



電話 Tel: (852) 2632 1262 傳真 Fax: (852) 2649 7688 電郵 Email: llws@cuhk.edu.hk 網頁 Website: www.llws.org.hk

M/F, Sir Yue Kong Pao Centre for Cancer, Prince of Wales Hospital, 30-32 Ngan Shing Street, Shatin, N.T., Hong Kong  
中國香港沙田銀成街 30-32 號威爾斯親王醫院包玉剛癌症中心閣樓

facebook HKLLWS

## 主席的話 Chairperson's Message

本人能成為生命小戰士會管理團隊的一份子，並當上新一屆主席，確是個大挑戰。能夠與一眾會員及義工並肩服務各小戰士及其家人，深感榮幸。

本會在這兩年經歷了嶄新的改革，不但多次接受報章、電台及電視台的訪問，生命小戰士合唱團亦參與了不同性質的表演，而最具代表性的活動當然是「傑出小戰士選舉」。這些活動不僅提供機會和平台讓小戰士分享自己積極面對疾病的故事，更能令大眾認識及關注本會和小戰士的心路歷程。

此外，我們盡力在其他活動加入新元素，如舉辦「童夢體驗樂」、蛋糕製作班、咖啡拉花班等，讓不同年齡的小戰士得到更豐富的生活體驗，拓展視野。我們亦舉辦親子活動如「復活掘蛋樂繽紛」、「夜探螢火蟲」等，促進會員之間的友誼，加強本會的凝聚力。

除了林林總總的活動，我們亦努力提升病人服務的質素。作為探訪組其中一員，看到組內義工人數日增，將來更會繼續舉辦講座及工作坊以提升義工的探訪技巧，實在欣喜。

本會有今天的成績，不但有賴現在的會員、義工及職員不懈的努力，更要感謝這十三年來，曾在不同時期參與本會事務的會員與義工無私的付出。我期望今後與各會員、義工繼續攜手，促進小戰士之福利及服務，共同推動生命小戰士會，達到彼此扶持及互相鼓勵的使命。



主席與其他康復者家長一同參與家長天地活動。Ois participating in the activities of the Parents Group with other parents of the survivors.

主席一同參與本會舉辦的復活掘蛋樂繽紛活動，與小戰士玩樂。Ois playing with our little warriors in the Easter Egg Hunt Adventure held by LLWS.



It is safe to say that it was a big challenge for me to become a part of the Little Life Warrior Society's (LLWS) managing committee and later be voted as its chair. Being able to serve each Little Warrior and their families along with the LLWS's members and volunteers is a very humbling experience as well as a great honour.

The Society has gone through pioneering reforms in the course of the last two years. Numerous newspapers, radio broadcasters and television channels have interviewed us; the LLWS Choir has participated in a wide range of performances; the "Outstanding Little Life Warriors Award" doubtlessly remained as our most significant event throughout the years. These activities did not only work as platforms for our Little Life Warriors to share their experiences in fighting against disease, they also helped promote the Society and its cause to the general public, bringing about a better understanding of LLWS and our Warriors' difficult battles.

Moreover, we continued to create more variations to our activities. For example, we organised The Adventure of Dream Coming True, Cupcake Interest Class and Latte Art Interest Class to serve as eye openers for our younger Warriors and to allow them to attain more colourful life experiences. We also put together some family-orientated events such as Easter Egg Hunt Adventure and Fireflies Adventure to strengthen bonds among our members.

Apart from organising activities, we aimed to improve the quality of service that our members receive as patients. As a member of the Ward Visit Group, I am delighted to see new participants joining us and the upcoming workshops and talks that will further boost our communication and visiting skills.

The success of Little Life Warriors Society today is possible not only for the current volunteers and members. It is also because of those in the past generations who helped and participated selflessly. I hope to continue working hand-in-hand with the fellow members and volunteers so as to bring in as many benefits as possible for our Little Life Warriors and to help strengthen the allegiance between them.

主席是本會探訪組其中一員。Ois is one of the members of the Visiting Group.



## 第二屆傑出小戰士選舉頒獎典禮暨「愛回家」2016年週年議會及聯歡會

### Presentation Ceremony for the 2nd "Outstanding Little Life Warriors Award" cum 2016 Annual General Meeting (AGM) and Annual Gathering "Our Second Home"

2016年8月7日，本會舉辦了第二屆傑出小戰士選舉頒獎典禮暨「愛回家」2016年週年議會及聯歡會，當天場面熱鬧，吸引了逾二百多位小戰士及他們的家人、義工、醫護人員參與，更有不少嘉賓到場支持，一同欣賞連串精彩的節目。現在，就讓我們來回顧當日的盛況吧！

當日首先舉行週年議會，一開始由上屆主席梁永堃醫生報告本會過去一年的工作，加深參加者對我們的了解，之後便是選舉環節，由各合資格的小戰士及家長投選新一屆董事。

選舉過後便來到每年最吸引的節目——聯歡會，本年度聯歡會的主題是「愛回家」，寓意把各新舊小戰士凝聚一起，共同建設一個屬於大家又充滿愛和希望的家。由於今年本會舉辦了第二屆傑出小戰士選舉，表揚在兒童時期曾患上癌症、嚴重血病或曾接受骨髓移植及其後有卓越成就的人士，因此聯歡會一開始便頒發有關獎項，我們也有幸邀得財政司司長曾俊華蒞臨作嘉賓，頒發獎項予七位堅毅不屈的得獎者。曾司長在頒獎典禮上，除了恭賀七位得獎者，也讚揚本會為兒童癌症病人開展的工作，最後更不忘勉勵各人在人生旅途上保持希望和信念，以



本會名譽主席成明光醫生(右一)陪同是次活動的嘉賓香港中文大學兒科學系系主任梁廷勳教授(左三)、新界東醫院聯網總監熊志添醫生(右三)及兒童醫院行政總監李子良醫生(右二)在聯歡會前參觀生命小戰士會，並與數名小戰士交流，隨後到病房慰問病童。Dr Shing Ming Kong, LLWS Honorary Chairman, having a tour of LLWS with VIPs of the event, including Professor Leung Ting Fan, Chairman of the Department of Paediatrics, The Chinese University of Hong Kong; Dr. Hung Chi Tim, Cluster Chief Executive of New Territories East Cluster, Hospital Authority; and Dr Lee Tsz Leung, Chief Executive of Hong Kong Children's Hospital, before the Annual Gathering, they then visited the ward to encourage our child patients.

積極樂觀的態度面對逆境，勇往直前，走出不平凡的路，活出精彩燦爛的人生。

頒獎過後，便輪到生命小戰士合唱團上台表演，為了配合「愛回家」的主題，合唱團特意挑選「擁抱愛」一曲獻唱，當然也少不了本會的首本名曲《Let's Fight 小戰士》。唱出「擁抱愛」時，青年組夏威夷小結他班成員以小結他伴奏，柔和的音樂與美妙的歌聲交織一起，撼動了台下各顆心靈，就連曾司長也拍手附和，掀起聯歡會的另一個高潮。

合唱團演出過後，分別有頒發優秀小戰士獎項及傑出小戰士分享的環節，當得獎者分享自己的經歷時，台下觀眾都全神貫注細聽。各得獎者能夠憑著堅忍的精神達致成功，鼓舞了無數小戰士一起迎難而上，衝破難關，活出新生。

完成了分享環節後，本會邀請了深圳市兒童醫院及昆明市兒童醫院的負責人分享他們在國內的工作，讓香港的小戰士更為了解國內面對兒童癌症的情況，同時也促進了兩地醫護及病童的交流。

最後，到了公佈新一屆董事的時間，而活動也到了尾聲。本年度有多位新上任董事，為本會注入了生氣活力。在新一屆董事領導下，本會將繼續秉承「同心互助，戰勝癌症；活出新生，回饋社會」的宗旨，為各位小戰士提供優質的服務和豐富的活動。我們同時希望各位大小戰士都喜愛這個家，不論工作或學業多忙，有空時都要一起回來小戰士的大家庭啊！



青年組夏威夷小結他班成員在表演前認真練排。Members of the Ukulele group were rehearsing enthusiastically.

合唱團家長為即將表演的小戰士化妝，做好準備。Members of the LLWS Choir putting their make-up on and getting ready.



合唱團及夏威夷小結他班成員在台上演出時，台下各人都全神貫注細聽。Participants listening attentively during the performance of the LLWS Choir and Ukulele Group. Great performance, guys!



The 2nd "Outstanding Little Life Warriors Award" ceremony, our 2016 Annual General Meeting (AGM), and our Annual Gathering "Our Second Home" were all held on 7 August 2016. On that day, the auditorium was packed with more than 200 participants including our little warriors, families, volunteers and medical professionals along with various VIPs. Let's revisit this massive celebration!

The AGM kicked off with Dr. Leung Wing Kwan, the resigning chairperson, presenting LLWS's fruitful work in the past year to our participants to deepen their understanding of LLWS, followed by the election of our new board by eligible little warriors and their parents.

Afterwards, we came to the highlight of the programme – the Annual Gathering. Our theme this year is "Our Second Home" with the hope of bringing senior and junior little warriors to build a home which is full of love and hope and belongs to everyone together. As this is our second year to hold the "Outstanding Little Life Warriors Award" in recognition of people who have had cancers, severe blood diseases or bone marrow transplants during their childhood and who have made great achievements afterwards, the Annual Gathering started with the Award Presentation Ceremony. We were privileged to have Mr. John Tsang Chun Wah, Financial Secretary of the HKSAR in the house to present the awards to the seven awardees. The Financial Secretary also recognised the work LLWS are doing, and encouraged us to keep our faith and hope in adversity, because there will always be a path for us to live a great life.



參加者看到會場精美的佈置，都忍不住駐足留影。Participants could not wait to take pictures with the delicate decoration in the venue.



聯歡會設有大抽獎環節，小戰士在威爾斯親王醫院兒科部門主管王偉康醫生手上接過抽獎禮物！Dr. William Wong, Chief of Service of Department of Paediatrics, Prince of Wales Hospital handed out presents for the lucky winners!

After the awards there was a performance of the Little Life Warrior Choir. In order to match with the theme of the Annual Gathering, the LLWS Choir sang the song "Embracing Love" and their famous song "Let's Fight Little Warriors". Members of the Ukulele Group played the ukulele as an accompaniment to the songs. Our participants and the Financial Secretary were all impressed by their voices and the message they delivered.

Following the performance, the next session was the award presentation to the Excellent Little Warriors and the sharing from the Outstanding Little Life Warriors. When the Outstanding Little Life Warriors were sharing their stories, all the participants listened attentively. Many people commented that it was very inspirational to hear each awardee, notwithstanding sickness and hardship, striving to succeed and live a new life.

After the completion of the sharing session, medical professionals from the Shenzhen Children's Hospital and Kunming Children's Hospital also shared their work in the Mainland to let little warriors in Hong Kong have a better understanding of the situation faced by children with cancer there. This also enhanced the exchanges among medical professionals and child patients in Hong Kong and the Mainland.

By the end of the event, the names of our newly elected Directors were announced. This term we have a number of new faces to refresh LLWS. Under the management of our newly elected BOD, we will continue to uphold our values of "Working Together To Win The Battle Against Cancer; Living A Better Life And Giving Back To The Community". It is our privilege to provide quality services to our little warriors. We hope you too can enjoy this home even amidst the busyness of life.

## 第二屆傑出小戰士選舉頒獎典禮報導 Report of the Award Presentation Ceremony for the 2nd "Outstanding Little Life Warriors Award"

今年是本會第二次舉辦「傑出小戰士選舉」，對象是在兒童時期曾患上癌症、嚴重血病或曾接受骨髓移植及其後有卓越成就的人士。是次選舉目的如下：

- ◆ 嘉許他們的傑出成就，即使面對嚴重疾病，仍能堅持不懈並發揮所長；
- ◆ 透過獲獎者豎立榜樣，勉勵相同遭遇的兒童抱著正面人生觀，一展所長，回饋社會；
- ◆ 提高社會公眾對癌症兒童、嚴重血病兒童或曾接受骨髓移植兒童的關注及認識。

本年度，本會共選出七名傑出小戰士，此外，本屆新增設優秀小戰士，鼓勵未能獲獎但同樣有優異表現的小戰士。想知道今屆有哪些小戰士獲獎？讓我們一起來看看以下的得獎名單吧！在此再次恭賀各位獲獎的傑出及優秀小戰士，希望他們繼續在人生旅途勇往直前，創出更多驕人的成就！

This is the 2nd time LLWS hold the "Outstanding Little Life Warriors Award" for people who have had cancers, severe blood diseases or bone marrow transplants during their childhood and who have made great achievements afterwards. The objectives of the Award are:

- ◆ To recognise their outstanding achievements and perseverance in spite of their suffering from severe diseases;
- ◆ To enable them to serve as role models for other children in similar situations to be positive, to excel and to give back to society;
- ◆ To raise public awareness of the needs of children cancer patients, children patients having undergone bone marrow transplant or suffering from severe blood diseases.

This year, seven Outstanding Little Life Warriors were selected. In addition, we have added the Excellent Little Life Warriors Award to encourage those who were not selected but still accomplished excellent things. Do you want to know who has been awarded? Let's take a look at the list of awardees below! Congratulations to all the Outstanding and Excellent Little Life Warriors. We hope that they can march forward courageously in their life journeys to achieve more brilliant accomplishments!

傑出小戰士余穎嫻在台上分享自己的經歷。  
Outstanding Little Life Warrior YU Wing Han's sharing.



瑪嘉烈醫院兒童及青少年科學系顧問醫生凌紹祥醫生（後左三）、伊利沙伯醫院兒科學系顧問醫生陸頌榮醫生（後左六）及屯門醫院兒童及青少年科副顧問醫生李澤荷醫生（後左七）補發獎座予19名第一屆傑出小戰士。PMH Dept of Paediatrics & Adolescent Medicine Consultant Dr Ling Siu Cheung (back left third); QEJ Dept of Paediatrics Consultant Dr Luk Chung Wing (back left sixth); TMH Dept of Paediatrics & Adolescent Medicine Vice Consultant Dr Li Chek Ho (back left seventh) presenting awards to 19 awardees of the 1st Outstanding Little Life Warrior Award.



其中六位優秀小戰士與頒獎嘉賓鄧婉嫻女士（第二屆「傑出小戰士選舉」贊助人）合影。Six of our Excellent Little Life Warriors with presenter and the Award sponsor Ms. Mimi Tang.



傑出小戰士蕭凱恩在分享過後獻唱 "You Raise Me up" 一曲，獲全場鼓掌。The audience gave their standing ovation after Outstanding Little Life Warrior SIU Hoi Yan sang "You Raise Me Up".

## 傑出小戰士得獎名單 list of Outstanding little life Warrior Awardees

(以英文姓氏排序)  
(names are listed in alphabetical order by surname)

傑出小戰士 Awardees	個人成就 Achievement	所屬醫院 Hospital
卜修禮 Book Sau Lai	卜修禮小時患上神經母細胞瘤，後畢業於香港中文大學社會科學院經濟學系，並在英國修讀經濟學碩士，現正就讀哲學博士，主修經濟學。 BOOK had neuroblastoma in his childhood, he later graduated from CUHK with a degree in Economics. He later went to the UK to continue with his Master's degree, he currently is a PhD candidate in Economics.	威爾斯親王醫院 PWH
陳敏嫻 Chan Man Hing Peace	陳敏嫻曾四歷癌症，第二次復發時更需切去右腳，但依然代表香港殘奧出戰仁川 2014 亞洲殘疾人運動會競逐帆船項目運動比賽。 Peace has battled cancer 4 times. During the second relapse, she had to have her leg amputated. In 2014, she became one of the sailing representatives for Hong Kong in the Asian Para Games in Incheon, South Korea.	威爾斯親王醫院 PWH
文慧盈 Man Uai Ying	文慧盈 3 歲時患上白血病，現正就讀中文大學醫學院，希望將來可以服務病人。 MAN was diagnosed with leukemia when 3 years old. Now she is a student in the medical school of CUHK, she wants to serve other patients with professionalism.	屯門醫院 TMH
蕭凱恩 Siu Hoi Yan	蕭凱恩小時因眼癌切去眼球，失去視力，憑著對生命及音樂的熱誠，凱恩在各大音樂比賽獲獎無數，更經常參與大型演出。 SIU's eyes were cancerous; as a result she needed to have them removed when she was young. SIU's enthusiasm for music helped her to be a singer now. She has won countless awards in different music and singing competitions and always participates in major singing performances.	伊利沙伯醫院 QEJ
鄧樂軒 Tang Lok Hin	鄧樂軒小時患上白血病，後獲榮譽電子工程學士學位。 TANG had leukemia when he was young. He later was awarded a Bachelor's in Electrical Engineering (Hon).	威爾斯親王醫院 PWH
唐坤 Tong Kuan	唐坤 14 歲時患上白血病，後於中文大學修讀信息工程學，將會取得碩士學位。 TONG was diagnosed with leukemia. Now he is graduating with a Master's in Information Engineering.	屯門醫院 TMH
余穎嫻 Yu Wing Han	余穎嫻 2 歲時患上白血病，升上大學後參加了空手道訓練，更於 2015 及 2016 年代表香港參加東亞空手道錦標賽，並奪得女子團體形季軍及亞軍。 YU was diagnosed with leukemia when she was two. She started her Karate training in university, and later represented Hong Kong in 2015 and 2016 in the Asian Karatedo Championships and she won bronze and silver in the women's group competition.	威爾斯親王醫院 PWH

PWH: Prince of Wales Hospital

QEJ: Queen Elizabeth Hospital

TMH: Tuen Mun Hospital

## 優秀小戰士得獎名單 list of Outstanding little life Warrior Awardees

(以英文姓氏排序)  
(names are listed in alphabetical order by surname)

- 周健鋒 Chow Kin Fung
- 何健恆 Ho Kin Hang
- 許翹 Hui Kiu Eve
- 郭華基 Kuok Wa Kei
- 林卓姿 Lan Cheuk Chi
- 林卓盈 Lan Cheuk Ying
- 梁震雄 Leung Chun Hung
- 伍洛妍 Ng Lok Haang Laura



七位第二屆傑出小戰士與頒獎嘉賓財政司司長曾俊華及中國人民政治協商會議全國委員會常務委員胡定旭先生（是次選舉的評審委員會主席）合照。Photo of the seven Outstanding Little Life Warriors and the award presenters, Mr. John Tsang and Mr. Anthony Wu, Hong Kong member of the National Committee of the CPPCC Standing Committee.

## 新一屆董事會成員 (2016-2018) 介紹

### Introduction of our BOD for the new term (2016-2018)

本會已於剛過去的週年議會選出新一屆董事會成員，衷心感謝上一屆 (2014-2016) 董事在過去兩年為本會付出無數時間和心力，協助本會邁向更成熟的階段。展望未來，我們定必繼續努力，壯大本會，把愛和希望送給各位小戰士！

LLWS has successfully elected our new Board of Directors, we would like to thank board members of the last term (2014-2016) for their time and dedication, striving for the betterment of our organisation. We will continue to expand LLWS and deliver due care, hope and kindness to each little life warrior.

以下是新任董事名單：

Below is the list of the new Board of Directors:

#### 主席 Chairperson:

陳慧兒女士 Ms. Chan Wai Yee Ois

#### 副主席 Vice-chairperson:

陳靜怡女士 Ms. Chan Ching Yee Phoebe

#### 秘書 Secretary:

衛懿莊女士 Ms. Wai Yee Chong Jenny

#### 司庫 Treasurer:

李思寧小姐 Ms. Lee Sze Ning Celia

#### 董事成員 Board Members:

陳藹寧姑娘 Ms. Chan Oi Ning

張瑞心姑娘 Ms. Cheung Sui Sum Jeanny

林己思醫生 Dr. Lam Kee See

林泰寧博士 Dr. Lam Tai Ning

梁永堃醫生 Dr. Leung Wing Kwan



鄭偉業先生 Mr. Cheng Wai Yip

馬志強博士 Dr. Ma Louis Chee Keung

張天茵小姐 Ms. Cheung Lucille Tin Yan

李寶蓮小姐 Ms. Lee Po Lin

盧俊鈞先生 Mr. Lo Chun Kwan Johnson

葉焯焯小姐 Ms. Yip Yan Yan

### 當選董事心聲

#### Words of the Newly Elected Board Members

今屆有七位新加入的董事成員，他們都希望分享一下當選感受和對本會的盼望！以下是其中一些董事的分享：

We have seven new board members in this term, below are the words they would like to share:

#### 董事鄭偉業 (家長)

Cheng Wai Yip Ken (Director) (Parent)

本人非常榮幸能獲選董事會會員，我以往未曾參與過董事局工作，這次當選可說是開啟了我新的一頁。我希望能夠出一分力量，幫助生命小戰士會會員活出積極、快樂及精彩的人生。

It is an honour to be elected as one of the Directors for this term. I have never participated in the work of the Board, for me it is a new page in my life. I hope I can put my effort into helping the little warriors from LLWS lead a positive, joyful and brilliant life.



#### 秘書衛懿莊 (家長)

Wai Yee Chong Jenny (Secretary) (Parent)

能夠加入董事局與一群醫護人員、家長及康復者一起做義工，實在是難能可貴的機遇。我參與了第一次董事局會議，才恍然領會：這是一個不簡單的組織，過往我們享受的服務，原來是一群不辭勞苦的義工董事及職員共同努力的成果，這令我更慶幸能成為他們的一份子。常言道：「三人行必有我師焉！」與人交往同行，總有學習他人長處的機會，藉此豐富自己的生命。我會珍惜這個機會，與其他董事及職員一起努力，以生命影響生命，幫助更多有需要的人。

This is a great opportunity to work with medical professionals, parents and survivors as a volunteer. After my first BOD meeting and close encounter with LLWS, I realised their work was not easy at all. The services I used to enjoy as a regular member came from the hard work of different Directors and staff members. This makes me more grateful for being part of this team. Confucius said 'if three walk together, one can be my teacher'. There are always chances to learn from one another to sharpen each other's minds. I will treasure this opportunity to work with other Directors and staff to serve this organisation and our little warriors, and help those who need it.



#### 董事林泰寧 (醫護)

Lam Tai Ning Teddy (Director) (Medical Professional)

由昔日的淋巴癌病人，變成今日的藥劑師、教師，轉眼已是二十年。故人慢慢成長，舊事悄悄忘懷；當日醫護對我悉心照顧，如今仍歷歷在目，感激漸漸轉化成動力。我希望在未來以過來人的身份，藉專業知識和個人經驗，服務和鼓勵一眾病友，讓小戰士見證癌症並不可怕，康復者一樣可以活出彩虹，回饋社會。

I have gone from being a lymphoma patient to a pharmacist and teacher, in 20 years that seem to have flashed by. Although many things have been forgotten with time, I still remember the fine and detailed care given by my medical professionals. My gratitude also is my motivation. As both a survivor and a medical professional, this identity not only gives me professional knowledge but also helps me to relate to the patients and encourage them in a more personal way. I believe my experience qualifies me to testify that cancer is not scary, and also that survivors can live a fruitful life and contribute to society.



#### 董事林己思 (醫護)

Lam Kee See (Director) (Medical Professional)

董事與兒童癌症中心醫生兩者的職責有很大分別，能夠在病房或門診以外的地方接觸小戰士（及已長大的大戰士）是很好的體驗。跟小戰士接觸，讓我更加了解如何為病童、康復者及其家人送上更多關懷。我期待將來把生命小戰士會的理念帶到香港兒童醫院，願我們攜手努力！

Being a board member is a very different role from my usual position as a doctor in CCC. It is a wonderful experience to know our little warriors (as well as the not so little ones) on a different platform outside of the ward or clinic. Through the time I spent with LLWS members, I can understand more how to improve care for our patients, survivors and their families. I look forward to bringing the values of LLWS into the Hong Kong Children's Hospital in future. Let's work hard together!



## 懷念我的兒子 - 黃浩亮 In memory of my son - Wong Ho Leong



浩亮與媽媽合影 Photo of Ho Leong and his mum

致：李志光醫生、成明光醫生、李偉生醫生、兒童癌症中心、骨髓移植中心 – 所有醫護人員

11月11日是難忘的日子，一年了，幾經千辛萬苦捱過這漫長的一年，不理會別人看我的目光，在行人路上、火車上，我的淚水不受控制，由街頭喊到街尾，看見像他的身材、高度，甚至想起童年時背起書包的樣子，都會想念他，回憶與他在一起的日子，悲痛之情仍然難以忘記，誰人能體會做父母的心情。他令我百般滋味湧上心頭，感受到眼淚撈飯的滋味。每當我看見他的相片時，心裡都像被針刺痛一樣，眼淚又控制不住了，當我傷心痛苦的時候，又聽見他鼓勵的聲音……媽咪不要難過。

人生世事變幻無常，他的人生雖短暫，現已脫離病魔，往另一國度快樂地享受。我真羨慕他有一班好同學，大家仍然掛念他，我們以浩亮為榮，浩亮結緣甚廣，人緣甚佳，承蒙愛戴，這是他人生最值得驕傲的事，相信他在第三空間一定感受得到的，在別的境界繼續他的學業及鑽研電腦程式，將來他學業有成，便與我們相聚。

非常感謝您們曾經為小兒「黃浩亮」無微不至的關心、愛護及護理，一切都是盡在不言中，無言感激，只能永記於心！

在此，我會以行動支持您們，關心和愛護癌症病童，我們大家共同努力吧！

祝各位

身體健康！

黃浩亮媽咪 – 葉煥儀

To: Dr. Li Chi Kong, Dr. Shing Ming Kong, Dr. Vincent Li, and all health care personnel of Children's Cancer Centre and Bone Marrow Transplant Centre

11th November is the day I shall never forget. It has been a year, a long and difficult year. During the year, I didn't bother how others looked at me while I could not hold my tears and I cried all the way through, whether on the street or train. I would think of him as soon as I spotted someone of his build or height, or when I recalled how he carried his school bag at his childhood. Recollecting the days with him is deeply saddening and truly unforgettable. I wonder who can understand the feelings. My heart was filled with sorrows and my eyes flooded with tears because of him. Whenever I saw his pictures, my heart stung and tears fell down my face. When I was grief-stricken; however, his words of support somehow echoed in my ears...mommy, don't be sad.

Life is full of variations and uncertainties. His life is short, but he has got rid of the trauma of illness and is enjoying himself cheerfully in another world. I am envious that he got so many good classmates, who still miss him much. We are all proud of him. Ho Leong was very sociable and well-received by his peers, which is what he would take pride in. I believe he would share the same feeling. And I also believe he would continue to pursue his studies in computer programming in his world and come back for a reunion with us after finishing his course.

I am deeply grateful for the care and support that have been given to my son, Wong Ho Leong. My gratitude is beyond words and will always remain in my heart.

Here, I will support you with actions by giving love and care to children cancer patients. Let's work hard together!

Best wishes,

Ip Woon Yi,

Mother of Wong Ho Leong

## 傑出小戰士專訪 – 歷盡重重艱辛 活出燦爛新生

### Exclusive Interview with our Outstanding Little Life Warrior – Living a Bright and Brilliant Life after Experiencing Numerous Difficulties

與浩瀚的時間長河相比，人生有如電光火石，一閃而逝。我們在這短促的旅途上，應當如何自處？曾經歷人生起落跌碰的傑出小戰士潘俊圖在備嘗苦楚過後，使用自己的親身經歷，告訴我們他悟得的一種人生態度。

潘俊圖是白血病康復者，屈指一算，俊圖由患病至今已經過了六年。回想患病之時，俊圖正就讀中三，那天剛好在校內考試，但老師發覺他的面色不太好，於是叫俊圖父母帶他看醫生，結果於一日之內轉介至威爾斯親王醫院，並確診患上白血病。俊圖記得，知道患病時心裡很難過，只是一直在哭，擔心此病能否治癒，又害怕會否因此離開家人。那時，俊圖心裡滿是負面情緒，幸而父母不斷柔聲安慰，醫生也詳細解釋，他才開始寬心下來。縱然如此，擔心的感覺仍不是一下子可以消除，在某些時候又會不知不覺溜出來，那麼俊圖如何克服呢？俊圖說：「家人在我身邊支持固然重要，但醫生治療前的詳盡解說，也有助消弭不安。另外，我開始接受治療後約一星期，發現病癥明顯好轉，看到治療有成果，對這個病便漸漸沒那麼恐懼。」俊圖把治病的過程比喻為長跑，縱使過程偶有不順，但只要一步步跨過，便會愈來愈有信心。治病也一樣，缺少信心便什麼都做不到，有信心反能看到希望。

日子慢慢過去，俊圖接受治療約一年後，病情已見穩定，並回校繼續升讀中四。剛復課之時，俊圖需接受維持治療，較易疲累，而且身體狀況沒正常人那麼好，但他都能慢慢適應，並順利通過中學文憑考試，更考入香港大學醫學院。「選讀醫科，並非完全因為曾經生病，患病時看到醫生的工作，對我有一定影響，但更重要的

是我對科學有濃厚興趣。於我而言，做醫生正正是做自己喜歡的事，因此我會努力學習，希望將來可以成為醫生。」俊圖說道。

俊圖經過一連串艱辛的治療，箇中滋味難以細說，但患病期間，他卻有機會靜靜細想病癒之後可以做些什麼，於是更加認清自己的目標志向，如以升讀大學為目標。此次經歷，更讓他體會到及時行樂的重要。及時行樂在一般人眼中充滿消極意味，似乎是對人生苦短的控訴，但俊圖卻認為，及時行樂並不是要一天到晚在玩樂，而是要把握當下，適當地放鬆身心，做自己喜歡的事情。抱著這種態度，俊圖除了用功唸書，也會平衡自己的生活，找尋自己的興趣，而俊圖其中兩樣興趣就是行山和攝影，於是他便參加有關音響設備的服務團隊，閒時也會相約三五知己四處行山。現在，俊圖對於喜歡做的事情，不會再有遲疑，反而會很有動力，一鼓作氣完成。

在這人生旅途上，疾病只是其中一個難關，人生還有更多起落跌碰，但俊圖已經學懂把握當下，活好每一天，更學懂珍惜時光做自己喜歡的事情。相信今後就算遇到其他困難，俊圖都能以這種態度面對，繼續揚帆起航！



潘俊圖的大頭照



俊圖參觀大口環根德公爵夫人兒童醫院。Brian visiting the Duchess of Kent Children's Hospital at Sandy Bay.



俊圖參與校內的健康展覽。Brian participating in the Health Exhibition in his school.



俊圖閒時愛與朋友行山。Brian loves to go hiking with his friends in his spare time.

How long is our life in comparison with the universe? It seems like a spark and it flashes out in a tick. What do we do with ourselves on this short journey? Having been through the ebb and flow of life, our Outstanding Little Life Warrior Brian Poon Chun To tells us the philosophy of life he has come to understand from his personal experience.

Brian is a survivor of leukemia; it has been a good six years since he was diagnosed. It was form 3 exam day, and the teacher saw that Brian was pale and feeble. Brian's parents took him to the doctor, and astonishingly within the day he was referred to the Prince of Wales Hospital and later diagnosed with leukemia. Brian remembers he was really upset with the news, he cried all day and was weary about whether he could be cured and whether he would have to leave his family. There was so much negativity. Fortunately with his parents' gentle support and consolation, and the doctor's thorough explanation of his treatment plan, he slowly felt less nervous about his cancer. Of course, nervousness doesn't all go away in a blink, it sneaks back every now and again. How did Brian overcome this? He said, "Apart from my family's support, the doctor's fine consultation also relieved my anxiety. In addition, I saw significant improvement one week after my treatment, so I gradually felt less worried." Brian thinks this is like a marathon: although there are setbacks, if you take a step at a time, you will have more faith in succeeding. This is also true when curing diseases. If you lack faith then nothing will be achieved. Faith will guide you to hope.

After a year of treatment, Brian's condition stabilised and he picked up his study as a F4 student again. In the beginning, as Brian needed to continue with his tiring treatment, his stamina was a bit lower than others.

Against all odds, not only did he pass the Hong Kong Diploma of Secondary Education Examination (HKDSE) but he gained entry to the Medical School of the University of Hong Kong. "I want to be a doctor. It is not entirely because of my cancer experience. I was certainly influenced by seeing what doctor's work is like, but most importantly, I have a huge interest in science. To me, being a doctor is doing something I like. I am determined to strive through my medical school, and am looking forward to being a doctor some day," said Brian.

It is hard to verbalise the feelings one has going through a series of difficult treatments, but his illness was an opportunity for Brian to ponder his dreams and goals for after his recovery, and goals such as going to university became clearer. This experience also taught him the importance of enjoying life when you can. Sometimes, that phrase perhaps suggests a bit of negativity, it seems to complain that life is too short. To Brian, enjoying life doesn't mean playing all day long. Instead, it means holding the present moment, relaxing yourself appropriately and doing what you love to do. With this approach to life, Brian finds his own way to balance study and relaxation in his life to search for his hobbies. Brian has different hobbies and two of them are hiking and photography, so he often participates in the Audio Visual Equipment Service Team and goes hiking with his mates. Now, he never puts off doing things he enjoys. Instead, he is motivated and will press on to finish them.

On the journey of life, being sick is only one of the difficult stages. Life has its ebbs and flows, but Brian has learnt to hold the present moment, live a good life and treasure every moment to do what he loves in the days to come. Whatever difficulties Brian will come across in the future, he can face the situation with this attitude and continue to sail through his life!

#### 後記 — 小戰士的話 Afterword – Words from our Little Warrior

俊圖寄語各位小戰士，雖然患病，但依然要堅持，抱著不要放棄的心態。努力雖不保證成功，但不努力便一定不能成功，惟有堅持下去，充滿信心，才會有希望。

Brian encourages each little warrior not to give up and to persevere in the midst of sickness. Although nothing is 100%, if you give up you will certainly fail. Faith gives you hope.



俊圖參與有關音響設備的服務團隊。Brian participating in the Audio Visual Equipment Service Team.

**病童故事**  
**Patient's Story**

**我並不孤單**  
**I wasn't alone**



Paris Tompkins 回望患癌的經歷，憶起青少年的專科服務和護理如何助她面對診斷和接受治療。

2010 年，我的脖子上出現一個腫塊。癌病來襲，當時我只有 15 歲。我在 Google 不停搜尋相關症狀，結果總是和甲狀腺癌拉上關係。可是，我無法完全接受可能患癌的事實。畢竟，青少年患癌並不常見；再者，Google 醫生也不見得總是最準確無誤的嘛！

接着的九個月漫長掃描、活檢， 每一天都是挑戰。我連起床都沒有力氣，更遑論要去應考 GCSEs (英國會考) 了！

當醫生告訴我一切都是癌症所致，我也放心來，至少終於找到我身體出了什麼毛病。隨後不久，我接受了甲狀腺切除手術，其間我是兒童病房裡近十年內最年長的病人。我以為 15 歲可當成人看待了，可是在國民健保署 (英國 NHS, 相當於香港的醫管局) 眼中，我還是個孩子。

接受自己患癌並不是一朝一夕的事，我花了整整半年的時間，才能鼓起勇氣去參加青少年癌症小組。回想起來，我真希望能早一些加入。因為終可遇到一群年齡相若、彼此明白患癌感受的人，當中有些更成為我的深交好友，大家透過癌症建立友誼。

參加小組後，我接到英國青少年癌症基金的邀請出席一個研討會。在這個特別的週末，我首次遇到一位跟我有同病相憐的青少年，那感覺猶如照鏡子，讓我感到舒適，孤單不再。

手術康復後，我南下倫敦大學醫院 (倫大醫院) 接受放射性碘治療。治療期間雖不時要接受隔離，但倫大醫院為我等年輕人提供適切的服務。我雖然喜歡與小朋友在病房塗顏色，但身處年輕人的專設病房令我耳目一新。這裡的醫護人員都受過照顧青少年的特別訓練，能提供個人護理及適切的娛樂。

確診後兩年，醫生說我體內的癌細胞已全部清除，這意味我的生活將重回正軌。那時我剛通過 GCSEs 考試，正準備應考英國高級程度會考！

要重新適應上學的日子，大家都需要點時間。幸得醫院裡的醫護支援人員支持鼓勵，我終於考進大學，現正就讀醫藥科學。

我在抗癌的路上學懂不少，但領會最深的是腫瘤科為病人提供適齡護理的重要性，以及這些護理如何影響我等在情緒及身體上的各項所需。

Paris Tompkins remembers her cancer experience and how specialised services and care for teenagers helped her to cope with her diagnosis and treatment.

"Cancer became a reality for me when I was just 15 years old in 2010 after finding a lump in my neck. After googling my symptoms time and again, thyroid cancer was always the top suggestion. But I never fully accepted the fact it could have been cancer because, after all, teenagers don't normally get cancer and Dr Google isn't always the most accurate!

Nine months of scans and biopsies followed with each day becoming more of a challenge. I struggled to find the energy to pull myself out of bed let alone consider taking my GCSEs!

By the time I was told all my problems were due to cancer, I was relieved that the doctors could finally put a label on what was wrong with me. Surgery soon followed to remove my thyroid, where I was the oldest person by at least a decade on the children's ward at the time. At 15, I thought I was an adult but in the eyes of the NHS I was still a child.

The whole cancer diagnosis took time to sink in and I spent six months building up the courage to attend a teenage cancer youth group. Looking back, I wish I had done it sooner – finally there was a group of people my own age who all understood what its like having cancer. These people have become some of my closet friends, cancer has a good way of creating bonds.

Once I had finally attended a youth group, I was then invited to a conference run by Teenage Cancer Trust. This particular weekend was the first time I had met another teenager with the same cancer as myself. It was like looking in a mirror, and gave me some comfort that I wasn't alone.

After recovery from surgery, I travelled down to London where I then received radioactive iodine treatment at UCLH. This particular theory consisted of periods of isolation, and UCLH had a brilliant set up for young people providing a service suitable for my age range. As much as I loved colouring with the children on the wards, it was a refreshing change to be in a setting dedicated for just young adults. Staff were trained to specialise in caring for people my age and provided personalized care and entertainment.

Two years on from my cancer diagnosis, I received the all clear, which meant life then had to return to normal, and by this time I was studying for my A-levels after managing to pass my GCSEs.

Adjusting back to reality of going to college everybody took some time and with a lot of support from the support workers at the hospital I've now managed to progress through to university where I'm currently studying Medical Science.

Through my cancer journey I have learnt a lot, but most importantly the significance of age-appropriate care within an oncology setting and how this can influence the emotional and physical needs of people like myself."

**Paris 的兒科腫瘤部顧問醫生 Dr Emma Ross 談及 Leicester Royal Infirmary 如何成立青少年和年輕人專科服務**  
**Dr. Emma Ross, Paris' Consultant Paediatric Oncologist, talks about how the specialist services for teenagers and young adults have developed at Leicester Royal Infirmary.**

「我們一直明白提供適齡的醫療環境、專責青少年及朋輩支援的團隊的重要性。我們多年來與青少年癌症基金合作，成立屬於青少年的部門。同時我們建立了由臨床護理專家、青少年支援統籌、社工組成的 TYA 團隊，透過跨界商討為青少年病人提供所需支援。TYA 部門已於 2012 年 12 月開立，可以分開兒童及青少年病人，讓病人能從青少年小組中互相鼓勵，對抗癌症。

"We have long recognised the importance of age appropriate facilities, a team focused on teenagers and young adults and peer support. We worked with the Teenage Cancer Trust for many years to develop a teenage and young adult unit. In the meantime we developed the TYA team – clinical nurse specialist, youth support coordinator and social worker, and multidisciplinary discussions to provide the support required by young people. The TYA unit opened in December 2012 enabling patients to benefit from peer support from other young people being treated for cancer as well as age appropriate facilities separate from younger children."

\* 譯自 Contact Magazine 第 72 期, 頁 5

## 國內分享 Mainland Sharing

### 轉角遇到愛 - 記深圳生命小戰士會的服務

Love is around the corner - Journey of serving in the Shenzhen Little Life Warrior Society

深圳生命小戰士會隸屬於深圳市兒童醫院，主要是由深圳市兒童醫院血液腫瘤科的醫護人員、康復者及家長以及醫務社工等組成，於2016年6月份申請通過。The Shenzhen Little Life Warrior Society is part of Shenzhen Children's Hospital, founded by medical professionals from the Haematology and Oncology Department, cancer survivors and their parents, and medical social workers in June 2016.

深圳市兒童醫院血液腫瘤科  
楊燕瀾副護士長 Yanlan Yang,  
Deputy Head Nurse, Department of Haematology  
and Oncology, Shenzhen Children's Hospital



2016年8月份受邀參加了香港生命小戰士會的「愛回家 2016年週年議會及聯歡會」，活動中最大的感受就是一個個充滿愛與力量的小戰士，他們是戰鬥疾病的勝利者、是生命的守護者……因為這場特殊的旅程他們懂得更加珍愛生活，有的已經讀了博士、有的自己創了業、有的成為運動員……In August 2016, we had the privilege to attend "Our second home - 2016 AGM" in Hong Kong. We were deeply touched by the strength and love of the Hong Kong little life warriors. They are fighters against illness and guardians of life. It is because of their special journey they now cherish life more than ever. Some of them are PhD candidates, some have established their own businesses, some have become professional athletes.

曾經以為兒童癌症距離現實生活是那麼遙遠，工作之後，發現兒童癌症就在身邊，並且接觸的患兒以及家長越來越多……幸運的是，在深圳，處處充滿著愛……有愛心人士或者企業、學校等組織探訪關注，有大學生志願者長期陪伴，一起閱讀，一起遊戲，看似常規的治療，卻充滿著無限的樂趣。I once thought children with cancer could never live a normal life. But my career led me to realise that children with cancer are very real. Luckily, there is love everywhere in Shenzhen. People from the community, enterprises, schools and other organisations often visit the ward, we also have university students serving as volunteers to read to and play with our children. It brings so much fun amidst the regime of treatments.



康復者及其家長參與的病友分享，讓住院的孩子及其家長學會了如何處理孩子的情緒、掌握了孩子的飲食照顧、學會了如何調整自身的心理感受等等，同樣的心情讓病友學會了相互支持，一同加油！We also

hold sharing sessions with cancer patients, survivors and their parents, so parents can learn how to deal with their child's emotional issues, dietary needs, and keep tabs on their own psychological health. At the same time, our little warriors have learnt how to support and encourage each other in this journey.

醫護人員會定期開展教育講座，關於營養飲食、關於PICC管護理等，讓照顧者學會了如何對孩子的日常進行護理，減少感染、實現順利治療。Medical staff regularly hold talks on various topics such as healthy diet, caring of PICC etc. so the caregivers are better equipped to look after their child, reducing the risk of infection and speeding recovery.



以家為主題的繪畫比賽，不僅讓孩子體驗到了家庭的支持以及呵護，更讓孩子體驗到了家庭的溫暖，從心裡感謝爸爸媽媽不辭日夜的照顧。以夢想為主題的繪畫，表達了孩子幼小心靈中的希望，有一天也可以長髮飄飄，穿著亮麗的公主裙，戴著帥氣的帽子，有著自己的工作室，飛往太空等等。We held a drawing competition with the topic "home". Through their own drawings, the children reflected on the love and care they received from their family, and how it really helps them to build relationships together. We also had another topic "dreams". Children did a good job expressing themselves through drawings, in their picturesque world they have beautiful long hair with a princess dress on, or they have an office of their own, or they might be an astronaut travelling to space...



病房發放禮物的志願者合影。Photo with volunteers on Children's Day.



病房發送禮物。Ward visit - present time!



六一節日聯歡：小志願者表演節目 Performance by our little volunteers on Children's Day.

最開心莫過於孩子的節日聯歡，六一是個需要記住的日子，這一天，疾病以及所帶來的疼痛似乎遠離了孩子，在他們身上有無限的快樂，可以接收心愛的禮物，可以享受音樂帶來的喜悅，還有歡快的互動遊戲等等。There was a celebration on 1st June for Children's Day, and for one day all the sickness and disease seemed so far away from them. It was a fun day with games, music, and we could see the joy in their eyes when they received presents that they love!

服務孩子的過程中，讓我的人生有了不一樣的故事。多次與家長一同探討生與死的問題，徘徊在治療與放棄的邊緣，同時更加理解人生中的酸甜苦辣，又多次被孩子的笑容感動。縱使身體上經歷無數疼痛，依然可以勇敢的伸出小手：「來吧，我不怕痛。」In the process of serving children with cancer, I have heard many different stories. Many times I have discussed the questions of life and death with parents who were hovering between recovery and despair, and I understand more and more the pains and joys they go through, and I am always moved by the smiles of the children. No matter how much pain their bodies have experienced, they still stretch out their arms and say "go ahead, I am not afraid".

縱使在這段路上烏雲遮住了晴空，但是希望手中。也許用語言無法形容孩子在治療中的疼痛和無奈，只要微笑面對，成功就會近一點。Although for this part of the road the sun is behind the clouds, hope is still in our hands. Perhaps what our children go through is beyond description, but if we face this with a smile, success will be a bit closer to us.

## 2016 活動花絮 2016 Tidbits

### 大埔超級城分享活動 Sharing at the Tai Po Mega Mall @4/2016

小戰士吳余煒及其母親 4 月代表本會參與了大埔超級城舉辦的分享活動，分享自己的患病經歷。余煒 16 個月大時確診神經母細胞瘤，先後接受電療、化療等，現已康復。余煒最愛看科學書，希望將來可以成為科學家，多救一些癌症病人。

Our little warrior NG Yu Wai and his mother participated in the sharing session organised by the Tai Po Mega Mall in April on behalf of LLWS to share his cancer experience. Yu Wai was diagnosed with Neuroblastoma when he was 16 months. He received chemotherapy and radiotherapy and has recovered now. Yu Wai loves reading science books and would like to be a scientist someday so that more cancer patients can be saved.



### 「腦前行」2016 Brain Trekking 2016 @4/2016

4 月底，香港中文大學王連大腦腫瘤中心舉辦了「腦前行」步行籌款活動，支持腦腫瘤患者及其家屬。我們的小戰士都身體力行支持是次活動，而小戰士方家鍵更代表本會分享自己的經歷，勉勵其他腦腫瘤患者。

In late April, the CUHK Otto Wong Brain Tumour Centre organised the Brain Trekking in support of brain tumour patients and their families. Our little warriors showed their support by taking part in the event, whereas Fong Ka Kin, one of the little warriors, gave other brain tumour patients encouragement by sharing his own experience on behalf of LLWS.



本會小戰士一起參與步行，支持腦前行！ Our little warriors joining the Walkathon together in support of Brain Trekking!

### 家庭攝影日 Family Photo Day @5/2016

5 月中，本會舉辦了家庭攝影日，為小戰士及他們的家人拍攝家庭照留念。當日參加活動的小戰士都非常投入，有些小戰士更自備道具拍照，大家都非常滿足！

In mid May, LLWS organised the Family Photo Day for our little warriors and their families. Our little warriors were so excited that some of them even brought their own props for photo taking that day. Everybody was greatly satisfied!



感謝勞苦功高的蘇文郁攝影同學會！ Our heartfelt gratitude goes to Felix So Photography Alumni Association for its unfailing support!

### 杯裝蛋糕班 Cupcake Class @5/2016

5 月 29 日，本會與 Sakka Foundation 合辦了一次「杯裝蛋糕班」，小戰士認真學習，各人最後都製作出精美的蛋糕！有些家長更發掘了小朋友製作糕點的天份，十分高興！

On 29th May, LLWS co-organised a Cupcake Class with the Sakka Foundation for our little warriors. During the lesson, our little warriors spared no effort in the process, finally making their cupcake extra exquisite! Some parents unexpectedly discovered the talent of their child in making cupcakes, yum!



### 夜探螢火蟲親子一天遊 One Day Parent-Child Visit to Look for Fireflies @6/2016

六月底，本會與摩根士丹利合辦了「夜探螢火蟲親子一天遊」活動。當天，小戰士與摩根士丹利的義工一起參觀紅磚屋，之後便到南生圍享受自然與陽光，至傍晚則到大埔灣探索螢火蟲，各小戰士在山林間看到點點螢火蟲，都非常興奮，大家都樂而忘返呢！

In late June, LLWS held a day-tour with Morgan Stanley to visit different attractions and to look for fireflies around the North New Territories. Joining hands with volunteers from Morgan Stanley, our little warriors visited the Red Brick House, enjoyed the nature and sunshine in Nam Sang Wai and then travelled to Tai Po Kau in search of fireflies at sunset. It was such a great excitement for our little warriors to see so many fireflies flying around the nature reserve. Everyone enjoyed the trip!



小戰士餵小山羊 Our little warrior feeding the goat.

### 輕鬆唱歌學英語小組 Learning English through music Easily @7-8/2016

生命小戰士會在剛過去的暑假與一名音樂治療系學生 Herman 哥哥合作，為小戰士舉辦了「輕鬆唱歌學英語小組」。Herman 哥哥運用音樂治療的模式設計不同的音樂英語遊戲，參與的小戰士都能愉快學習，樂此不疲。

LLWS worked with Herman, a Music Therapy student to hold a music group called 'Learning English through music Easily' this past summer. Our little warriors thoroughly enjoyed the songs and games Herman designed. It was a pleasant scene to see our little warriors having so much fun and learning so well!



Herman 哥哥利用自己設計的高樂英語遊戲與小戰士玩樂。 Herman playing self-devised music games with our little warriors.

### 合唱團演出 Performance of the LLWS Choir

生命小戰士合唱團於 8 月 25 日獲邀出席《證券商協會三十六周年晚宴暨就職典禮》。合唱團的團員在出席前，人人磨刀霍霍，練唱名曲《獅子山下》。表演當晚，小戰士不負眾望，順利為在座來賓帶來精彩的表演，同場還有王祖藍、余詩曼及容祖兒呢！各人都被小戰士的歌聲感動，肯定本會的工作，當晚的演出真是十分成功！

The Little Life Warrior Choir was invited to perform at "The Institute of Securities Dealers Limited 36th Anniversary Dinner and Inauguration Ceremony" held on 25th August. With thorough and well preparation, our little warriors gave a wonderful performance that evening singing the famous Cantonese song "Below the Lion Rock" along with Canto pop star Joey Yung, actor Wong Cho Lam and actress Charmaine Sheh. Everyone was moved by the lovely singing voice of the little fighters. Thanks to their outstanding performance, the work of LLWS has earned much recognition across different sectors.



### 寸心言謝

#### Acknowledgement with Our Heartfelt Thanks

生命小戰士會能夠一直發展，全賴各位熱心人士支持，在此，本會謹以寸心向各位致謝。It is only with the dedicated support from the community that LLWS can continue to develop and grow stronger. We would like to take this opportunity to express our heartfelt thanks to all our supporters.

鳴謝卡撒天嬌捐贈其 Fantasy Dreams 限量慈善版床品的部份收益予本會。Our gratitude goes to Casablanca for donating part of the profit from the sales of the CASA-V Limited Charity Edition - Fantasy Dreams bedding to LLWS.

鳴謝左蔭江慈善信託基金批出港幣 50 萬元正予本會為小戰士舉辦不同活動。Our gratitude goes to **Tsu Te Kian Charitable Trust** for approving HK\$ 500,000 for LLWS to hold various activities for our little warriors.

鳴謝證券商協會捐贈港幣 3 萬元正予本會。Our gratitude goes to **The Institute of Securities Dealers Limited** for donating HK\$ 30,000 to LLWS.

鳴謝香格里拉(亞洲)有限公司捐贈港幣 3 萬元正予本會。Our gratitude goes to **Shangri-la Asia Limited** for donating HK\$ 30,000 to LLWS.

鳴謝美國婦女協會批出港幣 1 萬 1 千元正予本會為小戰士舉辦不同活動。Our gratitude goes to **American Women's Association of Hong Kong** for approving HK\$ 11,000 for LLWS to hold various activities for our little warriors.

本會亦感謝各位會員、個人義工、義工團體、熱心人士及其他捐款者及支持者的無私付出，與本會一同服務癌症病童。The Society is also grateful to its members, individual volunteers, organisational volunteers as well as all other supporters for their generous contributions for serving children with cancer.



### 小戰士展廊 Little Warriors' Gallery



### 活動預告 Advance Notice of Activities

#### 聯聯心心聖誕同歡派對 LLWS Joyful Christmas Party

日期：2016 年 12 月 18 日 (星期日) Date: 18 Dec 2016 (Sunday)  
時間：下午 1 時至 5 時 Time: 1 - 5pm  
地點：威爾斯親王醫院 Venue: Prince of Wales Hospital

#### 「愛童行：與小戰士步出新生」步行籌款 "Walk for Love: Cherishing Little Life Warriors towards a Brighter Future"

日期：2017 年 1 月 8 日 (星期日) Date: 8 Jan 2017 (Sunday)  
時間：上午 8 時 15 分至下午 1 時 Time: 8:15am - 1pm  
路線：中文大學至威爾斯親王醫院 Route: From The Chinese University of Hong Kong to Prince of Wales Hospital

\* 如欲查詢詳情，請聯絡職員。 Please contact our staff for more details.



## 支持癌症兒童，請捐助

### Please Donate to Support Cancer Children

生命小戰士會是一所兒童癌症互助組織，由威爾斯親王醫院包黃秀英兒童癌症中心的病童、康復者、家長及醫護人員共同組成，旨在改善對癌症兒童提供的服務和促進他們的福利。本會於2002年3月成立，2009年11月註冊為非牟利慈善機構。

您的捐助，是對癌病兒童及康復者的關心，更可幫助他們燃點希望，活出新生！請慷慨支持！

The Little Life Warrior Society is a childhood cancer mutual-support organisation aiming to promote and improve the services and benefits of children cancer patients. It was established by children cancer patients, survivors, parents and medical staff of the Lady Pao Children's Cancer Centre of Prince of Wales Hospital in Sha Tin in March 2002, and was officially registered as a non-profit-making charity organisation in November 2009.

Your donation is the care to our cancer children and survivors, and can even bring hope to them to live a better life! Let's show our concern to them!

本人樂意支持『生命小戰士會』，並捐款（請在合適的□加上 ✓）

I would like to make a donation to support "Little Life Warrior Society" (Please put ✓ as appropriate)

每月捐款 Monthly Donation (只接受以信用卡作出每月捐款 Only payment by credit card is accepted for monthly donation)

HK\$100  HK\$500  HK\$1,000  HK\$2,000  HK\$3,000  其他金額 Other amount HK\$ \_\_\_\_\_

單次捐款 One-off Donation

HK\$100  HK\$500  HK\$1,000  HK\$2,000  HK\$3,000  其他金額 Other amount HK\$ \_\_\_\_\_

#### 捐款方法 Donation Methods

<p><b>劃線支票</b> <b>Crossed Cheque</b></p> <p>支票抬頭請寫『生命小戰士會』，並連同此填妥表格寄回本會。Please make the cheque payable to "Little Life Warrior Society" and send it, together with the completed form, to us.</p>	<p><b>直接存入銀行戶口</b> <b>Direct Pay-in</b></p> <p>請將存款收據正本連同此填妥表格寄回本會。Please send the original bank-in slip together with the completed form to us.</p> <p>請直接將捐款存入『生命小戰士會』其中一個銀行戶口： Please deposit your donation in one of Little Life Warrior Society's bank accounts:</p> <p><b>中國銀行 Bank of China</b> 帳戶編號 Account No.: 012-565-10222974</p> <p>或 OR</p> <p><b>匯豐銀行 HSBC</b> 帳戶編號 Account No.: 015-481617-838</p>	<p><b>信用卡 Credit Card</b> (可直接傳真至 2649 7688 You may choose to fax the form to us at 2649 7688)</p> <p><input type="checkbox"/> VISA  <input type="checkbox"/> Mastercard </p> <p>持卡人姓名 Cardholder's name (英文 In English)</p> <hr/> <p>信用卡號碼 Card No.</p> <hr/> <p>Expiry Date _____ 月 month / _____ 年 year (最少兩個月內有效 Must be valid within two months)</p> <hr/> <p>持卡人簽署 Cardholder's signature</p>
<p>銀行名稱 Bank:</p>	<p>支票號碼 Cheque No.:</p>	

#### 捐款者資料 Donor's Information

姓名 Donor's Name
地址 Address
聯絡電話 Contact No.
電郵 Email
所有 HK\$100 或以上捐款可以免稅。請填妥捐款者資料，以便本會發出收據。All donations of HK\$100 or above are eligible for tax deduction. Please provide the donor's details below for an official receipt.
地址 Address: 香港沙田威爾斯親王醫院包玉剛癌症中心閣樓 M/F., Sir Yue-kong Pao Centre for Cancer, Prince of Wales Hospital, Shatin, Hong Kong

衷心感謝閣下的慷慨支持!

Thank you very much for your generous support!

#### 編輯委員會 Editorial Board

**顧問:** 霍泰輝教授、阮文賓教授、黃紹良教授

**名譽主編:** 成光明醫生

**執行編輯:** 陳敏斯、徐啟龍

**英文校對:** Bill Leverett

**義務編輯顧問:** 張少卿

**主編:** 林己思醫生、林泰寧博士、張瑞心姑娘、梁永堃醫生

**編委:** 徐鳴醫生 (成都)、王寧玲醫生 (安徽)、賀湘玲醫生 (湖南)、田新醫生 (昆明)、張樂玲醫生 (濟南)、戴雲鵬醫生 (山東)、金皎醫生 (貴州)、李戈主任、張焯副主任醫師、吳炳菊護士 (四川)、金潤銘醫生 (武漢)、沈閱護士長 (蘇州)、龐菊萍醫生 (西安)、楊燕瀾副護士長、趙文月醫務社工 (深圳) (排名不分先後)

**Advisors:**

**Honourary Chief Editor:** Dr. Shing Ming Kong

**English Editing:**

**Chief Editor:**

**Editorial Committee:**

Prof. Fok Tai Fai, Prof. Patrick Yuen Man Pan, Prof. Huang Shao Liang

Bill Leverett

Dr. Lam Kee See, Dr. Lam Tai Ning, Ms Cheung Sui Sum, Dr Leung Wing Kwan

Dr. Xu Ming (Chengdu), Dr. Wang Ning Ling (Anhui), Dr. He Xiang Ling (Hunan),

Dr. Tian Xin (Kunming), Dr. Zhang Le Ling (Jinan), Dr. Dai Yunpeng (Shangdong),

Dr. Jin Jiao (Guizhou), Dr. Li Ge, Dr. Zhang Rong, Wu Bingju (Sichuan),

Dr. Jin Run Ming (Wuhan), Shen Min (Soochow), Dr. Pang Ju Ping (Xian), Yang Yanlan,

Zhao Wenyue (Shenzhen) (Names above listed in random order)

© 生命小戰士會 版權所有 不得翻印 © Little Life Warrior Society All Rights Reserved.

印刷份數: 7,000 份 (香港: 3,500 份; 內地及海外: 3,500 份) 7,000 Copies published (3,500 for Hong Kong; 3,500 for Mainland & Overseas)



特別鳴謝養和醫院及養和山村義工隊贊助本會出版本會訊。

Special Acknowledgement to the Hong Kong Sanatorium & Hospital and the HKSH Village Volunteers for sponsoring the publication of this Newsletter.