

善寧會訊

NEWSLETTER



善寧會

Society for the Promotion of Hospice Care

MARCH 2024

二零二四年三月

ISSUE

69

告別哀傷

GOODBYE SADNESS

02

遺物 斷捨離

DECLUTTERING GRIEF

05

留下愛與回憶

THE MEMORIES LEFT BEHIND



遺物 斷捨離 DECLUTTERING GRIEF



逝者的相片、菲林、真跡物品不可輕易丟棄，可考慮進行數碼化保存。

Items such as photographs and film should not be discarded lightly. Digital preservation should be considered.

至親離去，不僅留下難以忘懷的回憶，還剩下堆積如山的雜物，佔據狹小的居住空間。然而，這都是至親的物品，究竟扔棄或不？這個問題可難倒不少家屬。「透過執拾物品，我們去整理看得到的空間，同時亦整理自己看不見的內心世界。」著名本地雜物諮詢師阿橙的幾句話，可會為你的「斷捨離」帶來一點啟示？

When a person passes away, they leave behind not only treasured memories but also their physical belongings. In a city with limited living space, the difficult question for many families is: should these items be thrown out? "By taking the time to organize these items, one is also organizing their psychological and emotional clutter," said Orange Tam, a well-known professional organizer in Hong Kong.

「斷捨離」是日本早年的流行語，意即「斷絕不需要的東西、捨去多餘的事物、脫離對物品的執着」，透過執拾家居，捨棄無用的物品，讓人邁向簡約、活在當下的生活。但對於喪親者來說，這卻是知易行難。

相片真跡宜保存

具豐富「執屋」經驗、香港專業整理收納師協會創會會長阿橙，早前為我們舉辦的《遺物斷捨離》講座擔任主講嘉賓。她指大部份人只關注生前的雜物整理，而少談遺物斷捨

The Japanese art of "decluttering" is a popular method to "remove unnecessary physical attachments by discarding the superfluous objects in our lives". In doing so, people can enjoy simple living grounded in the present. Yet for the bereaved, this is easier said than done.

Preserving Important Memories

As the founder and president of the Hong Kong Association of Professional Organizing, Orange was invited to be the keynote speaker at our seminar on handling the belongings of the deceased. According to Orange, a common mistake that people make is "decluttering" the



離，部份人更誤將「扔棄等如整理」。其實生前、身後的「斷捨離」有別，難以共用同一原理：「對生活無幫助、長期無用的物品可視為雜物，但『遺物』是承載喪親者與逝者的回憶與感情。由於喪親的哀傷有一段情緒周期，故執拾遺物時，要考慮遺物的重要性、紀念價值和時間性。一般而言，相片、真跡等都具有意義，不應扔棄。」

阿橙負責的個案中，曾有一位女士因父親離世，家人安排將單位出租，受時間的限制，她逼不得已要在短時間內清理父親所有遺物。起初執拾的過程非常順利，直至女士打開抽屜……「她發現父親書法的真跡，筆墨之間承載父親的生命力和精神，勾起她倆情感的連繫。女士提著父親的真跡，睹物思人，泣不成聲。我建議她不要扔、暫時也不要碰，因為這些物品非常重要並具紀念價值，待哀傷舒緩後才整理，須好好保存。執拾遺物時，需要先處理情緒，後處理事情。」

處理得當何須棄

至於其他雜物，扔棄又是否最佳方法？阿橙指執拾遺物的重點在於自己，執拾時宜先設定理想的生活空間，提醒自己放低對物品的執念，只留下最具紀念價值的東西。

「處理遺物的關鍵在於專注於自身。雖然逝者的所有物品都具有紀念價值，但不代表每樣物品都與你和逝者的共同回憶有關。例如，平日使用的牙刷只是逝者的日常用品，而在重要時刻穿過的衣服則才是真正與你和逝者相關的物品。我們可以首先區分遺物的類型，優先處理一般物品，僅保留最具紀念價值的物品。」對於執拾遺物，阿橙有以下表列要點建議，希望有助大家在執拾物品時，亦能舒緩哀傷，調整自己的內心世界，對自己的過去作個總結。



香港專業整理收納師協會創會會長阿橙
Orange Tam, Founder and President of the Hong Kong Association of Professional Organizing.

belongings of the deceased in the same manner as those of the living. “Superfluous items in our daily lives can be discarded without a second thought, but the belongings of the deceased carry significant memories and emotions for the bereaved. In general, items of great commemorative or personal value such as photographs should not be thrown away lightly.”

Orange recalled being hired by a woman who required professional help in packing up her flat due to be rented out. Short on time, the woman was hastily gathering up her belongings when she came across some calligraphy by her late father. As the woman studied her father's brushstrokes on the parchment, she was suddenly overcome with emotion and burst into tears. “I advised her to refrain from handling the calligraphy for the time being. Items of such significance should be revisited only when the grief has been addressed,” said Orange.

Taking Time to Process

Not every item left behind needs to be preserved. Orange explained that it is often beneficial for the bereaved to focus on “decluttering” their own living space first. Through this process, they will learn to keep only the most indispensable items in their lives and apply that concept to the belongings of the deceased.

“When dealing with belongings of the deceased, it is important to assess the commemorative value of each item. For example, an old toothbrush is unlikely to hold much sentimental value whereas clothes worn on a special occasion would represent a meaningful connection with the deceased. Categorizing these items is helpful in distinguishing which are worth preserving and which can be discarded.” The following tips were provided by Orange to assist the bereaved in the process of “decluttering” their grief:



為了讓大家掌握執拾遺物的方法，我們舉辦《遺物斷捨離》講座。
A seminar on handling the belongings of the deceased was organized for the bereaved.



不少參加者都面對遺物處理的困難，並向阿橙踴躍提問。
Orange spoke with many participants who were experiencing difficulties with decluttering.

處理遺物小貼士

Tips on Decluttering Grief

- 邀請家人一起執拾，有商有量，好好道別
- 區分遺物類型，如：日用品、衣服、文件、相片等，從沒有紀念價值的類別開始處理
- 預先找到處理物品的途徑，例如送贈親友、捐贈機構、轉售、回收等
- 如某件物件勾起不快或悲痛的回憶，建議不要保留
- 逝者的相片、菲林、真跡物品不可輕易丟棄，可考慮進行數碼化保存
- 將遺物分三類處理 –
 - 保留：具有意義或紀念價值的物品，與你和逝者的回憶相關
 - 考慮：有價值但長期不使用的物品，如自己不合用，可送贈合適的親友
 - 捨棄：無意義／無用的物品，可捐贈給親友或機構
- 不要「為扔而扔」，以免產生內疚感
- Invite your loved ones to sort through, reminisce over, and discard the deceased's belongings together.
- Begin by categorizing items into daily essentials, clothing, documents, photographs etc.
- Identify ways to dispose of any unwanted belongings in advance such as donating, selling, recycling, or giving these items to relatives and friends.
- It is not recommended to keep any items that evoke unpleasant or sad memories.
- Items such as photographs and film should not be discarded lightly. Digital preservation should be considered.
- Place belongings into three categories –
 - Keep: items of significant commemorative or sentimental value in relation to the deceased.
 - Consider: items of some commemorative value that have not been used or handled in a long time. These may be kept or given to relatives and friends.
 - Discard: meaningless/useless items to be donated or given to relatives and friends.
- To minimize regret, avoid discarding items simply for the sake of doing so.



留下愛與回憶

THE MEMORIES LEFT BEHIND

有人說：「遺物整理就是用愛和回憶編織思念的網，網住所有愛他的人。」正因遺物是生者與逝者之間情感的載體，故不少喪親者在執拾遺物時都難以割捨，擔心和害怕一旦丟掉物品，也丟棄對逝者思念的憑藉。

When a person passes away, the personal belongings they leave behind often carry deep significance for their loved ones. For the bereaved, these mementos represent a special connection with the deceased, one that many fear will be lost should these items be discarded.

譚雅士杜佩珍安家舍服務中心的臨床社工陳麗茵表示，輔導個案中約百分之五十的喪親者，在處理遺物時無從入手，箇中原因主要是喪親者受哀傷情緒影響，導致個人的自信心、執行力、判斷力下降。對此，社工和輔導員會建議如時間和環境許可，喪親者宜保存遺物至哀傷期舒緩。

為了讓大家掌握如何處理和執拾遺物的要訣，我們舉辦了《遺物斷捨離》講座，Pinky是其中一位參加者。Pinky的媽媽離世後，她情緒低落、逃避社交；為免丈夫和朋友擔心，在日常生活中她裝作冷靜，但內心卻非常掛念母親。由於房屋署要求她三星期內歸還媽媽的公屋單位，於是她將所有物品擠入儲物箱搬往住所：「我起初還不以為意，後來我和丈夫均感存放品影響生活空間，同時有昆蟲從箱內爬出！原來『遺物』內的湯包生蟲。」儲物箱不僅擠壓大量遺物，還抑壓Pinky的哀傷情緒。

接受善別輔導服務後，Pinky的哀傷逐漸舒緩，並有感「是時候」執拾媽媽的遺物。透過是次講座，她增加對自己的認識，明白要接受自己的情緒，同時亦參考講者的意見，將遺物整理分階段、分類執拾。她說：「遺物不會限制我對媽媽的思念，執拾遺物時宜考慮保留這件『遺物』，對自己有沒有好處。」

一件看似簡單不過的物件，記錄逝者和生者的生活點滴。執拾遺物不是整理物品，而是讓喪親者的心靈找到歸處。

According to Lilian Chan, a clinical social worker at the Jessie and Thomas Tam Centre, around 50% of her bereaved clients are unwilling to sort through the deceased's personal belongings out of fear that each item discarded would be a treasured memory lost. Even so, they are strongly encouraged to retain these belongings and process them once the grief subsides.

Among the participants of our seminar on handling the personal belongings of the deceased was Pinky, who fell into depression after her mother passed away. To avoid worrying her family and friends, Pinky hid behind a composed façade, but her grief remained. As required by the Housing Authority, Pinky quickly packed up her mother's public housing flat and moved the boxes to her own home. "The boxes weren't an issue at first but gradually, they began to affect our daily lives. At one point, we even found an insect infestation!" Yet, Pinky was unable to confront the notion of sorting through her mother's belongings and refused to open the boxes.

Through the seminar, Pinky learned about the importance of acceptance. "It showed me that perhaps sorting through my mother's boxes might be beneficial to me after all." Supported by her bereavement counsellor, Pinky finally felt ready to revisit her mother's belongings and put her unresolved grief to rest.



Pinky認為遺物不會限制對媽媽的思念
Pinky was convinced that sorting through her mother's belongings would be beneficial

幸福的秘訣

THE SECRET TO HAPPINESS



蘇婆婆的家人及親友，很珍惜與她共處的一分一秒。
Grandma So's family cherishes every moment spent with her.

「媽媽張開眼睛了……你們看！她看見我們圍繞著她，多麼高興呢！」蘇婆婆的五女秀英向床邊的兄弟姐妹和妹妹雀躍地說，各人隨即凝視臥床的媽媽，面上綻放安慰的笑容。一瞬間，病房洋溢幸福的笑聲，給人一份真摯的幸福感。

“Look, mom’s awake! She’s happy to see us!” Fifth daughter, Sau-ying, and her siblings were gathered around their mother, Grandma So, when she opened her eyes and smiled, filling the room with warmth and happiness.

98歲的蘇卿(蘇婆婆)，育有七名子女，年輕時一家九口住在大嶼山大澳，丈夫祖業以曬製蝦膏蝦醬為生，蘇婆婆為幫補家計，不時抬山兜載人從大澳步行上昂坪。縱使生活極為艱苦，蘇婆婆對子女的愛從不吝嗇，一視同仁，打破當時重男輕女的普遍觀念。

言傳身教

「媽媽對我們七兄妹的愛無微不至，任何一方遇困難，不論是子或女，她都會盡力協助；而最難得的是，她對事件守口如瓶，從不向第三者透露，顧及子女感受，免得我們難堪，這是媽媽的智慧。父親離世後，她沒有獨攬遺產，而是將遺產平分，因媽媽信任我們。我們就在媽媽的庇護下成長，感謝她對我們的愛與信任！」三女夏英說。

Grandma So, 98, lived in Tai O, Lantau Island for most of her life. While her husband ran a shrimp paste business, Grandma So helped provide for her family of nine by transporting people from Tai O to Ngong Ping via litter. Though life was often difficult, she was wholly devoted to her seven children, loving both sons and daughters equally in spite of the cultural norm.

Words Teach, Actions Speak

“Our mother’s love for us is boundless. Growing up, she was always helpful and never embarrassed us when we misbehaved. After our father passed away, she divided the inheritance equally among us with complete trust. She was our protector, and for that we are forever grateful.” said Thrid daughter, Ha-ying.



女兒對媽媽深感不捨，腦海盤旋許多珍貴回憶。
Daughter and mother share many fond memories together.

蘇婆婆不僅愛護至親，還推己及人。夏英憶述童年家境貧困，米缸的白米僅夠一天食用，恰巧鄰居說「無米開飯」，媽媽就將一半白米分出。事情令夏英大感費解，媽媽一語帶過——做人要多體諒別人的處境。

在子女眼中，蘇婆婆是個刻苦勤儉、細心聰慧、樂於助人的好媽媽，他們笑言：「認識她，你一定有好處！她真像一個天使。」七兄弟妹在媽媽言傳身教下成長，不僅遺傳了蘇婆婆寬容和溫婉的個性，還建立深厚的親情和緊密的關係，形成良善的循環。

同心合意

當父母生命步入晚期，不少家屬對治療方案都會抱持不同想法和意見，部份更會堅持己見，引發家庭糾紛。反觀蘇婆婆一家卻團結一致，沒因媽媽的治療方案而爭拗。七女麗英說：「媽媽雖年近百歲，但一直身體健康，至半年前她無故發低燒，入院後醫生診斷為結腸發炎有囊腫，但未能判斷是否惡性。期間，媽媽在公立醫院飽受多番折騰，且醫院每天探訪限制數小時，疾病加上欠缺至親陪伴，她情緒低落，常緊閉雙眼。感覺上媽媽彷彿被『遺棄』在醫院，我們很是難過，內心有種說不出的無力感！」

七兄弟妹只求讓媽媽安舒，同時亦作好心理準備，經商議後，為免媽媽再受身心折磨，決定放棄為媽媽安排入侵性檢查和治療，並一致同意選擇寧養舒緩治療，冀減輕媽媽的身心痛苦。



蘇婆婆欣賞「日間活動」節目，感受現場歡樂氣氛。
Grandma So enjoys attending day activities with her daughters.

Grandma So's love and warmth extends beyond her immediate family. Despite being very poor, Ha-ying recalled her mother sharing half their rice with a neighbour in need. "To be human is to have empathy for others!" Grandma So told Ha-ying.

In the eyes of her seven children, Grandma So is a wise, hardworking, frugal and attentive mother. "You'd be a better person after getting to know her!" they said jokingly. "She really is an angel." Grandma So's nurturing and guidance are evident in her children, all of whom have compassionate personalities and close family relationships.

Of One Mind

When a person enters the end-of-life, it is common for family members to have different and, at times, conflicting ideas on how to proceed with various arrangements. United on all matters regarding her treatment, Grandma So's family is the exception. "Although my mother is nearly 100 years old, she has always been in good health. Then six months ago, she suddenly developed a low-grade fever," her seventh daughter, Lai-ying, explained. "At the public hospital, the doctor found polyps in her colon but could not determine whether they were malignant. This was during a time when family visitation remained limited to a few hours per day, which made my mother feel depressed and abandoned. She was suffering, and we were powerless to help her." With only their mother's comfort and well-being in mind, the seven siblings agreed to cease all curative treatments in favour of palliative care.

起初，七兄妹欲安排媽媽在家寧養，但家住大澳交通不便，且照顧安排上亦有問題，無奈打消念頭。後經親友介紹申請賽馬會善寧之家服務，先由外展家居護士了解媽媽病情、並經臨床社工審批經濟條件後，翌日蘇婆婆便以「資助住院計劃」大幅減免收費入住善寧之家。

從死看生

「媽媽入院的安排出乎意料地快，我們如釋重負！這裡的醫護很專業，在日常護理的細節中護理員也很貼心，關顧病人身體和心理需要，維護病人的尊嚴，這不僅讓媽媽感到安舒，亦大大減輕我們的照顧壓力。另外，病人房間均是獨立套房，私隱度高並鼓勵陪宿，我們可輪流陪伴。媽媽張開眼睛看到我們在身旁，她不再感到孤單和害怕；從媽媽的面容和眼神告訴我們，她感到滿足！」秀英續指臨床社工和義工為他們進行的善別輔導，從死看生，不僅情緒上得到支援，紓緩哀傷，也讓他們感到平靜。

目前，善寧之家逢星期二舉辦各類日間活動，如小丑表演、粵曲演唱會等。蘇婆婆對「日間活動中心」舉辦的節目深感興趣，每場表演蘇婆婆和子女定必捧場，成為活動的座上客，目不轉睛地欣賞表演，而作為照顧者的七兄弟妹，也被現場的歡樂氣氛感染，秀英說：「義工的表演和探訪讓病人和家屬心靈上得到支持，我們深被感動！」

有人說，幸福來自付出、愛與關懷，而幸福的培養模式有如基因，在家族中世代流淌；因為父母會透過言傳身教，直接或間接教育子女正確的言行。蘇婆婆雖然逐漸踏入生命的歸途，但畢生的付出、對人的關愛透過言傳身教，將這些「愛的基因」遺傳給七兄弟妹，與他們常在。

Initially, Grandma So's children wanted to explore a home death arrangement, but with their residence in far-off Tai O, logistics proved to be a major issue. At the recommendation of their relatives and friends, they applied for home care services with the Jockey Club Home for Hospice. After a medical and financial assessment, Grandma So was promptly admitted to the hospice under the "Subsidy Bed Scheme", which reduced her care expenses significantly.

Life Beyond Death

"It was such a relief when mom was admitted! The medical team is very professional and attentive to her physical and psychological needs. Most importantly, we are encouraged to spend time with mom and have been taking turns accompanying her overnight. She no longer feels alone and scared," said Sau-ying. She also commended the clinical social workers and volunteers for providing bereavement support, which has not only helped her family cope with grief, but also opened their eyes to a more positive view of death.

Currently, the "Day Activity Center" at the Jockey Club Home for Hospice offers a wide range of recreational activities every Tuesday. Whether it is a clown show or a Cantonese opera, Grandma So and her children are frequently seen enjoying the lively atmosphere at these volunteer-led performances. "These volunteers are a source of spiritual support for many patients and their families," said Sau-ying. "Their dedication is deeply moving and appreciated."

Happiness is often generational, passed down from parent to child in a cycle of love and care. Grandma So may be entering into the final stage of her life, but her lifelong dedication to her family and those around her, perpetuated through encouraging words and selfless actions, will be remembered forever.



義工團隊「吉祥草」探訪蘇婆婆和病人
Volunteer group, Reineckea Welfare, visits Grandma So and other patients



銘記於心 ENGRAVED IN OUR HEARTS

賽馬會善寧之家全體職員：

藉此信箋，祝願你們身體健康，生活愉快！我謹代表家人，向照顧祖母梁秀女士的所有醫護及各級員工，致以衷心感謝，謝謝你們對祖母的全面照顧及貼心的付出！

文字未能完全表達你們對祖母，對我們一家在最艱難時候的支援和幫助。猶記得當我們踏進善寧之家，已經感受到一份關愛。醫護團隊的專業照顧，及支援人員的體貼照料，讓我們留下深刻印象。其中特別感謝行政總廚羅先生精心烹調美味的食物，讓我們一家能齊齊整整與祖母慶祝一百歲生辰。

此外，醫護團隊全天候照顧祖母，這不僅舒緩她身體的不適和痛楚，還顧及她的情緒和心靈需要。護士在解答我們疑慮時，態度和藹，耐心給予我們安慰，而醫生的專業建議亦增添我們的信心，俾使我們更能安心陪伴祖母，珍惜與她最後的時光。

我們衷心感謝每一個謹守崗位，默默耕耘的員工，讓院舍運作有序，從而為祖母締做一個舒適的寧養環境。為紀念慈愛的祖母，我們捐款支持善寧會，希望略盡綿力幫助更多晚期病人，讓他們得到適切的照顧。

在此，我們再次感謝「善寧之家」的醫護及員工，謝謝你們的付出。「善寧之家」永留我們心中。

梁秀女士家屬
2023年11月16日

On behalf of my family, I am writing to express our deepest gratitude for the exceptional care provided to our beloved grandmother at your hospice.

From the moment we arrived at the hospice, we were greeted with warmth, understanding, and unwavering support. The dedication and professionalism exhibited by the nurses, doctors, and supporting staff were truly remarkable. (Especially thanks to Mr. Daniel Law and his team for cooking a delicious meal for celebrating my grandmother's 100 year old birthday.)

Every staff member demonstrated an incredible level of empathy, ensuring that my grandmother's physical, emotional, and spiritual needs were met with utmost care and respect. The kindness and patience displayed by the nurses in addressing her concerns and providing reassurance were invaluable. The doctor's expertise and guidance provided us with a sense of trust and confidence, easing our worries and allowing us to focus on cherishing the precious moments we had left with our beloved grandmother.

Furthermore, we would also like to extend our gratitude to the supporting staff tirelessly worked behind the scenes. Everyone played a vital role in creating a comforting environment for both our grandmother and our family.

In memory of our beloved grandmother, we would like to make a donation to support the invaluable work of your hospice. We wish to contribute in any way we can to ensure that others receive the same exceptional care that our grandmother received.

Once again, please accept our deepest gratitude for everything you all have done for our family. Your hospice will forever hold a special place in our hearts.

With sincere appreciation,

Family members of Ms Leung Shau
16-11-2023

無言感激 UNSPOKEN GRATITUDE

基層善別輔導服務

新冠疫情奪去萬人性命，許多基層病人孤身上路，無數家屬在毫無準備下，無奈與至親分離，孤立無援。承蒙香港交易所慈善基金資助、香港公益金撥款支持我們的「譚雅士杜佩珍安家舍服務中心」由2023年3月起，推行為期兩年的「基層善別輔導服務」計劃，免費為喪親者提供支援服務，包括：個別及家庭善別輔導、心靈健康活動及善別輔導小組等。

「基層善別輔導服務」計劃由具經驗的社工、輔導員為喪親者提供專業、適切的善別輔導服務，幫助他們走出喪親陰霾，積極人生。我們期盼藉此計劃能在後疫情的寒流下，支援基層家庭，關愛社區。



Community Bereavement Care for the Underprivileged

From the COVID-19 pandemic emerged countless stories of grassroots terminal patients spending their final days in public hospitals, alone and isolated from their loved ones. With generous funding from the HKEX Foundation and The Community Chest, the "Community Bereavement Care for the Underprivileged" was launched at the Jessie and Thomas Tam Centre.

Since March 2023, the two-year project has supported the provision of free bereavement services such as individual and family counselling, mental wellness activities, and therapeutic support groups. Under this project, our experienced clinical social workers and bereavement counsellors will help more grassroots families effectively cope with post-pandemic grief and face the future with optimism.

資助機構 Funded by:



撥款及監察機構

Allocated and Monitored by:



香港公益金
THE COMMUNITY CHEST



感謝永旺百貨擺放捐款箱

面對營運困難，我們嘗試開拓不同渠道，積極籌募善款並加強推廣，冀增加善款收入，幫助更多有需要的基層晚期病人及家屬。衷心感謝AEON永旺(香港)百貨支持，由2024年3月1日至4月30日、為期兩個月，在全港13間AEON百貨及超級市場，擺放善寧會捐款箱為我們籌募善款！

小小沙粒匯成大地。你所捐出的一分一毫，對基層的晚期病人及家屬極為重要，也是推動我們發展的動力，誠邀你們共襄善舉，一起「關愛同行晚晴路」。

Thanks to AEON Stores Supporting Our Charitable Cause

In view of ongoing operational difficulties, we are always exploring different and innovative ways to raise additional funding and strengthen promotional efforts. Our warmest thanks to AEON Stores (Hong Kong) for supporting our charitable cause by agreeing to place our donation boxes in 13 locations around Hong Kong from 1 March to 30 April 2024.

Every donation, large and small, will enable us to continue serving underprivileged terminal patients while also driving the future development of palliative care. Join us in adding days to life and consider donating today!



(圖左起) 麥迪康醫療用品香港區總經理朱國良先生、善寧會名譽會長王紹強MBE、善寧會名譽會長胡定旭教授GBS太平紳士、香港特別行政區行政長官夫人李林麗嬋女士、善寧會執行委員會主席汪國成教授及善寧會名譽秘書熊子惠女士出席慈善音樂會。

(Left to right) Mr. Dickson Chu (General Manager and Head of Commerce, Asia Pacific of A.R. Medicom Inc. (Asia) Limited), Mr. Raymond Wong, MBE (Honorary President of SPHC), Prof. Anthony Wu, GBS, JP (Honorary President of SPHC), Mrs. Janet Lee (Spouse of the Chief Executive of Hong Kong), Prof. Thomas Wong (Chairman of the Executive Committee of SPHC), and Ms. Rebecca Hung (Honorary Secretary of SPHC).

GOOD TO LAST 慈善音樂會 CHARITY CONCERT

音樂是生命的養分，既可舒緩情緒，治癒心靈，也可藉此推廣公益事務。致力為晚期病人提供適切寧養舒緩服務的善寧會，於2023年11月4日夥拍香港愛樂團，假香港演藝學院香港賽馬會演藝劇院舉行《GOOD TO LAST慈善音樂會》。我們希望藉著悠揚的樂韻，答謝各界善長、企業、義工對機構多年來的支持！

《GOOD TO LAST慈善音樂會》榮幸邀得香港特別行政區行政長官夫人李林麗嬋女士擔任主禮嘉賓，她在致辭時讚揚善寧會致力為晚期病人及家屬提供整全的寧養服務，並積極為醫護人員提供培訓，促進本港晚期照顧服務的發展。

善寧會執行委員會主席汪國成教授致辭時，感謝社會各界對善寧會的支持、對基層晚期病人的關注，並特別鳴謝「主要贊助商」麥迪康醫療用品有限公司全力支持、香港愛樂團合辦《GOOD TO LAST慈善音樂會》。

活動籌得之善款，將撥捐善寧會發展「住院資助計劃」及「善別輔導」服務，幫助更多基層晚期病人和家屬、及社區的喪親者。

Music is a powerful tool with the ability to calm the mind, heal the soul and advocate for a meaningful cause. On 4 November 2023, SPHC partnered with the SAR Philharmonic Orchestra to present the "GOOD TO LAST" Charity Concert at the Hong Kong Jockey Club Amphitheatre, the Hong Kong Academy for Performing Arts. Through this moving musical performance, SPHC hoped to express its sincere gratitude to all the individual and corporate supporters over the years.

The "GOOD TO LAST" Charity Concert was honoured to welcome Mrs. Janet Lee Lam Lai-sim, spouse of the Chief Executive of Hong Kong, as the officiating guest. In her speech, Mrs. Lee commended SPHC on serving the terminally ill and their families as well as driving the development of palliative care in Hong Kong.

Meanwhile, Professor Thomas Wong Kwok-shing, Chairman of the Executive Committee of SPHC, extended a special thanks to A.R. Medicom Inc. (Asia) Limited, the event's premier sponsor, and the SAR Philharmonic Orchestra for their generous support.

All proceeds from the event will be used to provide subsidized palliative care and bereavement counselling to underprivileged terminal patients and families in the community.

主要贊助商 Premier Sponsor:



合作單位 Presenter:



感謝你支持 THANK YOU FOR YOUR SUPPORT

第六屆樂齡電競及體驗日

第六屆樂齡電競及體驗日於2023年8月27日在數碼港順利舉行，今年大會繼續以老友記最愛的「打麻雀」為主題，帶領老友記進入麻雀電競新旅程！參與電競的老友記笑容滿面，部份老友記指活動有助拓闊視野，讓他們接觸新科技。

在此，我們衷心感謝主辦單位、各個贊助商的慷慨解囊和協力，為我們籌募善款，幫助更多基層晚期病人。當中包括：理文足球會、Artificial Intelligence Art Limited、鴻福堂集團、匯泉國際有限公司、ProOrganic Environmental Holdings Limited、建樂士企業有限公司、金源米業、Artec Chemical Company Limited、劬科生物科技(香港)有限公司(排名不分先後)。

6th Senior E-Sports and Experience Day

The “6th Senior E-sports and Experience Day” was successfully held at Cyberport on 27 August 2023. Returning this year was “e-Mahjong”, a virtual version of the beloved pastime that delighted the elderly participants while also broadening their technological horizon.

Our sincerest thanks to the following sponsors and donors for their generous support in raising funds for underprivileged terminal patients: Lee Man Football Limited, Artificial Intelligence Art Limited, Hung Fook Tong Group Holdings Limited, Telford International Company Limited, ProOrganic Environmental Holdings Limited, Kinox Enterprise Limited, Golden Resources Development International Limited, Artec Chemical Company Limited, and Germagic Biochemical Technology (HK) Co., Ltd. (In no particular order)



燃亮生命火花 聖誕音樂會

傳揚愛與關懷的「燃亮生命火花」聖誕音樂會，於2023年12月5日假中環聖約翰座堂與大家迎佳節！今年邀得香港威爾斯男聲歌詠團、港島中學管弦樂團、香港英式銅管樂團等演奏悠揚樂曲，共吸引逾610人欣賞。此外，座堂繼續擺放大型聖誕樹，讓參加者憑卡寄意，用思念化成關愛，祝福身邊已故或彌留病榻之親友。

Light up a Life Christmas Carol Concert

The Light Up A Life Christmas Carol Concert was held on 5 December 2023 at St. John's Cathedral in Central. From heartwarming performances by the Hong Kong Welsh Male Voice Choir, Island School Orchestra and the Hong Kong Brass Band to the traditional lighting of the “Tree of Life”, a Christmas tree adorned with handwritten blessings for the terminally ill and the deceased, this year's event was once again a festive and memorable affair for an audience of over 610.



年度報告 2022/23

ANNUAL REPORT

善寧會成立於1986年，是一所在香港註冊、沒有政府資助的非牟利團體，致力提供寧養舒緩治療服務。

The Society for the Promotion of Hospice Care was established in 1986 as a non-profit organization without government subvention.

服務單位 Service Units-2

沙田 Shatin

賽馬會善寧之家
Jockey Club Home for Hospice

長沙灣 Cheung Sha Wan

譚雅士杜佩珍安家舍服務中心
Jessie and Thomas Tam Centre

服務統計 Service Figures

本年度的總服務人次：
Total Service Attendances This Year:
15,014

服務查詢數字：
Service Enquiries:
1,412

核心服務範圍 Core Services

住院服務
In-patient Service

病人
Patients:
228

家庭成員
Family Members:
570



善別輔導
Bereavement
Service

服務人次
Service Users:
3,095



家居照護
Home Care
Service

服務人次
Service Users:
2,423



專業培訓及
公眾教育
Professional Training
and Public Education

參與人次
Attendances:
2,385



日間服務
Day
Service

門診服務人次
Day Consultation
Service Users:
41

日間中心
Day Activity Centre
Attendances:
1,438



1 善款運用
Use of Donations

善款收入
Donation Income
\$12,436,000

其他項目／基金撥款
Other Project/Foundation Grants
\$7,222,000

2 服務支出
Service Expenditure

\$34,756,000

3 行政支出
Administrative Expenditure

服務收入
Service Income:
\$18,064,000

行政支出
Administrative Expenses:
\$2,820,000

捐款感謝

THANK YOU FOR YOUR DONATION

善寧會是一所不受政府津助的非牟利慈善團體，我們的服務實有賴社會大眾的支持！過去半年，感謝以下捐款者的捐助，讓我們提供的「住院資助計劃」及「善別輔導」服務得以持續。惟篇幅所限，恕未能盡錄，見諒。

As a non-profit charitable organization without government subvention, SPHC relies on donations and fundraising to continue serving terminal patients and their families. We wish to show our gratitude to the following generous donors during these 6 months. Thank you for supporting our mission.

Due to the limited space, please accept our heartfelt apologies for any unintended omission.

鑽石捐助 Diamond Donor (HK\$400,000或以上 Or above)

傅敏女士及黃志恆先生	Ms Mandy Fu & Mr William Wong
	The Yeung Ying Yin and May Yeung Foundation

金捐助 Gold Donor (HK\$100,000或以上 Or above)

麥迪康醫療用品有限公司	A.R. Medicom Inc. (Asia) Limited
深灣遊艇會	Aberdeen Marina Holdings Limited
陳張敏聰夫人慈善基金有限公司	Chan Cheung Mun Chung Charitable Fund Limited
陳楊福和基金有限公司	Chen Yang Foo Oi Foundation Limited
	Goldman Sachs Charitable Gift
黃廣鴻先生及余悅霞女士	Mr Henry Wong & Ms Wendy Yu
唐美德女士	Ms Teresa Tong Mei Tak
	The Hong Kong and Far East Masonic Benevolence Fund Corporation

銀捐助 Silver Donor (HK\$10,000或以上 Or above)

張周麗珍女士	Mrs Agnes Cheung Chau Lai Chun
	Mr Alan & Mrs Penny Smith
包陪慶基金會	Anna Pao Sohmen Foundation
志聯藥業有限公司	Associated Medical Supplies Co., Limited
	Mrs Barbara Rogers
吳嘉敏小姐	Miss Carmen Ng Ka Man
陳翰奇先生紀念曾素貞女士	Mr Chan Hon Ki in memory of Ms Tsang So Ching
陳培光醫生	Dr Chan Pui Kwong
周大福珠寶金行有限公司	Chow Tai Fook Jewellery Co., Limited
周耀明先生	Mr Chow Yiu Ming
黎秀嫻女士	Ms Clare Lai Sau Sim
張志剛先生	Mr Clarence Cheung Che Kong
祝惠娥女士	Ms Chuk Wai Ngor
	Coresystem Technology Limited
	Crown Worldwide Group
葛仙蒂太太	Mrs Cynthia Kracht
李思穎小姐	Miss Cynthia Lee Sze Wing
	Mr David Fung in memory of Mrs Fung Shiu Poi Ying
	Donation in memory of Chan Mei & Chiu Wang Fa
恆和珠寶有限公司	Evertime Orologic Limited
	Goldman Sachs Gives (UK)
李乃禧先生	Mr Harry Lee Nai Shee
	Ms Helen Agon
何健詠小姐	Miss Ho Kin Wing
何玉茵女士	Ms Ho Yuk Yan
陳重義博士	Dr Hubert Chan Chung Yee
葉耀章先生	Mr Ip Kwong Cheung
鄭愛蓮女士	Ms Irene Cheng Oi Lin
盧丘真妮紀念基金	Janie Lo Memorial Fund
盧淑芬女士	Ms Jess Lo Shuk Fun
張小敏女士	Ms Joann Cheung Siu Man
	Ms Joyce Tam Wai Yee
倪同喜先生	Mr Karsky Ngai Tung Hai
郭梓鋒先生紀念郭黎玉瓊及高薛容好	Mr Keith Kwok Chi Fung in memory of 郭黎玉瓊 & 高薛容好
瓊華有限公司	King Wah Company Limited

高膺先生	Mr Ko Ying
林道儀博士	Dr Lam To Yi
林詠芝女士	Ms Lam Wing Chi
劉妙珍女士紀念劉新先生	Ms Lau Miu Chun in memory of 劉新先生
劉東海先生	Mr Lau Tung Hoi
李燭康先生	Mr Lee Kwing Hong
理文足球會	Lee Man Football Limited
	Mr Lee Wai Kuen
梁振榮先生紀念陳劉慈珍女士	Mr Leung Chun Wing in memory of 陳劉慈珍女士
	Ms Linda Chan Fung Kum
盧覺威先生	Mr Lo Kok Wai
袁家寧女士	Ms Maria Yuen
黃廷方慈善基金有限公司	Ng Teng Fong Charitable Foundation Limited
麥蔡文玉女士	Mrs Patty Mak Man Yuk
	Ms Peggy Dee Funk Wai Sum & Ms Yau Yuk Fung
	Mrs Purviz Rusy Shroff
王紹強先生	Mr Raymond Wong Siu Keung
利嘉閣慈善基金有限公司	Ricacorp Charity Fund Limited
	Ms Romi Everington
	Miss Rossana Chu Ching Man
智慧香港扶輪社	Rotary Club of Smart Hong Kong
梁惠玲小姐	Miss Sandra Leung Wai Ling
邵月芬女士	Ms Shaw Yut Fen †
劉基雋先生	Mr Simon Lau Kei Chun
劉志遠先生紀念Lam Yeuk Shan及Lu Sin Chun	Mr Spencer Lu Chee Yuen in memory of Lam Yeuk Shan & Lu Sin Chun
宋浩生先生	Mr Stanley Sung Ho Sang
	Ms Tan Hwee Lynn
鄧卓賢先生	Mr Tang Cheuk Yin
鄧錫英先生	Mr Tang Sek Ying
嘉道理慈善基金會	The Kadoorie Charitable Foundation
裕時國際實業有限公司	Time Luck International Industrial Limited
	Mr Timothy George Freshwater
周國峰醫生	Dr Tony Chau Kwok Fung
蔡序立先生	Mr Tsoi Chui Lop
梁鳳慈律師行	Winnie Leung & Co.
周允成先生	Mr Winston Chow
黃智敏小姐紀念郭惠芳女士	Miss Wong Chi Man in memory of Ms Kwok Wai Fong
黃斯亮先生	Mr Wong See Leung
黃慧敏女士	Ms Wong Wai Man
	Ms Wu Po Chu
袁玉鳳女士紀念林醉琴女士	Ms Yuen Yuk Fung in memory of 林醉琴女士
羅淑華女士	

每月捐款 Monthly Donation

吳小蓉女士紀念伍秀權女士	Ms Ng Siu Yung in memory of 伍秀權女士
陳金玉女士	Ms Rebecca Chan Kam Yuk
時好物業投資管理有限公司	Sze Ho Property Investment Management Limited
鄧艷玲女士紀念卜潤基先生	Mrs Tang Yim Ling in memory of 卜潤基先生
黃慧敏女士	Ms Wong Wai Man
黃偉和先生	Mr Wallace Wong Wai Wo

- * 期內捐款平均達\$10,000或以上
The average donation within the period was \$10,000 or above
- * 2023年7月1日至12月31日
From 1 July to 31 December 2023
- * 排名不分次序
Not listed in any specific order

捐款表格 Donation Form

請以正楷填寫下列表格，及在適當空格加上✓號，並寄回、傳真、電郵或WhatsApp至善寧會，以便本會發出捐款之正式收據。你的個人資料將保密處理。
Please complete the form and ✓ as appropriate, and return to us by post, email, fax or WhatsApp for the issuance of official receipt. Your personal data provided herein will be kept strictly confidential.

	<input type="checkbox"/> 每月定期捐款 Monthly donation	<input type="checkbox"/> 一次過捐款 One-off donation
港幣 HKD	<input type="checkbox"/> \$1,000 <input type="checkbox"/> \$500 <input type="checkbox"/> \$300 <input type="checkbox"/> \$100	<input type="checkbox"/> 其他 Other \$ _____

捐款用途 Donation Purpose(s)	<input type="checkbox"/> 住院資助計劃 Subsidy Bed Scheme	<input type="checkbox"/> 一般捐款 General Donation	<input type="checkbox"/> 其他 Other(s) _____	捐款港幣100元或以上，可獲發收據作扣稅用途。 Donations of HKD100 or above are tax-deductible with an official receipt.
	<input type="checkbox"/> 善別輔導 Bereavement Service	<input type="checkbox"/> 專業培訓及教育 Professional Training and Education		

捐款人資料 Donor's Information

姓名 Name (中文) _____ (English) _____ 先生 Mr/小姐 Miss /女士 Mrs /其他 Others: _____

地址 Address _____ 電話 Phone _____

電郵 Email _____ 捐款人編號(如有) Donor No. (If any) _____

捐款方法 Donation Method

<input type="radio"/> 劃線支票 By Crossed Cheque 支票抬頭：善寧會 Payable to "The Society for the Promotion of Hospice Care"	<input type="radio"/> 轉數快 By Faster Payment Service (FPS)  或 	<input type="radio"/> PayMe	<input type="radio"/> 信用卡 By Credit Card (適用於每月定期及單次捐款 Applicable to both monthly & one-off donation) <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express 持卡人姓名 Cardholder's Name _____ 信用卡號碼 Card No. _____ 有效期至 Expiry Date (mm/yy) _____ / _____ * 持卡人簽署 Cardholder's Signature _____
<input type="radio"/> 自動轉帳或銀行櫃員機 By ATM or Direct Transfer <div>善寧會銀行戶口 SPHC's Bank Account: 恒生銀行 Hang Seng Bank 280-3-451141</div> <p>請將入數紙或捐款之頁面截圖連同此表格郵寄、傳真、電郵或WhatsApp給我們。 Please mail / email / fax / WhatsApp us a copy of the bank-in slip or screen capture of the related transaction together with the completed donation form.</p>	<p>可透過網上銀行轉數快/PayMe，掃描以上QRcode進行捐款，完成後電郵frp@hospicecare.org.hk或WhatsApp (9635 5001)告知我們，以便發出收據。 Donation can be made through FPS-enabled /PayMe e-wallet or mobile apps by scanning the above QR code. To receive a donation receipt, please WhatsApp (9635 5001) / email (frp@hospicecare.org.hk) us.</p> <p>* 本人授權善寧會由本人之信用卡戶口轉帳上述指定金額作定期或一次性捐款。每月捐款授權在本人之信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知。 * I hereby authorize the Society for the Promotion of Hospice Care to debit the amount specified above from my credit card account on a monthly or one-off basis. The authorization for monthly debit will continue after the expiry date of the credit card and with the issuance of a new card until further notice.</p>		

本人 ☐ 同意接收
I ☐ agree to receive

☐ 電子郵寄
email

☐ 通訊
mail

本人 ☐ 不同意接收任何通訊
I ☐ disagree to receive news from SPHC

閣下填寫之個人資料絕對保密，善寧會或受其委託服務提供者，只用作捐款處理、寄發收據、募捐及其他與本會相關之宣傳用途。
Your personal data will be kept strictly confidential. SPHC or its service providers will only use the above information for donation administration, receipting, fundraising and/or other promotion matters related to SPHC.

NW March 2024

摺線 Folding Line

☎ 電話 Tel **+852 2331 7000** 🌐 網址 Web **www.hospicecare.org.hk**
☎ 傳真 Fax **+852 2336 2776** ✉ 電郵 Email **frp@hospicecare.org.hk**
📞 WhatsApp **+852 9635 5001**

如在本港投寄
毋須貼上郵票
NO POSTAGE
STAMP
NECESSARY IF
POSTED IN
HONG KONG

如貼上郵票，可為本會節省成本
Your stamp will reduce our cost

謝謝你關注 FOLLOW US ON



網站 Website



Facebook



YouTube



Instagram



更新資料 Contact Update

如需更改聯絡資料、改收電子版或拒絕接收《善寧會訊》，歡迎
WhatsApp - 9635 5001通知我們！

To update your contact information, switch to e-Newsletter, or
cancel subscription, please notify us by **WhatsApp at 9635 5001!**



善寧會

Society for the Promotion of Hospice Care

香港沙田亞公角山路 18 號

No.18, A Kung Kok Shan Road, Shatin, Hong Kong

E

POSTAGE PAID
HONG KONG
CHINA
中國香港
郵資已付

Permit No.
特許編號
05524

天為生命定壽元 · 人為生命賦意義

When days cannot be added to life, add life to days.

慈善機構註冊編號 Charity Registered No: 91/3140

