

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.

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NEWSLETTER

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

EDITOR'S NOTE 編者 ·· 的話

兒童心臟基金會編輯小組

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對於先天性心臟病童來說，由他們確診一刻，他們的一生都與病況緊扣。即使成年後，在生涯及人生規劃上需要顧慮的亦比普通人多。當身邊的同伴在擔心能否找到心儀工作時，先天性心臟病成人需要擔心日後的工作能否容許他們經常請假去進行覆診或治療；當其他人在煩惱什麼時候組織家庭時，先天性心臟病成人卻需要擔心會否有遺傳的可能性，以及自己的身體又能否承受懷孕過程。

本期《心訊》記錄了不同先天性心臟病成人的擔憂與顧慮，當中包括一位媽媽懷孕的經歷，當中的起起跌跌。同時間，心友小組的委員也分享了他們的心聲，以及為何願意擔任心友小組的義工。

心童需要持續面對不同挑戰，同路人的分享和支持尤其重要，願每個心童家庭都可以互相扶持，互相鼓勵，一起撐過困難，一起迎接雨後的彩虹。

公共傳訊事務委員會

For children with congenital heart disease, starting from the moment of diagnosis, their entire lives are tied up with the condition. Even as adults, they need to think more about themselves than the other normal person in terms of career and life planning. While others are worrying about finding a favourite job, adults with congenital heart disease need to worry about whether their future job will allow them to take frequent time off for follow-up appointments or treatment. While others are considering the time of having baby, adults with congenital heart disease need to worry about the possibility of genetic inheritance and the capacity of their bodies situation which need to be able to cope with the pregnancy process.

In this issue, the worries and concerns of different adults with congenital heart disease are shared, including the physical and psychological ups and downs of one adult with congenital heart disease during their pregnancy. At the same time, members of the patient group share their thoughts and reasons to be the volunteer in this group.

The kids with congenital heart disease need to face different challenges continuously. We hope that each family can support and encourage each other to overcome difficulties and welcome the rainbow after the rain together.

Publicity and Publications Sub-committee

專題 ·· 故事 Feature Story

「心」生命的誕生

THE BIRTH OF LIFE

一個新生命的誕生從來不是一件容易的事。每一個生命背後，除了是父母的愛情結晶，更是母親用自己的生命去孕育和灌溉的花朵。懷孕和生育的歷程會受很多不同的因素影響，對於患有先天性心臟病的成人孕婦來說，她們所擔心和顧慮的可說是普通人的十倍百倍。

潔盈初生不久，因呼吸不順到贊育醫院求醫，及後經轉介到瑪麗醫院及葛量洪醫院，經醫生診斷後確診患有先天性心漏，立即需要進行補心漏手術。一歲時，在基金會的贊助下，再次進行搭橋手術。

手術後的潔盈不需要再接受手術及食藥，只需要定期覆診。「雖然我的情況比較穩定，然而，我都好明顯感到自己與他人體能上的分別，會很容易氣喘及頭暈。」基於身體上的狀況，潔盈在成長路上，都被學校限制了不少課外體驗的機會。隨著年紀長大，談戀愛和組織家庭亦是潔盈開始考慮的事情，「當時另一半知道我經常要去醫院覆診，亦看到我身上的疤痕，慶幸的是他很願意去了解，甚至和我一起到基金會做義工，嘗試認識更多同路人。」

「最初與丈夫有生育計劃後，都有好多擔心，到底我是否適合懷孕？生育的話遺傳機率又有多少？」醫生說從報告指數顯示，潔盈的狀況是可以嘗試懷孕的，而遺傳機率約0.3-0.5%。正當潔盈成功自然懷孕，以為一切順利，好景不常，醫生發現潔盈的胎兒不能完整發育。「不能完全肯定是否與先天性心臟病有關，可能是自己血壓較低，亦可能是未能給予胎兒足夠營養。」潔盈多年內先後經歷過四次流產，中間一度有放棄嘗試懷孕的想法。



The birth of a new life is never easy. A baby is the pledge of love of a couple as well as the mother nourished this little bud with her life. The process of pregnancy and childbirth is affected by many different factors, for adults with congenital heart disease, the worries and concerns are ten times or hundred times greater than the others.

Kit Ying went to the Tsan Yuk Hospital shortly after she was born due to breathing problems. Later she was referred to Queen Mary Hospital and Grantham Hospital. She was diagnosed with congenital heart septal defect and an immediate surgery was acquired after the thorough check-up. When she was one-year-old, she underwent another bypass surgery with the sponsor of the Foundation.

After the operation, she does not need further surgery or medication, but only needs regular follow-ups. "Although my condition is stable, I can still clearly feel the difference between myself and others in terms of my physical ability, as I get asthma and dizzy easily." Due to her physical condition, she was restricted from many extracurricular activities by her primary and secondary schools. As she grew older, she began to think about dating and establish a family. "My husband knew that I had to go to the hospital regularly and noticed the scars on my body when we were dating. Fortunately he was willing to understand and even joined me to the voluntary works in the Foundation."

"When I first started planning to have children with my husband, I had a lot of worries about whether I was suitable for pregnancy. What is the chance of defects inheritance if I have a baby?" According to the report, the doctor said Kit Ying could try to conceive and the hereditary rate was about 0.3-0.5%. Just when she had a successful natural pregnancy and thought everything was going well, the doctor discovered that her baby was not developing fully. "I am not sure if it is related to my congenital heart defects, such as my low blood pressure or the failure to provide adequate nutrition to the foetus." She had four miscarriages before. She even started to have a thought of giving up.

「我的媽媽因為我有先天疾病而離棄我的，社會上都有很多和我一樣遭遇的小朋友，所以當時同丈夫都考慮如果我真的沒法懷孕就領養吧，始終最重要是照顧好自己的身體。」

隨遇而安的樂觀性格，加上努力不懈去調理身體機能，潔盈於2021年再次成功懷孕，而這次寶寶亦成功平安健康誕生。

「懷孕的過程都不是一帆風順，始終初期都有見紅，要一直食安胎藥，亦要長期臥床。就算去到中期情況穩定一點也好，都不太敢出街，自己容易暈同氣喘。」除了自身的身體狀況外，潔盈坦言如何面對心理的無形壓力才是最大的困難，一方面會擔心胎兒心臟會否有遺傳問題，需要定期詳細超聲波檢查；另一方面亦擔心自己的生產過程會否有風險。

先天性心臟病成人對人生規劃所面對的壓力，很多時都只有當時人了解，潔盈亦好希望可以多與其他患有先天性心臟病的媽媽，互相分享彼此的顧慮。「因為我知道有些媽媽為了胎兒發展，會不顧醫生的意見，私自停止服用血壓藥；又或是因為過份擔憂而出現產前或產後抑鬱，我都會勸諭她們，千萬要以自己身體狀況為優先，亦希望以同路人的身份可以幫忙分擔到一些情緒。」

每一個誕生的新生命，不僅是嬰兒呱呱墜地的那一聲啼哭，而是母親十月懷胎的辛苦，亦是父母滿懷欣喜的翹首期待。隨著醫療科技進步，先天性心臟病成人擁有健康的下一代並不是不可能的事，儘管生命裡包含了許多挫敗，但同時亦福過了許多感動。

"My mother abandoned me because of my congenital heart disease, and there are many children in the community who suffer from the same thing. My husband and I thought that if we couldn't have a baby, we could adopt one. The most important thing is to take care of my health."

With Kit Ying's optimistic personality, and her hard work in regulating her body's situation, she had another successful pregnancy in 2021, and this time her baby was born safely and healthily. "The pregnancy was not smooth as I had pregnancy bleeding in the early stage. Therefore, I had to take tocolysis drugs and stay in bed for a long time. Even if the situation became stable in the middle of the pregnancy, I dared not to go out as I was prone to dizziness and asthma." Apart from her physical condition, Kit Ying said that the most difficult thing was how to deal with the invisible pressure. On the other hand, she was worried about whether there would be any genetic problems with her baby's heart, so she needed to have regular ultrasound examinations, and on the other hand, she was worried about the risk of her delivery.

The pressure that adults with congenital heart disease face in planning their lives is often only understood by those who are there. Kit Ying hopes to share her concerns with other mothers in the same situation. "I know that some mothers may stop taking their blood pressure medication due to the foetus's development, despite of their doctor's advice. They may probably suffer from antepartum or postpartum depression due to excessive worry. I hope that as a fellow traveller, I can help sharing some of their emotions."

The birth of a new baby represents the selfless of a mother. With the advancement of medical technology, the congenital heart disease patients are possible to have healthy offspring. Although life would be full of frustrations, hope and happiness are around us.



介紹心友小組委員會 關注先天性心臟病成人患者的需要

FEATURE STORY— INTRODUCTION OF SUB-COMMITTEE OF THE PATIENT GROUP, CONCERN ABOUT THE NEEDS OF ADULTS WITH CONGENITAL HEART DISEASE

基金會一直致力服務先天性心臟病兒童及其家人，以不同形式了解他們的需要，提供適切支援。不少心童是自小發現，手術後定期觀察，有些需要服用藥物，有些更要視乎心臟情況再次進行不同治療。由出生至成人階段，良好的自我照顧也有助維持心臟健康。

基金會成立心友小組委員會，目的是希望透過了解年青先天性心臟病會員的聲音，關注關注先天性心臟病成人患者的需要的狀況，讓基金會服務得以擴展，覆蓋不同年齡層的需要，有效地使用資源。委員代表裡有不同年齡層，包括中學生、大專生或工作人士，讓討論更全面。

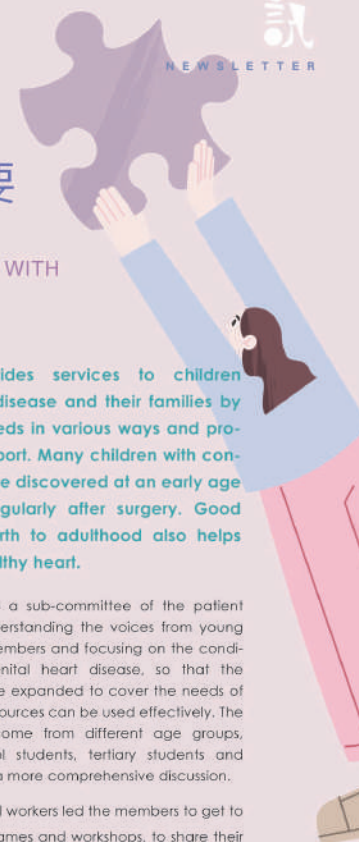
在最近的活動中，社工帶領委員們從遊戲、工作坊彼此認識，分享患病心路歷程，並思考關注先天性心臟病成人患者的需要有機會遇到的挑戰。委員曾提及心臟是維持人體各項機能正常運作的關鍵器官，若然心臟出現狀況，長年累月下其他器官也有機會受到影響。亦有委員分享自己在學業或工作方面有限制，有時希望可以參與體力勞動的活動，對方或自己亦會擔心自身狀況，限制了參與程度。現時心友小組委員積極思考和討論，盼日後有助基金會發展，提供適切服務予先心會員。



The Foundation provides services to children with congenital heart disease and their families by understanding their needs in various ways and providing appropriate support. Many children with congenital heart disease are discovered at an early age and are monitored regularly after surgery. Good self-care skills from birth to adulthood also helps them to maintain a healthy heart.

The Foundation has set up a sub-committee of the patient group, with the aim of understanding the voices from young congenital heart disease members and focusing on the condition of adults with congenital heart disease, so that the Foundation's services can be expanded to cover the needs of different age groups and resources can be used effectively. The sub-committee members come from different age groups, including secondary school students, tertiary students and working adults, allowing for a more comprehensive discussion.

In recent activities, the social workers led the members to get to know each other through games and workshops, to share their experiences with the disease and to think about the challenges that adults with congenital heart disease may encounter. Members mentioned that the heart is a key organ in maintaining the normal functioning of the human body and if the heart is affected, other organs may also be affected over the years. Some members also shared that they have limitations in their studies or work. Sometimes they would like to participate in physical activities, but the other parties or themselves would be worried about their own conditions, which would limit their participation. At present, members of the patient group are actively thinking and discussing about this issue, hoping that it will help the Foundation to develop and provide appropriate services to our members.



心友小組 委員會成員

SUB-COMMITTEE OF THE PATIENT GROUP

何胤霖

以前的我總會覺得自己為什麼這麼不幸運患病，但隨著慢慢成長，以及見識多了，了解原來有很多病情更加嚴重的心童，令我知道自己原來已經好幸運，所以我好希望透過加入心友小組，幫助更多有需要的心童，分享喜悅。

我聽過很多心童都會因為自己的病而質疑自己的能力，不敢做自己想做的事。不過我經常都會跟自己說：「就算我有病，但都可以做到其他人做的事，這樣不是比起普通人更有型嗎？」所以希望各位心童都不要放棄，去做自己想做的事！

吳冬妮

小時候的我，在自己患病的過程中其實都不會有太多的擔憂，然而慢慢成長後，才發現原來先心病對我的影響其實都幾大，於是就開始慢慢陸續擔心不同方面的問題，例如社交、工作、甚至是家庭之間的關係。雖然成長路上必定會遇到一點困難，但是這些困難，再加上患病雙重打擊，難免會令自己比較難受。

透過加入了心友小組，我們不同的同路人可以互相分享彼此的經歷，從中互相討論自己擔憂的問題又或者需要，令基金會可以因應不同的需要去提供適合的幫助給已經成人的先心病童，成為一個交流意見的渠道，令到大家都可以更有安全感，有勇氣去嘗試解決接踵而來的困難。

葉銘德

我是一個先天性心臟病患者，由小時候就開始參加基金會的活動，一路以來亦有參加不同的義工活動去接觸身邊的心童，慢慢發現其實這個病對不同人都有不同程度的影響，所以我們希望透過心友小組，可以交流不同同路人生活上遇到的問題，亦都是一個平台讓不同先天性心臟病人互相鼓勵，有勇氣去面對疾病帶給我們生活上的困難。

葉銘德
Ambrose Yip



吳冬妮
Emily Ng



何胤霖
Eggrice Ho

Eggrice Ho

In the past, I always thought why I was so unlucky with my illness, but as I grew up and encountered with more people, I realized that there were many children with more serious illnesses, which made me realized that I was already lucky.

I have heard that many children doubt about their ability to do the things they want because of their illness. But I always say to myself, "Even though I am sick, I still can do what other people can do, so I am better than ordinary people." Therefore, I hope all of you will not give up and do what you want to do!

Emily Ng

When I was a child, I didn't worry too much about my illness. However, as I grew up, I realized that my congenital heart disease might have significant impact on me. As a result, I start to worry about different aspects of my life, such as social, work and even family relationships. Although it is common to have many obstacles during grow up, combined with the disease, made it harder for me.

By joining the patient group, we can share our experiences and discuss our concerns and needs with each other, so that the Foundation can provide appropriate help to children who have reached adulthood, and serve as a channel to exchange ideas, so that we can all feel more secure and have the courage to try to solve the problems that come in our ways.

Ambrose Yip

I am a patient with congenital heart disease and have participated in the Foundation's activities since I was a child. Along the way, I have participated in various volunteer activities to reach out to the children around me and have come to realize that the disease affects different people to different degrees. I hope that we can share the problems encountered and to encourage each other. Let us to have the courage to face the difficulties brought about by the disease.

蘇康妮
Sony So



蘇康妮

大家好，我是Sony。我認識和參與了基金會的服務超過25年了！基金會看著我成長，我也看著基金會不斷致力為病童需要作出不同的發展。自成年以後，我也察覺到自己或身邊的心童，也隨著不同的成長階段有更多不同方面的需要，希望這個心友小組，可以收集更多不同的聲音，隨大家的需要創展更多新服務。

陳思霖

小時候我曾經得到基金會的協助，認識到基金會。在基金會舉辦不同的活動中，發現原來好多心童家長在照顧心童時有不同困難和壓力，對於心童日常飲食、調理及關注都有不少疑慮，亦都擔心日後心童的身心發展和需要。

希望心友小組的成立，可以提供一個溝通的橋樑，分享大家自身經歷和知識經驗，令心童得到更多支援，確定自己的價值，令家長及心童知道：你我在心童路上並不孤單。

陳穎妍

我小時候並不知道自己患有先天性心臟病，只知道自己經常需要出入醫院，但隨著成長就慢慢知道自已的情況。因為身體上的限制，在社交方便開始產生問題，於是我就開始積極參與基金會的活動，令我重建人際關係上的自信。

隨著長大，我開始要面對心童成年後的問題，社交工作都變成我需要面對的現實，不管是拍拖、結婚、生育等都是一大難題。加入了心友小組之後，我發現不只我面對這些問題，大家可以一起討論，希望心友小組可以幫助長大後的心童，讓他們明白其實並不是只有自己一個。大家加油！

何晴欣

我從小就經常參加基金會的活動，一路以來都有參與不同的義工服務，希望可以幫到更多患有先天性心臟病的病童。長大後，心臟情況已十分穩定，但都發現原來自己與身邊的心童在成長路上都會面對林林總總的問題和困難。成立心友小組後，好希望能夠為先天性心臟病的成人提供服務，陪伴他們跨過新的困難與挑戰。

陳思霖
Beverly Chan



陳穎妍
Janice Chan



何晴欣
Audrey Ho



Sony So

I have known and been involved with the Foundation for over 25 years! The Foundation has witnessed my growth and I know the Foundation's put a lot of efforts to make difference services to the congenital heart disease children. It is hoped that the group will be able to gather more voices and create more new services.

Beverly Chan

When I was a child, I was helped by the Foundation. During the various activities organized by the Foundation, I found out that many parents of the children had different difficulties and pressure in taking care of their children, and they had a lot of worries about their children's daily diet, their management and attention, as well as their future physical and mental development.

It is hoped that the establishment of this group will provide a bridge for communication and sharing of our own experiences, so that the children can receive more support, identify their own values and let parents and children know that you and I are not alone in our journey.

Janice Chan

I didn't know I had a congenital heart condition as a child, I just knew that I was in and out of hospital a lot. But as I grew up, I became more aware of my condition. Because of my physical limitations, I began to have problems with social interaction, so I became active in the Foundation's activities, which helped me to rebuild my confidence in relationships.

As I grew up, I began to face the problems of being an adult, social and work both became a burden in my reality life, no matter on dating, marry, or family planning. After joining the group, I found that I was not the only one facing these problems. We can discuss these issues together. I hope that the group can help other teens to understand that they are not the only ones.

Audrey Ho

I have been a regular participant in the Foundation's activities and volunteer services since I was a child, hoping to help more children with congenital heart disease. As I grew up, my heart condition had stabilised, but I found that the children around me faced a lot of problems and difficulties along the way. With the establishment of the group, we hope to provide services to adults with congenital heart disease and accompany them through their new challenges and difficulties.

◆ 2023 愛心利是贈心童暨心童新春活動

新年大家都會收到滿滿的祝福，透過捐贈利是，為更多心童送上祝福。基金會亦舉辦了「心童新春活動」，一眾心童家庭齊集假日農場，一起玩遊戲、餵小動物、燒烤、整制蔥麵包及製作風鈴，還可以互相分享新年的趣事！



◆ Lucky Money Wishes 2023 & Fortune Blessings Journey

The Chinese New Year was full of blessings for everyone, and through the donation of red packets, we are able to send blessings to more children with congenital hearts disease. The Foundation also organised a Chinese New Year event, where families gathered at the Holiday Farm to play games, feed the animals, barbecue, make bread and wind chimes, and share their New Year fun with each other!

◆ 青年會員小組：個人劇場及密室逃脫活動

一班心童青年以表達藝術的形式，回顧患病經歷及現在的自己。大家一起參與密室逃脫活動，訓練解難和合作能力。



◆ Youth Programme: Expressive Drama Workshop & Escape Room Activity

The teenagers with congenital heart disease shared their experiences of illness in the form of expressive arts activity. Everyone joins in the escape room activities to train problem solving and cooperation skills.

◆ CHF X Sasuke Fitness: 兔仔跳跳吧! 障礙跑班

復活節活動當日由專業教練教大家障礙跑當中的秘技，還與小朋友一起玩尋找復活蛋障礙賽！看看心童們跑得幾快！



◆ Obstacle Run Class

This Easter, the professional coaches taught everyone the skills of obstacle run, and they also played the Easter egg hunt around the obstacles with the children! Let's see how fast the kids can run!

◆ 香港聖約翰救護機構X CHF: 心肺復甦法(CPR)及自動體外心臟去纖維性顫動法(AED)證書課程

一家家長好努力跟導師學習成人心肺復甦法(CPR)及自動體外心臟去纖維性顫動法(AED)，認真練習，以備不時之需。



◆ St John Ambulance X CHF: CPR & AED Classes

Parents have been learning and practising CPR and AED from the instructor as a precautionary measure.

◆ 青年會員小組: DSE Party

終於考完公開試，大家一齊放鬆玩樂，為青年心童慶祝準備踏入下一個人生階段。



◆ Youth Programme: DSE Party

After the public exams, all teen members gathered and celebrated the next stage of their lives.

遊出我心途 親子愛意觸感按摩

JOURNEY INTO YOUR HEART-
PARENT-CHILD LOVING TOUCH MASSAGE

| 文章 胡麗花小姐 (親子按摩導師及治療師、香薰治療師)

WU LAI FA, LIVA (PARENT-CHILD MASSAGE INSTRUCTOR AND THERAPIST, AROMATHERAPIST)



我們的觸感自胎兒起開始發展，透過母體作媒介，不單使我們能夠學習、感知世界和其他人的感受，更能加強胎兒與母親的連繫，從而在成長中不斷建立自信和安全感。

親子按摩是透過撫觸加強我們觸感上的刺激，藉由皮膚與皮膚之間的接觸(皮膚是我們身體最大的器官)，對感覺神經傳遞不同的訊息，當中包括：刺激、舒緩、安撫及傳達愛意……

當我們碰到身體時(如手肘...)，直接反應便是揉一揉疼痛的位置，藉以緩減疼痛的感覺，這便是身體對撫觸最直接表達的需要和渴求。

按摩亦同時可以調節我們的荷爾蒙。當我們按摩後，壓力荷爾蒙皮質醇水平會下降，使我們感到減壓和放鬆；同時提升多巴胺和血清素，令我們有愉悅和滿足感。

因此，親子按摩有很多好處，當中包括家長和小朋友：

- ◆ 促進及建立優質親子關係
- ◆ 提升集中力、免疫力
- ◆ 刺激生長
- ◆ 舒緩情緒、減輕壓力
- ◆ 增加食欲、助消化
- ◆ 安撫不適
- ◆ 促進腸胃蠕動、去肚風
- ◆ 建立安全感
- ◆ 改善睡眠質素

親子按摩時，如能配合使用植物油(按摩用)，效果會理想。植物油以冷壓法提取；含有豐富的維生素A、D、E、K、脂肪酸、鈣、鐵、磷、鉀、鎂物質等等，可以滋潤及修護皮膚、舒緩炎症、抗敏……

鼓勵你，每天都為你的孩子按摩最少五分鐘！

When parent-child massage, if you can use plant oil (massage use only), the effect will be ideal. Plant oil is extracted by cold pressing; it is rich in vitamins A, D, E, K, fatty acids, calcium, iron, phosphorus, potassium, antioxidants, etc.; it can moisturize and repair the skin, relieve inflammation, and resist allergies...

We encourage you to massage your child for at least five minutes every day!

Touch is the first sense we develop long before the baby's birth. Inside the mother body, the embryo gets nourishment in order to keep learning, to perceive the world and other's feelings. It will form a close bond between the mother and the baby and so the baby continuously builds self-confidence and a sense of security during the growth.

Parent-child massage is to help strengthen our tactile stimulation through the process of massage and touching. With skin-to-skin contact (skin is the largest organ in our body), it transmits different messages to sensory nerves, including stimulation, soothingness, comfort and love expressing.

When we hit the body (such as an elbow...), our immediate reaction is to knead the painful area to relieve the sensation of pain. This represents the most direct need and desire of body is touch.

Massage therapy can also regulate our hormones at the same time. When we massage, the levels of the stress hormone cortisol drop, making us feel decompressed and relaxed; meanwhile, dopamine and serotonin are boosted, making us feel happy and satisfied.

Therefore, parent-child massage has many benefits, for parents and children:

- ◆ Encourage positive interactions and build quality parent-child relationship
- ◆ Stimulate growth
- ◆ Increase appetite, help digestion
- ◆ Promote stomach to wiggle, soothe infantile colic
- ◆ Improve sleep quality
- ◆ Improve concentration and immunity
- ◆ Calm emotions and reduce stress
- ◆ Soothe discomfort
- ◆ Build a sense of security



小天使的祝福

BLESSING FROM THE LITTLE ANGEL

| 文章 梓朗媽媽 AUTHOR LUCA'S MOM

不經不覺梓朗已經「畢業」一年多了，但他的名字依然不時會出現在我的耳朵內，然後腦海中，就會浮現出梓朗亮晶晶的大眼睛和甜笑。

這兩年，由梓朗找不到身體出現問題的原因，到後來確診患上先天性心臟病，基金會都給予很多愛和支持給我們一家，在最無助失落時，讓心靈得到點點支援。儘管社工不是真的經歷過這些事件，但都很代入到家長的身份，就像陪著我們感受當中的困難一樣。

梓朗離開後，基金會一直協助我們兩夫妻及梓朗家姐（梓玥）渡過傷痛的日子。即使我們一起相處的時間好短，然而梓玥問中都會提起：「梓朗現在在天空上，還是在大海中（由於我們當時選擇了海葬作為告別儀式）？我很想念他。」，對於梓玥面對失去弟弟的疑惑，我兩夫妻都沒有這方面的經驗，遇到女兒很多疑問時，都不知如何好好解釋弟弟去了哪，亦怕解釋錯會令她心理上有所影響。很感恩基金會協助我們處理此狀況，亦提供很多活動給梓玥，令我們一家感覺好像是基金會的一份子，就像與梓朗還有一個聯繫的感覺。

最後，我都希望藉此機會，為所有在努力奮鬥中的心童父母打氣，我們都要相信：生命是充滿希望的！

It's been over a year since Luca "graduated", but his name, shiny eyes and sweet smile still pops up in my mind from time to time.

During these two years, from the time when Luca could not find the cause of his health problems, until he was diagnosed with a congenital heart disease, the Foundation provided a lot of love and support to our family, giving us a little support when we were at our most helpless and lost. Even though the social workers did not really experience these kinds of issues, they were in the shoes of the parents very much, feels like they were there with us to experience the difficulties.

After Luca's death, the Foundation continued to help us and Luca's sister (Luna) through the grief. Even though our time together with Luca was short, Luna would occasionally mention: "Is Luca now in the sky or in the sea (as we chose a sea burial as a farewell ceremony)? I miss him so much." When my daughter had a lot of questions, I didn't know how to explain where her brother had gone, and I was afraid that explaining the wrong thing would affect her psychologically. We are grateful to the Foundation for helping us to deal with this situation and providing many activities for Luna, making our family feel like part of the Foundation and like we still have a connection with Luca.

Last but not least, I would like to take this opportunity to encourage all parents of children in their struggle to believe that life is full of hope!



捐款表格 Donation Form

我的支持 My Support

本人願意 I wish to 每月定期捐助 Donate on a monthly basis 一次性捐助 make a one-off donation of
 HK\$100 HK\$300 HK\$500 HK\$1000 Others: HK\$_____

捐款者資料 Donor's Information

姓名 Name: _____ (Mr./Mrs./Ms.)




機構 Corporate: _____

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需要發出捐款收據 (適用於捐款 HK\$100 或以上) Donation receipt is required (For donations of HK\$100 or above.)
 若收據抬頭與捐款者不同，請註明 Please state if receipt title is different with donor:

捐款方法 Donation Method

- PAYME
 請開啓PAYME手機應用程式，掃描以下二維碼進行捐款，並於訊息欄輸入參考資料
 (例子：Donation, Chan Tai Man, Tel : 25530331)，以供識別。
 Please scan the below QR Code through your mobile PAYME app.
 Input a message remarks (e.g: Donation, Chan Tai Man, Tel : 2553 - 0331). 
- 以劃線支票捐款，抬頭請寫「兒童心臟基金會」。By a crossed cheque made payable to "Children's Heart Foundation".
 支票號碼 Cheque No.: _____
- 直接存款 / 透過銀通或自動櫃員機轉帳至渣打銀行 (香港) 有限公司「兒童心臟基金會」之銀行戶口。
 Direct deposit / through "Jetco" or "ATM" transfer to CHF bank account at Standard Chartered Bank (HK)
 帳戶號碼 Account no.: **447-1-034943-5**
- 轉數快 Faster Payment System (FPS)
 請開啓銀行機構的手機應用程式，輸入快速支付系統識別碼 (FPS ID) : **160893608**。
 轉帳至：CHILDREN'S HEART FOUNDATION，並於訊息欄輸入參考資料
 (例子：Donation, Chan Tai Man, Tel : 25530331)，以供識別。
 Please insert FPS registered ID: **160893608** through your mobile banking app.
 Transfer to: **CHILDREN'S HEART FOUNDATION**. Input a message remarks (e.g: Donation, Chan Tai Man, Tel : 2553 - 0331).
- 銀行戶口每月自動轉帳 Bank account monthly autopay
 請下載銀行戶口轉帳授權書。 <http://www.childheart.org.hk/TR/Doc/DDAF.PDF>
 Please download the Bank Direct Debit Authorization Form. 
- 到 7-Eleven 捐款 Make donation at 7-Eleven
 只需攜同以下捐款二維碼到全港任何一間7-Eleven，以現金捐款便可 (每次捐款金額最少為港幣一百元)。
 Present below donation QR Code to any 7-Eleven stores in HK when making a cash donation to CHF.
 The minimum donation amount is HK\$100 per transaction. 
- 透過信用卡捐款 By Credit Card <http://www.childheart.org.hk/TR/ocf.asp> 

請將表格連同每月自動轉帳表格 / 銀行入數紙 / 支票電郵、傳真或郵寄至兒童心臟基金會。
 Please return this form together with monthly auto-pay authorization form / bank-in slip / cheque to the CHF by fax/email/post.

- * 兒童心臟基金會是根據《稅務條例》第88條獲豁免繳稅屬公共性質的慈善團體。捐款港幣一百元或以上可獲發收據。
 Children's Heart Foundation is a charitable institution of a public character exempt from tax under Section 88 of the Inland Revenue Ordinance. Receipts will be issued for donations of HK\$100 or above.
 If you need an official receipt, please send the crossed cheque along with your name, address and contact telephone number.
- * 基金會將按上述資料與閣下保持聯絡，定期介紹基金會活動和發收據之用。一切資料，絕對保密。
 Data collected will be treated strictly confidential and will be used for issuing receipt and sending information on CHF's activities only.

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