# 生命小戰士會通訊
# Little Life Warrior Society Newsletter

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## 「擁抱希望・讓生命添色彩」
## 第三屆中港兒癌交流營

## "Embracing Hope, Making Life More Colourful"
## The 3rd Hong Kong-China Childhood Cancer Exchange Camp

近年本會在中國內地不同省份先後協助成立八間生命小戰士會，有安徽、成都、湖南、濟南、昆明、山東、西安及貴州。去年再次舉辦全國徵文比賽，以本會願景「同心互助、戰勝癌症、活出新生、回饋社會」為題，並於8月23-26日順利舉行了「第三屆中港兒癌交流營暨徵文比賽頒獎典禮」。當中共110位內地及129位香港的徵文比賽得獎者、病童、康復者、家長、醫護及義工參與，為中港兩地建立兒童癌病的良好交流平台，四日三夜的營會節目豐富，讓200多位來自中港兩地的參加者彼此認識，真摯交流。

首天，由各位義工不辭勞苦的到機場、車站接待國內參加者開始，大家都懷著興奮的心情。晚上更邀請到威爾斯親王醫院兒科學系部門主管李志光醫生及生命小戰士會名譽主席成明光醫生在歡迎會中致辭。在歡迎會中司儀帶領大家玩熱身遊戲，互相認識，打成一片，更讓來自不同省市的參加者介紹他們的地方特色，共享愉快的晚上。

In recent years we have helped set up eight Little Life Warrior Societies (LLWSs) in various parts of Mainland China. These include the Anhui, Chengdu, Hunan, Jinan, Kunming, Shandong, Xian and Guizhou LLWSs. Last year we again organised a national essay competition, with the theme based on the Society's vision of "Working Together to Win the Battle against Cancer – Living a Better Life and Giving Back to the Community". This year, on 23 to 26 August, we successfully held "The 3rd Hong Kong-Mainland China Childhood Cancer Exchange Camp cum Essay Competition Prize Presentation Ceremony." This was attended by 110 essay competition winners, child patients, survivors, parents, health care workers and volunteers from the Mainland, and 129 from Hong Kong. It provided a good exchange platform on childhood cancers between the Mainland and Hong Kong. The four-day three-night camp programme was packed. It enabled the 200-plus participants from these two places to get to know each other and engage in meaningful exchanges.

Day 1. The first day began with the tireless volunteers meeting the Mainland participants at the airport and the railway station. Everyone was thrilled. In the evening, Dr. Li Chi-kong, Chief of Service, Department of Paediatrics, Prince of Wales Hospital and Dr. Matthew Shing, Honorary Chairman of the Little Life Warrior Society, gave their welcoming speeches. Under the leadership of the master of ceremonies, the participants played warm-up games and got to know and mingle with each other. Participants from different provinces also introduced the special characteristics of their places of origin. All shared a pleasant evening.


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# 中港兒癌交流營花絮 Highlights of HK-Mainland Childhood Cancer Patients Exchange Camp

第二天早上的分享交流會中，由本會主席葉澱澱小姐主持，簡介香港生命小戰士會的服務，並邀請國內各間生命小戰士會代表分享他們的工作。從分享中得悉他們的用心、堅持，關顧兒癌患者及家屬的工作更日趨成熟，真教人感動。接著主持帶領大家按不同身份分成幾個小組，交流及討論作為醫護、家長或康復者在面對兒癌的挑戰，又有甚麼強項及解決辦法，最後由小組成員到台前分享，從中學習別人的經驗，體會同心互助的力量。而小朋友則在另一邊，與義工大玩集體遊戲，興奮又愉快。在分享會的末段，主持帶領大家進行集體活動，讓各位醫護、家長、康復者，互相欣賞彼此打氣，場面既溫馨又感人。

午餐後，由李偉生醫生、李志光醫生及成明光醫生主講有關兒童癌症及骨髓移植的醫學講座，加深國內醫護及家長對癌症治療的認識。講座完畢後，我們大夥兒浩浩蕩蕩的出發往洋紫荊號遊船參加本會的周年議會及聯歡會暨徵文比賽頒獎典禮。在遊船上舉行是嶄新的嘗試，期望讓參加者觀賞維港夜景，享受一個愉快的晚上。各地的生命小戰士會也準備了不同的表演環節，有歌唱表演、傳統舞蹈等，都散發出生命的光彩，感受到他們的活力。整天的節目非常精彩豐富，大家都樂而忘返。

Day 2. The next morning, Miss Yan-yan Yip , Chairperson of our Society, chaired a sharing session. She gave a briefing on the services of the Hong Kong LLWS. She also invited the representatives from different Mainland LLWSs to share their work. Through their sharing, we learned how they had advanced their work through their dedication to, and care for, child cancer patients and their families. Everyone was very moved. Then the chairperson guided the participants to form a few groups according to their different roles as health care workers, parents or child cancer patients. These groups exchanged and discussed their experiences in facing and tackling the challenge of childhood cancers. Finally group members went on stage to share their experiences and learning. Through the process they realised the power of mutual support. Meanwhile, on the other side of the camp, the kids excitedly and happily played group games with the volunteers. At the end of the sharing session, the chairperson led everyone, including health care workers, parents and patients, to motivate each other. It was both warm and touching.

After lunch, to increase the awareness of cancer treatment among the health care workers and parents from the Mainland, there were talks by Dr. Vincent Lee, Dr. Li Chi-kong and Dr. Matthew Shing on childhood cancers and bone marrow transplants. After the lectures, all of us departed en masse for the annual general meeting and gathering-cum-essay competition awards ceremony held on the cruise boat Bauhinia. Holding the events on a cruise boat was a new endeavour, with a view to giving the participants the opportunity to admire Victoria Harbour at night and to enjoy a pleasant evening. The various LLWSs also put on various performances such as singing and traditional dances. They all exuded the splendour of life and inspired the audience with their vitality. Everyone enjoyed the rich programmes of the day.

第三天，到了小朋友最期待的一天。200多位參加者一同暢遊香港迪士尼樂園，當日陽光普照，大家都盡慶而回。第四天是交流營的最後一天，在早上的閉幕會中，總結今次營會的經驗，讓參加者分享感受，大家都表示這交流獲益良多，能夠互相扶持，讓他們相信擁抱希望，就能為生命添上更多色彩。

在此要感謝愛心聖誕大行動贊助是次交流營活動，感謝香港迪士尼樂園贊助入場門券，感謝一群熱心的義工們四天三夜的辛勞。你們的慷慨及付出，讓中港兩地的癌症病童、康復者、家長及醫護得到莫大的支持，繼續充滿信心戰勝癌症！

Day 3. The third day was the day most eagerly awaited by the children. More than 200 participants visited Hong Kong Disneyland Resort. It was bright and sunny that day, and we all played to our hearts' content.

Day 4. The fourth day was the last day of the exchange camp. During the closing session in the morning, participants summed up their experiences from the camp and shared their views. Everyone felt that they had benefited much from the event. It had enabled them to support each other and convinced them that as long as they embraced hope, they would be able to lead a colourful life.

We wish to thank Operation Santa Claus for sponsoring the activities of this exchange camp, Hong Kong Disneyland for sponsoring the admission tickets, and the enthusiastic volunteers for their hard work over these four days and three nights. Their generosity and contributions have given invaluable support to child cancer patients, survivors, their parents and health care workers in both the Mainland and Hong Kong in their ongoing fight to overcome cancer with confidence.

# 心路歷程的交流 Sharing our thoughts

在徵文比賽頒獎典禮上，得獎者從評審及頒獎嘉賓手上接過獎項，冠軍得獎者更向大家分享自己對病患、寫作和感謝的說話，真的令人動容。以下是「同心互助 戰勝癌症 活出新生 回饋社會」徵文比賽得獎名單。

At the Essay Competition Awards Ceremony, the winners received the prizes from the judges and prize-presentation guests. The champions also shared with everyone their thoughts on their illnesses, their writing and their gratitude. It was very moving. The following is a list of all the winners of the "Working Together to Win the Battle against Cancer - Living a Better Life and Giving Back to the Community" essay competition.

## 香港組 Hong Kong Category

| | |
|---|---|
| 17歲或以下 Age 17 or below | |
| 冠軍 Champion | 潘學曦 Pun Hok-hei |
| 亞軍 First runner-up | 李榮峻 Li Wing-chun |
| 季軍 Second runner-up | 歐漪婷 Au I-ting |
| 優異 Merit | 陳瑀謙 Chan Yu-him |
| 優異 Merit | 方卓峰 Fong Cheuk-fung |
| 優異 Merit | 林依玲 Lam Yi-ning |
| 18歲或以上 Age 18 or above | |
| 冠軍 Champion | 黃美芳 Wong Mei-fong |
| 亞軍 First runner-up | 曾國榮 Tsang Kwok-wing |
| 季軍 Second runner-up | 張慧芬 Cheung Wai-fan |
| 優異 Merit | 陳啟賢 Chan Kai-yin |
| 優異 Merit | 關慧文 Kwan Wai-Man |
| 優異 Merit | 潘學琛 Pun Hok-sum |

## 內地組 Mainland China Category

| | |
|---|---|
| 12歲或以下 Age 12 or below | |
| 冠軍 Champion | 陳詩棋 Chen Si-qi |
| 亞軍 First runner-up | 李　沁 Li Qin |
| 季軍 Second runner-up | 陳小萌 Chen Xiao-meng |
| 優異 Merit | 劉玉真 Liu Yu-zhen |
| 優異 Merit | 楊明潤 Yang Ming-run |
| 優異 Merit | 田　旭 Tian Xu |
| 13-17歲 Age 13-17 | |
| 冠軍 Champion | 呂恒萱 Lu Heng-xuan |
| 亞軍 First runner-up | 唐珺瑩 Tang Jun-ying |
| 季軍 Second runner-up | 莊沛君 Zhuang Pei-jun |
| 優異 Merit | 陳珊珊 Chen Shan-shan |
| 優異 Merit | 江東宇 Jiang Dong-yu |
| 優異 Merit | 舒繼鑫 Shu Ji-xin |
| 優異 Merit | 梁珊珊 Liang Shan-shan |
| 18歲或以上 Age 18 or above | |
| 冠軍 Champion | 李佳雯 Li Jia-wen |
| 亞軍 First runner-up | 曹　芳 Cao Fang |
| 季軍 Second runner-up | 范祚剛 Fan Zuo-gang |
| 季軍 Second runner-up | 常　杰 Chang Jie |
| 優異 Merit | 陳　偉 Chen Wei |
| 優異 Merit | 王開美 Wang Kai-mei |
| 優異 Merit | 黃　丹 Huang Dan |
| 優異 Merit | 張彥芬 Zhang Yan-fen |

# 內地家長醫護的心底話
# Inner thoughts of Mainland parents and health care workers

以下是部份參加交流營的家長和醫護的感受，他們都被激勵、被鼓舞，把經驗帶回自己的地方，繼續為癌症病童做更多的事。交流營的經驗，讓他們相信一切都是可以戰勝的，有信心盼望最美好的事，就是能看著可愛的小寶貝們開開心心，健健康康的成長。

Below are some of the feelings of the parents and health care workers taking part in the exchange camp. All of them were inspired and encouraged. They will take their experiences back home and continue to do more for children with cancer. The experiences from the camp convinced them that all adversity could be overcome. The camp gave them confidence to hope for the best - to be able to see their lovely children grow up happily and in good health.

## 陳作英（家長） 山東大學齊魯兒童醫院

我非常感謝這次活動中為我們提供幫助的所有義工們和所有資助的好心人，讓我們活動得這樣開心。通過交流使我增強了信心，認為愛心可以戰勝一切困難。讓我們共同為未來奮鬥吧！

## Chen Zuoying (Parent), Qilu Children's Hospital of Shandong University

I am very grateful to all the volunteers who have helped us and all the kind-hearted sponsors who have enabled us to take part in this event so happily. My confidence has been boosted through the exchange, and I now realise that love can overcome all difficulties. Let us all work hard for the future!

## 劉安生（醫生）西安市兒童醫院

很高興參加此次活動，感受到香港生命小戰士會全體人員的熱情，看到香港患兒、康復者及家長等積極面對惡疾，戰勝疾病的決心、信心和康復者樂觀向上的生活態度，使我很受感動，鼓舞了我們以後得繼續學習戰勝癌症的動力。

## Dr. Liu Ansheng, Xi'an Children's Hospital

I am very pleased to have participated in this event. I can feel the enthusiasm of all the staff and volunteers of the Hong Kong LLWS. I am really touched by how positively the Hong Kong child patients, survivors and their parents face major illness, their determination and their confidence in overcoming it as well as the survivors' optimistic and forward-looking attitude to life. This has given us motivation to continue to work and to learn in our fight against cancer.

## 王金華（家長） 安徽醫科大學第二附屬醫院

讓我更加堅定，我們的孩子一定會好起來的。香港的愛心人士讓我們學懂把愛傳給更多的人。

## Wang Jinhua (Parent), Second Affiliated Hospital of Anhui Medical University

This event has strengthened my belief that our children will recover. The kind-hearted people of Hong Kong have taught us to spread our love to more people.

## 葛健（醫生）山東大學齊魯兒童醫院

非常高興能參加此次交流營，看到香港的康復者及家長這樣的積極向上、有活力，我想肯定會鼓舞內地的患病兒童及家長，增加治療的信心及勇氣，也希望將來有更多的人參與，支持他們、鼓勵他們，也非常感謝香港生命小戰士會的貼心安排，細心的照顧，感謝所有義工的真心付出。

## Dr. Ge Jian, Qilu Children's Hospital of Shandong University

I am very pleased to have participated in the exchange camp. The survivors and their parents in Hong Kong are both positive and full of vitality. I am sure that this will encourage the Mainland sick children and their parents to have increased confidence in, and courage to go through, treatment. I hope that in the future more people will take part in the effort of supporting and encouraging them. I am also very grateful to the thoughtful arrangements and attentive care of the Hong Kong LLWS and to all the volunteers for their selfless contribution.

## 黃丹（護士）湖南省兒童醫院

交流營全程讓我很感動，感受到生命的堅強，工作人員服務意識很強，很盡責，讓我覺得其實我們還有很多事情可以做。孩子們，讓我們一起加油吧！

## Huang Dan (Nurse), Hunan Provincial Children's Hospital

The entire event has moved me considerably. It has made me feel the strength of life. The staff and volunteers have a strong commitment to service and are very conscientious. They make me realise that there is still a lot that we can do. Children, let us move on together!

# 凝聚一起，溫暖的大家庭

# A warm family uniting all

尊敬的香港生命小戰士會：

首先祝賀「第三屆中港兒癌交流營暨徵文比賽頒獎典禮」的舉辦已取得圓滿成功！

本屆交流營活動，讓我們參與者很有感觸。貴會統籌四天的活動和生活中，給予了我們無微不至的照顧，溫暖的人文關懷讓我們感覺在家裡一樣舒適、溫馨。大會的工作職員及志願者、愛心人士本著無私奉獻的精神，付出了辛勤的勞動，來自全國各地的兄弟姐妹滙集一堂，是愛心把大家緊緊凝聚在一起，組成了充滿愛的溫暖的大家庭。

衷心感謝貴會為我們大家、為患兒和康復者所做的一切，同時我們也會將這份愛心繼續傳遞，讓更多的孩子享受關愛，讓他們在愛中堅強、在愛中戰勝病痛，成為真正的生命小戰士！

田新醫生及全體成員
昆明生命小戰士會

Dear Hong Kong Little Life Warrior Society,

First of all, please accept our congratulations on the success of "The 3rd Hong Kong-Mainland Childhood Cancer Patients Exchange Camp cum Essay Competition Prize Presentation Ceremony".

The exchange camp activities this year have moved participants like us. Your society gave us much attentive care through coordinating the four-day activities. The warmness made us feel at home and comfortable. The event staff, volunteers and other kind-hearted people worked very hard. With their selfless dedication, they brought together brothers and sisters from across the country to form a big family filled with warm love.

Our heartfelt thanks go to your Society for all your work for us, the child patients and survivors. We will continue to spread this love, so that more children may enjoy it, making them strong enough to overcome their pain, and enabling them to become real little life warriors.

Dr. Tian Xin and all members of the Kunming Little Life Warrior Society

# 攜手同行，照亮前行的路

# Walking hand in hand to illuminate the road ahead

致香港生命小戰士會：

今年8月23日我們濟南生命小戰士會一行11人應邀參加了香港生命小戰士會舉辦的「第三屆中港兒癌交流營」活動，四天三夜的豐富多彩的活動，讓我們受益匪淺，我們的家長和小戰士們雖然回到了濟南，大家一起談論起香港的所見所聞依然感動的難以忘懷！

於細微處見真情，香港小戰士會的家長、康復者及各位義工，你們為我們內地小戰士的服務，從來到走都很讓我們感動，從幾個細節便看到了你們的真情。

溫暖的迎接 – 經過一路的顛簸，我們於中午到達了粉嶺車站，在茫茫人海之中，香港的義工們一眼就認出了我們，盧太、鄧太、溫小姐……等等很多叫不上名字的義工們不辭辛苦，熱情的接待，立刻安排我們就近吃飯、休息，想的十分周到，很快解除了大家一路的疲勞，讓我們感覺像到了家一樣的溫暖；

開心的笑容 – 我們的家長們記憶猶新的是在整個小戰士營的交流互動中，香港小戰士會的人們，從小戰士、康復者、家長們、義工到醫生發自內心的開心的笑容，你們對待疾病的態度，充滿了希望和信心，也給了我們的家長們極大的鼓舞和力量，我們感覺到在抗癌同行的路上，有了更多的堅強樂觀的同伴；

感動的光明 – 在參加維多利亞港聯歡晚會回來的時候天已經很黑了，下車後大家結伴回到營地，忽然發現在每一個黑暗的轉彎處，都有一名香港的義工站在路邊，打著手電筒，為我們照亮前行的路，溫暖與感動之情油然而生！「真是太細心了！」大家一致的讚歎！

感動之餘，我們感歎：香港生命小戰士會，你們用大愛為小戰士點燃了生命的希望，用行動為小戰士及家長們照亮了前行的路，我們唯有把這種愛傳遞下去，「同心互助、戰勝癌症、活出新生、回饋社會」。

在這裡，感謝所有的生命小戰士，感謝你們的堅強！感謝所有關心支持小戰士的人們，感謝你們的愛心！

衷心祝願小戰士們早日康復！茁壯成長！

張樂玲醫生及全體成員
濟南生命小戰士會

Dear Hong Kong Little Life Warrior Society,

On 23 August this year, 11 members of the Jinan Little Life Warrior Society participated in the 3rd Hong Kong-Mainland Childhood Cancer Patients Exchange Camp organised by the Hong Kong Little Life Warrior Society. We benefited a great deal from the full activities of the four-day three-night programme. Although the parents and little warriors have now returned to Jinan, everyone is still thrilled when recalling their unforgettable experiences in Hong Kong.

Small details tell a lot. The service of the parents, survivors and volunteers of the Hong Kong LLWS throughout our stay moved us considerably. We could tell their sincerity from a few details.

Warm welcome. After a bumpy ride, we arrived at noon at Fanling Station. The Hong Kong volunteers were able to recognise us immediately among the vast crowds. Mrs Lo, Mrs Tang, Miss Wan and other volunteers worked tirelessly to give us a warm welcome. They took us to a nearby place to have lunch and rest. Their thoughtfulness enabled us to recover from the fatigue of travelling, and made us feel warm and comfortable.

Happy smiles. Throughout the interactions and exchanges at the exchange camp, everyone from the Hong Kong LLWS, be they little warriors, survivors, parents, volunteers or doctors, always wore a bright smile. This left us parents with a deep impression. Your approach to illness and your hope and confidence have given parents like us immense encouragement and strength. We now know that we have more determined and optimistic partners in our struggle against cancer.

The touching light. We were returning to the camp after attending the party at Victoria Harbour. It was already very dark. On our way to the camp after getting off the coach, we found that there was a Hong Kong volunteer by the roadside at each turn holding a flashlight so that we could see the way ahead. We were so warmed and touched! We all exclaimed, "How very thoughtful!"

We are not only moved. We are inspired. With your selfless love and action, the Hong Kong LLWS has lit the hope of life and shone the way forward for little warriors and their parents. We must pass this love along. "Working Together to Win the Battle Against Cancer – Living a Better Life and Giving Back to the Community ".

We would like to thank all the little life warriors. Thank you for being strong. We would also like to thank all those who care for and support the little warriors. Thank you for your love.

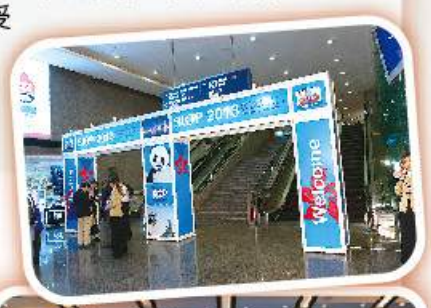
Wishing all little warriors a speedy recovery and a bright future!

Dr. Zhang Leling and all members of the
Jinan Little Life Warrior Society

# 小戰士參與國際交流
# Little Warrior participate in International Exchange

國際兒童腫瘤學會（The International Society of Paediatric Oncology），簡稱SIOP，今年第45屆代表大會於8月25至28日，假香港會議展覽中心舉行。每年會議都聚集了來自世界各地約70個國家超過2,000名專業醫護人員、家長及康復者，彼此交流研討最新的兒童腫瘤醫療進展會議包括八大專題講座，當中包括世界衞生組織助理總幹事、美國研究血癌的頂尖學者及教授主講，而場內更有約600幅海報，展示世界各地醫護人員的醫學經驗及研究成果。

生命小戰士合唱團有幸成為開幕禮的表演嘉賓，並有機會和醫院管理局中樂團合作表演兩首曲目，包括《感恩的心》及《明天會更好》。過去一年，合唱團為今次表演努力準備，感受到合唱團的活力及團結，他們的演出感動在場所有來自世界各地的觀眾，大家都站立鼓掌。再一次感謝團員、家長、醫護的參與及支持！



在SIOP代表大會期間，國際兒童癌病家長協會聯盟（The International Confederation of Childhood Cancer Parent Organisation），簡稱ICCCPO，亦舉辦了年度病童家長交流大會。本會資助了1名職員及4名會員代表本會出席。

The 45th congress of the International Society of Paediatric Oncology (SIOP) was held at the Hong Kong Convention and Exhibition Centre on 25 to 28 August. Every year, the event brings together over 2,000 health care professionals, parents and survivors from about 70 countries around the world to exchange and study the latest developments in paediatric tumors. There were eight major seminars, with speakers including the World Health Organization Assistant Director-General and leading scholars and professors on leukemia from the United States. In addition, there were some 600 posters in the conference venue displaying the experience and research results of medical and health care workers from around the world.

The Little Life Warrior Choir had the honour of performing at the opening ceremony, and had the opportunity to work with the Hospital Authority Chinese Orchestra in performing two tracks, including "A Grateful Heart" and "Tomorrow Will be Better". Over the previous year, the choir had been preparing hard for this performance. The choir members' performance moved the audience from all over the world. There was a standing ovation for their vitality and unity. Once again, our thanks go to the choir members, their parents and the health care workers for their participation and support.

At the same time, the International Confederation of Childhood Cancer Parent Organisations (ICCCPO), held its annual parents exchange conference between child patients and their parents. The Hong Kong LLWS sponsored a staff member and four members to attend the event on behalf of the Society.

# 金色的九月 Golden September

許娜娜（吳睿恒母親）
Anna Hui (Mother of Jonathan Ng Yui Hang)

二零一三年九月二十五至二十八日，國際兒科腫瘤學會第四十五屆代表大會在香港舉行。這是一個特別的會議，有別於一般醫學和學術研討會。病患議題的主角也有自己的會議時段，包括：兒童、青年及成人康復者，家長及專業照顧者（護士、心理學家、治療師）等。這樣的設計和安排充份體現了跨專業、跨學科、尊重病人和家屬的自主和參與。成功的治療的確不只是某一個持份者的功勞，而是大家共同的努力，因為大家有著相同的目標 - 控制病情、恢復健康，一切以兒童的福祉為依歸。

生命小戰士會是國際兒童癌病家長聯盟的其中一個成員，十分感恩，今次有幸代表本會參與，有機會和日本、越南、印度、印尼、韓國、南非和西班牙的家長和醫護交流，獲益良多。雖然小兒睿恒的發病時間是十多年前的事，現在已康復，但是當大家談起治療的程序、藥物的反應和副作用、父母和孩子的適應等話題時，大家都有很深刻的共鳴，非言語和筆墨所能形容，有時唯有一個擁抱才能表達。在最後的晚宴告終時，青年康復者和家長們都各自擁作一團，依依不捨！

生命小戰士會是病人的互助組織，其實亦肩負教育公眾有關兒童癌病的知識，倡導病童和康復者的權益。期望金色的九月在香港能引起更多人關注！金色代表兒童癌病，也代表希望和康復。

The 45th Congress of the International Society of Pediatric Oncology (SIOP) was held in Hong Kong from 25 to 28 September 2013. This was a special conference, rather different from other medical or academic conferences. The key stakeholders of the illness survivors of all ages, parents and medical professionals (nurses, psychologists and therapists) all had their own sessions. The arrangements fully reflected the interdisciplinary and cross-professional approach of respecting the will and participation of the patients and their families. Successful treatment does require more than any single stakeholder's effort and depends on the concerted effort of everyone. All share the common goals of disease control, health restoration and best interest of the child.

The Little Life Warrior Society is a member of the International Confederation of Childhood Cancer Parent Organizations (ICCCPO). I am really thankful that I had the privilege of representing LLWS to take part in the Congress, affording me the opportunity to meet and learn from parents and health care professionals from Japan, Vietnam, India, Indonesia, Korea, South Africa and Spain. It has been more than a decade since my elder son Jonathan was first diagnosed with acute lymphoblastic leukemia. He has recovered now. However, when talking about the treatment protocol, the reactions to medications, and how both parents and children tried to cope with them, we were still moved beyond words. Sometimes only a hug could express our feelings. At the end of the farewell dinner, the young survivors and parents all hugged each other closely and did not wish to part from each other.

The Little Life Warrior Society is a self help organization for patients. It also works towards raising public awareness about childhood cancers and championing the rights of children patients and survivors. I hope that Golden September can raise more awareness about pediatric oncology in Hong Kong. Gold is the color for childhood cancers. It also stands for hope and healing.

# 充滿愛和支持的香港
# Full of love and Support in Hong Kong

歐陽嘉儀（康復者）
Kiko Au Yeung (Survivor)

ICCCPO今年在香港舉行會議，很榮幸我能代表生命小戰士會參與會議。

這是我第一次參加這類國際會議。我感到非常興奮，在會議上，我認識了來自日本，新加坡和印尼等國的代表。他們當中有些人還是第一次來香港。作為地道的香港人，我向他們介紹了香港的文化。晚餐時，他們有些人不懂如何使用筷子，所以我們向他們展示了正確的方法。

從我們的交談中，我很驚訝地得知，有些發展中國家面對資源缺乏和財政困難的問題。他們沒有資源可以成立像生命小戰士會這樣的互助組織。康復者甚至沒有定期的跟進。這讓我明白香港是一個充滿愛和支持的地方，在這裡患者可以得到醫護人員和家長的相互支持和關懷。

這真是一個難忘和寶貴的經驗。我想感謝生命小戰士會給我提供了這個機會。

It was my pleasure to be one of the representatives participating in the ICCCPO held in Hong Kong this year.

This was my first time to take part in such an international conference. At the conference, I was very excited that I could make friends with representatives from countries like Japan, Singapore and Indonesia. For some of them, it was their first time in Hong Kong. As a local Hong Konger, I introduced the culture of Hong Kong to them. During dinner, there was a fascinating incident: some of them did not know how to use chopsticks, so we showed them the right way.

In our discussions, I was very surprised to learn that some developing countries struggle with insufficient resources and financial difficulties. They do not have the resources to establish mutual aid organisations like LLWS. Even survivors cannot have regular follow-up after recovery. I do realise Hong Kong is a place that is full of love and support. The patients can receive mutual support and care from the medical professionals and parents.

In short, this has been a memorable and valuable experience and I would like to thank LLWS for offering me this opportunity.

# 難忘的經驗 Unforgettable experience

張德傑 (康復者)
Cheung Tak Kit (Survivor)

今年我很慶幸可以代表本會出席ICCCPO會議，當初我接獲通知時，心情百感交雜。因為我的英語能力欠佳，既害怕與來自世界各地的人溝通會遇到阻礙，但又渴望了解不同國家的風土人情，從而擴闊視野，所以最終也決定抱著盡力而為的心態參與。

在第一天的聚會中，來自不同國家的參與者帶了自己當地的特色小食，形成一個大型的美食嘉年華會，吃得津津有味。整個會場氣氛充滿著笑聲，大家相機不離手，不停拍攝合照和美食作為留念。大家無分國界，彼此認識。在場內我結識了兩個來自新加坡的朋友，一個是飛機師，一個是大學生。我們互相分享大家的興趣、學業和文化等，傾談了約一小時，最後我們更交換Facebook方便日後保持聯絡，我不經不覺也放下了當初的擔憂，更加勇敢地接觸不同國籍的朋友。

經過一連四日的會議，雖然有些內容並不有趣，但我很高興了解其他國家對癌症的治療方法、康復後的跟進、研究報告等。這次有份參與交流是我最大的收獲，讓我知道有些較落後國家的情況，他們沒有足夠的資源、藥物、金錢來治療癌症，甚至有些父母拋棄病童，深深體會幸福不是必然，我很慶幸自己出生於香港。因此，我希望幫助更多有需要的人，為社會出一分力。

I am honoured to have attended the ICCCPO meeting on behalf of the Society this year. When I first received the notice, I had mixed feelings. Since my English is inadequate, I was afraid that I would have difficulty communicating with people from around the world. At the same time, I was keen to learn about the customs of different countries and broaden my exposure. So I finally decided to take up the offer and do my best.

On the first day, participants from different countries brought along their own local snacks to the gathering. Everyone ate to their hearts' content at this large gourmet carnival. The whole meeting was filled with laughter. Everyone had their camera ready to take shots with each other and of the food. We made friends without regard to national boundaries. At the venue I met two friends from Singapore, a pilot and a college student. For about an hour, we shared with each other our interests, our studies and our cultures, We also shared our Facebook contact details to keep in touch with each other in the future. My original concerns were put aside, and I became more ready to make friends of different nationalities.

Although not all the contents of the four-day conference were equally interesting to me, I am glad to have learned about other countries' approach to cancer treatment and post-recovery follow-up, as well as their study reports. The exchange is my greatest achievement. I now know that some less developed countries do not have sufficient resources, drugs or money to treat cancer. Some sick children are even abandoned by their parents. I realize that we should not take happiness for granted. I am thankful to have been born in Hong Kong. Therefore, I hope to give back to the community by helping more people in need.

# 小戰士同心同行十載情 步行籌款

經過用心籌備的「小戰士同心同行十載情」步行籌款，已於去年12月16日完滿舉行，參加者連義工總共超過800人踴躍參與。當日的起步禮於早上在中文大學崇基嶺南體育館舉行，天朗氣清，氣氛熱鬧。我們很榮幸邀請到醫院管理局主席及生命小戰士會名譽贊助人胡定旭先生、中大校長沈祖堯教授、中大醫學院院長霍泰輝教授、醫院管理局新界東醫院聯網總監馮康醫生、中大崇基學院學生輔導長高永雄教授、生命小戰士會名譽會長阮文賓教授、威爾斯親王醫院兒科部部門主管李志光醫生、中大醫學院兒科署理系主任黃永堅教授、生命小戰士會主席葉澱澱小姐、威爾斯親王醫院兒科部顧問醫生及生命小戰士會名譽主席成明光醫生擔任主禮嘉賓及致辭。共籌得約58萬港元善款。

為慶祝本會成立十周年，各主禮嘉賓在步行籌款的終點，即中文大學李兆基樓主持切蛋糕儀式。場內更播出內地「生命小戰士會」的活動片段及分享感言，讓大家更了解內地「生命小戰士會」的工作及情況，當日大家都共同歡度一個別具意義的家庭日，感謝大家出席活動，及對香港及國內兒癌病童及家庭的支持！

The carefully planned “The Decade of Love, United We Walk” Walkathon was successfully held on 16 December 2012. In total, over 800 participants and volunteers took part in the event. The launch ceremony was held that morning at the Lingnan Stadium of Chungchi College, Chinese University. The weather was fine and the atmosphere lively. We were very honoured to have Mr. Anthony Ting-yuk WU, Chairman, Hospital Authority and Honorary Patron of LLWS; Professor Joseph Jao-yiu SUNG, Vice-Chancellor, CUHK; Professor Tai-fai FOK, Dean, Faculty of Medicine, CUHK; Dr. Hong FUNG, Cluster Chief Executive,New Territories East, Hospital Authority; Professor Wing-hung KO, Dean of Students, Chung Chi College, CUHK; Professor Man-pan YUEN, Honorary President, LLWS; Dr. Chi-kong LI, Chief of Service, Department of Paediatrics, PWH; Professor Wing-kin WONG, Acting Chairman, Department of Paediatrics, CUHK; Ms. Yan-yan YIP, Chairperson, LLWS; Dr. Ming-kong SHING, Consultant, Department of Paediatrics, PWH and Honorary Chairman, LLWS officiating and speaking at the ceremony. The event raised approximately HK $ 580,000 in donations.

To celebrate the 10th anniversary of the Society, the officiating guests presided over a cake-cutting ceremony at the finishing point of the walkathon, i.e. the Lee Shau Kee Building, Chinese University. Videos showing the activities and experiences of Mainland LLWSs were also shown to facilitate a better understanding of their work and circumstances. Everyone enjoyed a particularly meaningful family day. Our thanks go to all participants in the event for their attendance and their support for paediatric cancer patients and their families.

大家在威爾斯親王醫院物理治療師帶領下進行熱身運動，為步行做好準備。
Everyone warmed up for the walk under the guidance of physiotherapists of the Prince of Wales Hospital.

我們邀請到慧妍雅集代表莫可欣小姐到場分享及鼓勵癌症兒童。
We invited Miss Mok Ho Yan of the Wai Yin Association to come along to share her experience and encourage the paediatric cancer patients.

為感謝各合辦單位、贊助機構及義工組織的支持，我們頒發感謝狀予各支持機構。
We awarded certificates of appreciation to the co-organisers, sponsors and volunteer organisations to express our thanks for their support.

感謝各個支持單位：Our gratitude goes to the following supporting units.

(排名不分先後 In random order)

## 合辦機構 Co-organisers

香港中文大學醫學院 Faculty of Medicine, The Chinese University of Hong Kong
威爾斯親王醫院 Prince of Wales Hospital
香港中文大學崇基學院 Chung Chi College, The Chinese University of Hong Kong

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威爾斯親王醫院物理治療部 Physiotherapy Department, Prince of Wales Hospital
急救服務隊 First Aid Team
林大輝中學步操樂隊 Lam Tai Fai College Marching band
香港專業教育學院 - 青衣分校 IVE – Tsing Yi Campus
DC-Café 攝影教室 DC-Café

團隊最高籌款大獎：香港教育學院賽馬會小學
Top Fundraising Award - Team: The Hong Kong Institute of Education Jockey Club Primary School

個人最高籌款大獎：徐悕桐小姐
Top Fundraising Award - Individual: Miss Tsui Hei Ton

01.01.2013

## 「新年新願望」小戰士開心聚會
## "New wishes for the New Year" Happy Gathering of Little Warriors

醫院管理局主席及生命小戰士會名譽贊助人胡定旭先生，連同醫院管理局新界東醫院聯網總監馮康醫生及威爾斯親王醫院兒科部部門主管李志光醫生和50位小戰士及家庭共渡開心愉快的元旦日！透過分享大家的新年新計劃及茶會，祝願大家在2013年有一個好開始！

Hospital Authority Chairman and Little Life Warrior Society Patron Mr. Anthony Wu, together with Hospital Authority NTEC Director Dr. Fung Hong and Prince of Wales Hospital Paediatric Department Director Dr. Lee Chi Kong spent a fun-filled New Year's Day with 50 little warriors and their families. Through sharing each other's plans for the New Year and the tea party, they wished everyone a good start in 2013.

17.02.2013

## 小戰士團團圓圓慶新歲
## Little Warriors Celebrating the New Year Together

去年年初八舉辦了名為「小戰士團團圓圓慶新歲」的農曆新年活動，約80位小戰士及家庭一起，再次與醫管局主席胡定旭先生及威爾斯醫院兒科部部門主管李志光醫生共渡新春。胡主席與小朋友一起大跳騎馬舞，又一起做應節手工，興奮熱鬧非常的週日。同時，我們在當天頒發了步行籌款的最高個人及團體籌款大獎。

On the eighth day of the Lunar New Year last year, the event "Little Warriors Celebrating the New Year Together" was held. About 80 little warriors and their families took part in the event. Once again, they celebrated the Lunar New Year with the Hospital Authority Chairman Mr. Anthony Wu and Prince of Wales Hospital Paediatric Department Director Dr. Li Chi-kong. Mr. Wu performed the riding dance with the children, and made festive handicrafts with them. It was an exciting and lively Sunday. That day, we also presented the awards for the highest individual and team donations achieved during the Walkathon.

02.03.2013

## 南島中學慈善時裝表演
## South Island School Innovation Charity Fashion Show

感謝南島中學將所籌得的善款捐贈本會。當日本會主席葉澱澱小姐及董事黎浩倫先生亦有出席支持活動，再一次感謝南島中學師生對本會的支持！

We wish to thank the South Island School for raising funds for us from the Charity Fashion Show 2013. Our chairperson, Yan-yan Yip and director, Alun Lai attended the show to support this meaningful event. Thanks again for the support from the teachers and students of South Island School!

## 1) 合唱團活動 LLWS Choir activities

**2013.03.10**
歡迎新導師 Welcoming the new instructor

**2013.03.28**
合唱團年終獎勵及「Happy Gathering」活動
Year-end choir awards and "Happy Gathering" event

**2013.05.12**
母親節獻禮 Mother's Day Gift Presentation

## 2) 家長天地 Parents Group

**2013.01.13**
《自我提升睡眠質素》講座，由一名家長主講，共16人參與。
Talk on "Improve your sleep quality" by a parent speaker, attended by 16 participants.

**2013.03.10**
《靈芝對治療兒童癌症是否有效》，由成明光顧問醫生主講，共32人參與。
Talk on "Whether ganoderma is effective in treating pediatric cancer" by Consultant Dr. Matthew Shing, attended by 32 participants.

## 3) 李嘉誠兒科門診聖誕活動 Christmas celebration activities for out-patients at LKS clinic

感謝以下團體義工於聖誕期間，在李嘉誠兒科門診與共超過200名小戰士及家人玩聖誕遊戲、分享美食、派聖誕禮物，為寒冬添上溫暖。衷心感謝義工們的用心付出!

Our thanks go to the following organisations for sending their volunteers to the Li Ka-shing Clinic to play Christmas games, give Christmas gifts, and share delicious foods with over 200 little warriors and their families. They added much warmth to the chilly winter. We are grateful for the sincere contributions by the volunteers.

**2012.12.06**
迪士尼義工團 Disney VolunEARS

**2012.12.20**
摩根士丹利義工隊 Morgan Stanley

**2012.12.24**
摩根士丹利義工隊 Morgan Stanley

**2012.12.27**
銀聯集團 BCT

## 4) 其他活動 Other activities

**2013.01.26**
迎春接福做 Cupcake
Making Cupcakes in Celebration of an Auspicious Year

**2013.02.23**
港澳台灣慈善基金慈善電影欣賞
HK & Macau Taiwan Charity Fund Limited Film Appreciation

**2013.02.03**
摩根士丹利新春親子日
Morgan Stanley New Year Family Day

現屆2013-14董事會任期將於2014年8月結束，並在來年周年議會中選舉新一屆董事會。
故現招募認同本會理念，對本會服務有承擔及抱負的會員加入，繼續為癌症及嚴重血兒童和家屬服務。如有意參與成為候選成員，或了解更多詳情，歡迎致電本會職員查詢。我們需要您的投入和參與！

The current term (2013-14) of the Board of Directors will expire at the end of August 2014. Elections for the Board of the new term will be held at the annual general meeting next year. We would like to invite those sharing the same goals of the Society and committed to the Society's mission to join us to continue to serve children with cancer and serious blood diseases and their families. Members who wish to run as candidates or who would like to have more information in this regard may call our staff for more details. We need your contribution and participation!

本會為紀念過去十年的點滴，出版了《同心同行十載情十周年紀念特刊》，記載著我們醫護、家長、病童及康復者共同創造的十年，透過這本特刊，讓大家更瞭解本會的工作。另外，我們亦出版了《擁抱希望　中港兒童癌症故事集》，刊載去年舉辦的中港兩地徵文比賽的得獎及優秀作品，當中包括病童、康復者、家長及醫護人員在為兒童癌症奮鬥時的心路歷程、真實感受，以及國內八間生命小戰士會的簡介等。所有會員均可領取各一本，如欲索取可到生命小戰士之家向職員查詢。

To commemorate the first decade of the Society's establishment, we have made a special publication "A Decade of Love, United We Walk, 10th Anniversary Commemorative Book". The publication records the decade made possible by our health care workers, parents, child cancer patients and survivors. Through this special publication, we can better understand the Society's work. In addition, we have published "Embracing Hope, The Stories of Cancer Children in China and Hong Kong". It included the winning entries in the Mainland and Hong Kong essay competition held last year. These covered the thoughts and first-hand feelings of child cancer patients, survivors, parents and health care workers during their fight against child cancer, as well as brief introductions to the eight Mainland LLWSs. Each member may obtain a copy free of charge. If interested, please contact staff of the LLWS.

我們已經有Facebook專頁了！請在facebook內搜尋「生命小戰士會」並 讚好 我們的專頁吧！而且，為讓更多人認識我們， 讚好 我們上載的最新消息，或是把它 分享 在你的專頁上。

We have our own Facebook page now! Please search for "Little Life Warrior Society" on Facebook for our page and Like us! Moreover, in order to enable more people to know us, please Like the latest news that we have uploaded, or Share it on your own page.

各位康復者會員，假若你們有甚麼好消息，如大學畢業、結婚、生兒育女、有傑出成就等等，歡迎你們與大家分享。中英皆可，字數不超過1,000字；並請附上有關近照、連同姓名、地址、聯絡電話及電郵，來稿郵寄或電郵均可，讓大家一同與您分享喜悅的同時，您的消息會激勵大家，使大家知道我們是可以戰勝癌症的！。如有任何查詢，請致電2632 1262與職員聯絡。

To all survivor members: Do you have any good news to share? Graduation from university? Getting married? Having babies? Any significant achievements? We would love to hear from you. As well as letting us share your joy, your news will also motivate us as good examples of successful fights against cancer. Your articles should be of not more than 1,000 words and may be in either Chinese or English. Please attach your recent photograph, name, address, telephone number and e-mail address. Your contributions may be sent to us by post or e-mail. If you have any inquiries, please contact our staff at 26321262.

會員若更改了個人通訊資料，如地址或電話，請致電2632 1262或傳真致2649 7688通知本會職員。

Members who have changed their personal contact information, such as their address or telephone number, are requested to let us know by phone on 2632 1262 or fax 2649 7688.


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