

SRDC VOICES

2024 WINTER ISSUE



From Care to COURAGE: Chun To's Journey to Thrive Beyond Illness

鎮滔：即使患病，也要活出自己的人生

After 19 years of living in a hospital, Chun To has recently made a life-changing decision: he has discharged from the Duchess of Kent Children's Hospital at Sandy Bay (DKCH) and moved into his own home. Supported by the unwavering dedication of the DKCH team and SRDC, this courageous step marks a new chapter in his life — one where he is not just surviving, but thriving.

SRDC's Chairman, TT Cheung, caught up with this inspiring young man when Chun To came back to DKCH for a short visit as his helper was out of town, while learning about his future plans and the challenging yet rewarding journey he has been on.

在醫院生活了 19 年後，鎮滔最近做一個重大決定：他已經從大口環根德公爵夫人兒童醫院 (DKCH) 出院，並打造了屬於自己的家。在 DKCH 團隊和 SRDC 的支持下，他開展了人生的新篇章——他不僅僅要生存，更是要活得精彩。

適逢鎮滔的工人姐姐回鄉，鎮滔再次回到熟悉的 DKCH。SRDC 主席張達棠先生趁機拜訪這位鼓舞人心的年輕人，了解他的未來計劃，以及他這趟充滿挑戰卻令人生更豐盛的旅程。

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As long as you find out what you want to do, don't hesitate. Even a small, ordinary star can shine brightly."

只要找到了想做的事便不要猶豫，就算是一顆平凡的星星，都可以發光發亮。

- Wong Chun To 黃鎮滔

Other news 其他消息

Kids on the Block: 29 Years of Impact and Growth
街坊小子木偶劇場29年來不斷發展，影響深遠

Sandy Bay Charity Fair: A Heartfelt Thank You!
感謝大家支持大口環根德公爵夫人兒童醫院賣物會

SRDC Research Funding Impact Report coming soon
SRDC 研究資金報告即將發表

The Beginning of a New Chapter

Diagnosed with a neuromuscular disease at a young age, Chun To relies on constant ventilator support and round-the-clock care. His childhood consisted of moving from hospital to hospital across Hong Kong, unable to experience life beyond hospitals.

'It felt confining at times,' he recalls. However, the care he received at DKCH was a constant support that prepared him for a new chapter.

The DKCH and SRDC's commitment to the all-round development of children gave Chun To the chance to receive an education, engage in social interactions, and explore new possibilities—opportunities that many children in similar situations don't have.

One of his fondest memories is the annual DKCH Christmas party, co-organised by SRDC, where he developed precious friendships with the hospital staff and other long-term patients.

In addition to the social support, DKCH made sure his educational needs were met and arranged for his participation in special schooling at the HK Red Cross JFK Centre, located opposite to the DKCH. Despite physical challenges, he is on track to earn a Bachelor of Business Administration in Business Management at Metropolitan University — a remarkable achievement that seemed almost impossible when he first arrived at DKCH.

“At SRDC, we often ask ourselves: How can we better support children and teenagers? Not just in terms of advanced medical care, but also in their personal development. We provide the tools and opportunities for social interaction, education, and to explore hobbies. This is what true all-round development looks like.”

我們經常問自己：我們如何更好地支持兒童和青少年？不僅在先進的醫療保健方面，而且在他們的個人發展方面。我們致力提供社交互動、教育和探索興趣愛好的資源和機會。這才是真正的全面發展。

Cheung Tat Tong, BBS, JP, Chairman, SRDC
SRDC主席張達棠先生 BBS, JP



“

The hospital didn't just focus on my physical health, they made sure I could have a future, too.”

醫院不僅關注我的身體健康，更確保我也能為自己創造充實的未來。”

Wong Chun To 黃鎮滔



A letter from Chun To
來自鎮滔的信

Scan to read the letter on our website
掃描二維碼，到我們的網站閱讀鎮滔的信



鎮滔年幼時被診斷出患有神經肌肉疾病，需要長時間依賴呼吸器及接受全天候護理。他的童年在香港不同的醫院中度過，不斷搬遷，卻無法體驗醫院以外的生活。

他憶述：「有時候，感覺真的很壓抑。」不過，他在 DKCH 得到的持續支持，成為了他改寫人生篇章的契機。

DKCH 和 SRDC 承諾為兒童提供全面發展，讓鎮滔有機會接受教育、參與社交活動、和探索新的可能性——這是大部分面對類似情況的兒童所缺乏的機會。

鎮滔最珍惜的其中一個回憶，是一年一度的 DKCH 聖誕晚會。在那裡，他與醫院工作人員和其他長期患者建立了深厚的聯繫和友誼。

除了社交場合外，DKCH 和 SRDC 亦有為鎮滔提供教育機會，並安排他接受位於 DKCH 對面的香港紅十字會甘迺迪中心特殊學校教育。儘管要面對身體上的挑戰，令執筆難度大增，鎮滔仍有望獲得都會大學商業管理學榮譽工商管理學士——這絕對是一項了不起的成就。當他初來 DKCH 時，這一切都似乎遙不可及。

Chun To's Newfound Freedom to Live

The period of unexpected solitude during COVID was when Chun To found the courage to step beyond his comfort zone. The journey to living outside the hospital was challenging, but Chun To was never alone.

“Our multidisciplinary team worked tirelessly to help Chun To with his compassionate housing application, helper recruitment, and offered comprehensive carer training to his helper to ensure that his daily medical care is well-managed in the community. This has been a joint effort between both the Paediatric and Adult teams at DKCH.”

“I’ve told the teachers not to focus solely on public exams. Children who have been confined to a hospital need to learn everything from scratch. And I can’t tell you how proud I am of Chun To for having the courage to move out. It’s a huge step.”

我已經特別提醒老師們不要只專注於公開考試，因為被困在醫院裡的小朋友需要從新學習生活上的所有細節。所以，當鎮滔有勇氣搬離醫院時，我無法用言語表達我有多麼自豪。這是他為自己人生踏出的一大步。

Dr Christy Chau,
Deputy Hospital Chief Executive, DKCH
大口環根德公爵夫人兒童醫院
副醫院行政總監 周淑娟醫生

新冠疫情期間，鎮滔需要獨留在病房內隔離，雖然令他措手不及，卻又正正是這種「意料之外」，令他鼓起勇氣走出自己的舒適圈。搬離醫院的過程固然荆棘滿途，但鎮滔並不孤單。

我們的團隊孜孜不倦地幫助鎮滔辦理體恤安置房屋的申請、聘請工人姐姐、為姐姐提供全面的護理培訓，確保他獲得妥善的日常醫療護理。這都是 DKCH 兒科和成人團隊共同努力的成果。

Dr Christy Chau, Deputy Hospital Chief Executive, DKCH
大口環根德公爵夫人兒童醫院
副醫院行政總監 周淑娟醫生

Beyond medical care, tasks that may seem mundane to most, present new challenges for Chun To every day: managing finances, navigating transportation, handling daily activities like cooking, or simply deciding how to spend his day.

In this regard, DKCH and his special school also supported Chun To with a special curriculum to prepare him for life outside of the hospital.

除了醫療護理外，大多數人認為平平無奇的活動，例如管理財務、安排交通、買菜煮飯，甚至只是決定如何渡過一天，其實對鎮滔來說都是一項新挑戰。

在這方面，DKCH 和 SRDC 也為鎮滔安排了特殊課程，為他出院後的生活做好準備。





Dreams of a Brighter Future

Chun To's story doesn't end with moving into his own home. He dreams to build a life that's fully independent, where he can contribute to society. He aspires to find a stable job that allows him to support himself and continue his journey toward independence.

For the medical social workers, doctors, nurses, and educators who have supported him all these years, this story is not just about Chun To; it's about the fulfillment of a shared vision. It's moments like these that make their work so meaningful – a shared journey of dedication, compassion, and the joy of watching a child overcome the odds and begin a new chapter of their life.

“What's better than my dreams come true, is that Chun To's dreams come true”

相比起我的夢想，我更樂見鎮滔的夢想成真。

Zoey Leung, Medical Social Worker, DKCH
醫務社工 梁敏儀

鎮滔已經搬進屬於自己的家，但他的故事並未結束。他夢想可以完全獨立地生活，為社會作出貢獻，亦渴望能找到一份穩定的工作來養活自己，繼續創造自己的人生。

對於多年來一直支持鎮滔的醫務社工、醫生、護士和教育工作者來說，這個並不只是屬於鎮滔的故事，更是他們共同達成的願景。他們在這趟人生旅程中不斷奉獻，看著一個又一個孩子克服困難、開展人生的新篇章。這些故事、這份喜悅，正是他們繼續拼搏的燃動力。

“

I don't want to just rely on government funding anymore. I want to live and work on my own, and I hope society can offer more opportunities for people like me.

我不想只依賴政府的資助了。我想自己生活、工作，希望社會能為我這樣的人提供更多的機會。

Wong Chun To 黃鎮滔

You Make These Stories Possible 是你，令他們夢想成真

Chun To's journey from care to courage is just one example of the transformative power of your support. Thanks to your generosity, children like Chun To are given more than just medical care – they're given the chance to live fulfilling, independent lives. We still provide respite care and accessible transportation for Chun To, we are helping these children take the next step toward a brighter future, while ensuring their community living is sustainable in the long run.

鎮滔從小需要接受全天候護理，到現在有勇氣搬離醫院，開展自己人生旅程的這個故事，只是其中一個例子，證明你所給予的支持，能帶來確確實實、具轉化性的影響。我們非常感謝你慷慨解囊，讓像鎮滔這樣的孩子能得到醫療護理之餘，更有機會創造充實、獨立的生活。有賴你的支持，我們仍能為鎮滔提供暫托照顧和交通安排，在幫助孩子邁向獨立生活的同時，亦確保他們可以長遠地維持健康的社區生活。

The Kids on the Block: 29 Years of Impact and Growth

街坊小子木偶劇場29年來不斷發展，影響深遠



照片由香港文化博物館提供 Photo courtesy of Hong Kong Heritage Museum

Since 1995, SRDC's The Kids on the Block (KOB) programme has been using puppetry to raise awareness of social issues, including medical and educational differences, creating an environment where children feel comfortable to ask questions freely, leading to positive changes in attitude and behavior. In the past academic year, KOB performed 264 shows to over 37,000 students and teachers – what an achievement!

This year, KOB is excited to collaborate with Shall We Talk, a mental health promotion initiative launched by the Department of Health. Together, they have organised a series of touring puppet shows for

primary school across Hong Kong, from September 2024 to August 2025. KOB also performed at Camp Bruce Lee 2024 at the Hong Kong Heritage Museum, with the show "Being the Brother of a Child with a Disability", followed by an interactive talk on disability and accessibility, sending a powerful message to the children.

自 1995 年以來，SRDC 的街坊小子木偶劇場 (KOB) 計劃一直利用木偶表演來提高大眾對社會問題的認識，例如醫療和教育差異，同時透過營造一個讓小朋友可以自由發問的環境，引導態度和行為上的正面改變。上一個學年，KOB 就為超過 37,000 名學生和老師演出了 264 場劇場，成果令人驕傲！

今年，KOB 很高興能與衛生署的「陪我講」精神健康推廣計劃合作。2024 年 9 月至 2025 年 8 月期間，他們將共同為全港小學舉辦一系列的木偶劇。KOB 最近在香港文化博物館舉行的「香港李小龍日營 2024」演出《殘疾小朋友與他的哥哥》，其後更設談及殘疾和無障礙的互動講座，向孩子們傳達重要信息。

Why is it important? 有何重要？

The interactive puppet shows are highly effective in deepening students' understanding of mental health, encouraging early help-seeking behavior, and promoting acceptance of people with mental health conditions and special educational needs – a vital step forward in building a warm and inclusive society for all.

互動木偶劇有效加深學生對心理健康的理解、鼓勵學生盡早尋求協助、同時能令學生更容易接受有心理健康問題和特殊教育需求的人。換言之，這是為所有人建立一個溫暖和共融社會的重要一步。





Sandy Bay Charity Fair: A Heartfelt Thank You!

感謝大家支持賣物會！

A huge thank you to everyone who supported our 41st Sandy Bay Charity Fair at The Duchess of Kent Children's Hospital, our charity sales at shopping centres and our friends at TVB City! Thanks to your generosity, all funds raised will go towards purchasing special medical equipment and improving the lives of children in need.

We are deeply grateful to our donors, sponsors, booth participants, visitors at the fair, and the general public shopping at our charity sales. A special shout-out goes to the hospital staff, volunteers, our SRDC team, and our loyal long-term volunteers – these events and charity sales would not be possible without your incredible support!

非常感謝你支持第41屆大口環根德公爵夫人兒童醫院賣物會、商場義賣活動、以及無線電視城的朋友！有賴你的慷慨解囊，籌集的所有資金將用於購買特殊醫療設備和改善有需要兒童的生活。

我們衷心感謝各位捐款人、贊助商、賣物會檔主、來賓、以及在我們的慈善義賣中購物的大眾。我們特別要向醫院工作人員、義工團隊、SRDC 團隊和一班長期義工致謝——沒有你們的大力支持，我們就不可能舉辦這些活動和慈善義賣！



A special shoutout to TVB and Mr. Eric Tsang!
特別感謝無線電視及曾志偉先生的支持

Get involved? 有興趣支持？

We look forward to seeing you next year at our 42nd Sandy Bay Charity Fair. We invite you to contact us now to learn how you can participate in next year's special hospital fair celebrating our 70th anniversary.

我們期待明年在第 42 屆大口環根德公爵夫人兒童醫院賣物會與你見面。誠邀你聯絡我們，了解如何參與明年 70 週年的特別紀念慶祝活動。



捐利是表格 RED PACKET DONATION

在這個喜氣洋洋的春節，捐出一封利是，給有需要的人送上新春祝福。您的捐助可以讓有需要的病童得著適切的幫助。捐出一封利是，祝福他人亦祝福自己。

Donate red packet to share the Chinese New Year blessings with the children. The money you donate to The Society for the Relief of Disabled Children will help the differently-abled children.

- 本人 願意捐贈港幣\$ _____ 支持「香港弱能兒童護助會」。
I would like to donate HK\$ _____ to "The Society for the Relief of Disabled Children".
- 本人 願意每月定期捐款港幣\$ _____ 支持「香港弱能兒童護助會」。
I would like to make monthly donation of HK\$ _____ to "The Society for the Relief of Disabled Children".

本人以 電郵／郵寄／毋需 收取收據。I would like an e-receipt / a paper receipt / no receipt.

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捐款方法DONATION METHODS:

- 支票 Cheque
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Please make payable to "The Society for the Relief of Disabled Children"

- 直接過戶 Direct transfer
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Please input your name and contact number in "Reference"
收款手機號碼 Recipient's Mobile No.: 68425612
收款人名稱 Recipient's Name:
The Society for the Relief of Disabled Children

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Scan QR code, please input your name and contact number in "Enter your message"



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信用卡有效期至 Expiry Date

月 MM/ 年 YYYY

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I do not agree that The Society for the Relief of Disabled Children (SRDC) can use the above *data to keep me posted of SRDC news, events and surveys through various channels.

簽署 Signature: _____ 日期 Date: _____

倘若日後閣下不想收到本會的宣傳推廣或最新消息，請以郵寄或電郵方式來信通知本會，本會將會停止使用閣下資料。如想多些了解我們，歡迎瀏覽我們的網頁 www.srdc.org.hk。謝謝！

If you do not wish to receive any promotional and marketing materials or updates from SRDC in future, upon receipt of your written request, either by post or by email, SRDC will cease to use your personal data for the above purposes. If you would like to know more about us, you are welcome to visit www.srdc.org.hk. Thank you!

備註 Remarks:

- 請將支票、銀行入數紙、繳費靈號碼或AlipayHK交易編號連同表格寄回「香港薄扶林大口環道12號H座香港弱能兒童護助會」或電郵：info@srdc.org.hk或 Whatsapp:68425612給敝會（支票除外）。
Please complete the donation form and send it together with the crossed cheque, bank-in-slip, PPS bill number or AlipayHK transaction number to "The Society for the Relief of Disabled Children, Block H, 12 Sandy Bay Road, Pokfulam, Hong Kong." or email: info@srdc.org.hk or Whatsapp: 6842 5612 (except by cheque).
- 一年內累積捐款達港幣\$100或以上在香港可憑收據申請扣減稅款。
Accumulated annual donations of HK\$100 or above with a receipt are tax deductible in Hong Kong.
- 每月捐款正式收據將於每年四月寄奉，以便閣下申請扣減稅款。
For monthly donation, an annual receipt will be issued in April for tax deduction.

WIN2024

多謝閣下的支持！ THANK YOU FOR YOUR SUPPORT!

SRDC Research Funding Report Coming Soon

即將發佈研究資金報告



We're excited to announce that our latest Research Funding Highlights Impact Report is coming soon. This report will showcase the significant outcomes of ongoing research efforts and the positive changes it is making in the lives of children with special needs and their families.

Want to be the first to know?

Scan the QR code to sign up for our e-newsletter to get the latest updates, including the full research impact report.

我們即將發佈最新的研究資助重點影響報告。該報告將展示目前正進行的研究工作和成果，以及它將能為有特殊需求的兒童及其家庭帶來的積極變化。

想成為首批閱讀報告的人?

掃描二維碼訂閱我們的電子報，獲取最新消息，及完整的研究影響報告。

SRDC 70th Anniversary

我們即將慶祝70週年紀念

Next year marks our 70th anniversary of making a difference in the lives of children with special needs and their families. We couldn't have come this far without the support of our community.

We invite you to be part of this special milestone – whether through donations, volunteering, or other forms of support, there are many ways you can help us continue our mission, for another 70 years and beyond. Contact us today to learn how you can get involved.

明年是 SRDC 的 70 週年誌慶，我們將慶祝大家對有特殊需要的兒童及其家庭帶來的改變和影響。沒有你的支持，我們不可能達到這個里程碑。

我們誠邀你參與這個特別紀念日。無論是透過捐贈、義工服務、還是其他形式，你可以從不同渠道幫助我們堅守使命，迎接下一個 70 年。今日就聯絡我們，了解更多。

Digital version

電子通訊

Please support the environment and subscribe our e-newsletter! If you have any comments, please contact us by email.

請支持環保，訂閱電子通訊！如對本通訊有任何意見，歡迎透過電郵與我們聯絡。



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