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ARMY SCENE 軍信

安居樂業

助無依長者改善家居環境

Living in Peace and Contentment

Helping Isolated Elderly Better Their Homes

「我的百姓，必住在平安的居所，安穩的住處，平靜的安歇所。」以賽亞書32:18

“My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.” Isaiah 32: 18

編者的話

Words From The Editor

聽到「負資產」相信沒有人會感到高興。內地來港的新移民和依靠政府援助生活的人，現常被形容為「負資產」，他們被指拖垮香港的發展，增加社會的負擔。無可否認，部份新移民和弱勢社群在社會均扮演著受惠者的角色，但救世軍相信向活在困難中的人伸出援手，互相幫助是人性美善之處；然而，幫助受助人建立信心，燃點他們對生活的盼望亦同樣重要。

今期的《專題》和《焦點》分別講述新移民學生嘉敏和綜援戶吳先生的故事。他們最初都是接受幫助的一群，但在救世軍的引導下，他們嘗試以自己微小的力量服務身邊的人，漸漸由被動的受助人角色，轉化為施予者，並從中得到啟發和鍛鍊，成為貢獻社會的新力量。

“Negative equity” is not a term with positive connotations. It has been used to describe new immigrants from the Mainland and people living on the government's assistance. They are blamed for hindering Hong Kong's development and increasing the burden on the society. Undeniably, some new immigrants and socially vulnerable groups are the beneficiaries of society, but The Salvation Army believes that the beauty of human nature is revealed when we help each other and the people in distress. Nevertheless, we find it equally important to help those beneficiaries build up their confidence and reignite their hopes in life.

In this issue, *Feature* and *Focus* tell the stories of a new immigrant student, Ashley and a CSSA receiver, Mr. Ng. Initially, both were beneficiaries. However under the guidance of The Salvation Army, they started to serve the people around them, and gradually transformed themselves into active givers. Throughout the process, they were inspired and well-equipped, ready to contribute more to society.



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帶領新來港學生尋夢·助人

卜維廉中學新來港學生服務



Able to Dream Able to Help

Non-Local Students Service at William Booth Secondary School

人望高處，很多人都甘願暫時放棄舒適的生活去追尋更好的未來；而洗嘉敏就為了將來工作有更好的發展，有機會遍遊世界各地，四年前便離開內地寬敞的家居和安穩的生活，決定跟妹妹移居香港。

作為新移民，嘉敏當然有很多事情需要適應，她到救世軍卜維廉中學上課的第一天，就因為不知道往哪裏集隊，在學校走廊呆站了一會。不過，因為學校為了照顧新來港同學的需要，特別組織了「同民會」（即同是新移民學會），讓背景相同的學生一起熟習香港的生活。嘉敏亦透過「同民會」，學懂了繁體字、本港的社區設施以至亂拋垃圾要罰款等知識，加快了對新環境的適應。

正面的「標籤」效應

招聚新來港的同學走在一起，很容易產生「標籤」的效應。但嘉敏卻認為在校內被「標籤」不一定是壞事，更因為同學間互相支持，師長亦作出特別的教導，反而令新來港學生輕鬆地熟習本港的學制，從而得到不少發揮才能的機會。

Many people wish to climb the social ladder. Many of us are willing to leave our comfort zone in order to seek greener pastures. Four years ago Ashley Sin chose to give up her spacious home and stable life in order to migrate to Hong Kong with her younger sister in search of a better career and more opportunities to travel around the world.

As a new immigrant, it took Ashley some time to get used to the new environment. On her first day at The Salvation Army William Booth Secondary School, she got lost and stood still in the corridor, not knowing what to do. Fortunately, the school has initiated the "Newcomers' Club" for students with the same background in order to adapt to the Hong Kong lifestyle together. As a result of joining the club, Ashley learnt many things such as traditional Chinese characters, local community facilities, and even information about fines for littering. It helped to speed up her adaptation process.

Positive "labeling" effect

A group of new immigrants can easily be labeled. However, Ashley does not regard this as something negative because the mutual support among students and the special care given by the teachers have helped

陳國熔老師專責帶領新移民同學，他表示「依存感」對年青人非常重要；讓背景相同的學生走在一起，他們更容易尋找話題，更快地建立起友誼，更能令他們互相幫助，互相扶持；陳老師更強調委派他們擔任值勤工作，可以增加新來港學生的「存在感」，肯定自己在校內的價值，從而獲得認同和接納。

剛度過第四個學年的嘉敏，就是在老師和同學的陪伴下，不但順利適應香港的生活，並且逐漸建立自信；今年她更出任「同民會」的會長，以過來人的身份服務新來港的同學，幫助他們適應新的生活。

昔日受助 今日助人

眼前的嘉敏充滿熱誠和自信，但她的生活其實並不豐裕。嘉敏的媽媽任職廚房雜工，每月的薪金只僅僅足夠她們糊口，嘉敏沒有零用錢，每日需要步行往返學校；為了省下飯錢，她便自薦擔任「午膳領袖生」以獲得學校提供的膳食。對於捉襟見肘的生活，嘉敏認為這只是換取美好前程的代價，所以從沒有怨天尤人，更以積極的態度面對。

the students to adapt to the local education system effortlessly. They are now given more opportunities to use and showcase their talents.

Her teacher, Mr. Chen Kwok Yung, is responsible for leading the new immigrants. He says a "sense of attachment" is vital for young people. Students with the same background can quickly build friendships by helping and supporting one another. Chen also emphasises that students can strengthen their "sense of existence" through carrying out duties. They are able to find their values at school, thus feeling recognised and accepted.

Ashley has just spent four years in this school. Accompanied by the teachers and her schoolmates, Ashley has not only successfully adapted to the life in Hong Kong, but has also gradually built up her self-confidence. This year, she has even taken up the post of president of the "Newcomers' Club", serving the new immigrants and helping them through sharing her own experience.

When the helped becomes the helper

Ashley is a very enthusiastic and confident girl, but



洗嘉敏的志願是遍遊世界
Ashley Sin's ambition is to travel around the world.

嘉敏強調「外向自信」並非她的本性，今天的「洗嘉敏」，因為在校內得到很多發展的機會，在不同的崗位中肯定自己的能力，才能建立自信。因為自己曾是受惠者，嘉敏更放下影響學業的顧慮，願意擔起「同民會」會長的重責，以自己的能力去服務其他有需要的人。

she does not come from an affluent background. Her mother is a kitchen helper, earning just enough to make ends meet. Without any pocket money, Ashley must walk to school everyday. She even volunteers as a "Lunch Prefect" in order to get free lunch provided by her school. Ashley believes such an impoverished life is a necessary journey before embarking on a promising and positive future, she never complains, rather, she faces her situation positively.

Ashley stresses that she was not born "outgoing and confident". She only achieved so much because she has been given many opportunities at school through which she came to realise her abilities, which grew her self-confidence. As she was one of the beneficiaries, in spite of the possible influence on her studies, Ashley was willing to take up greater responsibilities as the president of the "Newcomers' Club", determined to use her resources and abilities to serve others in need.

因為自己是受惠者，嘉敏放下影響學業的顧慮，承擔「同民會」會長的重責

As she was one of the beneficiaries, in spite of the possible influence on her studies, Ashley was willing to take up the greater responsibilities such as becoming the president of the "Newcomers' Club", with an aim to using her abilities to serve others in need.



「依存感」對年青人非常重要，讓背景相同的學生走在一起，很快便會建立起友誼，令他們能互相幫助，互相扶持；委派他們擔任工作，則可以增加學生的「存在感」，肯定了自己在校內的價值，從中獲得認同和接納。

A "sense of attachment" is vital for young people. Students with the same background can quickly build friendships by helping and supporting one another. Students can strengthen their "sense of existence" through carrying out duties. They are able to find their values at school, thus being recognised and accepted.



安居樂業

助無依長者改善家居環境

Living in Peace and Contentment

Helping Isolated Elderly Better Their Homes

跟太太相依為命的邵伯伯，雖然已經86歲高齡，但身體依然健康，更可以每天自己動手預備飯餸，兩老生活簡樸、溫馨，其樂融融。

Uncle Siu and his wife depend on each other. At the age of 86, he is in good health and is able to cook everyday. They live a simple life, sweet and happy.

在邵伯伯的生活日程裏，買菜、煮菜和洗碗雖算是每天最操勞的工作，但對他們的生活造成最大困擾的，則是老舊的住所爐灶上方的天花石灰剝落；兩位老人家不但因此要頻頻清潔爐灶及食具，更要多加留神，慎防天花石灰「加料」入餸菜裏，影響了身體健康。

Buying food, cooking and washing dishes are probably the most strenuous of Uncle Siu's daily routine. However, what bothers him and his wife most was the plaster just above their stove in their worn out apartment which was peeling-off. Not only did they have to clean the stove and eating utensils more frequently, they also had to pay extra attention to the peeling plaster to ensure that it would not become an "additional ingredient" to their food, which affected their health.

邵伯伯表示，雖然石灰剝落不會令他們寢食不安，但卻好像有一根小刺藏在手指頭上，心裏總不是味兒。邵伯伯的居所是他和太太年青時克勤克儉地買下來，退休20多年後，積蓄已經所餘無幾；他們也曾經考慮聘請技工來維修，但卻害怕一旦工程展開後，開支接踵而來，無法應付，只好強忍牆灰自天花剝落之苦。

Uncle Siu said that the peeling plaster was a worrying inconvenience which made them feel uncomfortable. Through hard work and savings, Uncle Siu and his wife bought this current apartment. Having been retired over two decades, they have almost used up all of their savings. They did think of hiring a worker to fix the plaster, but they were worried that the expenses would gradually become unaffordable once the project commenced. They decided to just tolerate this issue.

親友遠在內地

邵伯伯的親友都在內地，閒來只是靠電話跟他們聯絡，或偶爾來港探望他們。他和太太互相依靠，年紀老邁的邵伯伯聽力衰退，而邵老太則行動不太方便。救世軍油麻地長者社區服務中心在一次義工家訪活動中

Relatives far in the Mainland

All of Uncle Siu's relatives live in the Mainland. They periodically keep in touch via telephone; or come to visit him once in a while. Through old age, Uncle Siu's hearing is deteriorating, and Mrs. Siu has

認識他們，得知兩老受天花剝落的困擾，便安排救世軍社工為他們跟進，更為他們安排「長者家居環境改善計劃」的資助，修妥廚房的牆身，解除他們生活上的困擾。

邵伯伯說：「我信救世軍不會欺騙我，我們只負責搬走廚具，更不用花費一分一毫！」對於長者而言，安全感非常重要，他們既會擔心被人欺騙；又會害怕耗盡積蓄，晚年生活不保。特別是這些兩老同住或獨居的長者，社會對他們的關心和幫忙就格外重要。🛡️



前 Before

difficulty with movement mobility. The Salvation Army Yaumatei Multi-service Centre for Senior Citizens was introduced to the couple during a volunteer home visit and learnt about their difficulties. The Centre asked the Army's social workers to manage the case and arrange subsidy from the "Home Environment Improvement Scheme for the Elderly". Their kitchen walls were soon repaired and the problem was solved.

Uncle Siu said, "I know The Salvation Army won't deceive me. All we needed to do was move away the kitchen furniture, and it didn't cost us a penny!" It is very important for the elderly to feel secure. They constantly worry that someone may play tricks on them, or they may spend their life savings and end up miserable. Therefore, care and assistance from the community is particularly important for the elderly. 🛡️

天花修妥後，邵伯伯可以自在地煮食
Uncle Siu can finally cook with ease after the ceiling has been repaired.



後 After

長者家居環境改善計劃

Home Environment Improvement Scheme for the Elderly

救世軍在油麻地和大埔區透過家訪和其他活動，發掘區內獨居或兩老同住的長者，幫助這些缺乏經濟能力和家庭支援的長者申請政府資助，改善日久失修和設備欠佳的居所。長者又可以申請添置熱水爐、風扇等基本家庭電器，讓他們能夠安心地居家養老。

Through home visits and other activities in the Yaumatei and Tai Po Districts, The Salvation Army seeks out single elderly folks or old couples who are lacking in financial and/or family support and helps them apply for government subsidy in order to improve their living conditions. The elderly may also apply for the installation of basic household appliances such as electric heaters and fans, so that they can live comfortably at home.



節衣縮食外，還有...

綜援家庭走出來服務社區 Apart from Living a Frugal Life...

CSSA Families Serve the Community

吳先生在過去十多年來，跟其他香港人一樣經歷了經濟的高低起伏，他更加先後因為生意失敗和工傷，生活失落在挫敗之中。

「如果要我形容自己的事業，我認為是『一事無成』。」吳先生斬釘截鐵的答道。要一位男士承認自己的失敗，需要勇氣。吳先生從前很介意讓人知道自己一家依靠政府的援助金生活，為了不讓鄰舍知道自己失業，他連到學校接送子女都不敢。背負著「綜援」包袱的吳先生很難接受自己的無能為力，他曾經想過自殺，又時常鬧情緒，直至他在街上碰到正在派傳單的救世軍社工，才嘗試打破自己的圍牆，重新建立自己的價值。

「最初只想詢問社工一些教導子女的方法，想不到竟被邀請擔任義工，教導區內人士學習電腦。」救世軍社工的邀請令吳先生和他的家人得到意外的收穫。過程中，吳先生發覺原來自己是幸運的人，因為他擁有裝嵌和使用電腦的知識；既可以幫助別人，又可以領略助人的快樂，心情逐漸變得開朗，家人都感受到他的改變。

女兒雯雯說：「爸爸未參加救世軍前，我跌一枝鉛筆在地上都會被他責罵，現在他只叫我將鉛筆拾起。」

父親的轉變令整個家庭都變得融洽和諧。雖然吳家因為經濟拮据物質生活貧乏：五口子

Throughout the past 10 years, Mr. Ng has gone through economic ups and downs, just as many other people in Hong Kong did. His situation worsened after the closure of his business, followed by a work injury. He collapsed, so lost and frustrated.

"If you ask me to describe my career, I would say that I have not achieved anything", Mr. Ng answered definitely. It takes a lot of courage for a man to admit his own failure. Mr. Ng used to be self-conscious of others knowing that his family depended on the government's Comprehensive Social Security Assistance (CSSA). He even refused to pick up his children from school in order to conceal what he felt was an embarrassing and shameful secret. The burden of CSSA made it hard for Mr. Ng to accept himself. He had a bad temper and even considered committing suicide, but fortunately, he did not. Everything changed after he met a social worker from The Salvation Army who was distributing flyers on the street. He finally overcame his mental obstacles and reestablished his own values.

"At first I only wanted to ask the social worker how to educate my children. I never thought that she would invite me to teach the people in the community how to use a computer as voluntary work." That invitation given to Mr. Ng and his family was something far beyond their expectations. During the process, Mr. Ng realised that he was fortunate enough to possess computer knowledge. He saw his potential and began teaching and helping many other people – enjoying every second. He gradually improved emotionally and his family started to notice the difference.

His daughter, Man-man, says, "Before Dad joined

每頓飯只得兩道菜，平日只能夠購買冰鮮肉吃，並絕少外出用膳；但他們的生活並不止於如何每天節衣縮食，吳先生在救世軍社工的鼓勵下更走出來服務社區，令精神生活豐富起來，亦為自己 and 下一代創造更美好的將來。

吳先生希望擔任義工能為子女作好榜樣，教導他們積極地面對人生逆境。他更期望當傷患痊癒後可以再次工作，改善家庭經濟環境。

The Salvation Army, he would scold me even if I only dropped a pencil on the floor. Now he would just ask me to pick it up.”

His changes have benefitted the entire family and helped them to be more positive despite their unfortunate living conditions. The five family members usually share two dishes per each meal. They can only afford frozen meat, and they rarely dine out. However, life is not only about money. Through the encouragement of a Salvation Army social worker, Mr. Ng took the initiative to serve the community. It has enriched his spiritual life and created a better future for him and his children.

Mr. Ng hopes his devotion to his volunteer work will set a good example for his children, teaching them how to cope positively with adversities in life. He even prepares to work again after his recovery. He is now more determined to improve his family's economic situation.



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4



6



5

- 1 吳先生在教導電腦課程中體會助人自助的樂趣。
Mr. Ng teaches computer courses and experiences the joy of helping himself as well as others.
- 2 吳先生不再害怕旁人的眼光，步出家門，接送女兒上學。
Mr. Ng no longer worries about how people look at him. He walks out of his home and picks up his daughter from school.
- 3 吳先生和子女幫助救世軍東涌家庭支援中心組織團購，為基層家庭省下不少金錢。
Mr. Ng and his children help organise group buying at The Salvation Army Tung Chung Family Support Centre, saving a lot of money for many grassroots families.
- 4 傍晚時分買餸，可以買平菜。
He visits the market at dusk to get cheaper food.
- 5 膳食佔家庭總支出五成，每餐限兩餸，少肉多菜。
As food takes up 50% of his family's income, only two dishes with less meat and more vegetables are allowed for each meal.
- 6 雖然食得簡單，但一家人都吃得津津有味。
The food is simple, but the family enjoys it.



收集寒衣 送給無家者

Winter Clothing for the Homeless

救世軍一直以來擔當橋樑的角色，將捐贈的衣物或其他物件轉贈到有需要人士的手上，達到物盡其用、造福社群的目標。冬季是申請物資的高峰期，救世軍需要預備大量禦寒衣物，以供應露宿者、長者、釋囚、低收入家庭等弱勢社群最基本的需要，幫助他們度過嚴寒的冬天。因此救世軍在去年11月底舉行「寒衣收集運動啟動禮」，呼籲市民趁換季將寒衣捐給救世軍，讓我們可以有足夠的寒衣送給物質匱乏的人。

救世軍露宿者綜合服務在去年12月2日，首個寒流襲港前，向露宿者派發寒衣和毛氈，除了向無家可歸的人送上溫暖，還勸喻他們接受救世軍的露宿者支援服務。救世軍透過緊急物品支援、工作及住宿轉介、心理輔導及生活訓練等工作，讓露宿人士脫離街上的生活。



The Salvation Army has always played a bridging role in transferring donated clothes and other objects to the people in need, making the full use of materials to benefit the community. Winter is the peak season for resource application. The Salvation Army needs enormous amounts of winter clothes to meet the basic needs of the socially vulnerable, including street sleepers, the elderly, discharged prisoners and low income families, so that they can make it through winter. Therefore, The Salvation Army held the 'Winter Clothes Collection Campaign Kick-off Ceremony' at the end of November 2011, appealing to fellow citizens to donate their winter clothes to people without commodity supplies.

On 2 December 2011, before the first cold wave hit Hong Kong, The Salvation Army Integrated Services for Street Sleepers distributed warm clothes and blankets to people living on the street. Apart from providing warmth and care, The Salvation Army also encouraged them to make use of the Army's support services designed for street sleepers. The Salvation Army provides relief supplies, employment and accommodation referral, psychological counseling and life skills training for street people to break away from the wandering life.



金域假日酒店 長者聖誕聚餐

Holiday Inn Golden Mile Serves Christmas Party For Elderly

聖誕節是普天同慶的日子，救世軍聯同金域假日酒店於去年12月7日舉辦探訪長者活動，並招待120名接受救世軍服務的獨居長者參加聖誕聚餐，與長者們分享佳節的喜悅，預先慶祝聖誕。金域假日酒店有見於香港通貨膨脹日益嚴重，為幫助長者舒緩物價急升的壓力，便向長者送上豐富的禮物包，禮物包內包括芥花子油、茶包、白米、麵、烏冬、餅乾、麥皮等食品，讓長者過一個富足而又溫暖的聖誕。

Christmas is a joyful time for everyone. On 7 December 2011, The Salvation Army and Holiday Inn Golden Mile visited the elderly and served a Christmas feast for 120 single elderly beneficiaries of the Army. In the light of the worsening inflation in Hong Kong, Holiday Inn Golden Mile presented Christmas gift packs to the elderly, relieving the pressure of rocketing food prices. Each gift pack contained a bottle of canola oil, tea bags, rice, noodles, udons, biscuits and oatmeal. With such plentiful supplies, the elderly were able to have a warm and joyful Christmas.



朗廷酒店為兒童送上 聖誕禮物

The Langham Hong Kong Shares Christmas Gifts With Children

當身邊的孩子埋怨聖誕禮物了無新意時，當生長在低收入家庭的兒童收到一份簡單、益智的禮物已經很心滿意足。香港朗廷酒店在聖誕節前，呼籲客人享用美食時即場捐贈富教育意義的玩具、文具和圖書，透過救世軍將禮物送給居住在東涌的基層兒童，令他們分享聖誕的歡樂。

When our children complain about their monotonous Christmas gifts, kids from low income families are content with just a simple present. Just before Christmas, The Langham Hong Kong appealed to its diners for donations of educational toys, stationery and books for the grassroots children living in Tung Chung, spreading the joy and love of Christmas.



救世軍港澳定向日

The Salvation Army O! Day

"The Salvation Army O! Day", the annual fundraising orienteering event, was held on 7 January. Under the theme, "Inspiring Our Caring Spirit", 300 poverty fighters from Hong Kong and Macau travelled between the two cities following the routes on a wordless map to discover interesting landmarks in both cities. All of the participants overcame the physical challenges and demonstrated team spirit.

This year, the kick-off ceremony was held at the Peak, with Mr. Matthew Cheung Kin-chung, GBS, JP, Secretary for Labour and Welfare, HKSAR and Dr. the Hon. Sir David K. P. Li, GBM, GBS, OBE, JP, Chairman of The Salvation Army Advisory Board as the guests of honour. As soon as the participants completed the Hong Kong competition zone from the Peak to Sheung Wan, they headed to Macau by Turbojet and continued their journey until they reached the destination at Pui Ching Middle School (Macau).

The award presentation ceremony was held in Macau on the same day after The Salvation Army O! Day competition came to an end. José Lai Hung-seng, Roman Catholic Bishop of Macau, Mr. Iong Kong-io, Director of Social Welfare Bureau of Macau SAR, Dr. Daniel Tse, Chair of the University Council of the University of Macau, Mr. Kou Kam-fai, Principal of Pui Ching Middle School (Macau), Mr. Paul Pun, Secretary General of Caritas Macau, and Mr. Stanley Au, Chairman of Delta Asia Financial Group, officiated at the ceremony together.

The funds raised by O! Day will be used to support various services to assist in meeting the needs of the elderly, youth, children, families, street sleepers and the mentally handicapped in Hong Kong and Macau.

每年一度的救世軍大型籌款活動「救世軍港澳定向日」，於1月7日順利舉行。今年活動以「發揮扶弱精神」為主題，在港澳兩地召集了300名充滿愛心的扶貧俠士，一同穿梭港澳兩地。他們以無字地圖挑戰城市定向，齊心為弱勢社群出力。

今年「港澳定向日」開步禮在山頂舉行，由香港特別行政區勞工及福利局局長張建宗先生，GBS, JP和救世軍顧問委員會主席李國寶博士，GBM, GBS, OBE, JP擔任主禮嘉賓。參賽者完成由山頂至上環的香港賽區，便轉乘噴射飛航前往彼鄰的澳門，繼續在當地四處尋覓，最後到達終點澳門培正中學。

賽事完畢後，「港澳定向日」頒獎禮隨即在澳門舉行，天主教澳門教區主教黎鴻昇神父、澳門特區政府社會工作局局長容光耀先生、澳門大學校董會主席謝志偉博士、澳門培正中學校長高錦輝先生、澳門明愛總幹事潘志明先生和匯業財經集團主席區宗傑先生分別擔任頒獎嘉賓。

今年的「救世軍港澳定向日」的捐款將用作支持救世軍在港、澳兩地的社區關懷服務，照顧長者、青少年、兒童、家庭、露宿者和智障人士的需要。

首席贊助: BEA 東亞銀行

主要贊助: 新鴻基地產 Sun Hung Kai Properties

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技術合作伙伴:

香港旅遊發展局 Tourism Promotion Centre

中國澳門定向總會

TURBOJET 噴射飛航 (大會指定交通)

Bonagua

全力支持:

中原地圖

心連心義工團

生活易

恆隆地產

香港入境事務處

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信德中心

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澳門地圖繪製暨地籍局

澳門旅遊局

澳門海關

澳門培正中學

澳門港務局

澳門綠色環境保護協會

澳門匯業財經集團

澳門環保青年協會

FevaWorks Solutions

MIM Group

Priceline



特步創耆績運動會

Xtep Joint Sport Day for the Senior Citizens

救世軍在2009年開始籌劃長者聯合運動會，希望藉著運動會，鼓勵長者多做運動，保持身心健康。同時透過競技項目，激發長者的鬥志，懷著信心挑戰自己的能力，為生活留下美好的回憶。

去年11月舉行的「特步創耆績運動會」由香港特步企業有限公司贊助、利駿行慈善基金協辦，參加比賽的500名健兒都是年逾60的長者，他們施展渾身解數，出盡全力以個人及隊制形式，角逐各個獎項。運動會中的比賽均由救世軍輔助醫療服務的職業治療師及物理治療師根據長者的體能而悉心設計，適合不同身體狀況的長者參與。

Since 2009, The Salvation Army has been planning of a Joint Sport Day for the Senior Citizens, hoping to encourage the elderly to maintain their physical and mental health through doing more exercise. At the same time, through competitions, the elderly may be motivated to challenge themselves with confidence, leaving good memories of their lives. Sponsored by Xtep (Hong Kong) Enterprise Limited and jointly organised with LCH Charitable Foundation Limited, the Xtep Joint Sport Day for the Senior Citizens was held last November with 500 participating elderly athletes aged over 60. They gave their best and competed for various prizes in individual and team events. The events were specially designed for the elderly participants with different physical conditions by the therapists of our Paramedical Service Section.



本人願意支持救世軍為有需要的人服務

I wish to support **The Salvation Army** to serve the needy

我樂意每月捐款：

I would like to donate a monthly sum of:

- HK\$100 HK\$200
 HK\$500 HK\$ _____

我樂意作單一捐款

I would like to make a donation:

- HK\$2000 HK\$1000
 HK\$500 HK\$ _____

捐款者資料 Donor Information: (請儘量以英文填寫)

姓名Name: _____ (先生 Mr. / 女士 Ms.)

捐款者編號Donor No. (如適用if applicable):

地址Address: _____

電話Tel: _____

電郵E-mail: _____

備註：

1. 捐款港幣\$100或以上將獲發正式收據以申請扣減稅項。

2. 閣下的個人資料只供本會寄發收據和與您通訊的用途。若您不願意收取救世軍的郵件，請以書面通知我們。如有查詢，請致電2738 2323。

Remarks:

1. Donations of \$100 or above are tax-deductible with official receipts.

2. Your personal data will be used only for receipting and other communications with you. Please notify us in writing if you do not wish to receive future mailings from The Salvation Army. For enquiries, please call 2783 2323.

捐款方法 Donation Methods

劃線支票 (抬頭請寫「救世軍」，並連同本表格寄回以便發出捐款收據。)

By Cheque (Please make cheque payable to "The Salvation Army" and send us with this completed form for a donation receipt.)

信用卡 (請傳真本捐款表格至2783 0363)

By Credit Card (Please fax this completed form to 2783 0363)

VISA MasterCard

東亞銀行信用卡 Credit card issued by BEA*

(*獲豁免手續費 Exempted from service charge)

持卡人姓名 Cardholder's Name: _____

信用卡號碼 Card No.: _____

有效期至 Expiry Date: _____

持卡人簽署 Cardholder's Signature: _____

(以信用卡作定期捐款，有關捐款將定期過數，直至閣下另行通知。)

(Regular donations paid by credit card will be debited automatically from your card until further notice.)

7-ELEVEN。(可透過全港各分店以現金直接捐款。)

(Cash donation can be made at any outlets in Hong Kong.)

每月銀行自動轉賬 (只適用於定期捐款，自動轉賬(直接)付款授權書隨後寄上。)

By Direct Debit (Only applicable to monthly donations. Direct Debit

Authorisation Form will be sent to you soon.)

讓遺囑成為一份禮物送給救世軍，為我們的下一代帶來生命改變，為未來帶來盼望。
By leaving a gift to The Salvation Army in your will, you can help to change the lives of the generations to come and give hope for the future.

救世軍社區關係部

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