同為這些孩子們創造一個更美好的明天！

A Message from the Executive Director

Looking back on the past few months, what concerned me most was the 6.2-magnitude earthquake in the mountainous area of northwest China, at the end of December last year. The unexpected tragedy caused great suffering and losses in Qinghai, a region where we have been serving for a long time. It's during times of need, that I see the selflessness and brilliance of human nature manifested in our staff members to do good. It gives me much pleasure to express my sincere gratitude to all the heroes who stepped forward to help with the rescue.

When Marlon and I learned about the earthquake, we became quite alarmed. We promptly contacted the Qinghai team to make sure everyone was safe. From press photos, we saw the severity of the devastation it caused and the great misery of the survivors. We realized that we had to act quickly to help those affected. Immediately, we teamed up with the Haidong Municipal Government and organized our whole team to buy and transport emergency supplies including padded coats, quilts and heaters, to the disaster sites to keep the victims warm, in light of the extremely harsh winters in Qinghai.

The latest programme we started is to assist families who are unable to care for their children after school. We are planning to open an After-School care facility in Xining City for children displaced from the Tibetan Plateau due to land devastation. We truly believe, with care and education, that these children will have a bright future in their new homes.

None of our service initiatives would be possible without your selfless dedication and thoughtful generosity. I want to say thank you from the bottom of my heart, for your kind support that has allowed us to adequately care for those children in need and has helped to improve their quality of life in Qinghai. Let's continue doing good together to provide these children with a better tomorrow!



Ang Cheung

張洪秀美 太平紳士
Mrs. Cheung-Ang Siew Mei, JP

喜迎中秋

Happy Mid-Autumn Festival



在象徵著團圓的中秋節，橋樑家園舉辦「同一輪明月 同一個家園」主題活動，旨在讓青年們深入了解中秋歷史及習俗，透過品嚐月餅、猜燈謎等活動，共同感受中秋文化氛圍。此外，為提升家園小領袖的組織能力及團隊合作精神，我們誠邀他們參與活動的組織工作，例如負責安排才藝表演、遊戲環節等。同時，他們還協助工作人員，為臥床、行動不便的青年提供貼心服務。在社工引導及各樓層組長的帶領下，他們為有需要的青年分發烹飪好的食物，傳遞家園溫暖與關懷。

The Mid-Autumn Festival symbolizes harmonious family reunions. To help our young people have a thorough understanding of the history and customs of this festival, the Bridge Home organized a theme activity called "One Moon, One Home". This enabled home residents to experience the rich cultural atmosphere of the Mid-Autumn Festival, through activities such as tasting Mooncakes and solving lantern riddles. To enhance the organizational skills and teamwork spirit of our young leaders, we encouraged them to participate in the organization of activities at the festival, such as for talent shows, fun games and so on. We also asked them to assist the staff in serving those young people who are bedridden or have limited mobility, an opportunity to show how warm and caring the Bridge Home is.



大家聚精會神了解中秋的歷史及故事。
Learning about the history of the Mid-Autumn Festival.



齊齊動手為中秋活動佈置作好準備。
Preparing decorations for the Mid-Autumn Festival.

認識「我」的由來 Where Do I Come From?

心寧家園
Xin Ning Court

心寧家園早前舉辦活動，向孩子講解男女身體的差異，以及青春生理及心理的變化。社工以布偶德德及佳佳作為教具，教導孩子學習穿內衣褲、認識身體的不同部位，以及學習自我保護的重要。同時，社工還引導進入青春期的孩子們正確應對身體及心理的轉變。孩子們在過程中積極發問，十分投入。

A teaching session was conducted by Xin Ning Court to educate youngsters about the physiological and psychological changes that occur during adolescence, as well as the physical disparities between men and women. Social workers used puppets Dede and Jiajia as teaching aids to teach children how to wear underwear, recognize different parts of the body and learn the importance of self-protection. At the same time, the children were receiving direction from social workers on how to adjust to their physical and psychological changes, as they entered puberty and adolescence. The children actively asked questions during the session and demonstrated high levels of engagement.



一起學習男女身體構造的不同。
Learning the physical differences between men and women.



孩子對於新知識充滿了好奇。
Children are full of curiosity towards new knowledge.

法院開放日 Court of Law's Open Day

海南州兒童福利院
Hainan Children's Home

海南院的孩子早前獲安排參觀法院，學習法律常識，並深入了解法院職能。孩子們有幸參與法院的模擬法庭，親身體驗法官及書記的工作、審案時的法律程序，藉以提升法律意識和法治觀念，並為未來就業帶來啟發。

The Hainan Home children visited a court of law earlier this year to learn about legal procedure and gain a thorough understanding of court operations. The children took part in a mock court, where they could experience personally how judges and clerks work and how the legal system operates, during case trials. Their understanding of the rule of law was improved and this raised their legal understanding, as well as served as motivation for future career considerations.



法院職員講解法庭的運作。
A court clerk explained the procedure for a court hearing.



參觀訴訟服務中心，了解相關工作。
A visit to the Litigation Service Center, to learn about its operation.

體驗河湟文化魅力 Experience the Charm of Hehuang Culture

心寧家園
Xin Ning Court

心寧家園舉辦袁家村親子戶外活動，不僅讓孩子們深入了解青海河湟文化的傳統精髓，更讓他們親身體驗多民族共融的繁榮景象。活動中，孩子們有機會品嚐民俗美食，並可以近距離接觸小動物，感受大自然的和諧。家園媽媽及孩子們均十分享受是次行程，整個活動不但增進親子關係，而且見識到很多在家園及西寧以外的事物，令他們眼界大開。

Xin Ning Court organized a parent-child excursion to Yuanjia Village. On this outing, the youngsters were able to experience the richness of multi-ethnic integration, as well as get a deeper grasp of the spirit of Qinghai Hehuang culture. The children also had the opportunity to sample local specialties, to interact with the local animals and enjoy the harmony of nature, during the outing. Both the mothers and the children had a great time experiencing another culture; in addition to strengthening the bonds between family members, as the entire experience gave them a different perspective on Xining City and the world beyond their home.



家園媽媽陪伴著孩子享用遊樂設施。
The house mother and the children enjoying the games in the amusement park.



孩子們興奮地與動物互動。
The children were all excited to interact with the animals.

巧手製作中式包點 Chinese Bun-making Workshop

黃南州兒童福利院
Huangnan Children's Home

為培養孩子們的實踐工作能力及勤勞的品質，黃南院開展了一場中式包點製作活動。在社工和食堂阿姨的講解示範下，孩子們紛紛戴好衛生帽及口罩，洗淨雙手，迫不及待投入製作。大家分工明確，有條不紊，圍坐在一起，製作出一個個充滿創意的包點。當看到自己的勞動成果，孩子們的臉上不禁洋溢出自豪的笑容。

Huangnan Children's Home prepared a Chinese bun-making activity to foster children's work ethic and practical job aptitudes. The youths put on masks and sanitary caps, cleaning their hands and were eager to start making the buns, after the social workers and the canteen helpers gave them an explanation and demonstration. Everyone was well-organized and joined different teams to work together. The imaginative buns were made and the children's faces lit up with joy as they saw the results of their work.



製作包點第一步，清潔雙手！
The first step in making Buns, is to clean your hands!



在悉心教導下，孩子們發現製作包點比想像中容易。
Learned the skill of Bun-making, the children found it easier than they thought.

重生之光 Bright Light of Reborn

「那年，還在讀高二的我失去了雙親。」

當時，藏族青年陳全僅14歲。在那之後的很長時間，他每一晚都會夢見爸爸媽媽，然後會哭醒，再也無法入睡。那是種突然被人遺棄的感覺。一個原本陽光的男孩徹底停止了微笑——他沒有父母，只剩下姐姐相依為命了。

然而，命運的轉捩點在他進入海南州社會福利服務中心時悄然而至。如果說痛失親人讓陳全過早領略到世界的殘酷，那麼兒童院讓他感受到的，則是人間充滿了愛與善意。在那裏，他不再孤獨無助，而是被無數的雙手溫柔地托起，得到了穩定的照顧和無私的關愛。

入住兒童院後，陳全逐漸蛻變。從前的他鬱鬱寡歡，一段時間後，笑容又重新出現在他的臉上。他的負面情緒得以緩解，變得更加主動積極。據他所說，這是因為感受到了很多來自社工的善意和理解，讓他感到很幸福。當陳全回顧那段時光，他說道：「(保育)媽媽和社工姐姐們會記住我的生日，知道我的每一項喜好，在我難過的時候給予我支持和力量。還教會了我很多生活的技能。我們雖然沒有血緣關係，但是卻勝似親人。我感覺好像找到了另外一個家。」

曾經因失去雙親而變得消瘦的他，剛入院時只有50公斤，但如今他體格強壯，尤其喜歡投身於各種比賽活動中。他深受州跆拳道館教練的青睞。於是每逢假期，教練總會邀請他擔任助教，並給予他費用。在學業上，他更是受到了無微不至的關懷，成績節節攀升，年級排名靠前，因此增強了不少自信。

因為他是院裡最年長的孩子，其他孩子們都喜歡與他親近玩耍，而他也樂此不疲地主動照顧著院裏的年幼弟妹妹們。陳全認為這是一種善意的傳遞：「因為從前我是這樣被他人悉心照顧的，所以長大之後，我也懂得了這樣去照顧比我小的弟妹妹。用愛去回饋愛。」他還經常協助社工們組織各種集會和活動，不亦樂乎。

如今的陳全，已經是一名24歲的青年，正就讀於咸寧職業技術學院電腦專業。他對未來充滿了憧憬與期待，渴望用自己的知識和技能去創造更加美好的明天。他深知，是兒童院給了他重生的機會，是社工們用愛點亮了他的人生道路。他心懷感激，將這份恩情銘記在心，希望用自己的實際行動去回報社會，傳遞愛與溫暖。

“That year when I lost my parents, I was still in my second year of high school.”

The young Xizang boy, Chen Quan, was only 14 years old when he had to face death of parents. For a long period after the tragedy, he dreamed about his parents every night and he would wake up crying and not able to fall asleep again. He felt a sudden sense of abandonment. He used to be a happy, sunny boy, but he stopped smiling after the incident. He was orphaned and lived with his elder sister, on whom he now solely depended.

However, his acceptance into the Hainan Children's Home became the turning point for his future. After experiencing the cruelty of the world through the loss of his loved ones, the Children's Home helped Chen Quan find the love and compassion that still abundantly filled the world. He was given sound care and received selfless affection from many care givers and he no longer felt helpless and alone.

After entering the Children's Home, Chen Quan was gradually no longer feeling depressed and started to smile again. He no longer struggled and became more proactive. He attributed his feeling of immense comfort, to the outstanding care and understanding shown by the social workers, who deeply touched him. Reflecting on that time, Chen Quan shared, "My social worker sisters and (child care) mothers always remembered my birthday, knew my preferences inside out and provided support whenever I felt low. They also imparted valuable life-skills. Even though we are not related by blood, our bond surpasses that of many families. It's as if I've discovered a new family!"

During competitions, Chen Quan always received special attention from a state taekwondo gym coach. The senior coach invited him to serve as an assistant coach on holidays and offered compensation for his time. Because he is the eldest child at the home, he naturally became a favourite playmate and a caregiver for younger brothers and sisters. Chen Quan holds the philosophy that kindness received, should be forwarded: "Having been nurtured with love, now that I've grown, I wish to extend the same care to my younger siblings. Love begets love." He often assists social workers in organizing various gatherings and activities, which he very much enjoys.

Today, Chen Quan is a 24-year-old and studying computer science at Xianning Vocational and Technical College. He is full of hope and dreams towards the future and is eager to use his knowledge and skills to create a bright career. He is well-aware that the Children's Home provided him with a chance to be 'reborn' and that it was the social workers who illuminated his life with love. Filled with gratitude, he wishes to carry this kindness in his heart and aspires to give back to society through his actions, spreading love and warmth.



第三季度生日會上拍照留念。
Photo taken at his birthday party.



剛入院在中心食堂跟小夥伴們一起吃飯。
Chen Quan was just admitted to the home. He had dinner with his friends in the Home's canteen.



學校參加社團合照。
Participating in school sports society.



學校食堂吃飯生活照。
Dinner in the school canteen.

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

因著有您 改變生命

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Qinghai's children and
bring change
for them



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「共闢明天」計劃

基督教勵行會「共闢明天」(Building Tomorrow Together) 社區扶貧計劃獲中信銀行(國際)贊助及陳龍傑議員辦事處支持,透過推出多個生活支援項目,包括家居環境改善計劃、食物包贈送計劃及正向家庭教育計劃等,協助深水埗區低收入家庭改善居住環境及促進親子關係,以減少跨代貧窮。2024年2月25日,中信銀行(國際)管理委員會成員率領該行義工隊伍與陳龍傑議員一同參加「共闢明天」啟動儀式暨新春食物包派發活動,為區內約300個受惠家庭送上關愛。

"Building Tomorrow Together" Programme

Sponsored by China CITIC Bank International ("CNCBI") and supported by the Office of Sham Shui Po District Council Member Chan Lung Kit, Christian Action started a community poverty alleviation campaign "Building Tomorrow Together" (共闢明天). This aims at reducing the likelihood of intergenerational poverty for low-income families in Sham Shui Po District, by improving their living conditions and parent-child relationship through assistance programmes such as home improvements, food assistance and parenting skill enhancements. On 25th February 2024, members of the China CITIC Bank International Management Committee led the Bank's corporate volunteer team members alongside District Council Member Chan Lung Kit to join together for the "Building Tomorrow Together" kickoff ceremony cum Chinese New Year goody bags preparation and distribution programme, delivering warmth to approximately 300 families within the district.



為他們伸出援手! They need your help now!

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- HK\$200** 一年可以讓一名小組家庭的兒童得到兩個月的照顧
a year can provide 2 months of care to a child in a small group home
- HK\$300** 一年可以為過渡至成人階段的青少年提供26節康復訓練
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