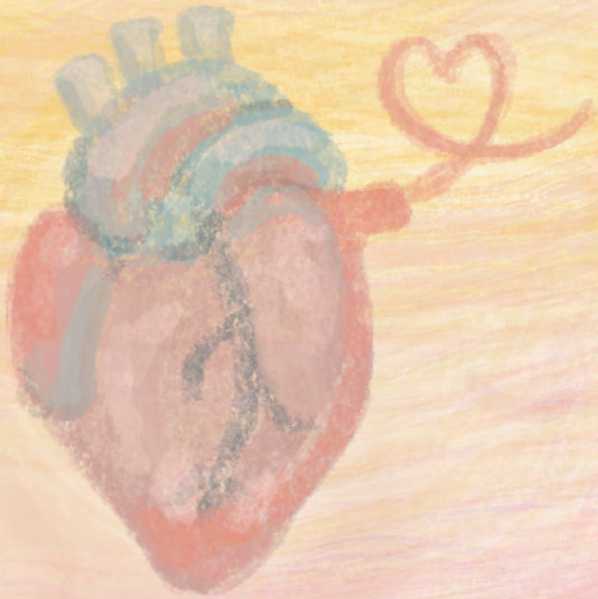

童心守護30年

心動

Three Decades of Saving Children's Heart

HEART BEAT

兒童心臟基金會
Children's Heart Foundation

三十週年紀念特刊
30th Annviersary Commemorative Publication

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Messages on The Anniversary

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創辦人 — 梁平醫生

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兒童心臟基金會(基金會)自一九九四年成立以來，時光荏苒，已經走過三十個年頭。我與周啟東醫生作為基金會的創會成員，見證了其誕生與成長。雖然基金會在一九九四年正式成立，但早在我決意投身兒童心臟科並以此為畢生志業之時，便萌生建立一個家長互助組織的想法。

三十年前，香港的兒童心臟科服務（包括內科與外科）主要集中在近香港仔，位於黃竹坑的葛量洪醫院。於一九九三年，我剛被任命為該醫院的心臟科主管。在面對源源不絕湧入病房的重症嬰兒時，兩大挑戰深深震撼了我，亦促使基金會的誕生。

首先是家庭生活的劇變。從迎接新生命的欣喜，到驚聞孩子罹患心臟衰竭、急需手術挽救生命的絕望。作為醫生，我親身體會到這樣的情緒衝擊是何等沉重與難以承受。鄭映歡女士的兩名子女患有發紺性先天性心臟病並得到醫治，她深切體會家長在這種情況下的心理需要，於是主動到醫院探訪，陪伴傷心絕望的父母，協助他們釋放情緒。不久後，一群擁有專業背景（如會計師、律師及金融界人士）的家長加入這個互助網絡。在高級政府官員栢志高太平紳士（同樣為心臟病患兒家長）的帶領下，基金會正式成立，他擔任首任主席並持續服務八年，而鄭女士則自基金會成立以來一直擔任副主席，至今仍不遺餘力地貢獻。此外，基金會聘請了一名全職醫務社工，專責探訪新確診病童的家屬（在疫情期間，這些探訪計劃曾受到限制）。

另一個重大挑戰是長途通勤的困難。儘管家長們深知葛量洪醫院提供最優質的治療，但許多病童家庭來自新界，單程公共交通便需時兩至三小時。為了減輕家長的負擔，醫院管理層同意將部分醫務人員宿舍改建為小型單位，讓病童家屬得以短暫居住，減少每日奔波往返的勞累。

在基金會成立最初的六至八年間，我們集中解決這些社會問題。隨後，基金會逐步將重心轉向提升醫療與外科治療水平。周醫生接任主席後，與家長們攜手確立發展方向，致力推動介入性導管治療、特殊瓣膜導管手術、引入一氧化氮治療技術，以及引進人工心臟（Berlin Heart Pump，詳見周醫生的前言），這些都是提升病童治療質素的重要里程碑。隨著越來越多病童順利接受初次手術，他們開始進入青春期、成長為年輕成人，並逐步面臨新的健康挑戰，這正是西方國家所稱的「成人先天性心臟病」群體。

自二零零零年離開葛量洪醫院後，我從旁見證基金會過去二十年的發展與演變。我全力支持周醫生的領導方向，促使基金會與醫療團隊攜手合作，共同推動醫療技術進步，尤其是在成人先天性心臟病的治療領域。此外，我亦贊同心臟移植在為最棘手且可能無法挽救的心臟（如病毒性心肌炎）中的應用趨勢，這也將為進一步改善先天性心臟疾病治療（如左心發育不全綜合症）奠定重要基礎。

如今，隨著兒童心臟科服務遷至兒童醫院，基金會繼續發揮關鍵作用，為心臟病童提供全方位照護，包括先前重點關注的情緒支援、減輕父母的交通負擔，以及提升家庭對兒童心臟病的認識與理解。同時，基金會需更加關注先天性心臟病成人患者的需求，同時，基金會亦需將關注焦點延伸至先天性心臟病成人患者。此外，我認為在探究先天性心臟病的成因與提升治療方案方面，仍有極大發展空間，非常需要更多資源與支持。香港及兒童醫院一直需要基金會的積極參與與貢獻。

This year marks the 30th Anniversary of the Children's Heart Foundation since its inauguration in 1994 (Time Flies!). Myself and Dr Adolphus Chau are the founding members of the Foundation. Formally organised in 1994, but the idea of forming a parent's self-help group was conceived ever since I took up Paediatric Cardiology as my life-long career.

30 years back then, Paediatric Cardiology service (both surgical and medical) for the whole of Hong Kong was available primarily at the Grantham Hospital in Wong Chuk Hang, close to Aberdeen . In 1993 I was the newly appointed Chief of Service. When faced with a constant inflow of sick babies at the unit, 2 major issues hit me particularly hard and became the stimuli for the formation of the CHF.

Firstly the drastic change of the family dynamics: from an initial happy heavenly note delivered by the newborn arrival, to the breaking of an unbelievable and unaccepted news ---- that the innocent angel, now developed symptoms of heart failure, would urgently require heart surgery to save his/her life. I have found that as a medical doctor, dealing with such emotional turmoil proves to be extremely difficult. Ms Jenny Cheng, a mother with 2 children suffering and recovering from cyanotic congenital heart disease, recognised the need and began as a volunteer, doing hospital visits and communicating with the saddened and depressed mothers, helping emotional relief for the affected parents. Soon a small network of families with professional backgrounds (accountants, lawyers and people dealing with finance) joined forces together. Guided by a high ranking government official---Mr Duncan Pescod (parent of a child with heart disease) was voted the first chairman of CHF and continued to serve the Foundation for subsequent 8 years. Jenny remains as Vice-chairman for CHF all these 30 years and still serving . A full time medical social worker was employed to continue organising hospital visits for the newly affected parents and family (hospital visits were forbidden during infectious outbreaks).

A second major task for the parents and families was the long distance between home and the hospital, even though they recognised that Grantham Hospital was offering the best treatment for their child. Many families were referred from the New Territories and the public traffic network required a minimum of 2-3 hours of travelling. To overcome that, the Hospital administrators agreed to utilise a unit of medical quarters to convert to multiple smaller units for families to stay while their child received treatment in the hospital. This minimized the need of daily travelling for the parents and family members.

After spending the initial period (6-8 years) to settle these social issues, CHF felt that the direction of care for the affected children should be focusing more on the improvement of medical and surgical treatment. Dr Chau kindly took over chairmanship and together with the parents, steered the direction of CHF towards facilitating well defined targets as interventional catheterization,surgery utilizing special valve conduits, introduction of nitric oxide therapy, the introduction of Berlin Heart Pump (as mentioned in Dr Chau's Forward) are all major steps for better treatment of this special group of patients. As more children survived their initial operation, these "lucky ones" now grow through puberty into young adulthood and would sooner or later develop new sets of medical problems. They formed what the western countries described as " adult congenital heart disease ".

I have resigned from Grantham Hospital since the year 2000. As an outsider, I have observed the subsequent development and evolution of CHF for the past 20 years. I fully agree with Dr Chau's guidance for CHF, leading the Foundation to participate with the medical team for better advancement of medical care, especially for this special group of adults harboring congenital heart disease. I also agreed with the trend of performing heart transplant for the most difficult and possibly unsalvageable heart (as in viral myocarditis) . This would also pave the way for further improvement in treating the very specific group of congenital heart disease, as in "hypoplastic left heart syndrome".

Now that the paediatric cardiological service is relocated to the Children's Hospital, CHF can continue to play a major role in the provision of holistic care for children affected by heart disease, embracing previous major concern on emotional support and cutting down travelling time for the parents, as well as other social issues and better understanding of children's heart disease for family members. CHF would need to divert attention to the group of survivors of "adult congenital heart disease". I can also see the need of help in the direction of research for the primary causes and better treatment of heart disease in children. Hong Kong and the Children Hospital would always need input from CHF.

榮譽贊助人 ——
周梁淑怡太平紳士

The Honorary Patron ——
Mrs Selina Chow, JP

三十年前，我有幸獲得邀請加入兒童心臟基金會（基金會）。基金會成立的目的是為先天性心臟病兒童（心童）及其家庭提供支援、促進先天性心臟病的研究和治療、提高公眾對此病症的認識。基金會從而透過行動和捐款，為所有受先天性心臟病影響的人士爭取社會援助。

基金會三十週年紀念的主題是「童心守護三十年」。這象徵我們不僅致力於守護心臟健康，同時也為心童及其家庭帶來希望。我們深信兒童是未來，都應健康快樂地成長。因此，我們與香港兒童醫院心臟科中心、心理輔導團隊緊密合作，為有需要的家庭提供專業及全面的醫療、經濟、心理及資訊支援，協助他們克服終生的挑戰。這樣，他們就可以展望未來的美好生活。

我們已到達一個重要的里程碑，不但要維持現有的服務，更要繼續發展新項目，以回應患者的需要，讓更多兒童及其家庭的生活得到改善！我們感謝您在過去三十年來，對基金會無論是現金或實物的幫助，希望您能繼續支持心童及其家庭。

Thirty Years ago, I had the honour to be asked to join the Children's Heart Foundation, which was established to support children with congenital heart disease (CHD) and their families, to promote research and treatment of CHD, and to raise public awareness of the disease so as to garner community help for all those affected by the disease through action and donation.

The theme for our 30th anniversary is 'Three Decades of Saving Hearts'. It symbolises our commitment not only to protect heart health, but also to give hope to children with CHD and their families. We believe children are our future, and they should grow healthy and happy. We therefore work closely with the Cardiology Centre of the Hong Kong Children's Hospital and their psychological counselling team to provide professional and to provide comprehensive medical, financial, psychological and information support to concerned families, so as to help them overcome lifelong challenges. This way they can look forward to a wonderful life ahead.

We have come to an important milestone. We not only maintain our existing service, but also develop new projects to meet the needs of our patients, so that more children and their family lives will be transformed for the better! We thank you for all the help, in cash and kind, that you have given to our Foundation in the last thirty years, and we hope we can count on your continued support for children with CHD and their families.

榮譽顧問 ——
柏志高太平紳士

The Honorary Adviser ——
Mr. Duncan W. Pescod, JP

我很高興在此祝賀兒童心臟基金會成立三十周年。兒童心臟基金會自一九九四年成立，經過漫漫長路，當中走過的是難以用筆墨形容。

從一開始，兒童心臟基金會就一直致力於支持患有先天性心臟疾病的兒童及其家庭。事實上，基金會之所以能夠成為一個有獨特性的組織，其中一個原因是它積極支持心童家庭，並有賴著不同的醫療專家、患有先天性心臟疾病兒童的家庭、以及社區的廣泛支持。

我的小兒子 Adam 出生時患有嚴重的先天性心臟病，當時他在瑪麗醫院及葛量洪醫院的兒科接受心臟團隊的治療，結果非常出色。在醫療方面，我們十分信賴醫生的判斷，然而作為家長 ，當我們第一次面對 Adam 的情況時，我們感到困惑和害怕。當時梁平醫生介紹了兒童心臟基金會給我，我們立即得到了支持和疾病的資訊，這讓我們和 Adam 更有信心去面對治療。

I am delighted to have this opportunity to congratulate the Children's Heart Foundation on its thirtieth anniversary. To say that the CHF has come a long way since its inception in 1994 is definitely an understatement!

I will not dwell here on the history of the CHF. Suffice it to say that from the very start, the CHF has been dedicated to support children with congenital cardiac conditions, as well as their families. Indeed, the fact that the organization has taken a positive approach to support families is one of the special characteristics that makes the CHF such a special organization: it exists and thrives because of the support of medical professionals, families of children with cardiac conditions and the wider community.

My family became involved when my youngest son Adam was born with a serious congenital condition. From the start, his treatment by the paediatric cardiology teams at Queen Mary Hospital and then Grantham Hospital was outstanding. Our experience on the medical side was so positive but as a family, we felt bewildered and indeed frightened when we were first confronted with Adam's diagnosis. I was approached by Professor Maurice Leung, who introduced the CHF and we immediately found both support and information that gave us the confidence that we and Adam would be able to move ahead after his treatment with hope.

這次接觸後，我更加有興趣投入於兒童心臟基金會的工作。不管是以前，還是現在，我依然深信社會上是需要一個兒童先天性心臟病的倡導者組織，去為患者提供可靠的資訊，並支持著這些家庭，我相信兒童心臟基金會在過去三十年所提供的服務已證明了其價值。

兒童心臟基金會由最初的病人家庭支援網絡，已不經不覺發展成為服務提供者、研究推動者、籌款機構，甚至為心童家長提供短期住宿。基金會一直調整其服務以應對社會變化，見證兒科心臟科由葛量洪醫院搬遷到瑪麗醫院，繼而近年香港兒童醫院的開幕，基金會都保持著對心臟病童和其家庭的支持和關注。

兒童心臟基金會在許多病童的生命中產生了重大影響，當中一項最重點的是我們贊助了「人工心臟及心室輔助器」，拯救了無數心臟衰竭兒童的生命。我們亦與兒童心臟科密切合作，在醫院管理局沒有資源進行這類工作時，支持心臟病童使用心導管去治療某些類型的心臟問題 ，並為這些專業設備提供贊助，使其可以應用於病童身上。

This initial contact led me to get more involved with the CHF as I felt, and indeed still do feel, that there is a need for an organization that can provide information, support families and generally act as an advocate for children with congenital cardiac conditions. I believe that the range of services provided by the CHF over the last 30 years has demonstrated the value of this approach.

The CHF has grown from a support network for families into a service provider, research supporter, fund raiser and even short-term accommodation host. It has adapted its services to respond to changes such as the closure of the paediatric cardiology unit at Grantham Hospital and, more recently, the opening of the Hong Kong Children's Hospital. All the while keeping its core focus on the children and families that need its support.

I know from personal experience that the CHF has made a big difference in the lives of many children. Highlights must include our sponsorship of the Berlin Heart Device that saved the lives of children whose hearts were failing. This at a time when the Hospital Authority did not have the resources to do so. We worked closely with the paediatric cardiology team to support their use of catheters as a treatment for certain types of cardiac problems by sponsoring the specialist equipment necessary for these to be used on children, thus avoiding the need for more substantial medical interventions.

兒童心臟基金會不僅僅在乎醫療治療，我們亦鼓勵病童和家庭參加不同發展性活動。我記得其中一個活動是在南島中學舉辦的烹飪班，孩子們學習如何製作美味佳餚，我們也很享受品嚐成果！當然亦不得不提起，我們社區活動中的一大亮點 — 兒童合唱團，他們曾在聖誕派對中表演，以他們的熱情和才華讓家庭和朋友感到愉悅。多年來，我們有幸看到一些年輕人茁壯成長，這表明患有先天性心臟病的孩子不需要被過份保護，而是可以在給予適當機會的情況下享受生活和展現光芒。

我們的定期籌款活動對於我們的成功也很重要，因為這些都清楚展示了我們取得社會的支持。現在，步行籌款已成為我們的年度籌款項目，每年皆有數百人一同參與其中進行健康運動，並且提高大眾對先天性心臟病的認識。同時，基金會亦致力提高社會對先天性心臟病的認識，努力在不同的公眾場合舉辦展覽，幫助大眾更加了解先天性心臟病。

兒童心臟基金會憑藉其全心全意致力服務患有心臟疾病的兒童及其家庭而建立了良好聲譽。 我很榮幸能與基金會有緊密的合作。我和我的家人感謝所有人的支持，並祝願兒童心臟基金會在接下來的三十年中一切順利！

But the CHF is not only about the serious side of medical treatment. We have also encouraged children and families to engage in healthy activities. One such that I recall was a cooking class held at the South Island School. The children were shown how to create lovely dishes and we thoroughly enjoyed eating the results! Undoubtedly one of the highlights of our social activities has been the children's choir. At public events as such as the Christmas Party, our children have delighted families and friends with their enthusiasm and talent. We have been privileged to watch some of these young people grow and flourish over the years, showing how being born with a congenital heart condition should not mean that such children need to be wrapped in cotton wool but that they can enjoy themselves and thrive given the right opportunities.

Our regular fund-raising efforts have also been important to our success as they are a clear demonstration of the community support we have achieved. The Annual Walk is now a highlight with hundreds of people joining us to raise awareness of congenital heart disease as well as to engage in some healthy exercise. Indeed, our efforts to raise awareness of the range of congenital heart disease has seen the CHF hold exhibitions and health screening days in public housing estates and shopping malls. I know that these have been important in helping the general public to understand more about one of the most common types of congenital disease in Hong Kong.

The CHF has built itself a strong reputation based on its whole-hearted commitment to serving the children with heart conditions and their families. I am proud to be associated with the organization. My family and I thank everyone for their support and wish the Children's Heart Foundation all the very best for the next thirty years!

主席 —— 周啟東醫生

Chairman —— Dr. Adolphus K.T. Chau

今年是兒童心臟基金會成立三十週年的誌慶，是一個值得慶祝的日子，作為現任基金會的主席、三十年前的創會會員和一個兒童心臟科的醫生，我認為這也是回顧過去和展望將來的好時機。

回想三十年前，有十多位熱心的先天性心臟病童的家長和醫護人員，在一九九四年成立兒童心臟基金會，其後更註冊成為非牟利的慈善組織。我們感謝本會榮譽贊助人周梁淑怡女士和幾位前任主席在過去三十年對基金會的支持，也感謝病童家長及社會人士和各機構的大力支持，令到基金會的服務和工作得以不斷擴展並得到良好的成果；惠及本港的心臟病童及其家庭，而會員人數亦增加至現時的四千人。

基金會在過去三十年都一直與本港兒童心臟科有緊密聯繫，最早時期是在葛量洪醫院(一九九四至二零零八)，其後在瑪麗醫院(二零零八至二零一八)，以及現在兒童醫院的兒童心臟科。在醫療方面，我們在香港全力支持及加速引進一些重要而嶄新的療法，又邀請海外知名的外科醫生和心臟病專家來港與本港醫生交流經驗，並引入心臟科手術及介入導管治療的新技術。這些努力不但拯救 了不少生命，也有助改善治療效果和病人的生活質素。這些在醫療上的貢獻，包括贊助了本港首次應用一氧化氮儀器來治療肺高壓，首批同體移植心瓣手術，首部人工心臟 (Berlin Heart Pump) 的應用，和經心導管肺動脈瓣植入術，和其他嶄新介入性導管治療術等。

This year marks the 30th anniversary of the Children's Heart Foundation (CHF), and it is time to celebrate. As the current Chairman and a founding member of the CHF 30 years ago, and a paediatric cardiologist, I believe it is time to look back and look forward.

30 years ago, more than 10 parents of children with congenital heart disease (CHD) and medical professionals joined together to establish the CHF in 1994. It was later registered as a non-profit making charitable organisation. We would like to thank our Honourable Patron, Mrs. Selina Chow, and the past Chairmen for their invaluable work, as well as the parents of the children with CHD, the community and various organisations for their unwavering support. These efforts have enabled the CHF to expand its services and work with excellent results, benefiting patients with CHD and their families in Hong Kong. Today, we are proud to say that our membership has grown to 4,000.

The CHF has been working closely with the Paediatric Cardiology Department in Hong Kong for the past 30 years. We began at Grantham Hospital (1994–2008), then moved to Queen Mary Hospital (2008–2018), and now we are at the Paediatric Cardiology Department of the Children's Hospital. The CHF is fully committed to introducing important innovative treatments in Hong Kong. We also bring renowned overseas surgeons and paediatric cardiologists to Hong Kong to share their experience with local doctors and introduce new techniques in cardiac surgery and interventional catheterisation.

除了在治療兒童心臟病作出貢獻外，基金會亦十分重視病童的全人治療 (Holistic Care) 及對家庭的支援。我們成立的病人和家長支援小組為不同年齡的病者和家人提供了經驗分享、互相支持的機會，同時，小組亦在成員之間宣揚了友善博愛的精神。

此外，我們近年也聘請專業人士為病童提供了遊戲和藝術治療及為家長提供心理輔導和諮詢服務等，務求病童和家長都得到身、心、社、靈的全面照顧。

在社會服務方面，兒童心臟基金會透過舉辦健康講座、研討會和公眾展覽等。來提高公眾對兒童心臟病的認識，也同時推廣了預防成人心血管病和心臟健康應由從小開始這個概念。

在過去三十年，我不但曾目睹患病兒童及其家長在患病期間的痛苦，在病癒後的喜悅，也看見了他們在參與兒童心臟基金會的活動時所獲得的滿足和快樂。同時，透過全體成員的參與和所有員工的真誠奉獻，我也見證了兒童心臟基金會在建立關懷態度，促進人道主義等方面的成果。我非常珍惜兒童心臟基金會這些美好的時刻和成就。

至於展望未來，由於醫療進步，兒童先天性心臟病的存活率已大大提高，現時大部份病童都能長大至成年階段，接受正常教育，過正常的生活，但仍有一些病人需要在成人階段繼續跟進和治療，因此，我們希望在未來，除了延續過去的工作外，基金會能夠幫助本港發展成人先心病的醫療服務和照顧，希望社會各界能繼續支持我們的工作。

These endeavours have saved many lives and improved the outcome of treatment and the quality of life of patients. We sponsored the first nitric oxide equipment for the treatment of pulmonary hypertension in Hong Kong, the first homograft heart valve implant, the first artificial heart pump, the Berlin Heart, and the Percutaneous Pulmonary Valve Implantation Project. We also funded a number of new interventional catheterisation procedures.

We are proud to prioritise holistic care for children and support for families in addition to our contribution to the treatment of congenital heart disease. Our Patient and Parent Support Group provide invaluable opportunities for patients and their families of different ages to share experiences and support each other, fostering a friendly and caring atmosphere among members.

Furthermore, we have recently expanded our services to include play and art therapy for children and psychological counselling and advisory services for parents. This ensures that both children and parents can receive comprehensive physical, mental, social and spiritual well-being.

The CHF has been at the forefront of raising public awareness of the challenges and needs faced by children with heart disease. Our health talks, seminars and public exhibitions have successfully promoted the concept that the prevention of adult cardiovascular disease and the protection of heart health should start at an early age.

Over the past 30 years, I have seen first-hand the suffering of children with CHD and their parents during their illnesses and their joy after recovery. I have also seen the satisfaction and happiness they gain from participating in the activities of the CHF, and I can say with confidence that this is a highly satisfying and worthwhile endeavour. I have also seen first-hand how the CHF is building a caring attitude and a humane direction through the dedication of its members and staff. I treasure these achievements and moments of success.

The future is bright for children with CHD. Medical advances have greatly improved their survival rate. Today, most patients are able to grow up to adulthood, receive a normal education and lead a normal life. However, there are still some patients who need to continue to be followed up and treated in their adult years. The CHF will continue its work and support Hong Kong develop the medical services and care for adults with CHD. We look forward to the continued support of our community.

從心出發的旅程

A Journey from the Heart

About Us

關於我們

兒童心臟基金會是由一群關注心臟病兒童的家長及義工於一九九四年十一月十日成立的註冊慈善機構，致力服務先天性心臟病兒童及其家人。

基金會得到香港兒童醫院心臟科全力支持，並且憑著醫護人員、家長及社工的努力與愛心，緊密合作，共同為心臟病患兒童服務。

基金會的運作全賴外界的捐助。除了接受熱心人士和機構的慷慨捐款外，我們亦舉辦不同類 型的籌款活動，以支持各項服務。所有籌得善款將用於提供各項服務上。

Children's Heart Foundation (CHF) was set up on 10th November 1994 by a group of concerned parents and volunteers. It was founded as a registered charitable organisation devoted to supporting children suffering from congenital heart disease and their families.

Hong Kong Children's Hospital is the main centre for the treatment of paediatric heart disease in Hong Kong. The Hospital provides full support to the Children's Heart Foundation and cooperates closely with us on all our work for children with heart disease.

The running of the organisation is entirely dependent on donations. Dependant on donation from the public and corporate, the CHF organizes various of fund-raising activities to support all its charitable services.

宗旨 Objectives

- 提高市民大眾對先天性心臟病的認識
- 向患有先天性心臟病兒童及其家屬提供經濟、心理及資訊支援及協助
- 推動有關先天性心臟病的研究及治療

- To raise public awareness of congenital heart disease
- To provide financial and psychological support to families with children suffering from congenital heart disease
- To advocate the development of technology and methods to prevent defects and to treat congenital heart disease

本會服務 Our Services

- 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
- 定期為留院病童及會員舉辦教育及發展性活動
- 購置醫療設備
- 為病童及其家人提供情緒治療及心理輔導支援

- Financial support for medical treatment and devices
- Sponsoring the acquisition of medical equipment
- Arranging oversea surgeons to join medical exchange programmes in Hong Kong
- Organising regular educational, developmental and supporting programmes
- Provides psychological counselling and therapeutic support to patients and their families

1994

- 兒童心臟基金會正式註冊為慈善團隊，並得到渣打銀行的巨額捐助作為首筆營運資金，成立家長小組，協助患有先天性心臟病兒童的父母。
- Establishment of the Children's Heart Foundation through a substantial donation from Standard Chartered Bank. Setting-up of mutual support group for parents with children suffering from congenital heart disease.

1995

- 全面推廣服務，開展在葛量洪醫院進行探訪活動
- Start of parents' outreach programme through ward visits in Grantham Hospital.

1996

- 為醫院購置本港首部一氧化氮儀器
- 安排海外專科醫生來港交流、引入同體心瓣移植等
- 首次贊助病童進行同體心瓣移植手術
- 舉辦五週年籌款晚宴及慈善賣物會
- 1st Nitric Oxide Delivery System purchased for the paediatric ward at Grantham Hospital
- 1st programme bringing medical expertise from overseas to advocate Homograft treatment.
- Provided medical sponsorship for homograft treatment.
- 5th Anniversary Fundraising dinner cum charity bazaar.

1997

- 翻新葛量洪醫院病人資源中心
- 兒童心臟基金會會址正式啟用
- Renovation of Patient Resource Centre at Grantham Hospital
- 1st CHF office opens.

1998

- 首次贊助病童接受介入性導管治療及安裝心臟起搏器
- 1st medical sponsorship for children receiving catheter intervention and pacemaker installation.

1999

- 成立「家長互助及青年義工小組」及「籌款事務委員小組」
- 開始放置善款收集箱接受市民捐款
- 舉辦首個大型健康展覽
- Establishment of "Parents Support and Volunteers Group sub-Committee and Fundraising sub-committee.
- Start to place of donation boxes to gain public donation
- 1st Exhibition on Children's Heart Health

2000

- 贊助植入香港首個Berlin Heart Pump
- 舉辦首屆心連心慈善步行及首個慈善高爾夫球賽
- 與香港大學、倫敦GOSH 及葛量洪醫院合辦首個交流活動
- 1st Berlin Heart Pump in Hong Kong
- 1st Heart-to-Heart Charity Walk and 1st Charity Golf Tournament at Hong Kong Golf Club
- Partnered with the University of Hong Kong, London's Great Ormond Street Hospital, and Grantham Hospital for the inaugural exchange program

- 購置射頻儀器及心導管贈予葛量洪醫院小兒心臟科
- Purchase of the Radio frequency Energy Generator and Catheters for Grantham Hospital

- 兒童心臟基金會十周年誌慶，會員人數超過一千個家庭
- 贊助葛量洪醫院購買超聲心動儀器
- 10th Anniversary of CHF, CHF membership goes through 1,000 families.
- Purchase of Echocardiograph Machine for Grantham Hospital

2001 2002 2003 2004 2005 2006

- 在葛量洪醫院旁開設「愛心之家」提供照顧者住宿
- 購置心室輔助器供葛量洪醫院小兒心臟科使用
- "House of the Heart" (HOH) adjacent to Grantham Hospital provided accommodations for carers
- Purchase of the Ventricular Assist Device for Grantham Hospital
- Launch of the CHF Website

- 首次成為南華早報及香港電台第三台主辦的「聖誕老人愛心大行動」受惠 機構之一
- 兒童心臟基金會全新網頁啟用
- 1st year of ebing a beneficiary of Operation Santa Claus organised by RTHK and SCMP.
- Launch of the CHF new website

- 購置 Volumetric Infusion Pumps and Transport Incubator 贈予葛量洪醫院小兒心臟科
- 拓展學校教育
- Purchase of the Volumetric Infusion Pumps and Transport Incubator for Grantham Hospital
- Expanded school education initiatives

- 購置 Transcatheter Cryoablation for Supraventricular Tachycardia 及 Neonatal Transport Incubator 贈予葛量洪醫院小兒心臟科
- Purchase of the Transcatheter Cryoablation for Supraventricular Tachycardia and Neonatal Transport Incubator for Grantham Hospital

- 「愛心之家」隨兒童心臟科遷往瑪麗醫院，提供更長服務時間
- The HOH followed the relocation of Paediatric Cardiology Department to the Queen Mary Hospital to offer extended service hours.

- 兒童心臟基金會十五周年誌慶
- 「學業進步獎勵計劃」對象擴展至大專院校之學生
- 15th Anniversary of CHF
- Extend the targets of Academic Award Scheme from primary and secondary school students to college students.

2007 2008 2009 2010 2013

- 增設「行政及財務委員會」、「宣傳及刊印委員會」及「中國事務發展委員會」，與「家長互助委員會」、「籌款事務委員會」及「醫療評核事務委員會」，分別研究及處理各項事務之詳情
- 推出「學業進步獎勵計劃」鼓勵病童學習
- Set up the “Administration and Finance Sub-committee”, “Publicity and Publications Sub-committee” and “Mainland Sub-committee”. Together with the “Patient, Parents and Volunteer Support Sub-committee”, “Fundraising Sub-committee” and the “Medical Assessment Sub-committee” focus and discuss on the specialised areas and issues.
- Introduced the Academic Award Scheme to motivate children with heart conditions in their studies

- 獲邀參與兒童卓越醫療中心(現稱香港兒童醫院)籌備工作小組的討論。
- CHF is invited to participate in discussions with the preparatory team of the Children's Medical Centre for Excellence (now known as the Hong Kong Children's Hospital)

- 本會隨心童存活率顯注上升增設青少年支援，同時擴大醫療經濟援助計 劃和心瓣移植計劃，是年贊助金額達港幣一百六十萬元。
- As the survival rates for children with congenital heart disease continued to improve, the Foundation expanded our support for adolescents, with a total sponsorship of HK$1.6 million for the year.

- 舉辦心臟病兒童運動會及廚藝比賽
- Organized a large-scale sports event and cooking competition tailored for children with CHD.

- 心連心慈善步行共有三十五間贊助及支持機構、超過五千名參加者，並籌得善款港幣一百九十萬元。
- The Heart to Heart Charity Walk had 35 sponsors and supporting organisations, over 5,000 participants and raised HK$1.9 million.

- 栢志高太平紳士卸任主席一職，由周啟東醫生接任。
- Mr. Duncan W. Pescod, G.B.S., J.P. relinquished his role as Chairman of the Children's Heart Foundation, succeeded by Dr. Kai-Tung Chau

2014 2015 2016 2017 2018 2019

- 兒童心臟基金會二十周年誌慶
- 獲得新世界集團慈善基金有限公司捐款港幣一百萬元，贊助海外專家來港進行醫學交流。
- 「愛心之家」搬至華富邨，增設煮食、無線網絡及病童遊戲室。
- 20th Anniversary of CHF
- Received a donation of HK$1 million from the New World Group Charitable Foundation Limited to sponsor medical exchanges between overseas experts in Hong Kong.
- The HOH relocated to Wah Fu Estate, providing additional cooking facilities,Wi-Fi, and a kid's playroom.

- 贊助於本港首次推行的「心導管植入肺部動脈瓣膜先導計劃」
- 會訊改革為《心訊》
- The 1st "Percutaneous Pulmonary Valve Implantation Pilot Project" in Hong Kong, initially sponsored by the CHF
- Newsletter was revamped into "Heartbeat"

- 兒童心臟基金會二十五周年誌慶
- 首次舉辦慈善游泳班
- 改革兒童心臟基金會會徽
- 完成為期兩年的「心導管植入肺部動脈瓣膜先導計劃」，並發展成醫院的恆常項目
- 開設兒童心臟基金會 Instagram 專頁
- 25th Anniversary of CHF
- 1st charitable swimming classes
- Reformed our logo
- The "Percutaneous Pulmonary Valve Implantation Pilot Project" in Hong Kong evolved into a regular hospital programme.
- Launched the Instagram account of CHF

- 「遊出我心途」心理支援服務計劃開展「Train the trainer」項目
- 改革週年會員報告
- 推行婚禮及百日宴回禮捐款計劃
- 得到 Sony Hong Kong 支持，舉辦「活著便好—先天性心臟病童生命之旅」慈善相展
- Launched the “Train the Trainer” session of "Journey Into Your Heart" mental wellbeing support project
- Reformed our Annual Report
- Organised the “Wedding and Baby Shower Donation campaign”
- Supported by Song Hong Kong to organised the Charity Photo Exhibition： “Living In the moment- Journey of the children with congenital heart disease”

- 成立「成人先天性心臟病的病人組織」以開拓服務，包括心理支援、升學及就業輔導、會員活動、生育及婚姻資訊等項目。
- 與如新善的力量基金會香港分會分會攜手創作壁畫，並捐贈予香港兒童醫院兒童及青少年心臟科
- Set up an "Adult Patients’ Group with Congenital Heart Disease" to provide services such as psychological support, education and career guidance, member activities, and information on birth and marriage.
- Collaborate with Nu Skin Force for Good Foundation Hong Kong Chapter to create murals, donated to the Cardiology Centre, Department of Paediatrics and Adolescent Medicine, Hong Kong Children's Hospital

2020

2021

2022

2023

2024

- 鄰近香港兒童醫院的新服務中心開幕
- 開展「遊出我心途」心理支援服務計劃
- 發起防疫物資轉贈行動
- 啟動《醫生同你傾》網上醫生講座，分享先天性心臟病資訊
- 愛心聖誕大行動及如新善的力量基金會香港分會贊助推行基因測試和家庭篩查項目

- Launched the New Service Centre near the Hong Kong Children's Hospital.
- Launched the "Journey Into Your Heart" mental wellbeing support project
- Initiated an epidemic prevention material redistribution campaign
- Launched "Chat with Doctors" for sharing congenital heart disease information
- Support from the Operation Santa Claus and the Nu Skin Force For Good Foundation Hong Kong Chapter for the genetic testing and family screening projects

- 開展籌備《先天性心臟病病童手冊》
- 推行可攜帶的醫療裝置借用服務
- 與滙基書院(東九龍)一同出版四本「心童繪本」
- Started to create a publication specifically tailored to the conditions of children with congenital heart disease.
- Introduced a loan service of portable medical device.
- Worked with the United Christian College (Kowloon East) to organise the “Congenital Heart Disease Picture Book Project”

- 兒童心臟基金會三十周年誌慶
- 30th Anniversary of CHF

Core Values

核心價值

兒童心臟基金會(基金會)成立的主要宗旨是向先天性心臟病兒童(心童)及其家屬提供醫療經濟援助，以及推動有關先天性心臟病的研究及治療。由創會至今，我們一直秉承以上宗旨，透過提供全面服務以實踐核心價值。

本港公立醫院於一九七零年代設立兒童心臟科服務。當時治療技術較西方的已發展國家足足落後接近二十年，先天性心臟病患者的存活率不足百分之六十。在資源匱乏的情況下，一眾心童家庭、義工及醫護人員同心協力於一九九四年組成病人互助小組，並成立本會以向病人帶來同路人的支援。

回顧過往三十年，在基金會與兒童心臟科的通力合作下，現時先天性心臟病患者的存活率已超過百分之九十五，治療技術水平亦逐漸與西方國家並駕齊驅。基金會推行「醫療經濟援助計劃」，為有經濟困難的心童家庭提供醫療贊助，為其購置心瓣、介入性導管、心臟起搏器、植入式除氈器等自資醫療項目，讓其得到適切治療及改善其身心狀況。

此外，基金會積極推動有關先天性心臟病的研究和治療，例如基金會贊助引入本港首部一氧化氮儀器及 Berlin Heart Pump (人工心臟)，本港首次推行的「經心導管肺動脈瓣膜植入術」治療，並且安排海外醫生到訪進行醫學交流，以填補公共醫療的空隙，為兒童心臟科的發展奠下穩固基礎。

The Children's Heart Foundation (CHF) is committed to providing medical and financial assistance to children with congenital heart disease (CHD) and their families, as well as promoting research and treatment of CHD. Since established, we have been keeping our commitments to these objectives and uphold our core values through the delivery of a comprehensive range of services.

In the 1970s, public hospitals in Hong Kong introduced paediatric cardiology services. At that time, the treatment technology was approximately 20 years behind that of developed countries in the West, with a survival rate of patients with CHD below 60%. In the absence of adequate resources, families of children with CHD, volunteers and medical staff collaborated to establish a Patient Support Group in 1994 and the CHF in order to provide much-needed assistance to patients from within their own community.

A review of the past 30 years reveals that the concerted efforts of the CHF and the Paediatric Cardiology Department have resulted in a significant improvement in the survival rate of patients with CHD, which has now exceeded 95%. Additionally, the level of treatment technology has made notable strides in catching up with that of Western countries. The CHF has implemented the Medical Financial Support Scheme, which provides medical sponsorship to families of children with CHD facing financial difficulties. This enables them to purchase self-financed medical items such as heart valves, interventional catheterisations, pacemakers, implantable cardioverter defibrillators, etc. This allows them to receive appropriate treatment and improve their physical and psychological conditions.

Furthermore, the CHF is committed to advancing research and treatment options for CHD. By way of illustration, the Foundation sponsored the introduction of Hong Kong's first nitric oxide equipment and Berlin Heart Pump, the first Percutaneous Pulmonary Valve Implantation Project in Hong Kong. It also arranged medical exchanges with overseas doctors to address gaps in the public healthcare system and lay a solid foundation for the development of paediatric cardiology.

承先啓後，基金會將繼續以提高病人存活率及改善醫療效果為目標，透過推行不同的前瞻性項目及先導計劃，從預防性質促進醫療發展。例如基金會近年與兒童心臟科及香港大學兒童及青少年學系遺傳及基因學組合作，推行「香港兒童遺傳性心血管疾病和心源性猝死:基因測試和家庭篩查先導計劃」。此項目為患有遺傳性心血管疾病的病童提供「全基因定序」測試，協助醫護人員為病童家庭進行臨床和基因篩查，找出家族中的隱性患者，藉此提供及早治療，減低病童及家庭成員猝死風險。這除了讓病人生命有更好的保障，亦讓他們有更適合的家庭計劃。

自一九九五年起，基金會已贊助超過港幣三千四百五十萬元，支一千零五十名病人接受治療，為其家庭提供全面支援並帶來希望。

作為病人組織，基金會推動會員自助互助以帶來同路人的支援。除了提供經濟援助及贊助醫療儀器之外，我們亦關注會員的心理健康，並提供心理輔導、情緒治療及個案跟進服務，以幫助其應對壓力和困難。我們當初由十多位熱心的先天性心臟病童的家長和醫護人員創會，發展至現時已超過四千名會員，設有「家長及心友互助委員會」，並且即將成立「成人先天性心臟病的病人小組」。同時，我們定期舉辦講座及設立交流平台予家長會員，互相關懷和分享經驗，讓大家感到在對抗疾病終身挑戰的路上並不孤單。

基金會作為香港唯一服務先天性心臟病童及其家人的自助組織，有著不可或缺的角色與使命。在三十年的根基上，我們將繼續努力不懈，以病人最大利益為依歸，持續推動先天性心臟病治療邁向新的一頁，並為病人的生活帶來希望及改變。

The CHF will continue to spearhead initiatives aimed at enhancing patient survival and healthcare outcomes. This will be achieved by implementing innovative projects and pilot schemes that promote healthcare development from a preventive perspective. By way of illustration, the CHF has recently collaborated with the Paediatric Cardiology Department and the Genetics Unit of the Department of Paediatrics and Adolescence of the University of Hong Kong to launch the "Inherited Cardiovascular Disease and Sudden Cardiac Death in Hong Kong Children and Adolescents – The Pilot Project on Genomic Testing and Family Screening". The project provides whole genome sequencing for children with inherited cardiovascular diseases. This enables medical staff to conduct clinical and genetic screening for families of children with cardiovascular diseases, identifying hidden patients within the family and facilitating early treatment, thereby reducing the risk of sudden death in children and their family members. This will not only enhance the protection of patients' lives, but also facilitate more effective family planning for their families.

Since 1995, the CHF has provided over HK$34.5 million in sponsorship, supporting the treatment of 1,050 patients and offering comprehensive assistance as well as the hope to their families.

As a patient group, the CHF facilitates self-help and mutual support among its members, enabling them to draw on the resources of their peers. In addition to offering financial assistance and sponsoring medical equipment, we are also committed to support the mental health of our members. We provide a range of psychological counselling, emotional therapy and case follow-up services to help them cope with stress and difficulties. The organisation was founded by over 10 parents of children with CHD and medical staff at the beginning. It has since grown to over 4,000 members, with the establishment of a “Parents and Patients Support Sub-committee” and plans for an “Adult Patients Group with Congenital Heart Disease”. In addition, we hold regular seminars and provide a forum for our parent members to share their experiences and support one another, thereby fostering a sense of community and empowerment in navigating the lifelong challenges of the disease.

As the only self-help organisation in Hong Kong serving children with CHD and their families, the CHF plays an invaluable role in the community. Building on our 30-year legacy, we will continue to work tirelessly in the best interests of our patients to advance CHD treatment and bring hope and change to patients' lives.

Three Decades of Saving Children's Hearts

童心守護三十年

二零二四年是本會成立的三十週年。在這誌慶裡，我們以「童心守護三十年」為題，除了喻意我們守護心臟健康外，亦守護了心童家庭的希望。我們深信兒童是未來，都應健康快樂地成長。因此，本會與香港兒童醫院心臟科中心、心理輔導團隊緊密合作，持續向心童家庭提供專業、全面的醫療、經濟、心理及資訊支援，協助其克服終身的疾病挑戰，並活出精彩人生。

In 2024, we will celebrate our 30th anniversary. In this year's celebration, we have adopted the theme of "Three Decades of Saving Children's Hearts", which not only symbolizes that we are protecting heart health, but also the hope of the families of children with heart disease. We believe that children are the future and should grow up healthy and happy. Therefore, we work closely with the Hong Kong Children's Hospital (HKCH) Cardiology Center and the psychological counseling team to provide professional and comprehensive medical, financial, psychological and information support to families with children with heart disease, so as to help them overcome lifelong illnesses and live a wonderful life.

「心活希望慈善市集」
"The Living Heart of Hope Charity Market"

患有先天性心臟病的兒童也面臨終生的挑戰和危及生命的疾病。然而，只要有適當的幫助和支援，他們就可以快樂和充滿希望，就像重生一樣，過著令人興奮和有意義的生活。

基金會首次於復活節在灣仔利東街舉行為期四天的慈善市集，市集不單止有各種手作市集商品售賣，還舉辦了多個有趣工作坊，讓大家親身體驗創作樂趣，基金會亦邀請了表演團體作舞蹈、音樂、運動等表演，讓大眾更加深刻地感受到愛與希望，並為心臟病童籌款。

特別鳴謝:如新善的力量基金會香港分會全力支持是次活動

Children with congenital heart disease also face lifelong challenges and life-threatening illnesses. However, with the right help and support, they can be happy and hopeful, as if reborn, and live exciting and meaningful lives.

For the first time, the Foundation held a four-day charity market at Lee Tung Street, Wan Chai, on Easter. The market not only sold various handmade market products, but also organized a number of interesting workshops, allowing everyone to experience the joy of creation first-hand. The Foundation also invited performance groups to perform dance, music, sports and other performances to let the public feel love and hope more deeply, and to raise funds for children with heart disease.

Special thanks to: Force For Good Nu Skin Hong Kong Chapter for its full support of this event.

兒童心臟基金會三十週年吉祥物設計比賽
The Children's Heart Foundation 30th Anniversary Mascot Design Competition

兒童心臟基金會誠邀各界人士參加是次吉祥物設計比賽。作為「兒童心臟基金會三十週年」其中一項活動，本會鼓勵公衆透過創意向先天性心臟病兒童(心童)表達關懷。獲揀選的設計成為基金會三十週年會慶的吉祥物，並製作成為「兒童心臟基金會三十週年」紀念品作慈善義賣，基金會亦於山頂廣場舉行作品展出。

The Children's Heart Foundation (CHF) cordially invites individuals from all walks of life to participate in our Mascot Design Competition. As part of the celebrations of the CHF, we encourage the public to express their care for children with congenital heart disease (CHD) through creativity. The selected design became the mascot for the Foundation's 30th anniversary celebration and made into souvenirs for the 30th Anniversary of the CHF for charity sale. The Foundation also held an exhibition of its works at the Peak Galleria.

童心微笑電影夢 -《玩轉腦朋友2》慈善放映會
Smiles for Dreams: Movie Ticket Donation Program:"Inside Out 2"

本會特別為慶祝三十週年，首次舉辦「童心微笑電影夢」活動，鼓勵大眾透過捐款及親身參與，讓心童可以觀賞不同富教育意義的電影，分享交流不同感受，並一同好好輕鬆一會兒，紓緩日常生活的壓力。

是次慈善放映會挑選的電影為《玩轉腦朋友2》，我們非常榮幸能夠與超過100位捐款者及心童家庭一同觀賞這套滿心靈啟發的電影。通過角色們的冒險故事，揭示了情緒和心理健康的重要性。我們更邀請到心理輔導員到場，利用劇情進行互動和分享，向家長們提供了寶貴的指導和建議，教導他們如何處理情緒和心理需求。

To celebrate its 30th anniversary, the Foundation is organizing the "Smiles for Dreams: Movie Ticket Donation Program" for the first time. It encourages the public to donate and actively participate, allowing children with congenital heart disease to watch meaningful and educational films, share their experiences, and have a relaxing time to relieve the daily stresses of life.

The movie chosen for this charity screening was "Inside Out 2" and we were honored to be able to watch this inspiring movie with over 100 donors and families of children with heart. The movie reveals the importance of emotional and mental health through the adventures of the characters. We also invited a counselor to be present at the movie to interact and share with the audience using the storyline, providing valuable guidance and advice to parents on how to deal with their emotional and psychological needs.

二零二四心連心慈善步行
Heart-to-Heart Charity Walk 2024

今年是兒童心臟基金會成立三十週年，步行的主題是「童心守護三十年 – 童心向前」，為患有先天性心臟病的兒童籌集善款，提高公眾對心臟健康的認識。今年基金會更重回最初舉辦「慈善步行」的地點——山頂廣場，並於夏力道至盧吉道 (3公里) 進行步行，全程約一小時。步行前可於山頂廣場參加嘉年華，現場設有舞台表演、不同類型的攤位遊戲及嘉年華活動。

This year marks the 30th anniversary of the Children's Heart Foundation. The theme of the walk is " Three Decades of Saving Children's Hearts – Marching with Children's Heart", in order to raise funds for children with congenital heart disease and increase public awareness of heart health. This year, the Foundation returned to the Peak Galleria, the venue where the "Charity Walk" was originally held, and conducted a walk from Harlet Road to Lugard Road (3 kilometers), which took about one hour. Donors can participate in the carnival at the Peak Galleria before and after walking. There are stage performances, different types of stall games and carnival activities.

二零二四聖誕派對暨三十周年會慶
Christmas Party and 30th Anniversary Celebration 2024

今年我們首次在香港兒童醫院舉辦聖誕派對暨三十周年會慶，除了和各心童家庭一同慶祝聖誕節之外，亦都一同為基金會三十周年會慶而慶祝。基金會在過去三十年，一直幫助無數心臟病童及其家人，多年持續的醫療資助已超過港幣一千八百萬。活動當日大家一同參與工作坊、欣賞表演及聚餐，樂也融融。

This year, for the first time, we held a Christmas party and 30th anniversary celebration at the Hong Kong Children's Hospital. In addition to celebrating Christmas with the families of our children, we also celebrated the 30th anniversary of the Foundation. The Foundation has been helping countless children with heart disease and their families over the past three decades, and has provided more than HK$18 million in continuous medical funding over the years. On the day of the event, everyone participated in workshops, enjoyed performances and had dinner together, and had a great time.

相依相伴 茁壯成長

Companionship and Growth

Every Step We Made

成長的足跡

會員篇
Members

黃潔盈
Kelly Wong

Kelly 出生三天就因先天性心臟病而需要立即進行手術，手術後一直都需要留院觀察，直到一歲時，她的父母得到梁平醫生及周啟東醫生的介紹下認識了基金會。在基金會的贊助下， Kelly 成功進行第二次手術，情況才得以穩定。手術後的 Kelly 無需再次接受手術及藥物治療，只需要定期到醫院覆診。

Kelly 與基金會同年出生，可以說是與基金會一同成長。在組織家庭後，Kelly 考慮過要否生育，與醫生商討後得知她的疾病遺傳機率只有百分之零點三至零點五，因此可以嘗試懷孕。然而，由於 Kelly 自身的體質亦不算十分強壯，導致數次流產。即使成功懷孕，過程亦不是一帆風順，她需要吃安胎藥及長期卧床，亦會容易感到頭暈及氣喘。幸好一切挑戰過後，寶寶都平安誕生。

Kelly 小時候對基金會最深刻的活動，便是一年一度在醫院舉辦的聖誕聯歡會，不單讓住院的小朋友都能夠參加，聖誕老人更會到病房派發禮物，於普天同慶的日子為心童帶來温暖。時至今日， Kelly 亦好希望可以帶同自己的孩子一同參與聖誕聯歡會，再次感受當中的喜悅。

Kelly needed immediate surgery for congenital heart disease just three days after birth. She was required post-operative observation in hospital until the age of one. She and her parents were then introduced to the Foundation by Dr. Leung Ping and Dr. Chau Kai-tung. With the Foundation's support, she successfully underwent a second surgery, stabilizing her condition. After that surgery, Kelly no longer needed further surgeries or medicinal treatments, but only regular follow-up appointments at the hospital.

Growing up alongside the Foundation, Kelly has considered starting a family. Discussions with doctors revealed her disease's hereditary probability is only 0.3–0.5%, allowing her to try for pregnancy. However, Kelly's own physical health was not robust, leading to several miscarriages. Even during a successful pregnancy, the process was challenging, requiring anti-miscarriage medication and prolonged bed rest, often causing dizziness and shortness of breath.

Fortunately, after overcoming all challenges, the baby was safely born. One of Kelly's most memorable experiences with the Foundation as a child was the annual Christmas party held at the hospital, where hospitalized children could participate and receive gifts distributed in the wards, bringing warmth to heart children on this festive day. Today, Kelly hopes to bring her own children to participate in the Christmas party, reliving the joyous moments once again.

蘇康妮
Sony So

Sony 是很早期就加入基金會的會員，初中的時候，因為一次暈眩而入院，及後就被診斷出患有先天性心律異常，正常人的心跳為每分鐘約八十下，而 Sony 在熟睡時，可能只得二十多下，因此醫生建議她需要在體內安裝心臟除顫器。跟除顫器共存了廿多年，這部機器曾數次拯救她的生命，然而電擊時所受得痛，卻非筆墨可以形容。

由於心臟除顫器電池的壽命大概只有五至十年，假如中間出現突發情況需要電擊急救，電池壽命就會耗損得更快，不經不覺間， Sony 已準備需要面臨第六次更換機器，除此之外， Sony 還可能因為身體內有過多的電線，而需要進行額外的手術程序。

Sony 最初因為基金會的手術贊助而與基金會結緣，及後十分積極參與基金會的活動，經常像一個大姐姐般，帶領其他年幼的心童參與活動。基金會作為病人自助組織，好需要長大後的心童去亦分享自己的心路歷程，現職社工的 Sony ，亦憑著她樂觀的性格，以及積極的態度，為不少青年心童帶來正能量，並成為基金會先心成人小組的重要一員。

面對疾病， Sony 亦坦然自己並不是完全無所懼怕，特別是看到身邊不同人的經歷，讓她感受到生命的無常。然而，即使身心有軟弱的時候，到最後還是需要好好把握現在，活在當下。

Sony has been a member of the Foundation since the early days. In secondary school, she was hospitalized after a fainting spell and was later diagnosed with a congenital heart rhythm abnormality. While a normal person's heart beats about eighty times per minute, Sony's heart rate could drop to just over twenty while she sleeps. Doctors recommended the implantation of a pacemaker to regulate her heartbeat. Living with the pacemaker for over twenty years, this device has saved her life several times, yet the pain endured during its shocks is indescribable.

As the lifespan of the pacemaker battery is typically only five to ten years, any sudden incidents requiring emergency shocks can deplete the battery faster. Without realizing it, Sony is now preparing for her sixth device replacement. Additionally, due to the excessive wires in her body, she may require additional surgical procedures.

Sony initially became connected with the Foundation through their sponsorship of her surgery. Since then, she has actively participated in the Foundation's activities, often leading younger heart children like an older sister. As a current social worker, Sony shares her optimistic personality and proactive attitude, bringing positive energy to many young heart children and becoming a vital member of the Foundation's adult patient group.

Facing her illness, Sony openly admits she is not entirely without fear, especially when witnessing the experiences of those around her, reminding her of life's unpredictability. However, even in moments of vulnerability, she understands the importance of seizing the present and living in the moment.

何晴欣
Audrey Ho

晴欣出生時只有四磅，半年後體重仍不達最低標準，直到第七個月，醫生在體檢時終發現晴欣 患有先天性心房中膈缺損，並需要立即接受開胸手術，把缺損部分縫合。從那天起，晴欣的胸口便多了一道長長的疤痕。

幸好的是自手術後，晴欣的情況都十分穩定，毋須再度接受手術或藥物治療，不經不覺間她已長大成人，基金會亦伴隨著她的成長。以往每年的暑假，晴欣都在基金會參加不同的活動，與其他心童一同做功課、參加合唱團、上不同興趣班，漸漸彼此已成為很好的朋友。即使一路長大成為青少年，再到現在已為成人，彼此間的友誼都沒有改變，成為了互相支持鼓勵的好友。

對比身邊其他的同路人，晴欣十分感激自己的病情並沒有對她的生活及學業形成太大影響，她一樣可以發展自己的興趣，選擇自己喜歡的工作。因此她更加希望可以透過自己的力量，幫助更多年幼的心童，像她小時候所得到的幫助一樣。

When Audrey was born, she weighed only four pounds. Even after six months, her weight still didn't meet the minimum standards. It wasn't until the seventh month during a routine check-up that doctors discovered Audrey had a congenital Atrial Septal Defect and needed immediate open-heart surgery to mend the defect. Since that day, a long scar adorned Audrey's chest.

Fortunately, post-surgery, Audrey's condition stabilized remarkably. She did not require further surgeries or medical treatments. Audrey had grown into an adult with the Foundation accompanying her growth. Every summer, Audrey participated in various Foundation activities, doing homework with other kids, joining the choir, and attending different interest classes. Gradually, Audrey became good friends with others members. Despite growing up from a teenager to an adult, their friendship remained unchanged, becoming supportive and encouraging friends for each other.

Comparing herself to others on the same path, Audrey is deeply grateful that her condition did not greatly impact her life and studies. She could develop her interests and choose a job she loves. Therefore, she hopes to leverage her own strength to help more young heart children, just like the help she received in her childhood.

Every Step We Made

成長的足跡

家長篇
Families

Angel 的女兒—梓渙自出生後不久，醫生就發現她的心臟出現雜音。直到半歲時確診患有先天性心漏，需要進行開胸手術。原以為平安渡過手術，情況就得以穩定，然而好景不常，梓渙於手術後出現併發症，使她全身發紫，呼吸困難，因此短時間內就需要再次接受手術。

隨著梓渙一直成長， Angel 都經常會擔心她會否有突發性的狀況，及後梓渙亦相繼發現患有川畸症及先天缺少了一條副甲狀腺，經常需要到不同專科覆診外，更要長期食藥，令 Angel 的心理壓力都十分大。

回想起最初與兒童心臟基金會的結緣是基於梓渙在香港葛量洪醫院進行手術時， Angel 收到其他家長的介紹到「愛心之家」入住；當梓渙康復出院後，他們持續參加基金會的親子活動，過程中不單讓梓渙了解到自己的狀況，亦認識到不少心童家庭，一同互相支持及鼓勵。

Angel 曾經一度擔心梓渙的學業與生活會受病情所影響，然而透過陪伴梓渙成長， Angel 看到她一次又一次衝破自己的界限，亦明白到作為家長最需要的是調整自己心態，鼓勵他們正面樂觀面對逆境。她的正能量讓梓渙對自己都更有信心，以感恩的心去體驗生活。熱愛音樂的梓渙更考上了鋼琴演奏級，以音樂去表達真我。

快將成年的梓渙近年亦積極跟隨 Angel 在基金會擔任義工，由參加者變成施予者，她更主動利用自己的零用錢進行每月捐款，以身體力行的方式支持其他心童家庭，希望可以回饋他人。

梁梓渙媽媽
Samantha's mom

Samantha was diagnosed with congenital heart defect shortly after birth, with doctors detecting a murmur in her heart. At six months old, she underwent open-heart surgery. While it was initially believed that the surgery would bring stability, complications arose post-operation, leading to Samantha turning purple and experiencing breathing difficulties, necessitating another surgery shortly thereafter.

As Samantha continued to grow, Angel, her mother constantly worried about sudden health crises. Subsequently, Samantha was diagnosed with “Kawasaki disease” and a congenital absence of a parathyroid gland, requiring regular visits to various specialists and long-term medication. This placed a significant psychological burden on Samantha and Angel.

Reflecting on their initial connection with the Children's Heart Foundation, it stemmed from Samantha's surgery at the Grantham Hospital in Hong Kong, where Angel was introduced to the "House of Heart" by other parents. Following Samantha 's discharge, they actively participated in the Foundation's parent-child activities, not only educating Samantha about her condition but also forming bonds with other heart families, providing mutual support and encouragement.

Initially worried about how Samantha's academic and personal life would be impacted by her condition, Angel witnessed her daughter repeatedly surpassing her own limits as she grew. She realized that as a parent, the most crucial aspect was adjusting her mindset and encouraging a positive and optimistic approach to adversity. Angel’s positive energy instilled confidence in Samantha, enabling her to approach life with gratitude. Samantha, who loves music, even achieved a professional level in piano performance, expressing her true self through music.

Now on the brink of adulthood, Samantha actively volunteers with Angel at the Foundation, transitioning from a beneficiary to a giver. She even uses her allowance to make monthly donations, supporting other heart families through tangible actions, aiming to give back to others.

果果爸媽
Gwo's parents

胎心機那邊傳來有力的心跳 ； 果果爸媽當時哪可知道，果果比豆還小的身軀，正在發育出一顆會被稱為「法洛氏四聯症」的心臟。

The fetal doppler sent back strong, steady heartbeats. Little did Gwo's dad and mom know that Gwo's tinny tiny body was developing a heart that would later be diagnosed with Tetralogy of Fallot.

進行照結構超聲波的喜悅被醫生的沉默一掃而空。自此果果爸媽預備迎接果果來臨的活動，就由添置嬰兒用品，變成閱讀先天性心臟病的知識。每一天，延續她的心跳，就是他們的目標。

The doctor's silence wiped away the joy during their mid-pregnancy scan. From that moment on, their preparation for Gwo's arrival shifted from baby product shopping to learning everything they could about congenital heart diseases. Every single day, their only wish is for her heart to keep beating.

在他們最徬徨無助、無從入手的時候，果果媽媽找上了兒童心臟基金會。她那天坐在下班回程的校巴上，戰戰兢兢地撥通了基金會的查詢電話。基金會職員非常耐心地聆聽果果媽媽的擔憂，亦安排了資深家長分享手術、照顧等經驗。他們初為人父人母，這些前輩們的經驗之談就如強心針，幫助他們做足心理準備，陪果果一齊過關、畢業。

They reached out to the Children's Heart Foundation (CHF) at their most helpless time. Sitting on the school shuttle on her way home from work, Gwo's mom tearfully dialed the enquiry hotline. The CHF staff gave all their patience to listen to her concerns, and arranged an experienced parent to share their insights about surgeries and caregiving. As first-time parents, they saw their words as a much-needed boost of confidence, mentally preparing us for the challenges and milestones during Gwo's early years.

此外，基金會提供機會讓他們一班同路新家長互相認識，WhatsApp的家長群組、各個聚會和親子活動，讓他們與戰友們在病房外仍然可以繼續得到支持和鼓勵。眼見果果與病房的「鄰居」一起長大，他們亦與一些心童家庭成為朋友–要知道，可以剪掉病人手帶，成為一個普通小朋友普通地成長，是每一個病童家長的心願。

Additionally, CHF provides the opportunities for them to connect with other parents on a similar journey. Through WhatsApp parent chat groups, face-to-face meetings and family activities, they found companions, support and encouragement beyond the hospital ward. Watching Gwo grow up alongside her "neighbours" in the hospital, they have formed lasting friendships with some heart families — — it is the best dream of every heart parent that their baby can one day remove the patient wristband and live a normal life like any other child.

當果果的情況開始穩定後，生活不用只看面色、聽口氣(意思是缺氧變藍、氣喘冒汗等心衰竭病徵)，他們也有空間參與基金會的義工機會。每次接觸到需要協助的新家長時，果果媽媽也會回想到當日和基金會那通帶來希望和信念的電話。每個心童家庭的經歷和選擇都是獨特的;然而，在迷惘和擔憂時遇到同路人聆聽、陪伴和幫助，相信基金會創會成員當年的經歷，比現在「前人種樹，後人乘涼」的他們更不容易。基金會在這三十年來作為病童家庭、醫護人員、商界及社會上有心人間之橋樑，由「助人自助」的初衷發展到今日的多元化服務，實在有各界鼎力支持。

基金會由成立至今，見證著大大小小手術和護照中成長過來的心童，想必他們現在都進入了人生不同的階段，需要覆診的也轉到了先心成人科。或許他朝有日醫學昌明，沒有兒童需要再 受先天心臟病所困。在這終極目標出現之前，兒童心臟基金會依然凝聚著很多個心跳變了調 的家庭，讓大家在照顧孩子健康的路上不再孤單。基金會金在下一個三十年如何發展，實在有賴 心童家庭們投入參與會務，繼續發揮助己助人的精神。共勉之!

As Gwo's condition stabilized, their life wasn't just about keeping an eye on her signs of heart failures (like turning blue or sweating from breathlessness). It was a turning point, allowing them more space to give back to the CHF. Whenever they connect with a new 'heart parent', Gwo's mom recalls that hopeful phone call with the CHF staff, which filled them with faith and reassurance. Whilst each heart family's journey is unique, having companions during those times of confusion and fear makes all the difference. They can imagine that when CHF's founding members first embarked on their journeys, the path was far more challenging than ours today. "Walnuts and pears, you plant for your heirs." Over the past 30 years, CHF has acted as the bridge among families, healthcare professionals, responsible corporates, and the compassionate members of society. CHF has been blessed and supported by all these people to grow from its original mission of "help yourself by helping others" into the diverse services it offers today.

Since established, CHF has witnessed the beautiful lives of many heart children as they navigate the toughest time during various medical investigations and treatments. These children are likely now at different stages in life, with some transitioning to the adult clinics. Hopefully, with future medical advancements, no child will have to suffer from congenital heart conditions. Until this ultimate goal is reached, the CHF will continue to unite families whose heartbeats have fallen out of rhythm, ensuring we walk this journey together. As CHF looks ahead to the next 30 years, its development will rely on the helping spirit of heart families. Let's continue to strive together!

汶慧媽媽
Jolie's mom

Sarah 是先天性心臟病病童 Jolie 的媽媽，在懷孕期間，Sarah 就得知她的女兒 Jolie 患有先天性心肌病，這將導致心臟肥大。這一消息標誌著她們生活的重大轉變，展開了一段充滿挑戰的旅程。

Sarah is the mother of Jolie, a child with congenital heart disease. During her pregnancy, Sarah learned that her daughter, Jolie, had congenital cardiomyopathy, which would lead to an enlarged heart. This news marked a significant turning point in their lives, embarking them on a challenging journey.

從出生起， Jolie 就需要持續的藥物治療和定期的檢查。儘管如此，她的病情在一段時間內保持穩定，讓 Sarah 充滿希望。然而，當 Jolie 進入高中後，情況發生了變化。因為呼吸不順和食慾不振而入院後，醫生發現她的心肌病惡化，導致心臟衰竭。幾年中， Jolie 經歷了多次手術，每一次都是她堅韌不拔的精神和家庭愛的證明。Sarah 目睹了女兒的痛苦，心中充滿了無奈，但她也看到了 Jolie 在困難中展現的勇氣，這讓她感到驕傲。

From the moment of birth, Jolie required ongoing medication and regular check-ups. Despite these challenges, her condition remained stable for a time, giving Sarah hope. However, everything changed when Jolie entered high school. After being hospitalized due to shortness of breath and loss of appetite, doctors discovered that her cardiomyopathy had worsened, resulting in heart failure. Over the years, Jolie underwent multiple surgeries, each one is a testimony to her resilience and the love of her family. Sarah witnessed her daughter's suffering, feeling a deep sense of helplessness, yet she also saw Jolie's courage in the face of adversity, which filled her with pride.

在等待心臟移植的過程中， Jolie 被迫依賴外置的左心室輔助器（LVAD）來幫助心臟運作。這段等待的日子無比艱難，母女倆都感到無法承受的壓力。然而，正是因為器官捐贈者的無私奉獻， Jolie 獲得了心臟移植的機會，這讓她重獲新生。Sarah 看到女兒的手術成功，心中充滿了感激與喜悅。經歷過生死考驗的她們，對生命有了更深的理解，也更加珍惜彼此的存在。同時間，Sarah 亦很感激基金會和醫護人員的支持，她們的家庭才能在困境中站穩腳步。 Sarah 深知正是這些善良的人的幫助，讓她們在絕望中找到了希望。

手術後， Sarah 和 Jolie 的生活重回正軌，但她們心中始終懷有對他人的感恩。她們積極參與基金會的義工服務，像是醫院探訪和心童活動，努力為其他家庭帶來支持和快樂。這份使命驅使她們將自己的經歷轉化為力量，幫助更多需要幫助的人。

此外， Sarah 和 Jolie 也決心提高身邊人對先天性心臟病的認識。她們向周圍的同學和同事中分享自己的故事，希望讓大家了解器官捐贈的重要性，以及基金會的工作。這種分享不僅讓她們得到支持，也讓周圍的人感受到愛的力量。在這段旅程中， Sarah 和 Jolie 學到了愛與堅韌能夠克服一切，並希望在未來能繼續幫助他人，傳遞愛與希望。

During the wait for a heart transplant, Jolie had to rely on an external left ventricular assist device (LVAD) to help her heart function. This waiting period was incredibly difficult, as both mother and daughter felt unbearable pressure. However, thanks to the selfless acts of the organ donors, Jolie finally received a heart transplant, giving her a second chance at life. Sarah felt immense gratitude and joy upon seeing her daughter's successful surgery. Having faced life and death, they gained a deeper understanding of life and cherished each other even more. At the same time, Sarah was also thankful for the support from the Foundation and medical staff, which helped their family stand strong in the face of adversity. She realized that it was the kindness of these individuals that allowed them to find hope amid despair.

After the surgery, Sarah and Jolie's lives returned to normal, yet they carried a deep sense of gratitude for others. They actively participated in volunteer services with the Foundation, such as hospital visits and activities for children with heart conditions, striving to bring support and joy to other families. This mission drove them to transform their experiences into strength, helping more people in need.

Moreover, Sarah and Jolie were determined to raise awareness about congenital heart disease among those around them. They shared their story with classmates and colleagues, hoping to educate others about the importance of organ donation and the work of the Foundation. This sharing not only provided them with support but also allowed those around them to feel the power of love. Throughout this journey, Sarah and Jolie learned that love and resilience can overcome anything, and they hope to continue helping others in the future, spreading love and hope.

Along The Way

沿途有你

義工篇
Volunteers

歌莉雅
Gloria Tang

在兒童心臟基金會內有一位不一樣的音樂老師，她就是歌唱導師和音樂人 Gloria 歌莉雅。

最初基金會與歌莉雅聯絡，邀請她擔任合唱團的導師，當時歌莉雅二話不說就答應合作，更邀請不同熱愛音樂的朋友，與年幼的心童分享音樂。回想起當時的情景，心童們在課堂中充滿活力，跑跑跳跳，活潑的樣子讓她留下深刻的印象。歌莉雅透過音樂與藝術和心童們交流，培養年幼心童對藝術的興趣。

隨著時間的流逝，埋下的小種子茁壯成長，心童們都漸漸長大成人。以往合唱團的學生，有些現在更與歌莉雅一同在台上為基金會活動演出，有些則成為每次表演的忠實粉絲。歌莉雅印象最難忘的表演是帶領心童晴欣參與慈善音樂會，於伊利沙伯體育館三千多人面前，自彈自唱表演自己的創作，觀眾皆深受感動。歌莉雅在後台看著，亦為心童感到驕傲。

能夠見證心童的成長，是歌莉雅願意持續支持基金會，並擔任義工的主因。用音樂去為心童帶來快樂，就是她堅持的動力。

Within the Children's Heart Foundation, there is a unique music teacher who goes by the name of Gloria.

Initially contacted by the Foundation to lead the choir, Gloria, without hesitation, agreed to collaborate and invited music-loving friends to share the joy of music with the young heart children. Recalling those vibrant classroom scenes where the children were full of energy, jumping and playing, their lively spirits left a lasting impression on her. Through music and art, Gloria connected with the heart children, nurturing their interest in the arts.

As time passed, the seeds planted began to grow, and the heart children gradually matured into adults. Former choir students now perform alongside Gloria at Foundation events, while others have become loyal fans of each performance. One of Gloria's most unforgettable performances was guiding Audrey, a heart youth, in a charity concert at the Elizabeth Stadium, where she played her own creations to an audience of over three thousand, moving everyone present. Watching from backstage, Gloria felt immensely proud of the heart child's achievements.

Witnessing the growth of these heart children is what drives Gloria to continue supporting the Foundation and volunteering. Bringing happiness to the heart children through music is her enduring motivation.

一九九八年是個特別的年頭，靖怡與她的姐姐一同來到這個世上，但由於靖怡在出生時發現心臟出了問題，所以「一路走來的日子並不容易」。

醫院確診靖怡患有「心臟間隔缺損」（心漏症）的情況，家庭的氣氛頓然變得灰濛濛的。由於情況並不樂觀，不到兩歲的靖怡便到葛量洪醫院進行心臟修補手術，多得周啟東醫生的精湛醫術，手術順利完成，就在這個時候，我們便認識了「兒童心臟基金會」。

靖怡因不同的病況在醫院渡過了十多個月，對其後的成長發展都產生了影響，幸好靖怡參與了「兒童心臟基金會」的活動。在活動中，一群擁有愛心的基金會職員、義工與及心童的家長給予我們慰問及開解，使我們都看見了「希望」。

為著將愛心及希望傳遞開去，我與靖怡便開始參與基金會不同的義工活動，眨眼間已有十多個年頭，在這期間，靖怡在義工活動中學懂了與人溝通，認識了不少同路人，更在生活上增添了意義和歡樂。

雖然「一路走來的日子並不容易」，但很感謝 "兒童心臟基金會"的成立，使到患有心臟疾病的兒童及其家長都得到心理上及經濟上的支援。

KK Chan

The year 1998 marked a special beginning as Ching Yi entered the world alongside her sister. However, Ching Yi's journey has not been easy from the start due to a heart condition detected at birth.

Upon diagnosis of "Ventricular Septal Defect" (VSD), the atmosphere at home turned somber. With an unfavorable prognosis, before turning two, Ching Yi underwent heart repair surgery at Grantham Hospital, thanks to the exquisite surgical skills of Dr. Chau Kai Tung. The surgery was successful, and it was at this time that we met the CHF.

Ching Yi spent over ten months in the hospital due to various health issues, affecting her future growth development. Fortunately, her participation in the Foundation's activities proved some changes. Through these events, the caring Foundation staff, volunteers, and heart parents provided solace and guidance, showing us a glimmer of "hope."

To disseminate love and hope, Ching Yi and I began engaging in various volunteer activities with the Foundation. In the blink of an eye, over a decade has passed. During this time, Ching Yi learned to communicate with others, met many companions on the same journey, and found added meaning and joy in life through volunteer work.

Though the journey has not been easy, we are immensely thankful for the establishment of the "Children's Heart Foundation," providing psychological and financial support to children with heart conditions and their families, offering hope and assistance along the way.

Cilla Chung

在兒童心臟基金會的大家庭中， Cilla 被親切地稱為「師奶姐姐」。這位熱情洋溢的義工，已經為基金會服務了超過十五年。她的故事始於一次偶然的機會:在一個展覽中，她被基金會的攤位吸引，當時社工的熱情深深打動了她，從而決定參與這項義工活動。

起初， Cilla 以為基金會的工作僅僅是籌款，但隨著時間的推移，她發現這裡充滿了與心臟病童互動的機會。這個人情味濃厚的組織，不僅需要資金支持，更需要志願者的愛心和奉獻。她意識到，作為義工，她的角色是協助並補充基金會的需求，特別是在職員人手不足的情況下，義工的價值顯得尤為重要。

Cilla 特別記得一次參加基金會的三日兩夜宿營。當她陪同病童參加野外定向活動時，看到一位小朋友因為困難而想要放棄，其他小朋友立即給予支持和鼓勵。這種堅持和毅力深深感動了她，讓她更加珍惜與孩子們共度的時光。

Cilla 見證了許多孩子從幼小成長到青少年，這些小朋友和他們的家長依然記得她，並與她建立了深厚的友誼。對她來說，這是一份無價的珍貴回憶。成為義工不僅是幫助他人，更是讓 Cilla 感到充實和快樂的來源。這段旅程讓她能夠填補空餘時間，投入自己熱愛的工作，並豐富了她的人生。

Cilla 的故事是一個關於愛與奉獻的感人旅程，無論是在孩子們的生命中，還是在自己的生活裡，她都成為了那道溫暖的光，照亮了無數人的心靈。

In the family of the Children's Heart Foundation, Cilla is affectionately known as "Auntie Cilla." This passionate volunteer has dedicated over fifteen years to this noble role. Her journey began with a serendipitous moment at an exhibition, where she was drawn to the Foundation's booth and was deeply moved by the enthusiasm of the social worker, leading her to decide to get involved.

Initially, Cilla thought the Foundation's work was solely about fundraising, but as time went on, she discovered a wealth of opportunities to interact with children facing heart conditions. This organization, rich in human warmth, requires not only financial support but also the love and dedication of volunteers. She realized that as a volunteer, her role was to assist and supplement the Foundation's needs, particularly in situations where staff resources were limited.

Cilla vividly recalls a three-day, two-night camping trip with the Foundation. While accompanying the children during an outdoor orientation activity, she witnessed one child wanting to give up due to difficulties, while the others immediately rallied to support and encourage him. This spirit of perseverance and camaraderie deeply moved her, making her cherish the time spent with the children even more.

As time passed, Cilla witnessed many children grow from young ones into teenagers, and these children and their parents still remember her, forming deep friendships with her. For her, this is an invaluable treasure of memories. She admits that being a volunteer is not only about helping others but also a source of fulfillment and joy for herself. This journey allows her to fill her free time with work she loves, enriching her life in the process.

Cilla's story is a touching journey of love and dedication. Whether in the lives of the children or her own, she has become a warm light, illuminating the hearts of countless individuals.

在兒童心臟基金會的每一場活動中， Boris 總是那個充滿活力的中文司儀。他的聲音不僅引導著整個活動的節奏，更傳遞著愛與希望的力量。自2013年以來， Boris 已經在這個崗位上服務了超過十年，這段旅程對他而言，既是心靈的成長，也是生命的啟迪。

回想起他初次參與基金會活動是從美國畢業回流後，當時他的師姐於基金會擔任活動司儀，一次機緣巧合下，推薦他一同為基金會擔任司儀。這份工作的熱情讓他每年都不遺餘力地參加，成為了基金會年席籌款項目的重要一員。

每年的活動中， Boris 都有機會結識不同的義工和心臟病童。他們的故事和勇氣深深感染著他，讓他感到能夠出一份力是多麼珍貴。在這個充滿愛的環境中，他體會到每一位志願者都在用自己的方式為孩子們奉獻，從而建立起真正的友誼和團結。每一年，他最期待的，除了是再次與其他義工相聚，亦十分享受在後台欣賞了多個機構的精彩表演。他明白，這些活動不僅是籌款，更是為心臟病童們創造希望的舞台。隨著每年的服務，他看到籌款數字的上升，感受到心靈的富足和成就感。

Boris 深信，無論每個人來自何方，當他們站在一起為病童付出的時候，身份和背景都不再重要。在這裡，所有的志願者皆是一家人，心靈的連結超越了個人，化作了共同的使命。透過這十年的義工經歷， Boris 不僅見證了基金會陪伴孩子們成長的每一步，也感受到了自己在這個旅程中的變化。對他來說，這不僅是服務，更是生命中最美好的回憶和成長的篇章。

In every event organized by the Children's Heart Foundation, Boris is the vibrant Chinese emcee. His voice not only guides the rhythm of the event but also conveys love and hope. Since 2013, Boris has dedicated over ten years to this noble role, a journey that has been both a spiritual growth and a revelation in his life.

Reflecting on his first experience with the Foundation, it was a chance that came after he returned from the United States, and it was his senior who recommended him to be the emcee of our event. His enthusiasm for this role has led him to participate tirelessly every year, making him a key figure in the Foundation's annual fundraising events.

Each year, Boris has the opportunity to meet various volunteers and children with heart conditions. Their stories and courage deeply inspire him, making him realize how precious it is to contribute. In this loving environment, he sees how every volunteer dedicates themselves to helping the children, fostering genuine friendships and unity. Behind the scenes, Boris witnesses the wonderful performances from various organizations. He understands that these events are not just about fundraising but also about creating a platform of hope for children with heart conditions. With each passing year, as he serves, he sees the fundraising numbers rise and feels a sense of spiritual fulfillment and accomplishment.

Boris firmly believes that regardless of where everyone comes from, when they stand together to help sick children, their identities and backgrounds no longer matter. Here, all volunteers are like family, and the bonds formed transcend individuality, uniting them in a shared mission. Through his ten years of volunteering, Boris has not only witnessed the Foundation's journey alongside the children but has also experienced his own transformation. For him, this is not just service; it is one of the most beautiful memories and chapters of growth in his life.

Boris Cheng

Along The Way

沿途有你

醫生篇
Doctors

郭樊義醫生是香港兒童醫院的顧問醫生，專注於治療先天性心臟病童，擁有超過十年的臨床經驗。他的主要工作是處理與心律有關的問題。

由於心臟科病童很多時都需要面對的情況都是突發和沒法預料的，面對突如其來的變化，病童家長往往都很容易會沒法接受和應對。在這種情況下，除了需要協助他們及早建設心理準備，亦常常需要及時反應，並作出準確的判斷。他的工作包括與家長深入溝通解釋病情、治療方案及可能的風險，讓他們能夠對醫生產生更大的信任，並得到最適切的治療。

儘管面對極大的挑戰，郭醫生目睹了病童及其家長展現出的驚人適應能力。他們在面對疾病時的堅韌不拔，常常令他感到敬佩和鼓舞。許多病童在經歷手術後，雖然身體上面臨著不適，卻仍然展現出樂觀的態度。

兒童心臟基金會過往一直與香港兒童醫院合作密切，當郭醫生處理病童的生理問題時，基金會則專注於照顧他們及其家庭的心理和日常需求，例如，當病人因需進行手術而需要使用自費的醫療器具時，基金會會提供手術資助，確保病童能夠接受最佳的治療方案。

Dr Sit-Yee Kwok is a consultant at the Hong Kong Children's Hospital, specializing in the treatment of children with congenital heart disease. With over a decade of clinical experience, his primary focus is on addressing issues related to heart rhythms.

Many children with heart conditions often face sudden and unpredictable situations, which can be overwhelming for their parents. In these moments, it is not only crucial for Dr. Kwok to assist families in preparing psychologically but also to respond promptly and make accurate judgments. His role involves in-depth communication with parents, explaining the condition, treatment options, and potential risks, enabling them to build trust with their doctor and receive the most appropriate care.

Despite the immense challenges, Dr. Kwok has witnessed the remarkable adaptability of both the children and their families. Their resilience in the face of illness inspires him deeply. Many young patients, even after undergoing surgery and dealing with discomfort, continue to exhibit an optimistic attitude that uplifts those around them.

The Children's Heart Foundation has consistently collaborated closely with the Hong Kong Children's Hospital. While Dr. Kwok addresses the physiological issues of the children, the Foundation focuses on their psychological and daily needs. For instance, when a patient requires surgery involving costly medical equipment, the Foundation provides financial assistance, ensuring that the child receives the best possible treatment.

這種合作不僅提高了治療的質量，還為病童和家庭提供了更全面的支持。基金會的資源能夠幫助家庭減輕經濟壓力，讓他們能夠專注於病童的康復。郭醫生認為，這種醫療與社會支持的結合，對於病童的健康和幸福至關重要。

另外，隨著醫療科技的不斷發展，心臟病的治療方法也在持續進步。然而，很多時當醫生希望 引入新技術時，經常會面臨數據和資金不足的挑戰。科技的進步為病童的治療帶來了新的希望，但同時也需要持續的研究和資助來確保這些技術能夠實際應用到臨床中。基金會在這方 面起到了重要的橋樑作用，率先贊助支持新技術的引入，使許多病童能夠接受到具前瞻性的治療，並幫助醫生累積必要的數據以推動醫療的進步。

儘管能夠幫助病童讓郭醫生感到欣慰，然而郭醫生從醫多年，亦有許多深刻的感受，包括無數個晚上陪伴病童度過生死邊緣的時刻，亦見證了不少病童在手術後難以回歸正常生活的情況，例如有些病童原為運動健將，為校隊成員，甚或乎為中國香港隊的運動員，然而因為疾病及手術以致沒法重返原有的生活。作為醫生，郭醫生不僅致力於治療病人的身體，更重要的是透過其專業的意見，並加強與病童的家庭和學校的溝通，以嘗試幫助病童重新融入社會。生理上的康復只是第一步，心理上的適應和社會的重新融入同樣重要。

通過與基金會的合作，郭醫生希望能建立一個全面的支持網絡，專門為病童服務。他的目標是 幫助更多病童找到希望和新生，並帶來更好的未來。他相信，只有醫療、家庭和社會共同努力，才能為病童創造更好的生活條件。在未來，郭醫生希望能夠進一步擴大與基金會的合作，並提升大眾對先天性心臟病的認識，讓更多人理解這些病童所面臨的挑戰，並提供支持。

郭樊義醫生
Dr Sit-Yee Kwok

This collaboration not only enhances the quality of care but also offers comprehensive support to the families. The Foundation's resources help alleviate financial burdens, allowing families to concentrate on their child's recovery. Dr. Kwok believes that this integration of medical and social support is vital for the health and happiness of the children.

Moreover, with the continuous advancement of medical technology, treatment methods for heart disease are also evolving. However, when doctors wish to introduce new technologies, they often encounter challenges related to insufficient data and funding. The progress of technology brings new hope for children's treatment, but it requires ongoing research and financing to ensure that these innovations can be effectively applied in clinical settings. The Foundation plays a crucial bridging role in this regard, proactively sponsoring the introduction of new technologies, allowing many children to access forward-looking treatments while helping doctors accumulate essential data to advance medical progress.

While the ability to help these children brings Dr. Kwok great joy, his years of practice have also imparted deep reflections. He has spent countless nights at the hospital, standing by children as they navigate life-and-death situations. He has witnessed many cases where young patients struggle to return to normal life after surgery. Some were once talented athletes, members of school teams, or even representatives of Hong Kong, but due to illness and surgery, they find it difficult to reclaim their previous lives.

As a doctor, Dr. Kwok is dedicated not only to treating the physical ailments of his patients but also to enhancing communication with their families and schools. He strives to help these children reintegrate into society, recognizing that physical recovery is just the first step; psychological adjustment and social reintegration are equally important.

Through collaboration with the Foundation, Dr. Kwok hopes to establish a comprehensive support network specifically tailored for these children. His goal is to help more young patients find hope and a new lease on life, paving the way for a brighter future. He firmly believes that only through the combined efforts of the medical community, families, and society can better living conditions be created for these children.

In the future, Dr. Kwok aspires to expand his collaboration with the Foundation, raising public awareness about congenital heart disease. He wishes for more people to understand the challenges faced by these children and to provide the support they need. Through his dedication and compassion, Dr. Kwok continues to be a beacon of hope for many families, illuminating their paths toward healing and resilience.

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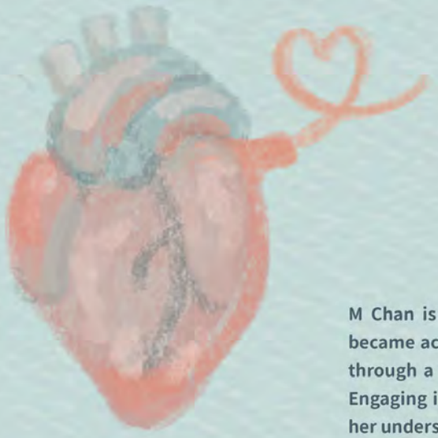

M Chan is a middle-aged professional woman who first became acquainted with the Children's Heart Foundation through a family member with congenital heart disease. Engaging in the Foundation's activities further deepened her understanding of the organization.

She is willing to continue donating to support the CHF because she believes it can assist those in need and bring her an unparalleled sense of happiness. This joy originates from helping and supporting others. The Foundation's principles and values deeply resonate with M Chan, especially their provision of accommodation for parents of hospitalized children and the regular organization of educational and developmental activities. This support holds significant meaning for families of children requiring long hospital stays or major surgeries, and being able to contribute in this manner brings her great fulfillment.

M Chan believes that the greatest reward of donating to support the Foundation lies in embodying the concept of "It is more blessed to give than to receive," enriching and fulfilling her inner self.

Life is truly filled with hope. When heart children face sadness or unhappiness, besides their families, there are many strangers silently supporting them.

M Chan 是一位中年職業婦女，她最初是通過患有先天性心臟病的家人而認識了兒童心臟基金會，繼而參與基金會的活動，令她對基金會有更多的認識。

她願意持續捐款支持兒童心臟基金會是因為相信這樣可以幫助有需要的人，同時也給予她一種無比幸福的感覺。這種幸福感源自於對他人的幫助和支持。兒童心臟基金會的理念和價值讓 M Chan 十分觸動，特別是基金會為留院的病童父母提供住宿服務，以及定期舉辦各項教育和發展性活動，對那些需要長期留院或接受重大手術的兒童的家庭來說意義重大，而她能在這方面給予支持，讓她感到非常滿足。

M Chan 認為捐款支持基金會最大的收穫在於實踐了「施比受更有福」的理念，使她內心感到更加豐盛和充實。人生其實充滿希望。當心童遇到難過或不開心的時候，除了家人外還有許多陌生人在默默地支持著他們。

M Chan

Candy, a retiree and mother of two daughters, aged thirty and twenty-eight. Candy vividly remembers the time when her older daughter, at just nine months old, frequently coughed. Initially, like any typical family, they visited a general practitioner for help. It was a friend's timely reminder that led Candy to seek a paediatrician's opinion. She visited a recommended female doctor and, upon leaving the clinic, a nurse requested a follow-up with the physician. To Candy's surprise, the doctor discovered a murmur in her daughter's heart, prompting a thorough examination by a paediatric cardiology specialist.

Rushing to the paediatric cardiology specialist, the doctor's furrowed brow upon hearing about her daughter's heart condition indicated further investigations were needed. It was revealed that a blood vessel in her daughter's heart, which should have closed naturally after birth, remained open, causing recurrent coughs due to lung moisture. Candy felt anxious but hopeful as the doctor recommended surgery once her daughter was a bit older. Eventually, at two and a half years old, her daughter underwent the procedure at Grantham Hospital.

Grateful that her daughter's issue was relatively minor in the realm of cardiology, Candy witnessed the struggles of many other children with various heart conditions during their hospital stay. Learning about the Children's Heart Foundation, Candy didn't hesitate to contribute, hoping to assist other kids with heart ailments. For over twenty years, Candy has continued to support the Foundation with unwavering dedication.

We cannot control our physical vulnerabilities, but when faced with health challenges, it's essential to confront them bravely. Candy encourages all children with "heart matters" to face them courageously, trusting that doctors and medical teams are there to help. She extends her heartfelt wishes for the well-being and health of all children and their families.

CMY Candy

Candy 是一位退休人士，育有兩位女兒，現年分別為三十歲和二十八歲。 Candy 記得當年她的大女兒於九個月大時經常咳嗽。當時他們像一般家庭一樣去看普通私家醫生。直到有一天，一位朋友提醒她應找兒科醫生檢查一下，於是她前往見了朋友介紹的一位女醫生。在診所即將離開時，護士又要求她再次見醫生，原來醫生發現女兒的心臟有雜音，詢問她是否漏報了這個情況。當時 Candy 當然是不知情的，醫生再次仔細聆聽後確定了女兒的心臟有問題，當場幫他們安排了兒科心臟科專家的會診。

他們立即前往見兒科心臟科醫生，當醫生一聽到女兒的心臟情況時，眉頭一皺，表示需要進一步用儀器檢查。原來女兒的心臟有一條血管，在胎兒時期從母體供血到心臟，通常在嬰兒長大時會自然收縮，但女兒這條血管沒有完全收緊，導致肺部經常濕潤，進而引發頻繁咳嗽。當時 Candy 如坐針氈，醫生建議等女兒稍為長大後進行手術，最終女兒兩歲半時在葛量洪醫院接受了這項手術。

感恩女兒的情況只是心臟科中之皮毛問題，但在住院期間， Candy 看到許多其他小朋友面對不同的心臟問題。當時得知有兒童心臟基金會後，她毫不猶豫地想作出一些捐款，希望可以幫助那些患有心臟疾病的小朋友，從那時起，Candy 一直持續捐助基金會已經二十多年了。

我們無法控制自己身體上的毛病，但當遭遇身體問題時，應該勇敢正視，Candy希望各「有心事」的小朋友勇敢面對「心事」，相信醫生和醫療團隊一定可以幫忙，並祝願所有小朋友和家人 平安健康。

Irene 是一名保險從業員，成為兒童心臟基金會的捐款人不知不覺已有多年，現在她也快將退休了，希望退休後仍行有餘力，為患有心臟病的兒童獻上微薄之力，貢獻和回饋社會。

當初透過一些宣傳的刊物認識兒童心臟基金會，得知有兒童在幼小的年紀已經要面對疾病帶來的苦楚，令 Irene 感到十分難過，希望能夠幫助他們，讓他們可以無後顧之憂地與病魔抗戰，健康成長，可以開心快樂地生活下去。

雖然近年時有慈善機構營運不善的報導，然而 Irene 已認識兒童心臟基金會一段相當長的日子，知道基金會一直在有限的資源下努力開源節流，再加上一班熱心的義工無條件付出，目的就是希望幫助眾多病童重獲新生，所以她一直堅持捐獻。

對於 Irene 來說，行善不是為了得到回報。作為一個保險從業員，她知道人生充滿意外和挫折，能夠成為擁有資源和能力去幫助別人的人這件事本身就是她最大的幸福。她也希望自己得到的幸福可以透過捐款傳達給別人，尤其是讓全世界所有身患疾病的孩子快樂幸福地成長，擁有一個幸福得足夠療癒一生的童年。

Irene Chow

Irene, an insurance professional, has quietly supported the Children's Heart Foundation for many years. As she approaches retirement, she hopes to continue contributing to children with heart conditions even after leaving the workforce, seeking to give back to society and make a difference.

Initially introduced to the CHF through promotional materials, Irene was deeply moved upon learning about young children facing the hardships of illness at such a tender age. This realization saddened her, motivating her to offer whatever assistance she could to help these children confront their illnesses without worries, allowing them to grow up healthy, happy, and carefree.

Despite recent scandals involving charitable organizations, Irene understands that a few bad apples do not spoil the whole barrel. She believes that society indeed needs charitable institutions to support the vulnerable and those in need. She trusts that the work of the Children's Heart Foundation can provide a new lease on life for many sick children, hence her unwavering commitment to donating.

For Irene, altruism is not about seeking personal gain. As an insurance professional, she acknowledges life's uncertainties and setbacks. Being in a position to help others with resources and capabilities is, to her, the ultimate source of happiness. She hopes that the happiness she receives from her actions can be passed on through her donations, especially in ensuring that all children around the world suffering from illnesses can grow up joyfully and contentedly, experiencing a childhood filled with enough happiness to heal a lifetime.

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如新善的力量基金會香港分會
Nu Skin Force for Good Foundation Hong Kong Chapter

在兒童心臟基金會的支持機構中，如新善的力量基金會香港分會扮演著至關重要的角色。自二零零五年以來，如新善的力量基金會香港分會便開始贊助基金會，因為他們深刻理解到雙方理念相同，於是展開了多年的合作。Mandy 除了是如新善的力量基金會香港分會的總監，亦義務成為基金會委員會成員，身體力行支持基金會。

在過去的多年中，如新善的力量基金會香港分會為基金會所籌得的善款，已經為超過九百七十三名先天性心臟病的兒童及其家庭提供了援助，合共贊助超過一千六百五十萬港元的治療費用。這些資金不僅改變了孩子們的命運，也讓他們重獲了「心」生的希望。對於 Mandy 而言，每當看到孩子們在術後復甦，重新展現笑容時，她的心中都充滿感動。

如新善的力量基金會香港分會一直積極與基金會合辦各類型的活動，讓其員工及品牌代表提高對先天性心臟病的認識。在這些活動中，參與者能夠切實體驗和實踐如新集團 (Nu Skin) 的核心價值—「善的力量」。多年來，他們最大的收穫是目睹了善的力量如何持續凝聚和發揚，並見證心臟病患兒童的成長。

In the realm of support organizations for the Children's Heart Foundation (CHF), Nu Skin Force for Good Foundation Hong Kong Chapter (Nu Skin FFG) plays a crucial role. Since 2005, Nu Skin FFG has been sponsoring the CHF, recognizing their shared vision and embarking on years of collaboration. Mandy, the Director of Nu Skin FFG, also volunteers as a member of the CHF's Executive Committee, embodying her commitment to their mission.

Over the years, Nu Skin FFG has raised funds that have provided assistance to over 973 children with congenital heart disease and their families, contributing more than HKD 16.5 million towards surgical expenses. These funds have not only transformed the lives of these children but have also restored their hope for a brighter future. For Mandy, each time she sees a child recovering post-surgery and smiling again, her heart swells with emotion.

Nu Skin FFG actively collaborates with the CHF to host various events that enhance awareness of congenital heart disease among its employees and brand representatives. Participants in these events gain experience of Nu Skin's core value—"Force For Good." Over the years, their greatest reward has been witnessing how the power of kindness continues to unite and flourish, while they observe the growth of children battling heart conditions.

正是如新善的力量基金會香港分會這份無私的奉獻和堅持，讓更多孩子的生命得以改變，讓希望的種子在心中生根發芽。

在所有的活動中，二零二三年的一個特別項目深深觸動了 Mandy 的心。在這個項目中，基金會邀請了心臟病童，與如新善的力量基金會香港分會的品牌領袖義工們，共同參與了一次特別的壁畫創作活動，畫作更懸掛在兒童醫院心臟科病房，旨在為心童家庭帶來色彩和鼓勵。

創作過程中，孩子們和義工們一起討論設計，分享他們的故事和夢想。每位參與者都積極投入，從選擇顏色到繪製圖案，每一步都充滿了笑聲和激動。孩子們用自己的手，畫出了他們的希望，義工們則用愛心和鼓勵陪伴著他們。 Mandy 認為這不僅是代表彼此間二十年合作的一個里程碑，更讓病房變得更加溫馨，讓每一位走進病房的家庭都能感受到支持與愛。透過這個活動，她看到了善的力量如何在小朋友的心中生根發芽，並希望未來能夠繼續與基金會攜手，幫助更多需要支持的孩子和家庭。

Among all the events, a special project in 2023 profoundly touched Mandy's heart. In this initiative, the CHF invited children with heart conditions to join brand leader volunteers from Nu Skin FFG in a collaborative mural painting project, the painting is also hung in the cardiology ward of the Children's Hospital, aiming to bring color and encouragement to families with young children.

During the creative process, children and volunteers engaged in discussions about design, sharing their stories and dreams. Each participant was fully invested, from selecting colors to painting patterns—every moment filled with laughter and excitement. The children expressed their hopes with their own hands, while the volunteers surrounded them with love and encouragement. Mandy sees this mural not only as a milestone representing two decades of collaboration but also as a way to make the ward feel warmer, allowing every family that enters to feel the support and love surrounding them. Through this activity, she witnessed how the power of kindness takes root in the hearts of the children, and she hopes to continue partnering with the Foundation to help even more children and families in need.

It is the selfless dedication and perseverance of Nu Skin Force for Good Foundation Hong Kong Chapter that changes the lives of many children, allowing the seeds of hope to take root and flourish in their hearts.

透過用心去感受，用行動去改變，羅氏診斷(香港)有限公司和兒童心臟基金會希望為心童們帶來更多的溫暖和希望。當愛心凝聚，奇蹟就會發生在每一個需要幫助的孩子身上。

在這個繁忙的都市中，有一間充滿愛心的企業，從十年前一個契機開始，默默支持患有先天性心臟病的小朋友，這個擁有慈善之心的企業就是羅氏診斷 (香港) 有限公司。

羅子賢先生是羅氏診斷 (香港) 有限公司的總經理，回顧過去十年合作，羅氏診斷感恩能與兒童心臟基金會合作，為這群需要幫助的孩子籌集善款。每年，羅氏診斷舉辦的步行籌款活動，所籌得的捐款皆全數捐贈給基金會，期望可以幫助心童獲得更適切的治療。

當基金會的醫生及會員到訪分享，或與心童一同參加烹飪班，以及身體力行擔任基金會的義工時，羅氏診斷的同事們都積極參與。透過這些互動，他們能更深入了解病童的需求，並被孩子們努力堅毅的真實故事所觸動。特別是早前基金會的青年會員 Andrew 在羅氏診斷參與暑期實習，與同事們的相處讓大家的感受更加深刻，更佩服他們在面對病困時的挑戰和勇氣。

羅氏診斷的同事們為了在每年的步行籌款活動中籌得更多善款，積極參與各類義賣活動，包括小食、舊電子產品和家具的義賣。所有的努力都旨在支持心童，每位同事都深切感受到這份愛心與行動所帶來的溫暖。他們明白，愛可以透過行動傳遞，而每一份善款將成為孩子們未來的希望之光，照亮他們的成長道路。這份集體的努力讓每位參與者都感受到彼此之間的聯繫與使命。

羅氏診斷（香港）有限公司
Roche Diagnostics (Hong Kong) Limited

"It's been our honor to support the Children's Heart Foundation and raise funds for the children in need for the past 10 years. We hope the donations raised from our Children's Walk every year can help the children receive the appropriate treatment," said Mr. Ronald Lo, the General Manager of Roche Diagnostics (Hong Kong) Limited.

Roche colleagues enjoy the connection with the CHF through various activities, including sharing sessions with doctors, cooking classes with the children, and volunteering. including sharing sessions with doctors, cooking classes with the children, and volunteering. Additionally, Andrew, an active member of the Foundation, participated in a summer internship at Roche. These experiences have deepened the understanding of the children's needs and we are all inspired by the resilience and determination for a better version of ourselves in daily life.

To support more children in need, Roche colleagues actively engaged in different fundraising activities, such as selling snacks, old furniture, and laptops. Through every action taken, we hope to spread more love and joy in our community. We believe miracles will happen when we all join forces to support each other together.

滙業財經集團是一家擁有九十年歷史，同時為港澳唯一由家族全資擁有的金融機構，從最初提供單一銀行服務，發展至一個全方位多元化金融服務平台。

As the only wholly, family-owned financial institution in Hong Kong and Macau with 90 years of legacy, Delta Asia Financial Group has evolved into a financial conglomerate providing a full range of integrated services.

作為滙業的行政總裁，區麗莊小姐不僅負責管理這個歷史悠久的金融機構，更是心懷慈善、身體力行支持兒童心臟基金會的推動者。儘管金融機構與慈善事業看似毫不相關，但自二零一七年接觸到兒童心臟基金會後，區小姐發現基金會同樣致力於服務他人，這讓她感受到，無論行業背景如何彼此的使命其實都是一致的，同樣是希望服務他人，讓人們的生活變得更美好，這份共鳴促使她與基金會建立了穩固的合作關係。

As the CEO of Delta Asia Financial Group, Miss Lai-chong Au not only manages a historic financial institution but also passionately supports the Children's Heart Foundation through her philanthropic endeavours. Although the financial sector and charitable endeavors may seem unrelated, Miss Au's encounter with the Foundation in 2017 revealed a shared commitment to serving others. She realized that, regardless of industry background, their missions align in the common goal of serving others and improving lives. This resonance led to the establishment of a robust partnership between Miss Au and the Foundation.

自二零一七年起，滙業全力支持基金會的學業獎勵計劃，至今已攜手走過了八個年頭。每當區小姐看到那些面對身體挑戰的孩子們，依然不懼困難，努力追尋自己的夢想和學業，區小姐都被深深感動。她回憶起部分病童更是成功入讀了優異的大學，有的甚至正在修讀醫科課程，這些孩子的堅持和努力，給區小姐帶來無限鼓舞。

Since 2017, Delta Asia Financial Group has steadfastly backed the Foundation's Academic Achievement Program for eight consecutive years. Witnessing children courageously facing physical challenges in pursuit of their aspirations and education deeply moves Miss Au. She reminisces about the numerous children who have successfully gained admission to esteemed universities, with some even embarking on medical studies. The resilience and dedication of these children serve as a profound wellspring of inspiration for Miss Au.

在每次活動中，區小姐都能與基金會的創辦人及主席們會面，如鄭映歡女士、何惠貞女士及周啟東醫生，透過多年來的合作，彼此之間已經建立了深厚的友誼。區小姐見證著他們為基金會無私奉獻的精神，這份熱情更激勵著她繼續與基金會及病童一同前行。

Miss Au gets to meet with the Foundation's founders and leaders, such as Jenny, Christine, and Dr. Chau during various events. Over the years of collaboration, they have developed a strong friendship. Miss Au witnesses their selfless dedication to the Foundation, and this passion motivates her to continue walking alongside the Foundation and the children.

在見證心童們的成長過程之同時，區小姐也見證著基金會多年的發展進步。作為其中的贊助機構，她感到光榮，也高興每年都能見到熟悉的贊助機構繼續支持。彼此間的連繫，不僅只是捐款上的支持，更是一份愛心的延續，讓她感受到基金會這個「大家庭」的溫暖。

As Miss Au witnesses the growth of these young hearts, she also observes the Foundation's progress over the years. As a proud sponsoring organization, she feels honored and delighted to see familiar sponsors continue their support year after year. These connections extend beyond financial contributions, they represent a continuation of love, allowing her to feel the warmth of this "big family" that the Foundation embodies.

The Way Forward

未來發展

兒童心臟基金會其中一項重要的未來發展，是促進向成人會員提供服務。由於先天性心臟病治療技術不斷改進，病人存活率得到提升，而基金會的成人會員數目亦持續增加。為了回應需要，我們成立「成人先天性心臟病的病人小組」以開拓服務，例如提供心理支援、升學及就業輔導、會員活動、生育及婚姻諮詢等。

本會希望為不同年齡層的會員提供適切的服務，並貫徹病人自助組織精神：由基金會會員家庭自發及帶領，並以專業的註冊社工作支援，通過同路人的關懷、經驗分享和資訊交流以促進自身福祉和權益。

One of the key future developments for the Children's Heart Foundation (CHF) will be to facilitate the provision of services to adult members. As the treatment of congenital heart disease (CHD) continues to improve, the survival rate of patients has increased, and the number of adult members of the CHF continues to grow. In response to this need, we have established an Adult Patients Group (the Group) with CHD. The group's objective is to develop services for adult patients with CHD, including psychological support, counselling foreducation and employment, member activities, fertility and marriage counselling, and other services as required. It is the CHF's intention to provide services for all age groups.

We aim to provide bespoke services to members of different age groups, in line with the ethos of patient self-help organisations. These services will be initiated and led by the families of the CHF's members, with the support of professional registered social workers. They will promote the well-being and rights of members through mutual care, experience sharing and information exchange.

另外，自兒童心臟科已於二零二零年搬遷至位於啟德的兒童醫院，先天性心臟病兒童將到該醫院接受治療及覆診。就此，基金會已於九龍灣開設新服務中心，以回應會員需要。現時，先天性心臟病成年病人繼續回到位於薄扶林的瑪麗醫院進行醫療程序。因此，基金會計劃另覓地點，以造就「成人先天性心臟病的病人小組」為成人會員提供支援。

適逢華富邨落實重建，位於華光樓的「愛心之家」的原址將於二零二五年遷拆。有見及此，基金會向房屋署提出以上有關成年病人的服務需要和基礎，希望能於上述遷拆後得到原區安置，以推行為成年病人提供新服務。我們非常高興在此分享，以上建議已經獲得批准，基金會將於新落成的雞籠灣南邨得到單位分配。該址將成為香港唯一的「成人先天性心臟病的病人小組」的服務中心，為成年病人提供終身及全面的支援，奠下基金會重要的里程碑與發展

Furthermore, children with CHD will receive treatment and follow-up consultations at the Children's Hospital in Kai Tak, following the relocation of the Paediatric Cardiology Department to the hospital in 2020. In light of the above, the CHF has opened a new service centre in Kowloon Bay to address the needs of our members. Currently, adult patients with CHD continue to return to the Queen Mary Hospital in Pokfulam for medical procedures. As aresult, we plan to identify an alternative site to set up the Group to provide support to adult members.

In line with the redevelopment of Wah Fu Estate, the original site of the House of the Heart at Wah Kwong House will be demolished in 2025. In light of the above, the CHF has proposed to the Housing Department our service needs and basis for the adult patients, as well as the relocation of our service unit to the same district after the aforementioned relocation. This is to facilitate the implementation of new services for adult patients. We are pleased to announce that the above proposal has been approved. The CHF will be allocated flats in the newly completed Kai Lung Wan South Estate. The site will become the only service centre for the Group in Hong Kong, providing lifelong and comprehensive support to adult patients. This marks an important milestone and development for the CHF.

Activities' Photo Album

活動相集

1994
2004












2005
2014












Activities' Photo Album

活動相集

2005 – 2014

2015 – 2024

HEART BEAT 心動

鳴謝 Acknowledgements

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