

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.

| 回郵地址 |

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Children's Heart Foundation

服務中心 Service Centre

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Cover Story

克服困難挑戰
盼以生命助人

活動 · 回顧
Activity Highlights

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親子愛意香薰按摩

心童 · 有話兒
Sharing

自信啟發才能
成長路上綻放光彩

啟發才能
綻放光彩
Bloom Confident,
Radiate Brilliance





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(所有內容皆為中英對照。)
(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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先天性心臟病童的成長路上需要面對不同的困難，亦很容易會因疾病帶來的影響，而阻礙他們的發展。然而，其實不少心童在接受治療後，都與一般孩童無大分別，一樣可以發展自己的潛能。

本期《心訊》記錄了「學業獎勵計劃」卓越獎得獎心童的故事，兩名青年會員分享自己如何把自身的經歷，化為學習的養份，並獲得優異的成績，入讀與醫療相關的學科及投身工作。同時，心童家長亦投稿分享了如何培養小孩建立自信，讓他們在成長路上綻放光彩。

公共傳訊事務委員會

Children with congenital heart disease need to face various difficulties on their path to growth and are often hindered by the impact of their illness. However, it is important to recognize that many of these children are no different from other children and can develop their full potential after receiving treatment.

In this issue, the stories of the outstanding award recipients in the "Academic Award Scheme" are shared, for example how they turned their personal experiences into a source of learning and achieved excellent academic results, leading them to pursue careers in the medical field.

At the same time, parents of children with congenital heart disease also shared their insights on building up children's self-confidence, allowing them to shine brightly on their journey of growth.

Publicity and Publications Sub-committee

克服困難挑戰 盼以生命助人

OVERCOMING CHALLENGES, BE GENEROUS IN GIVING HELP

為先天性心臟病兒童成立「學業獎勵計劃」是兒童心臟基金會副主席鄭映歡女士於基金會十週年時的夢想，她希望以此獎學金鼓勵病童在治療的困苦過程中仍能努力不懈地學習。自2007年起，兒童心臟基金會開始舉辦「學業獎勵計劃」，鼓勵先天性心臟病兒童於學業上取得佳績。直至今日，已經是第十六個年頭，培育了不少有志向、有願景的心童，亦協助他們啟發自己的才能，在人生路上綻放光彩，子琦和朗生就是其中一員。

子琦是2023年的香港中學文憑考試考生，考獲六科5**和一科5*的佳績，過往曾多次獲頒「學業獎勵計劃」卓越獎。她從小患有心室中隔缺損，需要定時到醫院覆診及照超聲波以確保情況穩定。談及自身的成長經歷，子琦分享自己是一個自律及有計劃的學生，而這些特質，亦成為她學習上很重要的元素。「我的小學是普通的單語學校，升中學的時候，我成功考上了以英文為主要授課語言的傳統名校，我知道自己必須要努力讀書，才能追上學習進度。」

子琦形容自己為長跑型選手，能夠有優異的成績，全憑一步一步有耐力地前進。「升上高中後，基本上我已開始準備考試，直到中六那年，可以說是每天都會溫習。溫習不一定要是有壓力地寒窗苦讀，我會每個星期為自己訂立目標，繼而分配每日的任務，按部就班去實踐，盡量讓自己培養對學習的興趣。」



Establishing The "Academic Award Scheme" scholarships for children with congenital heart disease was the dream of Ms. Jenny Cheng, Vice Chairperson of the Children's Heart Foundation, on the Foundation's tenth anniversary. She aimed to encourage them to strive for excellence in their studies amidst the challenges of their medical treatments. Since 2007, the Children's Heart Foundation has been organizing the "Academic Award Scheme", motivating children with congenital heart disease to achieve academic success. The Foundation helped many ambitious and visionary children throughout the past sixteen years, helping them unleash their talents and shine brightly on their life journey, including Tiffany and Jason.

Tiffany was a candidate of 2023 Hong Kong Diploma of Secondary Education (HKDSE) examination. She achieved excellent results with five subjects scoring 5** and one subject scoring 5*. She has been a recipient of the "Academic Award Scheme" Outstanding Award multiple times. During early childhood, she was diagnosed with having Ventricular Septal Defect and regular hospital check-ups and ultrasounds were required to monitor her heart condition. About her personal growth experiences, Tiffany shared that she is a disciplined and organized student, and these qualities have played an important role in her studies. "I attended an ordinary local primary school when I was young, and when I entered secondary school, I successfully gained admission to a prestigious traditional school with English as the primary language of instruction. I knew I had to work hard to catch up with the learning progress."

Tiffany describes herself as a long-distance runner, achieving excellent results by steadily moving forward with perseverance. "After entering high school, I started preparing for the exam. I reviewed my studies every day starting from the beginning of F.6. Doing revision doesn't mean studying under pressure in a closed room. I set goals for myself every week and then allocate daily tasks to systematically practice and try to cultivate an interest in learning."



學業以外，子琦亦樂於參與義工服務，擔任社區服務學會會長，在不同社區中心為小朋友補習及舉辦同樂日，積極幫助別人，而這份想幫助別人的心，亦推動子琦思考成為醫生濟世為懷的可能性。「由於從小到大都會定期到醫院覆診，所以對醫護工作不會太陌生。高中時自己亦很喜歡看不同醫學相關的資訊，看到醫生可以透過不同病徵及個案分享，為病人找出患上什麼疾病，從而分析治療方案，都覺得這份工作很有意義。」

現時，子琦於香港中文大學醫學院就讀一年班，談及未來的發展，子琦都希望自己可以多接觸不同事物。「擴闊見聞是我給予自己這六年的學習目標。」子琦亦寄語各位同路人不要為自己設限，努力慢慢向前邁進，終有一天可以達到自己的期許。



Beyond academics, Tiffany also participated actively in volunteer service. She served as the president of the Service Community Club, providing tutoring and organizing fun days for children in different community centers. Her desire to help others has also sparked her consideration of becoming a doctor. "As I have been regularly visiting hospitals for check-ups since childhood, the medical profession is not unfamiliar to me. During high school, I also enjoyed reading various medical-related information. Seeing that doctors can identify diseases through different symptoms and case studies and find out the treatment plans, I find this work very meaningful."

Currently, Tiffany is attending the first year in the Chinese University of Hong Kong's medical school. Regarding her future development, she hopes to expose herself to a variety of experiences. "Broadening my horizons is the learning goal I have set for myself in these six years." Tiffany also encourages other children with congenital heart disease not to set limits for themselves and to strive slowly but steadily towards their aspirations, believing that one day they will achieve their dreams.

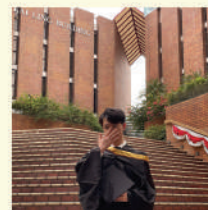


朗生於初中才發現自己患有先天性心臟病，當時朗生在上課期間突然心臟跳得很快，及後醫生發現他有心律不正的狀況，轉介到瑪麗醫院。後來，經過多次超聲波和心電圖檢查，朗生確認患有室上性搏過速，是常見的先天性心律失常之一，特點是會發生陣發性快速心跳。「這個疾病一開始引起了身邊家人和學校的擔心，當時校方甚至不允許我參加體育相關的活動。幸好得到基金會的幫助，以及得到瑪麗醫院醫生的醫治，在中一暑假完成「導管消融術」手術，大大改善了我的情況，及後才可以放心做運動。」

由於自身的經歷，令朗生對於生物學產生了濃厚的興趣，高中選科亦選擇了此學科。「我的心理其實沒有因為這個病而產生變化，當時在想其實人人都有生病的可能，生病了就需要接受醫治，這是十分正常的生理現象。當然，我除了心律不正之外，成長中亦患有過不少其他的疾病，可能因此對生物學產生了興趣。」憑著努力不懈的溫習，朗生於香港中學文憑考試取得優異的成績，亦成為「學業獎勵計劃」卓越獎的得獎者，並入讀放射診斷科。

「放射診斷能應用所學的生物知識，亦能幫助醫生了解病人身體狀況以及療程計劃，雖然很多人都不知道甚麼是放射師，但其實是非常重要的和有意義的工作。」現時，朗生已畢業並於自己喜歡的醫院工作，隨著工作的時間越長，他越能體會這份工作意義重大。「有時和不同醫生合作的時候也會緊張，工作結束後亦需要持續溫故知新，希望自己以後可以更熟悉工作流程，幫助到更多人。」

作為過來人，朗生希望先天性心臟病童可以積極面對疾病，不用過度著眼於病情，反而要嘗試找尋自己的目標，活出屬於自己未來的道路。



Jason's congenital heart disease was discovered during his junior secondary school years. At that time, he experienced a sudden rapid heartbeat during class, and subsequent examinations revealed an arrhythmia condition. He was then referred to Queen Mary Hospital for further evaluation. After several ultrasound and electrocardiogram tests, he was diagnosed with having Supraventricular Tachycardia, a common form of congenital arrhythmia characterized by intermittent rapid heartbeats. This condition caused concern among my family and school. The school even prohibited me from participating in sports-related activities. Fortunately, with the help of the Foundation and the treatment provided by doctors at Queen Mary Hospital, I underwent catheter ablation surgery during the summer vacation of Form One, greatly improving my condition. After that, I was able to engage in physical activities without worry."

Due to his personal experience, Jason developed a strong interest in Biology and chose it as one of his elective subjects in high school. "My perspective didn't change because of this illness. At that time, I believed that everyone has the possibility of getting sick, and when you're sick, you need medical treatment. It's a normal physiological phenomenon. Of course, besides the arrhythmia, I also had various other illnesses during my growth, which may have sparked my interest in Biology." With persistent effort in studying, Jason achieved excellent results in the Hong Kong Diploma of Secondary Education (HKDSE) examination and became a recipient of the "Academic Award Scheme" Outstanding Award. He then pursued a career in Radiology.

"Radiology allows me to apply the Biological knowledge I've learned. It helps doctors understand patients' body conditions and treatment plans. Although many people don't know what a radiographer is, it is a very important and meaningful profession." Currently, Jason has graduated and is working at a hospital he loves. As he spends more time in the field, he increasingly appreciates the significance of his work. "Sometimes, I feel nervous when working with different doctors, and I need to continue learning and reviewing even after work. I hope to become more familiar with the workflow in the future and help more people."

As someone who has gone through similar experiences, Jason hopes that children with congenital heart disease can face their conditions positively, not overly focusing on the illness, but instead, try to find their own goals and live their own path for the future.





七月至八月 July - August

◆ 「同心攜手創未來」壁畫活動

基金會與如新善的力量基金會香港分會攜手創作壁畫，並捐贈予香港兒童醫院兒童及青少年心臟科。壁畫色彩繽紛，作品中每位小朋友帶著不同的笑容，健康活潑。

特別鳴謝：如新善的力量基金會香港分會贊助此活動

◆ 營養傾一傾 X 心童生日會

初生心童家庭一齊參加營養師講座及生日派對，大家都準備了很多食物，一齊舉辦大食會。

◆ Kalimba Class 卡林巴琴班

一家心童學習用卡林巴琴彈奏大熱歌曲「Flower」。

◆ LEGO機械人編程班

從簡單的入門課程到無盡的創意設計，幫助心童更易於專注學習搭建和編程。

◆ 心路歷險記

心童嘗試在沒有爸爸媽媽的陪伴和照顧下，學習獨立自處，渡過兩日一夜的宿營。

◆ Mural Activity

The Foundation collaborated with the Force For Good Nu Skin Hong Kong to create murals and donated it to the Cardiology Centre, Department of Paediatrics and Adolescent Medicine of the Hong Kong Children's Hospital. The murals were vibrant and each child in the artwork carries a unique smile, portraying a healthy and lively spirit.

Special Thanks: the Force For Good Nu Skin Hong Kong sponsored the event.

◆ Nutrition seminar & Birthday party

Families of congenital heart children gathered together to attend a nutrition seminar and birthday party. Everyone prepared a lot of food and held a big feast together.

◆ Kalimba Workshop

A group of children learned to play the popular song "Flower" with kalimba.

◆ Lego Workshop

From simple introductory courses to endless creative designs, which helped children focus on learning, build and program with ease.

◆ Summer Camp

The children took on the challenge of spending two days and one night at a camp without the help of their parents. They learned to be independent and manage themselves.



NEWSLETTER



七月至八月 July - August

◆ 攀攀爬爬

在學習過程中，不但會訓練體能，更可學習分析路線，過程中建立成就感與自信。

◆ Movie Time 4.0 & 5.0

暑假當然要齊集戲院，一齊去睇電影輕鬆一下。

◆ 加拿大帝國商業銀行 X CHF: Shall We Cook

好開心加拿大帝國商業銀行派出義工哥哥姐姐，與一眾心童學習製作「水果無麩質伯爵茶米蛋糕」。

特別鳴謝：加拿大帝國商業銀行贊助此活動

◆ 會員週年大會

會員週年大會順利舉行，由一眾委員匯報年報。

◆ 「2022/2023學業獎勵計劃」頒獎禮

兒童心臟基金會於2007年開始舉辦「學業獎勵計劃」，鼓勵先天性心臟病兒童於學業上取得佳績。當日一眾得獎者齊集頒獎禮，並分享自己的讀書方法。

特別鳴謝：滙業財經集團贊助「學術卓越獎」

◆ Rock Climbing Classes

During the classes, children not only trained their physical abilities, but they also learned to analyze routes, which helped them build a sense of achievement and confidence along the way.

◆ Movie Time

It's great to gather at the cinema and relax by watching movie together during the summer vacation.

◆ Cooking Class

It's wonderful that volunteers from CIBC joined our children members to attend a class on the making of "Gluten-Free Earl Grey Tea Rice Cakes with Fruit".

Special Acknowledgement: Canadian Imperial Bank of Commerce sponsored the event.

◆ Annual General Meeting

The Annual General Meeting was successfully held and the executive members reported the annual report.

◆ Academic Award Scheme 2022/2023

The Children's Heart Foundation started the Academic Award Scheme in 2007 in order to encourage children with congenital heart disease to achieve academic excellence. The winners gathered at the award presentation ceremony and shared their learning styles.

Special Acknowledgement: Delta Asia Financial Group sponsored this event.

九月 September



九月 September

◆ 月餅造型手工皂工作坊

導師教一家心靈製作月餅造型的手工皂，製作完的手工皂還可以帶回屋企和家人一起使用。

◆ Mooncake Soap Workshop

The instructor taught the children to make handmade soaps in the shape of mooncakes. The finished handmade soaps can be taken home and used with their families.

十月 October

◆ 心連心慈善運動日

今年活動以「童心運動 發揮潛能」為主題，當日約有800人參與於西九文化區藝術公園高草坪舉行的活動，精神抖擻地用行動和汗水支持基金會。

◆ Heart-to-Heart Charity Sports Day

This year's event, themed "Exercise Together, Unleash Potential," had a record of approximately 800 participants at the West Kowloon Cultural District Art Park's high lawn. With great enthusiasm, they supported the Foundation through their actions and sweat.

十一月 November

◆ 秋季童行：心之旅

基金會和聖保羅羅女中學的同學帶心靈到大帽郊野公園楓香林，一齊行山感受大自然氣息。

◆ Autumn Picnic

Students from the St. Paul's Co-educational College led our children to the Tai Tong Sweet Gum Woods, where they hiked together and immersed themselves in the natural surroundings, experiencing the tranquility of nature.

十二月 December

◆ 聖誕化妝舞會

一眾心靈精心打扮，跟跳舞老師學跳舞，而聖誕太太亦有到場扭扭波及派禮物。

◆ Christmas Party

The children dressed up and learned to dance from a dance instructor. The Santa Claus presented gifts to them.

◆ 愛心聖誕巡禮

基金會與興行合作，於旗下商場萬宜大廈，舉辦一連串聖誕活動，在這節日表達愛和關懷。

◆ Christmas Card Exhibitions and Workshops

The Foundation collaborates with Man Hing Hong to organize a series of Christmas activities, including exhibitions & workshops. Through these festive events, they aim to express love and care during this holiday season.

遊出我心途 親子愛意香薰按摩

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 I
NSTRUCTOR AND THERAPIST, AROMATHERAPIST)

續上次提及「親子愛意觸感按摩」，可以使用植物油令按摩效果更佳，今次向大家介紹「香薰精油」。親子按摩時用植物油加入香薰精油，可達致更療癒的效果。

那為何香薰精油？

香薰精油是提取自植物的根、莖、葉、花、果、樹膠及木材等部分，並透過蒸餾法、壓榨法、溶劑提取等萃取方法，取得其芳香份子，這便是香薰精油。香薰精油同時根據其份子的揮發速度，分為高香、中香和低香油。高香油份子細微，揮發時間約1-2小時，多處理情緒；中香油份子較大，揮發時間約2-6小時，多處理痛症、荷爾蒙；高香油份子沉重，揮發時間約6-18小時，多處理深層需要。

香薰精油是濃縮的化合物，所以要透過植物油、全脂奶、岩鹽、醋、糖、乳化劑等媒介稀釋使用。使用方法包括：按摩、吸入法、沐浴、足浴、坐浴、冷/熱濕敷...

跟據國際芳療師協會 (IFA) 指引，精油是不可直接食用及直接塗抹於皮膚上(除薰衣草及茶樹外，用於急救、短暫及少量使用時)，因會傷害黏膜層和容易引致過敏反應。

以下3種香薰精油是IFA建議小朋友能最安全使用的：

The following are three essential oils recommended by the IFA as the safest for children to use:

精油	功用
羅馬洋甘菊 (中香) Roman Chamomile (middle note)	<ul style="list-style-type: none"> 溫和平靜情緒 舒緩腹痛及腸胃脹氣 止痛、抗炎/抗敏 驅蟲退熱
禁忌	<ul style="list-style-type: none"> Mildly calms emotions
對菊科類有過敏反應慎用 Caution for individuals with allergies to the Asteraceae family	<ul style="list-style-type: none"> Soothes abdominal pain and gastrointestinal discomfort Provides pain relief and has anti-inflammatory/antiallergenic properties Helps relieve cold and fever symptoms
精油	功用
薰衣草 (中香) Roman Chamomile (middle note)	<ul style="list-style-type: none"> 舒緩情緒及痛症 舒緩呼吸系統不適 改善失眠 對蚊蟲咬傷、燙傷有療效
禁忌	<ul style="list-style-type: none"> Soothes emotions and pain Relieves respiratory discomfort Improves insomnia Effective for insect bites and burns
低血壓 Caution for individuals with low blood pressure	

精油	功用
橘子 (高香) Roman Chamomile (middle note)	<ul style="list-style-type: none"> 提振/穩定情緒 對消化系統有滋補作用 抗菌、利尿
禁忌	<ul style="list-style-type: none"> Uplifts/stabilizes emotions Nourishes the digestive system, has antibacterial properties, and acts as a diuretic
用後6小時內，避免曬曬，因精油對光敏感 Avoid direct sunlight within 6 hours of use due to photosensitivity	
2-5歲	6-12歲
10ml 植物油/ 1-2滴精油 10ml carrier oil/ 1-2 drops of essential oil	10ml 植物油/ 2-4滴精油 10ml carrier oil/ 2-4 drops of essential oil

Continuing from our previous discussion on parent-child love-infused touch massages, using plant oils can enhance the massage experience. This time, let me introduce you to essential oils. When combined with plant oils during a parent-child massage, essential oils can create a more therapeutic effect.

So, what are essential oils?

Essential oils are extracted from various parts of plants, such as roots, stems, leaves, flowers, fruits, resins, and woods. They are obtained through methods like steam distillation, cold pressing and solvent extraction, which capture the aromatic molecules of the plants, resulting in essential oils.

Essential oils are categorised into top, middle, and base notes based on their volatility. Top note oils have smaller molecules and evaporate within 1-2 hours, often used for emotional support. Middle note oils have larger molecules and evaporate within 2-6 hours, commonly used for pain management and hormonal issues. Base note oils have heavier molecules and evaporate within 6-18 hours, often used for deep relaxation.

Since essential oils are highly concentrated compounds, they need to be diluted using carrier oils, full-fat milk, rock salt, vinegar, sugar, emulsifiers, and other mediums. Methods of use include massage, inhalation, bathing, foot baths, sitz baths, and cold/hot compresses.

According to the International Federation of Aromatherapists (IFA) guidelines, essential oils should not be ingested directly or applied directly to the skin (except for lavender and tea tree oils in cases of first aid, short-term and minimal use), as they can harm mucous membranes and potentially cause allergic reactions.

如用後有任何不適/過敏反應，請立即停用。透過以上資訊，希望大家都能安全使用香薰精油，並享受芳香份子帶給我們的身、心、靈健康！

If any discomfort or allergic reactions occur after use, please discontinue immediately. With the information provided above, we hope everyone can safely use essential oils and enjoy the holistic benefits they bring to our physical, mental, and spiritual well-being!



自信啟發才能 成長路上綻放光彩

SELF-CONFIDENCE INSPIRES TALENT,
SHINE BRIGHTLY ON THE PATH OF GROWTH

文章 欣諾媽媽 AUTHOR AYLAS MOM



在人生旅程中，有些時刻能夠塑造我們的自信和勇氣。對於5歲的小女孩欣諾來說，學習跳舞成為了她成長和自我發現的重要一環，是她成長過程中的里程碑。

從3歲開始，欣諾對跳舞充滿了好奇和熱情，她聞歌起舞。參加了舞蹈課程，學習各種舞蹈風格，包括優雅的芭蕾舞和充滿活力的爵士舞。每當她踏進舞蹈教室，她都充滿了喜悅和興奮。然而，她也面臨著學習跳舞所帶來的挑戰和對自信的考驗。

穿上漂亮的舞衣，她在心扉上展示著勇敢的疤痕，很多舞蹈同學會問她為什麼有長長的疤痕？她卻總是毫不猶豫地分享著她在嬰兒時期做手術的過程，並學會了感恩。

在排練和表演的過程中，欣諾經歷了許多困難和失敗。有時候，她可能會忘記舞步或犯錯，但她的老師總是在她身邊給予支持和鼓勵。他們告訴她，失敗並不可怕，每一次嘗試都是一個學習的機會。這種積極的支持和鼓勵使得欣諾能夠堅持下去，並培養出自信心。

隨著時間的推移，欣諾逐漸在舞台上展現出她的才華和自信。她學會了與觀眾建立聯繫，並從表演中獲得樂趣。其中一個最深刻的經歷是在澳門巴黎人劇院的演出，她獲得了台下觀眾熱烈的掌聲和鼓勵。對她來說，舞台不僅僅是一個展示自己的場所，更是她表達獨特風格和個性的舞台。她的表演變得生動有趣，她的自信心也得到了提升。

作為家長，看到欣諾在跳舞中成長和進步，我們感到無比自豪和感激。這個過程不僅僅是關於學習跳舞技巧，更是關於培養她的自信和勇氣。這個過程教會了她面對挑戰和困難時的堅韌精神，並相信自己的能力。

我們希望能夠將這個故事分享給其他家庭，鼓勵他們的孩子勇敢地跳出框架，追求自己的夢想。無論是跳舞、繪畫、音樂還是其他興趣，每個孩子都應該被鼓勵發掘和展現自己獨特的才華。這樣的成長過程不僅能夠豐富他們的生活，還能建立他們的自信心和勇氣，為他們的未來奠定堅實的基礎。讓我們一起支持孩子們的夢想，讓他們在追求卓越的道路上綻放光彩！

In the journey of life, there are moments that can shape our confidence and courage. For 5-year-old girl Ayla, learning to dance has become an important part of her growth and self-discovery, a milestone in her journey.

Since the age of 3, Ayla has been filled with curiosity and passion for dancing. She dances to the rhythm of music. She joined dance classes, learning various dance styles including graceful ballet and energetic jazz. Every time she steps into the dance studio, she is filled with joy and excitement. However, she also faces challenges and tests of confidence that come with learning to dance.

Wearing beautiful dance attire, she proudly displays the brave scar on her chest, often asked by her dance classmates why she has a long scar. She always shares without hesitation about her surgery during infancy and has learned to be grateful.

Throughout rehearsals and performances, Ayla experiences many difficulties and failures. Sometimes, she may forget the steps or make mistakes. But her teachers are always there to support and encourage her. They tell her that failure is not scary and that every attempt is a learning opportunity. This positive support and encouragement enable Ayla to persevere and cultivate confidence.

Over time, Ayla gradually showcases her talent and confidence on stage. She learns to connect with the audience and finds joy in performing. One of the most memorable experiences was performing at the Parisian Theatre in Macau, where she received enthusiastic applause and encouragement from the audience. For her, the stage is not just a place to showcase herself, but also a platform to express her unique style and personality. Her performances become vibrant and engaging, and her confidence is boosted.

As parents, witnessing Ayla's growth and progress in dancing fills us with immense pride and gratitude. This journey is not just about learning dance skills, but also about nurturing her confidence and courage. It has taught her resilience in the face of challenges and difficulties and belief in her own abilities.

We hope to share this story with other families to encourage their children to step out of their comfort zones and pursue their dreams. Whether it's dancing, painting, music, or other interests, every child should be encouraged to discover and showcase their unique talents. Such a growth process not only enriches their lives but also builds their confidence and courage, laying a solid foundation for their future. Let us support children's dreams and let them shine on the path to excellence!

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