兒童心臟基金會
Children's Heart Foundation

ISSUE .27 2022

HEARTBEAT 兒童心臟基金會會訊 NEWSLETTER

關於我們 ABOUT US

兒童心臟基金會成立於1994年，致力服務先天性心臟病兒童及家人。基金會的服務包括提供經濟援助、贊助手術器具、購置醫療設備、安排海外醫生到訪進行醫學交流、為病童及家長提供情緒治療及心理輔導支援和定期舉辦各項教育及發展性活動等。

Children's Heart Foundation was established in 1994 to support children and their families affected by congenital heart disease. The CHF provides a wide range of services such as financial support; purchasing medical equipment; counselling, liaising with overseas surgeons; provides professional psychological counselling and therapies; and organizing regular educational and developmental and supporting programmes.

郵 票
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兒童心臟基金會
Children's Heart Foundation

服 務 中 心 Service Centre
九龍灣臨樂街19號南豐商業中心821室
Room 821, Nan Fung Commercial Centre, 19 Lam Lok Street, Kowloon Bay

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心童 ‥ 有話兒
Sharing
「跳」出「世一」殊榮 活出精彩的篇章
我最喜愛的電影/劇集

服務中心：九龍灣臨樂街19號南豐商業中心821室 Service Centre: Room 821, Nan Fung Commercial Centre, 19 Lam Lok Street, Kowloon Bay
電 話 Tel：2553 0331　　電 郵 Email：chf@childheart.org.hk　　傳 真 Fax：2553 4886

兒童心臟基金會會訊

ISSUE .27 2022

NEWSLETTER

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(All content is written in both Chinese and English.)

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兒童心臟基金會編輯小組

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成員：
鄭凱欣、Emma Fitzgerald、羅錶華、
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「這一生最美的禮物，就是有你在生命中： 無論面對高山低谷，總是有你的陪伴。」

心童的成長過程充滿了挑戰及未知，對於年紀尚小的他們來說，很多時也未必能夠清楚了解患病是怎樣的一回事，而最大感受的，往往是陪在他們身邊的家長。作為心童家長，他們需要面對的情緒並非常人可以理解，背後所承受的心理壓力亦十分大。

本期《心訊》以「生命中的高山低谷」為題，記載了一位心童家長在兒子成長當中所發生的經歷，以及他們如何互相陪伴、互相影響，一同走過難關。同時，在《心童有話兒》中，一位青年心童分享自己如何突破界限，成為香港運動員並衝出香港，勇獲「世界第一」的殊榮。

生命總有起有跌。在高山時，我們一同享受快樂；在低谷時，我們互相鼓勵，讓我們一起擁抱未來，為心童打氣。

—— 公共傳訊事務委員會

"The most beautiful gift in life is to have you in it, no matter the peaks or valleys in life, you are always there for me."

The process of growing up is full of challenges and uncertainties, and for young children, it may be difficult for them to fully understand what it means to be ill. As parents, the emotions they must deal with are beyond comprehension and the psychological pressure they must endure is beyond comparison.

In this issue of Heartbeat, we explore the theme of the peaks and valleys in life through a personal story: A parent of a heart child recounts the process of her child growing up and their companionship and interactions as they experienced difficult situations. At the same time, another heart child shares their story of breaking boundaries to represent Hong Kong to take part in sports competition and attained the title of the best in the World.

Life inevitably has its highs and lows. In the highs, we have fun together; in the lows, we encourage each other! Let us embrace the future together!

—— Publicity and Publications Sub-committee

專題 ·· 故事 Feature Story

走過高山低谷 偉大的陪伴者

THROUGH THE MOUNTAINS AND VALLEYS, THE GREATEST COMPANION

有人說：「這個世上，最好的禮物，不是物質的東西，而是陪伴。」，父母的陪伴對孩子成長十分重要，然而，作為陪伴者，必須具備強大的心臟，才能撐過所有的起伏與未知。

現年五歲的心童哲銳於出生時並未有發現患有先天性心臟病，直到兩歲時因感冒到診所看病，當時的醫生聽到哲銳心臟有雜音，因此轉介他到瑪麗醫院，經過一輪檢查後，才確診患有先天性心臟病。「當時知道的時候十分不知所措，因為懷孕時已經照過三次結構都沒有發現，所以完全沒有心理準備。另外，由於本身對先天性心臟病的了解亦不多，所以都曾擔心過會否是十分嚴重的疾病。」

「其實醫生有說哲銳情況十分穩定，但始終作為家長都好易有好多擔心，亦會有好多同題產生在腦海中。當時的我都會十分怪責自己，懷疑是否自己懷孕時「陀」得不好導致兒子患病。」為了全方位照顧兒子，哲銳媽媽轉為全職媽媽，當時確診後就正值是疫情初期，長期的「困獸鬥」加上本身對哲銳情況的擔憂，於媽媽而言，負面情緒開始慢慢累積……

There is a saying that "the best gift in this world is not materialistic objects, but companionship". Parental companionship is crucial to a child's development, but it is only through having a strong heart that one can withstand the obstacles in this process.

It was only when Michael was two years old that the doctors heard a murmur in his heart and referred him to Queen Mary Hospital, eventually diagnosing him with congenital heart disease. When this diagnosis was confirmed, Michael's mother was not mentally prepared to receive this news and was overwhelmed because she had already undergone three scans during her pregnancy and there were no findings of appreciable defects. Also, knowing little about congenital heart diseases, she was worried it might be a very serious disease.

"The doctors said that Michael's condition was very stable, but as a parent, it was easy to worry and have a lot of questions in my mind. At the time, I blamed myself for my son's illness and questioned myself whether I had done a good job in my pregnancy." In order to take care of Michael, his mother became a full-time mother. At the time, the COVID-19 pandemic had just begun and the worries piled on top of each other and the negative emotions started accumulating slowly.

專題 •• 故事 Feature Story

「當時都一度感覺到自己因情緒上、經濟上、以至生活上的壓力而情緒崩潰，有時會忍不著因小事而鬧家人，但冷靜後又更自責自己這樣對待他們，都影響了與親子及夫妻關係，最辛苦的時候更試過產生『很壞的想法』」。另外，由於哲銳的情況相對穩定，所以手術期一直都沒有確認，只能無止境的等待：「最初知道要排期做手術的第一年，心情都難免會比較緊張，一方面會成日等電話，怕自己會錯過醫院的來電；另一方面都擔心他的身體狀況會否有變化。後來日子不斷過去，每次覆診亦見穩定，都逐漸習慣等候的日子。」

面對情緒的負擔，哲銳媽媽深知自己必須正視問題，在基金會社工的介紹下，參與了情緒輔導計劃。「楊醫生在過程中給予我一個很多的紓緩及提醒，是我當時的情緒出口，令我反思壓力的來源，亦感受到雖然經歷了很多，但很多人支持及守護著自己的家庭。」同時間，哲銳在參與藝術治療後，媽媽亦從他的表現得知兒子在不知在覺間會學習了她的行為，這亦令她決心要改善自己的情況。

哲銳媽媽現時不單是基金會的義工，亦會很樂意和他人分享自己的感受，而哲銳亦終於在上年接受了心臟手術。人生總會有起有跌，和兒子一起走過高山低谷，哲銳媽媽認為最重要的是碰到問題時，必須要勇於求助：「作為心童家長，每天的心情都可以起伏很大，像坐過山車一樣，很多時都需要有很強大的心臟，同路人的支持及鼓勵，往往是走下去的動力。」

如果說心童是勇敢的生命勇士，那麼父母便是他們的守衛，最偉大的守護者，在他們努力為生命奮鬥的同時，用一生陪伴著他們經歷。儘管每位心童的情況都不同，而心童家長所面對的情緒都不一樣，但我們可以互相陪伴和關心，一起經歷，一起等待，一起見證心童的成長。

"At one point, I felt emotionally, financially and socially stressed out and sometimes I would not be able to control my anger at my family over trivial matters. But when I calmed down, I blamed myself for treating them in such a way that affected my relationships with family and my husband." Besides this, Michael's condition was stable, hence there was no confirmation on his surgery yet, resulting in endless waiting. "In the first year when I found out that Michael was scheduled for surgery, I was undoubtedly nervous, waiting for the phone call all day and fearing that I would miss the call from the hospital. I was also incredibly worried about whether Michael's health condition might worsen. As the days went by and each follow-up appointment became more stable, we gradually got used to the waiting period".

Faced with immense emotional burden, Michael's mother knew that she had to face the problem and decided to join an emotional counselling programme after being referred by Children's Heart Foundation's social workers. "In this programme, Dr Yeung gave me a lot of relief and reminders during the process, which allowed me to express my emotions and reflect on the source of my stress." At the same time, after Michael's art therapy, his mother also learnt from his demeanor that her son would unknowingly learn from her behavior, hence motivating her to improve her own situation.

Michael's mother is now not only a volunteer for the Foundation, but she is also very happy to share her feelings with others. Michael finally underwent heart surgery last year. There are always peaks and valleys in life and having experienced the highs and lows with her son, she believes that it is crucial to have the courage to ask for help when problems begin to arise. "As a parent of a 'heart child', your emotions can fluctuate a lot daily, similar to a rollercoaster ride. The key to withstand obstacles in the way is to have a strong mind with the support and encouragement of companions".

If we say that children are brave warriors in life, then their parents are their guardians, the greater protectors who spend their lives with them as they fight their struggles in life. Although each child's condition is different and each parent experiences different emotion, we can be there for each other and to care for each other, experience difficulties together, and see our children grow up together.

活動 •• 回顧 Activity Highlights

五月 MAY

◆ 我眼睛想旅行 - 法國篇

一班心童一齊線上「飛」去法國，由導遊姐姐帶領遊覽不同景點，包括羅浮宮、凱旋門、艾菲爾鐵塔等！旅行完畢後，一齊吃法國馬卡龍甜品及親手織法國手繩。

◆ Virtual Tour - France

A group of children "travelled" to France online and were taken on a guided tour of the Musée du Louvre, the Arc de triomphe de l'Étoile and the Eiffel Tower. After the tour, we had a French macaroon and made hand-knitted French hand-rope together.

活動贊助：如新普的力量基金會香港分會
Special Acknowledgement: Nu Skin Force For Good Foundation Hong Kong Chapter for sponsoring this event.

七至八月 JULY - AUGUST

◆ Movie 2.0 ——《小小兵2：格魯的崛起》

三十多個心童家庭一同齊集輕輕鬆鬆睇 MINION ，小朋友仲好積極答問題！

◆ Movie 2.0 — "Minions 2: The Rise of Gru"

Parents and children found their own future buddy together during the movie time.

◆ 初生心童系列活動 —— 營養講座

一眾家長細心聆聽營養師講解有關小朋友偏食的問題。

◆ Children Nutrition Talk

Parents listened carefully to the nutritionist's talk on the problem of unbalanced diets in children.

◆ 兒童心肺復甦法證書課程

四十多位家長分批參加基金會與香港聖約翰救護機構合辦的兒童心肺復甦法證書課程（CHCPR），從中學習兒童心肺復甦法原理，練習當中技巧。

◆ Child CPR Certificate Course

More than 40 parents attended the Child CPR Certificate Course (CHCPR) jointly organised by CHF and St. John Ambulance in Hong Kong to learn the principles and practise the skills of Child CPR.

◆ Movie 3.0 ——《烈火少女》

一眾心童家庭一同透過勇敢追夢的電影主角，尋找屬於每個小朋友的「夢想」。

◆ Movie 3.0 — " Fireheart"Course

Families and the children find their own dreams through watching the courageous characters of the movie "Fireheart".

◆ 溜冰體驗日

繼上年溜冰班之後，心童們都好掛住溜冰的感覺，在炎熱的夏天之下，心童一起舒服涼爽地做運動，有益身心。

◆ Ice Skating Experience Day

After last year's ice skating class, the children became very interested in ice skating, which allow them to exercise comfortably.

活動 •• 預告 Upcoming Events

十二月是充滿喜慶的日子，每年兒童心臟基金會都會舉辦聖誕聯歡會，與各位心童家庭一同共度佳節。大家記得密切留意我們的社交平台，掌握最新的活動報名資訊啦！

December is a festive time and every year the Children's Heart Foundation organises a Christmas party to celebrate with the families of children with congenital heart disease. Please remember to keep eyes on our social media platform for the latest event registration information!

Facebook

遊出我心途
分擔分享，始於打開心窗

SHARING BEGINS WITH OPENING YOUR HEART

| 文章 趙敏紅女士（心理輔導員） MS. GLADYS CHIU MUN HUNG (COUNSELLOR)

從相遇到相愛，選擇二人同行，共建往後人生，是生命旅途中很美麗的一段。然而，生活中各式各樣的壓力，影響相處時的表達與接收，氣在頭上，鬱在心中，久而久之，相比那些觸發點，這些內傷與內耗對個人與關係帶來更大的困擾與破壞。

家庭治療先驅VIRGINIA SATIR女士用冰山來比喻人的外顯言行與內在心路歷程，別人看得見聽得到的往往就像海面上那冰山一角，而更多沒有／還未表達出來的就好比海入面的冰山底層，很多時候，就連自己也不會打開那扇窗去探尋心底深處到底是甚麼被觸動了，以至說出了某些話，或做了某個舉動，直到夜深人靜未能入眠時才驚覺彷彿不能收回已出之言或動了的手，然後心生懊悔。

由情侶成了夫婦，再當了爸媽，每一次背上新的身份、角色都帶來新挑戰。措手不及、疲憊乏力的時候，最自然不過就是期望身邊人分擔一下，或得到一點關懷與體恤，然而，繁忙的生活為溝通增設了很多關卡與陷阱，細想一下，已經多久沒有停下來凝望著對方專注地說說話？有沒有被環境或腦海的雜音干擾？看到對方的非口語訊息有沒有觸動自己的神經或自行無限上綱與假設？……

VIRGINIA SATIR 女士提醒並祝福我們先尋求自己表裡一致，平靜安穩(PEACE WITHIN)，才更能夠清晰地表達自己，幫助身邊人明白我們，從而建立和諧的關係(PEACE BETWEEN)。讓我們先多一點留意自己身體的反應、心裡的感受以及腦袋有甚麼想法與期望，當中隱藏了甚麼內在的需要，這樣看見自己，聆聽自己，明白自己，是自愛也是我們最值得送給自己的禮物，更是有效溝通的先備條件。

From meeting to falling in love, choosing to go together and building a life together as a couple is a beautiful part of life's journey. However, the various pressures in life affect how we express and receive each other's messages, leaving us with negative emotions in our heads and hearts.

Virginia Satir, a pioneer in family therapy uses the metaphor of an iceberg to describe the discrepancy between a person's outward actions and inner feelings. What is seen and heard is often like the tip of the iceberg on the surface of the sea, while what is not expressed is like the bottom of the iceberg below the sea. Often, when one does not open the window in his heart to discover the depths, one may say something or do something that one realizes later on that they cannot take back and feel remorseful about.

From a couple to becoming a married couple, and then becoming parents, each new identity and role brings new challenges. When one is overwhelmed and exhausted, it is only natural to expect one's other half to share the burden or to receive a little care and compassion. Yet, the rapid paces of our lives create difficulties in communications, and it begs the question of when was the last time we sat down with each other and talked it through.

Satir reminds and blesses us to seek "peace within" ourselves, such that we can express ourselves more clearly and help those around us to understand us, resulting in the formation of a harmonious relationship and "peace between" each other. Let us be more aware of how we truly feel in our hearts and what thoughts and expectations we have in our heads and what inner needs are hidden within. Listening and understanding ourselves is self-love and the best give we can gift ourselves.

遊出我心途計劃

以多元的手法，為患有先天性心臟病的兒童及家長，提供全面的心理支援服務，如：遊戲或創意藝術活動，或家長心理輔導，從而協助表達內在的情緒，提升他們的的家庭精神健康。

Journey Into Your Heart

The concept of the program is to provide comprehensive psychological support for congenital heart disease children and their parents through games, creatives art activities and counselling, help them to express their deep inner emotions and improve their family's mental health.

詳情 Details

先天性心臟病嬰兒飲食建議

DIETARY ADVICE FOR INFANTS WITH CONGENITAL HEART DISEASE

| 文章 張卓軒（註冊營養師） MR. ANTHONY CHEUNG (REGISTERED DIETITIAN)

你知道心臟病嬰兒在進食前有機會出現什麼問題嗎？

部份心臟病嬰兒在進食時或會發生進食緩慢、哺餵時氣促或呼吸困難、出汗增加、容易嘔吐等問題。呼吸困難令嬰兒需要耗用較多氧氣及能量維持呼吸，引致進食時沒有氣力，哺餵時間亦較其他嬰兒長。

您的寶寶需要甚麼營養？

初生至六個月

- 首三個月的嬰兒需要奶類哺餵。首選是母乳，因為易消化，有充足營養及抗體，也可增進母嬰感情。
- 嬰兒在四個月大時，可嘗試加入少量稀釋果汁、米糊、麥糊或嬰兒食物等。初期嬰兒或會不接受，父母需有恆心不斷嘗試。

六個月至一歲

- 六至八個月大嬰孩可開始進食肉粥，肉類需攪碎或煮稔。每次只選一種及極少份量開始為原則。同時觀察嬰孩對新食品有否敏感反應，若嬰孩不肯進食，數星期後再嘗試。

一歲或以上

- 一歲後的小孩可進食爛飯並加入碎菜和碎肉。小童的飲食如成年人一樣，切勿強迫或過份憂慮小孩的食量。

你了解手術後的飲食要點嗎？

經歷完手術的心臟病童，在飲食上需要十分注意。手術後部份小孩會短暫性因為傷口痛或疲倦引致食慾欠佳，家長可嘗試給予較易消化的食物，如營養味粥、通粉或碎肉粥。避免偏食及不可進食過多鹽分食物，例如即食麵、薯條等，注意均衡營養。

同時間需要少食多餐，若嬰兒因氣促無力啜奶時，可用小匙餵飼或分數次餵飼。部份患病小孩的體型較一般小孩細小，父母對此不要灰心失望，必要時醫護人員會轉薦營養師給予指導，以增加小孩的營養。

最後手術後初期醫生會限制小孩的飲水量，減少心肺積水機會。若五個月大的嬰兒因限水而不能進食足夠奶量，可給予嬰兒米糊補充。

先天性心臟病童需要蛋白質、碳水化合物、脂肪、維他命等幫助生長與發育。父母必須有耐心並學習如何因應問題，從而改善嬰兒的營養與飲食。

小知識——為什麼要限水？

- 當心臟缺損引致心臟衰竭，功能不足，不能泵出足夠血液至全身器官，水份便積留體內。身體內水份過多，會加重心臟負荷，影響病情，故此需要限制進水量。
- 大部份心臟手術後，尤其是手術其間曾使用體外循環機的病人，因為心臟及腎臟功能未完全復原，初期會限制進水量數天，然後視乎病情，漸增加進水量或不用限水。

Do you know what problems babies with heart disease are likely to have before they eat?

Some infants with congenital heart disease may have problems such as slow feeding, difficulty in breathing during feeding, increased sweating, and vomiting. Breathing difficulties cause the infant to use more oxygen and energy to keep breathing, resulting in less energy to eat and hence, requiring longer feeding times than other infants.

What nutrition does your baby need?

Newborn to six months

- Babies need milk for the first three months of life.Breast milk is preferred because it is easy to digest, has sufficient nutrients and antibodies, and enhances the mother-child relationship.
- At 4 months of age, try adding small amounts of diluted juice, rice, wheat or baby food, etc. Initially, babies may not accept it, so parents need to be persistent and keep trying.

6 months to 1 year old

- Meat porridge can be started for infants aged six to eight months, with the meat shredded or cooked.
- Start with just one type and very small portions as a baseline.
- Observe if the baby has any problems with the new food, such as allergic reactions.
- If the baby won't eat, try again in a few weeks.

One year old or above

- After the age of one, children may eat mashed rice with chopped vegetables and minced meat. Children's diet is similar to that of adults, do not force or worry too much about the amount of food your child eats.

Do you know what to eat after surgery?

Children with heart disease who have undergone surgery need to pay close attention to their diet. Some children may have a temporary loss of appetite due to wound pain or fatigue after surgery. Parents may try to offer more easily digestible foods such as nutritious porridge, macaroni or minced meat porridge. Avoid eating a diet with too much salt, such as instant noodles and French fries.

If the baby is too short of breath to sip milk, spoon feed or give the baby in smaller portions several times. Parents should not be discouraged by the fact that some children are smaller than other children, and if needed, will be referred to a dietician for advice on how to improve nutrition if necessary.

Finally, in the early post-operative period, the surgeon will restrict the amount of water the baby can drink to reduce the chance of fluid accumulation in the heart and lungs. If a five-month-old baby is unable to consume enough milk due to water restriction, he may be given rice paste as a supplement.

Children with congenital heart disease need protein, carbohydrates, fats and vitamins to help them grow and develop. Parents must be patient and learn how to respond to the problem so that they can improve their baby's nutrition and diet.

Trivia - Why is water restriction required?

- When heart failure is caused by a heart defect, the heart does not function adequately and cannot pump enough blood to perfuse organs, leading to the retention of water in the body. This may increase the strain on the heart and affect the pre-existing condition, hence the necessity for water restriction.
- Most cardiac surgery requires the use of extracorporeal circulation machines. These machines may temporarily impair their heart and kidneys functions. Water intake will be restricted for a few days post-operation and then gradually increased depending on the condition.

「跳」出「世一」殊榮 活出精彩的篇章

LIVE YOUR OWN EXCITING CHAPTER!

文章 張思齊 AUTHOR CHEUNG SZE CHAI

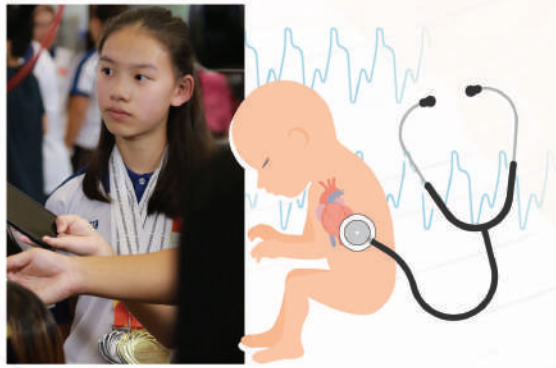
我是張思齊，快18歲了。趁著我還是一名「小朋友」時，我想分享一下我的故事。

我患有先天性的心臟病：動脈導管未閉（Patent Ductus Arteriosus），即一條細小的血管，本應在出生後閉合，但我的卻未能成功閉合。

雖然患有先天性心臟病聽起來有點可怕，更不確定會否引起諸多生活上的不便。然而，我小時候的生活其實與其他小女孩並無他樣，甚至是更豐富！我不但沒有刻意迴避不同的活動和食物，反而對於體操、溜冰、公園裡的馬騮架、雪糕等東西更是「愛不釋手」。

我的父母一直定期帶我去覆診，觀察著我的情況，看看我的身體狀況是否有受到影響。後來，由於心臟血管的壓力有異，於是便在周啓東醫生的安排下於五歲時在瑪麗醫院接受了動脈導管未閉閉塞術手術。幸好，手術非常成功，也沒有留下任何後遺症。我能像其他小朋友一樣快樂的迎接我的小學生活，繼續做一個活潑、蹦蹦跳跳的小朋友。

在我小學三年級時，我透過學校的聯課活動課堂，有幸認識到花式跳繩這運動。它千變萬化的花式深深吸引了我，驅使我參加了這課外活動。慢慢的我喜歡上了這項運動，參加了校隊，亦第一次代表學校參加了由香港心臟專科學院主辦的「跳繩強心」校際比賽，獲得了冠軍。在這之後，我跟隨教練到校外接受更嚴格的訓練並參加各項本地的跳繩比賽。在2015年的時候，我由校隊跳進了香港跳繩代表隊，只有十歲的我正式在2015年首次代表香港到馬來西亞參加了第八屆亞洲跳繩錦標賽。



I am Cheung Sze Chai and I am turning 18 years old this year. While I am still a "little kid", I would like to share my story.

I was born with a congenital heart condition called Patent Ductus Arteriosus, in which a small blood vessel that is supposed to close at birth, did not close properly in my case.

Having a congenital heart disease may sound daunting and may cause a lot of inconvenience in many aspects of life. However, my childhood was no different from any other girl's, if not more rewarding! Not only did I not shy away from different activities and foods, but I was in love with things like gymnastics, ice skating, the park and ice cream.

My parents regularly brought me to follow-up appointments to monitor my condition. Later on, due to an abnormal pressure difference in my heart vessels, I underwent an operation at the age of five at Queen Mary Hospital for a patent ductus arteriosus occlusion surgery, under the arrangement of Dr Adolphus Chau Kai Tung. Fortunately, the surgery was very successful and left no sequelae. With this success, I was then able to embrace my primary school life as happily as other children around me and continue to be a lively and energetic child.

When I was in Primary 3, I was introduced to the sport of rope skipping through my school's extra-curricular activity classes. The plethora of rope skipping styles were so fascinating that I joined this extra-curricular activity. I gradually fell in love with the sport, joined the school team and represented the school for the first time in the inter-school rope skipping competition organised by the Hong Kong College of Cardiology, where I won the championship. After that, I followed the coaches to undergo more rigorous training outside of school and participated in various local rope skipping competitions. In 2015, I was invited to the Hong Kong Rope Skipping Team, and at the age of 10, I officially represented Hong Kong for the first time in the 8th Asian Rope Skipping Championships in Malaysia.

在後來的幾年裡，我與我另外的四位隊友更是繼續代表香港於2016、2017及2018年到瑞典、韓國及上海等地參加亞洲跳繩錦標賽和世界跳繩錦標賽。隨著多年來一起訓練及比賽的經驗，我們在團體賽的成績越來越好，更在2018年為香港首次奪得FISAC-IRSF世界跳繩錦標賽14歲或以下女子組（即：世青）第一的好成績。

在疫情下，我們跳繩隊的訓練也受到阻礙，但幸好疫情的來襲並未能破滅大家對跳繩的喜愛。在2021年，我與隊友轉戰16歲或以上女子組比賽，經過更換隊友及比賽制度改變等重重難關，亦成功挑戰了International Jump Rope Union (IJRU) Virtual World Championships，獲得了「世一」的殊榮。

有時候看著自己的經歷，我也覺得特別神奇，覺得自己特別幸運。除了自身的努力外，我非常感謝父母對我的教育。他們十分支持我做運動員的夢想，從不阻止我嘗試不同的劇烈運動，更是幫助建立多樣興趣。

今年，我即將到英國修讀物理治療的大學課程了。雖然我暫時未必能代表香港跳繩隊繼續我的跳繩夢，但希望我能夠繼續幸運的、順利的完成我另一個夢想 — 成為物理治療師吧！

希望各位也一起努力，追尋自己的夢想，活出自己精彩的篇章！

In the following years, my four teammates and I continued to represent Hong Kong at the Asian Rope Skipping Championships and World Rope Skipping Championships in Sweden, Korea and Shanghai in 2016, 2017 and 2018. With the experience of training and competing together over the years, we have gotten better and better in team competitions, and in 2018, we won the first place for Hong Kong in the FISAC-IRSF World Rope Skipping Championships for the first time in the girls' age group of 14 or below.

Although the COVID-19 epidemic affected many aspects of our lives including our training, it did not destroy our love for rope skipping. In 2021, my teammates and I switched to the girls' 16 and above division and, after many changes in teammates and the competition system, we participated in the International Jump Rope Union (IJRU) Virtual World Championships and successfully attained first place!

At times when I look at my personal experiences, I find myself to be especially lucky. Apart from my own hard work, I am very grateful to my parents for the education I received and their perpetual support of my dream to be an athlete, and never stopping me from trying different strenuous sports.

This year, I will be studying physiotherapy in the UK. Although I may not be able to continue my dream of representing the Hong Kong Rope Skipping Team for the time being, I hope I will continue to be lucky and successful in my aspiration of becoming a physiotherapist!

I hope you will all work together to follow your dreams and live your own exciting chapters!

我最喜愛的電影/劇集

MY FAVOURITE MOVIE/DRAMA

文章 吳家欣 AUTHOR NG KA YAN

今天我想和大家分享一套2018年播出的電視劇 —《跳躍生命線》。這是一套以救護員為題材的醫療劇，故事內容主要講述一班救護員的工作生涯、救護員出勤救急扶危和爭分奪秒的情況，以及一些親情和友情的感人故事。

我想推介這一套劇集的原因是由於我們對於救護員的認識不太深入，只是知道他們的工作是拯救每一個生命，透過這套劇可以了解更多救護員的工作和日常、看到一班他們投考救護員的過程，以及救護學生的訓練過程。

「有些事情就算再差都有可能會變好的。」我是一個患有先天性心臟病的心童，醫生認為基於我的病情轉差，所以需要再做大手術去改善病情，我相信只要堅強勇敢地面對，打好每一場仗，衝破不同難關，一定會變好的，最後我就能夠再一次順利完成手術。

「有人說，每個人身邊都有一個天使，他會以不同的身分、性別、年齡、樣貌出現在你的生命裡面，有需要的時候，他就會出現，伸出援手，幫助你渡過難關，重獲新生。此外，天使不止一個，可以是兩個、三個，可以是許願、守護、扶持、安慰，聆聽，很多很多。所以就算你遇到多惡劣的環境，再困苦的時刻，再崎嶇的路上，人，從來都不孤單！」其中第16集這一句獨白鼓勵了我很多。

我相信先天性心臟病的心童一定會有天使在旁，在我每一次的手術或治療期間總會出現。在醫院期間，醫生、護士、醫護人員等，他們會盡心盡力醫治和照顧我，尤其早前有兩次手術都在疫情期間進行，爸爸和媽媽不能到醫院探我，所以我更加要相信醫生和護士可以令我好快康復，重獲新生。另外，長輩和家人們會在背後默默守護著我，還有朋友或同學的支持和安慰，他們的出現就好像給了我一支強心針和動力，陪伴我渡過難關，和我一起打好每一場仗，使我都要懷著相信和希望的心情，走過這艱難的路。

人生是無常的，沒有人會知道下一秒會發生什麼事，因此最重要的是活在當下，珍惜生命，以及與家人和朋友的相處時間。

Today I would like to share with you a TV series that aired in 2018 - "Life on the Line". This is a medical drama series based on ambulancemen which delves into the working life of a group of ambulancemen. This included showing how ambulancemen carry out their duty to race against time while saving lives, as well as some touching stories of family and friendships.

The reason why I would like to recommend this series is because we do not know much about ambulancemen, we only know that their job is to save lives. Through this series, we learn more about the work routine of ambulancemen, as well as seeing the training process of ambulance students.

I recall a quote from the series: Even if certain things turn bad, there is a chance it will revert to being good. I am a child with a congenital heart disease and the doctors think a major operation is required to improve my condition as it has deteriorated. Regardless, I firmly believe that if I am strong and persist in this fight, this operation will improve my condition much more.

It has been said in episode of 16 of "Life on the Line" that "every person has an angel who appears in your life in many forms and will come to your aid in times of need, to help you through your struggles and to give you a fighting chance at life. In fact, there can be more than one angel, two, three, wishing, guarding, giving their undying support to you. Hence, no matter how bad the circumstances are, no matter how difficult the times are, no matter how rough the road is, no one is ever alone!" This monologue encouraged me immensely throughout my times of difficulty.

I believe that a child with congenital heart disease will always have an angel by their side, who will always be there during every surgery or treatment. During my time in hospital, the doctors, nurses, and medical staff would make every effort to treat me and take care of me, especially during the epidemic when my father and mother could not visit me in hospital after undergoing two surgeries. In addition, my family members were behind me perpetually, as well as the support and comfort of my friends and classmates. Their presence was a beacon of faith and support to help me fight the battles during this difficult time.

Life is unpredictable and we cannot dictate what happens in the next moment. Therefore, the most important thing in life is to live in the moment, to cherish life and to spend time with family and friends.

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