



佈告板 Notice Board

心連心慈善步行 2011 Heart-to-Heart Charity Walk 2011

兒童心臟基金會一年一度的慈善步行又來了！今年大會以「心連心・伴童行」作主題。每名參加者均獲贈一條手帶，以便與同伴手牽手同行。欲知詳情，快快揭進第六及第七頁。

The CHF annual walkathon is coming! This year with the theme of "Heart-to-Heart, Be-a-Part", participants are given a bracelet to bind with a partner to walk together. Details please read p.6-p.7.

心臟健康巡禮：健康資訊坊 Heart Health Series: Information Corner

為提高大眾對先天性心臟病兒童的關注，基金會將於9月17日及18日一連兩天在小西灣藍灣廣場舉辦健康資訊坊，展出有關先天性心臟病及心臟健康的資訊，歡迎大家前來參觀。

To raise public awareness about children with heart disease, an information corner will be set up on 17-18 September at Island Resort Mall in Siu Sai Wan. Please feel free to visit!



職員變動 Staff Movement

容雨琦小姐已於4月離任，而黃凱瑩小姐於5月開始接任工作，擔任助理活動主任。基金會歡迎黃小姐的加入，亦衷心感謝容小姐過往對本會的貢獻。

In May 2011 Ms. Polly Wong joined the CHF as Assistant Programme Officer following the departure of Ms. Yuki Yung in April. The CHF welcomes Ms. Wong and thanks Ms. Yung for all her hard work.



活動回顧 Programmes Review



中學生歷奇訓練日營 ABC with Secondary Students

於6月25日，9名基金會的青少年及10名高盛義工一同前往西貢，參加歷奇訓練日營。感謝高盛義工的參與。

9 teenager members of the CHF and 10 Goldman Sachs volunteers participated in an adventure-based camp in Sai Kung on 25 June. Thanks to Goldman Sachs.



保柏全球齊躍動一步出健康暢遊海洋公園 BUPA Global Challenge – Walking for your Health at Ocean Park



得到保柏（亞洲）有限公司的贊助，26名基金會兒童和他們的父母於6月26日一同暢遊海洋公園，盡興而回。基金會鳴謝保柏（亞洲）有限公司的贊助。

Sponsored by Bupa (Asia) Limited, 26 CHF children and their parents visited Ocean Park on 26 June. They enjoyed the day very much and the CHF would like to thank Bupa (Asia) Limited.

夏令宿營 Summer Camp

於7月9日至10日，超過60名基金會會員一同參與在烏溪沙青年新村舉行的夏令宿營。各會員聚首一堂，彼此分享及玩樂，晚上還大夥兒燒烤，渡過一個愉快的周末。

Over 60 CHF members went on the summer camp on 9-10 July at Wu Kwai Sha Youth Village, the Chinese YMCA of Hong Kong. It was an opportunity for CHF families to meet and greet, share and care for one another while having a great time playing games and enjoying an evening BBQ.



活動回顧 Programmes Review



麥兜 · 麥太蠟像開幕禮

McDull and his mother Mrs. Mak Wax Figure Opening Ceremony

於7月20日，10名基金會兒童及他們的父母獲邀一起出席由香港杜莎夫人蠟像館舉辦的「麥兜·麥太蠟像開幕禮」。開幕禮完結後，參加者獲邀免費參觀蠟像館遊玩。

10 CHF children and their parents were invited to attend the opening ceremony of the wax figures McDull and his mother, Mrs. Mak, organised by Madame Tussauds Hong Kong on 20 July. Participants were given a free tour and had great fun.



室內射擊領袖訓練計劃

Indoor Shooting Leadership Training Programme

得到高盛的贊助，22名基金會青少年及高盛的義工於7月29日一同參加室內射擊活動，藉此建立參加者的領袖能力。基金會感謝高盛及其義工的支持及幫助。

On 29 July, 22 CHF teenagers and Goldman Sachs volunteers took part in an indoor shooting programme to develop their leadership potential. Special thanks to Goldman Sachs for the sponsorship and the contribution made by their volunteers.



非洲鼓體驗日

Djembe Exploration

得到美國如新企業集團香港分公司的贊助，基金會於7月31日舉辦了非洲鼓體驗日活動，21名基金會兒童在25名如新企業集團的義工照顧及帶領下，一起學習打非洲鼓。鳴謝如新企業集團的義工。

Sponsored by Nu Skin Enterprises Hong Kong, Djembe Exploration was successfully held on 31 July. 21 CHF children, assisted by 25 Nu Skin volunteers, learned to play Djembe. Special thanks to the Nu Skin volunteers.



活動回顧 Programmes Review



藝術彩繪 Art Jamming



由拜耳材料科技有限公司贊助的藝術彩繪於8月6日成功舉行。17名基金會兒童在拜耳義工的照顧及帶領下，開開心心地繪畫出自己的作品。感謝拜耳材料科技有限公司及各位義工的協助。

On 6 August, 17 CHF children joined an Art Jamming course supported by Bayer MaterialScience Limited and their volunteers. Participants enjoyed creating their artwork. Thanks to Bayer's volunteers.

心臟健康巡禮：關心我們的心 Heart Health Series: Care Our Heart

在今年5月至7月期間，基金會很高興與7間學校合作，安排在校內舉行心臟健康講座及豎立有關展板，藉此加強學生關注兒童心臟病及心臟健康。基金會感謝以下學校的協助：

CHF delivered heart health talks and organised related exhibitions at 7 schools between May and July 2011. The Heart Health Series aims to enhance students' awareness about children's heart disease and heart health. Special thanks to the following schools:



Canossa Primary School (San Po Kong)

嘉諾撒小學(新蒲崗)

Fung Kai Liu Yun-Sum Memorial School

鳳溪廖潤琛紀念學校

Island Road Government Primary School

香島道官立小學

Lingnan Primary School

嶺南小學

Pooi To Primary School

香港培道小學

TWS St. Bonaventure Catholic Primary School

慈雲山聖文德天主教小學

Wong Tai Sin Catholic Primary School

黃大仙天主教小學

領袖訓練歷奇日營

Leadership Adventure Training Camp

在6月11日，8名基金會義工聯同高盛義工一起參加在西貢舉行的領袖訓練日營。活動提升各參加者的解難能力。在此，基金會感謝高盛及其義工的參與。

On 11 June, 8 CHF volunteers joined Goldman Sachs volunteers at a leadership adventure training camp in Sai Kung. The activities helped enhance the participants' problem solving skills. Special thanks to Goldman Sachs and their volunteers.



病房探訪

Ward Visits

由6月開始，已受訓義工與基金會社工定期到病房進行探訪。義工們除與留院的心臟病兒童玩耍及談天外，他們溫暖的問候及笑容亦為病童的父母帶來鼓勵及支持。

The trained volunteers and CHF social workers play regular visits to the wards from June onwards. A word of comfort and a smile gave parents support and encouragement, while the volunteers played and chatted with the hospitalized children.



心連心・伴童行慈善步行 2011

Heart-to-Heart, Be-a-Part Charity Walk 2011

兒童心臟基金會一年一度的慈善步行將於10月16日(星期日)假山頂廣場舉行。今年大會以「心連心・伴童行」作主題，每名參加者均會獲贈一條手帶，以便與同伴相連，以身及心感受同行時需要互相遷就、忍耐及接納，體驗心臟病童父母為照顧其子女的付出。

報名表格可於基金會網頁(childheart.org.hk)內下載，或致電2553 0331或電郵至chf@childheart.org.hk查詢。
10月16日，太平山山頂見！



The CHF annual walkathon is coming! This year the walk will be held on Sunday 16 October at the Peak. With the theme of "Heart-to-Heart, Be-a-Part", participants are encouraged to walk in pairs with a bracelet binding them

together to experience a shared feeling of care, tolerance and acceptance – a reflection of the sacrifice parents make for their sick children. The registration form can be downloaded from the CHF website (childheart.org.hk). You may also contact the CHF for details on 2553 0331 or chf@childheart.org.hk

See you on Sunday 16 October at the Peak!

步行路線及詳情 Route and Details

2011-10-16 (星期日 Sunday)

10:00A.M. — 1:00P.M.

太平山山頂 The Peak

- 慈善步行 Charity Walk
- 遊戲攤位 Fun Games Booths
- 舞台表演 On stage Variety Show

設有免費穿梭巴士由金鐘到山頂

Free shuttle bus from Admiralty to the Peak is available



1 景點一：Point 1:
Beautiful waterfall
瀑布



2 景點二：Point 2:
India Rubber Tree with
dense aerial roots stands
參天印度橡樹



3 景點三：Point 3:
Fabulous view over the harbor
維港美麗景色

心連心慈善步行知多點

Know about Heart-to-Heart Charity Walk

兒童心臟基金會自2000年舉行首屆心連心慈善步行後，慈善步行已成為基金會一年一度的重點籌款活動，每年吸引數千名參加者。十年來，此活動已為基金會籌得超過港幣一千萬元的善款，藉以支持基金會為心臟病童及其家人提供各項服務。

The first CHF Heart-to-Heart Charity Walk took place in 2000. It has since become an annual event that attracts thousands of participants walking for their heart health. More than HK\$10 million has been raised to support the CHF's charitable services over the years.

參與我們的義工行列

Be a CHF volunteer

心連心慈善步行是基金會的大型活動之一，每年均需要約150名義工參與及協助場地佈置、中途站站崗及攤位遊戲等工作，讓活動能順利成事。基金會需要你們的支持！有興趣人士，請於9月10日或之前以電話 (2553 0331) 或電郵方式(chf@childheart.org.hk) 聯絡基金會職員。為確保各義工之安全及活動能順利完成，所有參與的義工必須出席9月24日下午3時至5時於如新集團香港分公司銅鑼灣利園二期嘉蘭中心10樓舉行的步行籌款義工簡介會。

The Heart-to-Heart Charity Walk is one of the CHF's largest events. About 150 volunteers work in groups to help set up the venue, check points and games booths.

We need your help! To enroll, please contact CHF by phone (2553 0331) or email (chf@childheart.org.hk) on or before 10 September.

For the safety of volunteers and the smooth operation of the walk, all volunteers are required to attend the briefing session on 24 September from 3pm – 5pm at Nu Skin Enterprises Hong Kong, 10/F., Caroline Centre, Lee Gardens Two, Causeway Bay.

贊助機構 Sponsors



醫療進展 Medical Advancement



兒童心臟基金會醫療經濟援助 CHF Medical Sponsorship



在2010年，兒童心臟基金會共撥款HK\$984,000，資助有需要的心臟病童進行手術，幫助他們及家人渡過難關。

In 2010 the CHF donated HK\$984,000 to sponsor the cost of operations for children with heart disease and help support their families.

贊助項目 Sponsor Items	贊助金額 Amount (HK\$)
同體心瓣移植 Homograft	400,000
醫療經濟援助計劃 Medical Financial Support Scheme	584,000
總數 Total	984,000

家長的分享 Parents' Sharing

感謝的留言

A Note of Thanks



讓我們手牽手，繼續幫助、關心一群心臟病兒童及他們的家庭。
我們每一個小幫助都可以為他們帶來力量。

Let's put our hands together to help children with heart disease and their families. Every little bit of help means a lot to them.



家長心聲

A Word from A Parent

當許多家長都懷疑心臟病童能否如健康的小朋友般活得開心及精彩，曾太的答案卻是肯定的！同樣地，曾太的兒子曾健成一出生就被診斷患有複雜性心臟問題。現時六歲的成成多走幾步都會氣喘及發紺，並常因肺部出血而進出醫院。雖然身體狀況未如理想，但曾太還是與普通父母一樣，為成成安排不同種類的課外活動，讓他建立自信，渡過一個開心的童年。



曾媽媽分享：「我也曾憂慮他的體力能否應付，但總不能因此阻止他各方面的發展，與其他小朋友一樣開心成長。」曾太稱，基金會的活動專為心臟病童而設，成成從中得到的寶貴體驗，令他開心及得到認同。曾太的一句更道出家長心聲：「只要他開心，我就會開心，我為着他的付出及進步而感到驕傲！」

成成是兒童心臟基金會的活躍會員，幾乎每項基金會活動都會見到他的蹤影，兒童合唱團、夏令營、高爾夫球體驗日。今年，曾太更進一步鼓勵成成參加「愛心童行大使」計劃，在基金會10月舉行的慈善步行活動中擔任大使，與特定的捐款者手牽手同行，讓捐款人更體會心臟病童家長需要時刻遷就小朋友的感受，鼓勵他們獻出更多關心和支持。

Parents who worry that children with heart disease may not be able to live as happily as healthy children should speak to Mrs. Tsang. Her six-year-old son, Tsang Kin-shing, was born with a complex heart disease that leaves him short of breath after climbing stairs. Although Shing Shing is frequently admitted to hospital because of internal bleeding, Mrs. Tsang never stops encouraging her son to join extracurricular activities to build up his confidence and enjoy a fruitful life, just like a healthy child.

"I do have concerns about his physical capabilities but I'm not going to use this as an excuse to stop him from learning," she said, "The CHF provides a special platform for children with heart disease. They have enjoyable experiences and his efforts are recognised and appreciated." Mrs. Tsang said, "When he is happy, so am I. I'm so proud of his efforts and progress!"

Shing Shing is a fan of the CHF's programmes. He has joined the CHF choir and various outdoor programmes as well as playing golf and attending an overnight camp. This year, Mrs. Tsang has encouraged Shing Shing to participate in the CHF's "Children's Ambassador" programme, in which he plays an important part in the annual charity walk by acting as a guide for the VIP donors along the route. These ambassadors help promote public understanding about children with heart disease and their families.



特別鳴謝 Special Acknowledgement

花旗集團大學生社責實踐 2010/2011 Citi Community Intern Program 2010/2011

透過花旗集團大學生社責實踐計劃，兩名分別來自香港中文大學及香港城市大學的學生：李明津小姐及陳細第先生已於5月及6月完成其120個小時的實習。兒童心臟基金會感謝花旗銀行、香港社會服務聯會及兩名學生的支持及參與。

The CHF was delighted to be able to participate in the Citi Community Intern Programme 2010-11 that recruited two university students. Ms. Angela Li of the Chinese University of Hong Kong and Mr. Max Chan of City University of Hong Kong contributed 120 hours to the CHF in May and June. We would like to thank the Citi Bank, the Hong Kong Council of Social Service and the students.

富士施樂（香港）Fuji Xerox (HK) Ltd.

兒童心臟基金會再一次感謝富士施樂的支持，將「以客為先」關懷計劃籌得的善款捐給基金會。

The CHF would like to thank Fuji Xerox (HK) Ltd. once again for the donation raised from the "Customer First" Caring Programme.



香港大學聖約翰學院馬拉松 HKU St. John's College RTI Marathon



兒童心臟基金會很榮幸成為香港大學聖約翰學院RTI(Round-The-Island)馬拉松活動的受惠機構，該活動已於4月24日順利完成，籌得的善款將幫助心臟病兒童。

The CHF is pleased to be the beneficiary of the HKU St. John's College Round-the-Island Marathon (RTI) held on 24 April that raised a substantial fund for children with heart disease.

保柏全球齊躍動一步出健康 BUPA Global Challenge – Walking for your Health

得到保柏（亞洲）有限公司的支持，兒童心臟基金會榮幸成為「保柏全球齊躍動一步出健康」慈善活動的受惠機構，共籌募HK\$235,000的善款予心臟病兒童。基金會特別鳴謝保柏（亞洲）有限公司。

Being a beneficiary of the BUPA charity campaign, Global Challenge – Walking for your Health, the CHF was given a donation of HK\$235,000 to help children with heart disease. Special thanks to BUPA.



特別鳴謝 Special Acknowledgement



康斯登慈善活動

Frederique Constant – Charity Campaign

兒童心臟基金會榮幸獲康斯登的邀請，成為「康斯登慈善活動」的受惠機構。活動包括8月舉行的康斯登慈善皮手環義賣及為心臟病兒童而設的「我的時鐘」設計比賽。設計比賽的10名勝出者除獲邀參加「小小鐘錶師」工作坊外，更獲安排與康斯登大使舒淇小姐一同出席慈善活動。

The CHF is delighted to be chosen as the beneficiary of Frederique Constant's charity campaign. It included a FC charity sale in August and a "My Clock" Design Competition for the children. The top 10 winners of the Design Competition will be invited to a "Be a little watchmaker" workshop and participate in a charity event where they will meet FC ambassador Ms. Shu Qi.



兒童心臟基金會善款收集箱 CHF Donation Boxes

基金會感謝以下三間機構的支持，於7月起擺設基金會善款收集箱：

1. Kraze Burgers尖沙咀國際廣場的店舖
2. 玩具反斗城旗下13間分店
3. 吉之島旗下16間10元廣場及5間Living PLAZA

在此，基金會感激以下機構的一直支持，於2011年5月至8月期間為兒童心臟基金會擺放善款收集箱，方便大眾捐助心臟病兒童。

The CHF is delighted to receive the support of the following companies which keep CHF donation boxes from July onwards:

1. Kraze Burgers in its iSquare restaurant
2. Toys"R"Us in its 13 stores
3. JUSCO in its 16 stores of \$10 PLAZA and 5 stores of Living PLAZA

The Foundation is pleased to have the continued support of the following corporations and organizations which hosted CHF donation boxes from May to August 2011.



參與機構	Supporting Unit
二手店	Amazing Place
吉之島	JUSCO
皇府飲食集團	King's Palace Catering Service Ltd.
Kraze Burgers	Kraze Burgers
美國如新企業集團	Nu Skin Enterprises (HK) Inc.
基健醫療中心	PHC Medical Centre
進匯醫務中心	Premier Medical Centre
大班麵包西餅店	Tai Pan Bread & Cakes Company Ltd.
玩具反斗城	Toys"R"Us

多謝捐款者 THANK YOU for your Donation

我們向每位善長仁翁送上萬分謝意。以下是2011年3月1日至6月30日期間捐款HK\$1,000或以上之名單。

We acknowledge the generous support of every individual donor. Here is the list of donations of HK\$1,000 or above received between 1 March to 30 June 2011.



捐款者Name of Donor	金額Amount HK\$	捐款者Name of Donor	金額Amount HK\$
Lam Yee Ip Cedric	33,000	Chan Chun Ho	1,000
Chau Wai Chung Dona	10,000	Choi Yui Chi	1,000
桂小香	5,000	Chu Siu Ping	1,000
Chan Wan Yee	4,000	Ho Tsan Fai	1,000
Tak Hung Hong International Ltd.	4,000	Kwok Yiu Cho	1,000
Ho Lai Yau	3,000	Kwong Maria Scylla	1,000
Tam Wing Fat	3,000	Lai Chu Tung Jetson	1,000
Wong Wai Pang David	3,000	Leung Catherine	1,000
Yu Yuk Yan	3,000	Leung Yau Chiu	1,000
APAC Interactive Ltd.	2,000	Li Kwan Fong	1,000
Chan Yuen Shan	2,000	Mo Kin Fun	1,000
News Power Holdings Limited	2,000	Poon Wai Ching	1,000
RCM Asia Pacific Ltd.	2,000	Tam Yuen Ha	1,000
So Wai Leung	2,000	Wong Hon Ming	1,000
江李鳳嫻	2,000	Wong Siu Ling	1,000
陳坤	2,000	抱道堂有限公司	1,000
Lam Lung Kwan	1,500	郭惠玲	1,000
華創機械設備有限公司	1,500	陳偉才	1,000
Yu Siu Wai	1,340	曾德明	1,000
Chow See Man	1,100		