



From the Editor

Your generous response to last issue's appeal for help made it possible for the **Dongkeng Community Services Centre in Shaanxi province** to proceed with the refurbishing work for the centre. On behalf of the seniors and the children from that community, we want to thank the benefactors who generously supported the cause. As usual, in this issue, we shall share the results of a few programmes; and introduce the challenges and needs of a group of volunteers in Fujian province, who dedicate themselves to caring for left behind seniors in some mountainous areas of the province. We look forward to your continued support.



Elevator in Hospital Makes Life Easier for Patients

In March 2018, we reported that **Tongde Hospital in Shanxi** needed an elevator. With donations from benefactors, an elevator manufactured in Germany and specially designed for medical purposes was purchased and installed. Prior to installing the elevator, it was a challenge for the patients to walk up and down the many flights of stairs. It was particularly difficult for the infirmed patients who had to be carried up and down the stairs for treatment. With the new elevator, Tongde was upgraded by the officials to become a Level Two establishment. Below is a thank-you letter from the sister who heads up the hospital:



Many Thanks!



CCTV
monitoring system

A heartfelt thank you to our benefactors in Hong Kong. Your generosity made it possible to install this elevator designed for medical purposes in our hospital. It received the certificate of approval from the Quality Inspection Bureau of Linfen in late Nov 2018, and has been in operation officially, since Dec 8th of the same year. Installation of a CCTV monitoring system in Feb 2019 further enhanced its safe operation.

Since its installation, this elevator has been carrying an average of about 350 patients and their families up and down the stairs each day. In addition to saving the passengers from the hardship of climbing the stairs, more importantly it gains precious time for patients who need urgent medical attention. It also raises the quality and efficiency of the staff's service and the reputation of Tongde Hospital in the community.

*Once again, I thank you for your support.
May God bless you all!*



The elevator serves
passengers to and
from different floors



Furnishings Provide More Comfort for Seniors

Following our report in March 2019 on the shortage of beds, wardrobes, dining tables in Ren-ai Seniors Home in Henan province, your generous donations made it possible for us to purchase the desperately needed items. Below is the thank-you letter from the sisters:

Thank you for your help! We finally were able to acquire the necessary and badly needed items.

The specially designed beds significantly reduce the danger of the elderly falling off in their sleep – these beds are safe and comfortable. The wardrobes and nightstands make it much easier now for the old folks to store and retrieve their belongings. The new dining tables are secured and they help prevent food and utensils from sliding off to the floor and seniors from being scalded. The living condition has improved significantly: it is safer, cleaner, and more comfortable for the old folks.



New equipment and furniture added to the elderly home



A Study Tour to Share Best Practices

After attending a series of trainings, a group of sisters in Fushun, Liaoning province established a Family Service Centre in the city. The first and only one in Fushun at the time. In order to help further improve the quality of their service, Mainland Service Desk designed a follow-up programme and arranged for some of the centre's staff to participate in a study tour in Hong Kong. This involved visiting a number of service centers run by Caritas-HK. Below are reflections from the Fushun sisters after their visit:



Visit to Caritas Integrated Family Service Centre (CIFSC) in Shau Kei Wan

Thank you for your carefully designed itinerary that allowed the six of us, in four full days, to visit 11 sites that offer 14 different services. We learned and benefited so much from these service centres: their professionalism, dedication, knowledge and experiences.

We benefited abundantly from each of the 4-day visit: sharing of statistics and data on family services; free copies of books and pamphlets; and especially from our hosts' sharing their knowledge and experience gained over an extended period of time. We were deeply impressed and motivated by their dedication and enthusiasm. We learned much about the different types of services the centres offer, particularly in the area of family education programmes like premarital counselling, relationship enhancement programme and experiential learning, which we so sadly need.

Other types of family counselling and related therapies that we found inspiring were: the Gato House Project (Animal Assisted Therapy), play therapy, psychological counselling techniques and horticulture therapy. Besides, the sharing of experience by school social workers is very helpful for our own work with children and youth.

Adding to the long list were the topics on how to address different problems faced by many families: gambling, drug addiction, projects against child abuse and sexual violence (sexual health and rehab), the handling of family crisis, single parenthood, etc. We were amazed by the range of services offered by Caritas-HK, and how these services are humanized. All these provide for us a roadmap for our future endeavors.

Once again, we want to thank Caritas-HK profusely for spending time to share your precious experiences with us. With no reservation, we will take a page from you to share with other counterparts about what we learned from you. We will work, twice as hard, to provide better and more professional services to our brothers and sisters in need.



Visit to Caritas Mutual Aid Centre for Single Parent Families in North Point



Visit to CIFSC in Tsuen Wan



A session on Caritas' Cyber Youth Support Team



A session on 'Life Coaching' Community Support Network



Visit to CIFSC in Aberdeen



Dear Caritas-HK, greetings!

There are many lonely ‘left behind’ helpless old folks in the mountainous areas of Ningde County, Fujian Province. We are a group of consecrated women who came together in 2011 with the aim of helping such people by visiting them regularly to add a bit of dignity to their lives.

There are 14 of us in a core group, and about 50 volunteers from different parts of Fujian province. Over the past decade, we have been serving some 30 villages around Fu-an, Ning-de, and Zhou-ning; and providing regular services to more than 300 seniors. About 140 have passed away, and we continue to serve more than 160 seniors who are scattered in many villages. They have no off-spring to care for them, and they are unable to care for themselves. They live in very poor conditions with food, clothing and most daily necessities constantly in short supply.



Cutting hair



Donating clothes

Each time we visit the old folks we need to hire a car to carry the food and supplies. We also bring them other necessary items such as brooms, mops, detergent, washers, and dryers. Other things we do for the old folks require more labor-intensive work than financial resources. These include: taking care of their personal hygiene such as bathing, shampooing, changing clothes, cutting nails, washing bedsheets and hanging them out to dry, opening up windows and doors to get rid of stale air trapped in their small confines, making sure they are adequately dressed for the weather. For those bed-ridden and unable to move, we need to turn them over and give them a massage to help prevent bedsores. If time allows, we will take them out for a stroll, a little exercise, and other relaxation activities.



Washing clothes

Cutting nails



Looking forward to your response

To continue with these services, we need a budget of about 128,800 RMB a year. We managed to raise 48,000 from the parishioners, but we are still short by 80,800 (about HK\$90,787). As volunteers, we are ready and willing to offer our labor but our financial resources are extremely limited. Our parish priest suggested we approach your organization for assistance. We pray that you will heed our plea!

Sr. Feng
Dec, 2019

Item		Quantity	Amount (¥)
1	Transportation	300¥ x 120	36,000
2	Food	25¥ x 160 persons x 12	48,000
3	Necessities	20¥ x 160 persons x 6	19,200
4	Clothing	80¥ x 160 persons x 2	25,600
Total			128,800

For enquiry, please call on 35892259 or 35892500, or leave your message at mainland@caritas.org.hk. To show your care, you may write a crossed cheque payable to “Caritas-Hong Kong” and send it to: Mainland Service Desk, Room 505, Block A, Caritas House, 2, Caine Road, Central, Hong Kong. Please write down the item no. / purpose of the cheque and your contact information on the back.