



保良局
PO LEUNG KUK

 感謝您的支持
Thank You For Your Support



親愛的助養善長：

感謝你們的支持與同行，讓本局有資源開拓兒童及青少年相關服務，陪伴他們成長；亦讓住宿兒童在成長路上，感受到你們滿滿的愛，這將成為他們很大的動力，以及遇到挑戰時的抗逆力。

兒童健康成長，成為本局持續提供優質服務的推動力。因此，本局欣喜與各位分享以下令人振奮的消息。本局一名住宿青少年在各方支持下，有機會接觸划艇運動，早前更成為香港青少年代表到泰國參加划艇比賽，並榮獲第四名，他的目標是成為一位優秀的全職運動員。另一名在本局兒童住宿服務成長的女孩，已學有所成，並於保良局的幼稚園任教。她希望能運用自己的專業回饋社會，讓其他兒童得到關愛與培育。

請繼續相信，生命能影響生命！你的支持與付出，能傳承祝福與力量。

保良局

Dear Sponsors:

We would like to extend our gratitude to you for your commitment and companionship, which has given us the resources to develop relevant services for children and youth, and to provide our residential children with the love and support to accompany them along their formative years, which will be a great source of motivation and resilience when they encounter challenges.

The healthy development of our children is the driving force behind our continued provision of quality services. We are therefore pleased to share with you the following exciting news. One of our residential youths has been given the opportunity to learn the sport of rowing with the support of various parties and has earlier become the Youth Representative of Hong Kong in a rowing competition in Thailand, where he came the fourth. He aims to become a top full-time athlete. Another girl, who grew up under the Kuk's residential child care service, has already completed her academic studies and is now teaching in one of the Kuk's kindergartens. She hopes to give back to the community by applying her professionalism to the care and nurturing of other children.

Keep believing that "Life Influences Life"! Your support and dedication will carry on a legacy of blessings and strength.

Po Leung Kuk



兒童之家...新裝有感!

Small Group Homes...Newly Renovated!

兒童之家為本局兒童住宿服務之一，由1975年首間兒童之家投入服務至今，現已多達16間。為優化家舍環境、提升服務質素及配合服務的需求，不同的兒童之家開展龐大的裝修計劃。除社署撥款外，助養捐款也有在此項目出一分力。現時已有5間兒童之家完成裝修，其他兒童之家也陸續進行工程。期望2027年完成12間兒童之家的裝修工程，讓兒童生活得更舒適安穩。

為大家更具體了解新裝情況和「住客」們的感受，本部訪問了兒童之家的職員和兒童。

吳姑娘表示當自己及兒童知悉他們的兒童之家獲撥款裝修，大家都非常高興！裝修後，大家回到家舍的那刻，此起彼落的「嘩！嘩！」讚美聲充滿整個家舍，大家都興奮雀躍地到處參觀！

吳姑娘指現時不但兒童和職員的日常生活更舒適，她的工作環境也有所改善。以往處理文書工作的空間較侷促，現時位置較通風，不常使用風扇或冷氣，真的環保哦！

Small Group Homes are part of our residential child care service. Since the first Small Group Home commenced operation in 1975, there are now 16 such Homes. Various Homes have been undergoing a major renovation project to enhance the environment of the Homes, upgrade the service quality and cater to the service demand. Besides funding from the Social Welfare Department, sponsorship donations have also contributed to this project. Renovation works have already been completed in 5 Small Group Homes, and works are underway in others. We plan to complete the renovation of 12 Small Group Homes by 2027, so our residential children can lead a more comfortable and peaceful life.

We have arranged interviews with the staff and children of the Small Group Homes to give you a better idea of the renovation and the experiences of the “residents”.

Ms Ng said that when she and the children found out that their Home received funding for renovation, they were all delighted! The moment everyone returned to the Home after the renovation, an outpouring of “Wow!” was heard throughout the entire residence, and everyone was excited to look around!

Ms Ng shared that not only were the children and staff more comfortable in their daily lives, but her working environment had also been improved. In the past, the space for paperwork was more confined. However, it is now more ventilated and does not need to use fans or air conditioners as often, which is really environmentally friendly!

書桌

以往，每房間內只有三張書桌。高年級兒童因學習需要較多使用。現在，每位兒童均擁有自己的書桌，做家課、溫習也更專心。

「我很開心可以擁有自己的書桌！」(Kenny, 就讀小一)

「我覺得房間及床架都比以前大，現在我有自己的書桌，可以放玩具及圖書。我很喜歡新裝修的設計，我會給100分！」

Desk

Previously, there were only three desks in each room. Senior children more often used them for learning purposes. Now, each child has his or her own desk and can concentrate more on homework and revision.

“I am thrilled to have my own desk!” (Kenny, studying in Primary one)

The room and the bed are bigger than before, and now I have my own desk where I can put my toys and books. I really like the design of the new renovation, and I would give it a 100 marks!”



裝修前的家舍環境
Setting of the Home
before renovation



裝修前的家舍環境
Setting of the Home
before renovation



裝修後的書桌
Desk after renovation

廚房

廚房翻新後，添置了一些電子化廚具，也規劃好擺放的位置，使用上更方便。職員能輕鬆清潔，小廚師們也可學習和發揮烹飪天份。

「洗碗方便多了！」 (Patrick, 就讀小五)

「每日常餐後，我們都要將自己使用過的餐具拿到廚房清潔。以前洗碗台很高，每次洗碗的時候我都要提高腳跟。裝修後洗碗台高度已調低，現在洗碗方便多了！」

Kitchen

The kitchen has been refurbished with some electronic kitchenware, which has been well-positioned for greater convenience. The staff can clean up easily, and the young chefs can learn and develop their culinary talents.

“It’s so much easier to do the dishes!” (Patrick, studying in Primary five)
“After each meal, we have to take our used dishes to the kitchen for cleaning. The sink used to be so high that I had to raise my heels every time I washed the dishes. After the renovation, the height of the sink has been lowered, and now it’s much easier to do the washing!”



裝修後的廚房
Kitchen after renovation



客廳

「客廳很闊落哦！」 (Teddy, 就讀中一)

「現在客廳比以前闊落，多了空間與其他家舍兒童一起玩，真不錯！裝修後亦增加了不同的收納空間；以前的圖書櫃很小，圖書需要橫向擺放，現在圖書櫃加大了，我很容易便找到想看的圖書，方便日常學習。」

Living Room

“The living room is so spacious!” (Teddy, studying in Secondary one)
“The living room is now wider than before, so there is more space to play with the other residential children, which is great! After the renovation, there is more space for storage. The reading cabinet used to be small, and books had to be placed horizontally, but now the cabinet has been enlarged, so I can easily find the books I want to read, which is convenient for daily learning.”



裝修後的客廳
Living Room after renovation



兒童助養計劃中的「家舍贊助」設有不同的家舍活動，其中包括為贊助人安排探訪「兒童之家」。疫情後，探訪活動已經恢復，家舍贊助人，看看下次你會到哪一家兒童之家探訪，到時可以一起分享更多！

The “House Sponsorship” in the Child Sponsorship Programme offers a variety of House activities, including “Visits to Small Group Homes” by the sponsors. Now that visitation has resumed post-epidemic, let’s see which Small Group Home you will visit next time so we can share more with you!



愛顧童行，守護孩子的快樂童年

Caring for Children, Guarding a Happy Childhood

那個K3學生站在班房內，憤怒地緊握拳頭，高舉著手，狀似要出手打人般。余老師走近蹲下來，與學生平行對望。「手，不是用來打人的，是用來擁抱他人的！」然後余老師擁抱那位學生。「你不開心，我是明白的！」

「我明白」這話並不是隨便說說的……余老師昔日是本局的住宿兒童，她因家庭問題也曾經歷不快童年，因此她深深明白孩子憂傷時，難免會脾氣暴躁。

「我在暴力家庭長大，7歲時來到保良局，一住便5年了。那5年父母沒有來探望過我，我很不開心，同樣入住家舍的姊姊成為我最大的依靠。保良局很好，會舉辦很多活動，有很多企業義工會帶我們出去玩，去畫畫，去主題樂園，這些回憶也成為我不快童年的一些溫暖點綴。」

余老師知道有人陪伴是很重要的，因此她決志成為老師，陪伴小朋友成長。余老師努力學習，向夢想進發。去年9月，她終於成為了幼稚園教師，並特意選擇回到成長地—保良局總部內的幼稚園任教。余老師十分感恩幼稚園校長給予她機會去照顧學童及傳遞愛。

「你關心及愛錫小朋友，他們是知道的，他們亦會改變及成長。那個K3學生，知道我們關心他，之後他主動道歉，還給校長一個擁抱呢！」回到成長地，余老師現在惦記的，已不是當年家暴的傷痛，而是其充滿愛的教育使命。她盼望能以愛帶來轉化、祝福。

The K3 student stood in the classroom with his fists clenched in anger, and his hands held high as if he was about to hit someone. Ms Yu approached and squatted down, looking on a level footing with the student.

“Hands are not for hitting; they are for hugging!” Then Ms Yu hugged the student. “I understand that you're upset!”

“I understand” is not just a casual statement.....Being a former residential child of the Kuk, Ms Yu also had a difficult time in her childhood due to family issues, so she fully understands that when a child is sad, they inevitably become irritable.

“I grew up in a violent family and came to Po Leung Kuk when I was 7 years old, and I remained a resident there for 5 years. My parents didn't visit during those 5 years, and I was distraught. So my elder sister, who also lived in the residential care home, was the one I could most rely on. Po Leung Kuk was a great place to stay,

with many activities and corporate volunteers taking us out for fun, painting and theme park outings, which added to the heart-warming memories of my unhappy childhood.”

Ms Yu knows the importance of companionship. It is why she is determined to become a teacher and accompany the children as they grow up. She studied hard to pursue her dream. In September last year, Ms Yu finally became a kindergarten teacher and purposely chose to return to teach at the kindergarten in the Po Leung Kuk headquarters where she grew up. She is grateful to the kindergarten principal for giving her the opportunity to take care of the children and spread love.

“You care and love the children, They are aware of it, and will change and grow. The K3 student, knowing that we cared for him, apologised and hugged the principal afterwards.” Back where she grew up, Ms Yu's thoughts are no longer on the pain of domestic violence but on her mission to educate with love. She hopes that her love will bring about transformation and blessings.



余老師與保良局合照
Ms Yu with
Po Leung Kuk





助養活動復常了! Sponsorship Activities Have Resumed!

在三年疫情期間，助養部一直努力用各種方式維持與助養人的聯繫。除了主動聯絡一些常來訪的助養人以分享兒童的近況外，每一浪疫情高峰之間，本部也盡量安全地恢復部份助養探訪。大家有否試過穿著保護衣探訪兒童呢？為著保護孩子，大家也樂意配合各樣安排，這是一份身體力行的關愛。

Throughout the three years of the epidemic, the Sponsorship Section has endeavoured to maintain contact with our sponsors in various ways. In addition to proactively reaching out to frequent visiting sponsors to share information about the children, we also made every effort to safely resume some of our sponsorship visits between each peak wave of the epidemic. Have you ever tried to visit the children in protective gown? For the sake of protecting the children, everyone was happy to follow the precaution measures to show their care and concern through action.



疫情下的助養探訪
Sponsorship visits during the epidemic

網上同樂日
Online Fun Day



疫情下，本部把家舍活動和課堂由實體改為網上形式進行。大家在網上一一起玩遊戲、分享、交流，也是一些特別的回憶。

In the midst of the epidemic, we changed Home activities and classes from in-person to online. It was a unique experience for us to play games, share and communicate with each other online.

實體同樂日...製作萬花筒
In-person fun day...
making kaleidoscopes

現在，助養人已可來訪兒童，甚至脫下口罩相見，看看兒童的笑臉。本部也在三月舉辦了久違的實體同樂日，贊助人跟小朋友一起玩遊戲、製作萬花筒，度過溫馨愉快的下午。

Now the sponsors can come and visit the children and even take off their masks to see the children's smiling faces. In March, we also held a long-awaited in-person Fun Day, where our sponsors played games and made kaleidoscopes with the children for an afternoon of warmth and fun.





本部四月邀請了臨床心理學家梁秀華博士主講「與有特殊需要兒童的相處及互動技巧」講座，就著大家關心的課題一同學習。本部期望在未來日子，繼續以不同方式與大家一同探討培育兒童相關的知識，並了解住宿兒童的生活，好讓大家在生活和助養過程中把更多的愛帶給兒童！



In April, we invited clinical psychologist Dr LEUNG Sau Wah to conduct a seminar on “Skills for Getting Along and Interacting with Children with Special Needs” to share about topics of concern to everyone. In the coming days, we aim to further explore the topics of nurturing children and understanding the lives of residential children in different ways so as to spread more love to kids in the course of sponsors’ lives and their sponsorship!



「與有特殊需要兒童的相處及互動技巧」講座
Seminar on “Skills for Getting Along and Interacting with Children with Special Needs”.



2023 誼親日預告

Upcoming 2023 Child Sponsors' Day

號外！號外！今年誼親日將於10月21日(六)於伊利沙伯體育館舉行。隨著疫情過去，今年誼親日除了有住宿兒童為感謝助養人而精心準備的表演外，還重新開放遊戲攤位及助養人與兒童的相聚時間。

期待各位助養人帶同親友一同出席，互相問好，見證兒童成長的盛事！

Special Announcement! 2023 Child Sponsors' Day will be held on 21st October (Sat) at the Queen Elizabeth Stadium. As the epidemic subsides, in addition to the performances prepared by the residential children in appreciation of their sponsors, the game booths and meeting sessions between the sponsors and children will be resumed.

We look forward to welcoming all the sponsors and their loved ones at the event to greet each other and witness the children's growth!



推薦親朋好友加入助養行列

Recommend relatives and friends to join the Child Sponsorship Programme

助養捐款用於拓展及優化兒童、青少年及家庭福利服務。誠邀閣下推薦親朋好友加入助養行列，請填妥以下表格並寄回香港銅鑼灣禮頓道66號保良局助養部收。

The donation will be dedicated to develop and enhance our services for children, youth and families. You are sincerely invited to recommend relatives and friends to join the Child Sponsorship Programme. Please complete the following form and send it to: Child Sponsorship Section, Po Leung Kuk, 66 Leighton Road, Hong Kong.



您的助養善款用途

Use of your sponsorship donations



住宿
Accommodation



醫療
Medical



專業團隊
Professional Team



潛能發展
Realization of Potential

保良局兒童助養計劃登記表 Po Leung Kuk Child Sponsorship Programme Registration Form

姓名 Name _____ 性別 Sex _____ 出生 Birth _____ / _____
年(Y) 月(M) 日(D)

身份證號碼(頭4位數字) ID Card No. (first 4 digits) _____ 電話 Tel. _____ 電郵 Email _____

通訊地址 Correspondence Address _____

婚姻狀況 Marital Status _____ 教育程度 Education _____ 職業 Occupation _____ 通訊語言 Language of publication _____
 中文及英文 Chinese and English 只限中文 Chinese only 只限英文 English only

助養形式選擇 Types of Sponsorship

助養宗舍 House Sponsorship

贊助家舍 _____ 間。 Sponsor _____ House(s).

捐款金額 Sponsorship Commitment

- 個人贊助每間家舍每年港幣\$1,500
HK\$1,500 yearly per House for Individual Sponsorship
- 家庭贊助每間家舍每年港幣\$2,250
HK\$2,250 yearly per House for Family Sponsorship
- 團體贊助每間家舍每年港幣\$7,500
HK\$7,500 yearly per House for Group Sponsorship

助養兒童 Child Sponsorship

助養兒童 _____ 名。 Sponsor _____ Child(ren).

- 配定兒童 with allocation of child (ren)
- 不配定兒童 without allocation of child (ren)

捐款金額 Sponsorship Commitment

助養每名兒童每年為港幣\$1,500
Annual sponsorship fee is HK\$1,500 for each child.

捐款 Donation

暫不參加計劃，只作捐款
Donate without joining the programme

港幣 HK\$ _____

捐款方法 Donation by

信用卡 Credit card VISA MASTERCARD AMERICAN EXPRESS

按年扣款 Every year* 按半年扣款 Every half year* (*直至另行通知 Until further notice) 一次性捐款金額 One time amount \$ _____

信用卡號碼 Card No. _____ 有效日期至 Expiry date _____

持卡人姓名 Cardholder's name _____ 持卡人簽署 Cardholder's signature _____

劃線支票 (抬頭人: 保良局) A crossed cheque made payable to "Po Leung Kuk"
銀行名稱 Name of bank _____ 支票號碼 Cheque No. _____

銀行入數紙 (正本) Bank's pay-in slip (Original copy)
滙豐銀行 HSBC 002-239564-006 恒生銀行 Hang Seng Bank 262-191166-001 中國銀行(香港) Bank of China (Hong Kong) 012-875-00206767

其他 Other Payme  轉數快 FPS 

*請將填妥之表格連同劃線支票或入數紙正本寄往銅鑼灣禮頓道66號保良局助養部。
*如使用網上轉帳/轉數快/Payme方式，請必須擷取付款版面，連同填妥之表格電郵至 sponchild@poleungkuk.org.hk
*Please send the completed form together with a crossed cheque (made payable to "Po Leung Kuk") or original copy of the pay-in slip to: Child Sponsorship Section, Po Leung Kuk, 66 Leighton Road, Hong Kong.
*If you donate through online/FPS/Payme, please capture a screenshot of your paymentpage and email to sponchild@poleungkuk.org.hk together with the completed form.

請選擇 Please tick the appropriate

- 以電郵收取保良局訊息 (如選擇此項，除必須以郵寄方式送出之文件，如收據，相片，小冊子等外，其他訊息均儘量以電郵發出。)
To receive information of Po Leung Kuk by EMAIL (Except receipts, photos and brochure)
- 以郵寄收取保良局訊息 To receive information of Po Leung Kuk by POST

此表格上之個人資料除作上述用途外，本局將不時透過直接郵遞、電郵、電話、手機短訊及傳真等途徑，向閣下提供有關本局動向、服務推廣及籌募活動等的資訊，屆時將需要使用閣下存於本局之聯絡資料及捐款紀錄與閣下通訊。如不擬收取，請與本局助養部聯絡或在以下方格內加[✓]。

Your personal data provided in this form will be used for the above purpose. The Kuk may use your personal data and donation record in the database of the Kuk to send you the most updated information relating to our services, development and the appeal of donation campaigns through various channels such as direct mailing, email, telephone, SMS or facsimile, etc. If you do not wish to receive such materials, please contact Child Sponsorship Section or put a [✓] in the box.

- 本人不欲收取任何保良局上述的宣傳郵件。
I do not wish to receive any promotion materials from Po Leung Kuk as specified above.

善長簽署
Sponsor's signature _____

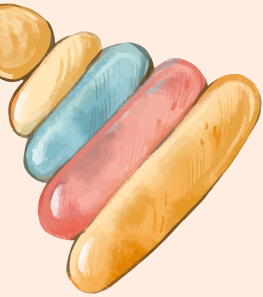
日期
Date _____

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保良局
PO LEUNG KUK

兒童助養計劃
2023 專輯
CHILD SPONSORSHIP
PROGRAMME NEWSLETTER



如無法投遞，請退回香港銅鑼灣禮頓道66號保良局助養部收
If undelivered, please return to Child Sponsorship Section,
Po Leung Kuk, 66 Leighton Road, Causeway Bay, Hong Kong

保良局助養部

Po Leung Kuk Child Sponsorship Section

邀請您：

1. 鼓勵親友助養兒童及贊助家舍，將祝福傳遍更多孩童的家舍，以生命影響生命。
 2. 將捐款方式改為信用卡自動轉賬，讓本局可減省文件處理及行政工序，能將更多資源用於兒童及家庭福利服務上。
- 感謝您讓愛延續！

May we invite you:

1. To encourage your friends and relatives to join our Child and House Sponsorship Programmes and make an impact on more lives by sowing the seeds of love throughout our residential child care units.
2. To change to autopay donations to help the Kuk minimize administrative costs as well as procedures and enable the Kuk to direct even more resources towards children and family welfare services.

Thank you for your commitment to extend your love!

☎ 2576 9258 📞 2890 6395 ✉ sponchild@poleungkuk.org.hk



保良局



poleungkuk1878



助養計劃詳情
Programme Details

