

友愛無界限 — 企業義工鍾喜清

Friendships Without Borders - Corporate Volunteer Pauline Chung

義工抱著無私奉獻的精神，利用自己的寶貴時間，關心社會上有需要人士，展現人間有情。鍾喜清女士 (Pauline) 自2010年起，與扶康會樂華成人訓練中心的服務使用者結下緣分，積極參與及協助推行中心的義務工作。

Pauline第一次與智障人士相處，是她與同事一起到中心，與服務使用者一同參與競技遊戲。她很細心及有愛心，主動請教與智障人士相處及溝通的心得和技巧，希望可以更快了解他們的需要。往後的兩年，Pauline協助統籌同事到中心做義工，他們不時到中心探望、致電慰問老友記，在中秋、聖誕及新春等節日，都會與老友記歡度每個佳節，更參與本會多項大型活動。透過多次的共融活動，Pauline和同事们與服務使用者建立了友誼。2012年9月，Pauline所屬的公司捷和實業有限公司正式成立本會首間「香港最佳老友」運動企業分社，她與一位患上末期癌症的服務使用者Sakina 配對成為老友，建立一對一的友誼。

Pauline對老友Sakina無微不至，差不多每星期也會致電詢問她的情況。儘管工作了一整天已很疲累，當Pauline知道老友沒有胃口時，也會趕到中心，為她買喜愛的食物或陪同她外出吃飯，希望她可以吃多一點東西，有足夠的營養及體力與病魔對抗。Pauline悉心照顧，逗她開心，Sakina亦深深感受到Pauline的愛錫，雖然自己身上有著說不出的痛楚，但一見到Pauline來探望自己，也會亮出一臉笑容，牽著她的手，即使沒有胃口亦盡力嘗試進食，希望Pauline可以安心一點。即使Sakina沒有言語表達的能力，但對Pauline的感激及愛意，已盡在她的行為上表達出來。友愛在她們之間漸漸建立，Pauline會在Sakina生日時，帶來蛋糕為她慶祝；天氣轉涼，她會為愛美的老友購買外套及冷帽來保暖。Pauline陪伴、支持及鼓勵Sakina度過生命有限但滿載關愛的時光，更在Sakina住院期間到醫院探望及送她最後的一程，盡顯對老友的關愛。雖然Pauline十分不捨得老友的離開，心中亦難免哀傷，但她會繼續將愛心與關懷帶給其他智障人士。她現已配對另一位智障人士做「老友記」，繼續和老友記共建友誼和分享歡樂。

Pauline 的心聲 Pauline In Her Own Words

起初，我以為是我們帶給他們（智障服務使用者）歡樂，事實卻是他們給我們帶來快樂和喜悅。生命真的可以影響生命。他們啟發了我們重新思考生命的真正價值，如何可以活得更有意義。在第一次到智障人士的服務單位做義工後，我們決定繼續下去。我希望可以讓他們的生活變得更美好和有意義。現在，我與其他義工跟他們建立友誼，並已成為老友，把他們當作是自己的兄弟姊妹一樣。雖然，他們不能完全表達自己的感受，但我們能理解他們的感受，一切都盡在不言中，我希望能夠為他們提供更多有意義的服務及分享。

At first, I thought of myself as being the giver of joy and laughter, but to my surprise, it turned out that they (service users with intellectual disabilities) are the ones that deliver happiness. It takes one life to impact on another. These kindred spirits inspire us to reflect on life's real values, and how we can get more from it. After the first time that I was a volunteer at a centre serving persons with intellectual disabilities, I made the decision to carry on, hoping to make a difference to their lives and my own. Now, other volunteers and I have developed friendships with them, and become buddies, treating them as our own siblings. Although they cannot fully express their feelings through language, we understand them with a silent understanding between us. In the future, I hope to provide them with yet more important help.





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Instilled with the spirit of selfless dedication, volunteers demonstrate that “love is all around” by committing their precious time to care for those in need. Since 2010, Ms. Pauline Chung has been working with the service users at Fu Hong Society Lok Wah Adult Training Centre, actively participating in and assisting the promotion of volunteering at the centre.

Pauline still recalls the first time that she came face to face with persons with intellectual disabilities. She and her colleagues arrived at the centre to play games with them. She was very attentive and caring, as well as seeking advice eagerly on the knowledge and skills required to communicate effectively with persons with intellectual disabilities, in order to be able to quickly understand their needs. For the two years that followed, Pauline helped to bring more of her colleagues on board to volunteer at the centre. Together they routinely visit the centre and maintain telephone contact with service users. During major festivities such as the Mid-Autumn Festival, Christmas and New Year, they organized celebrations for their “buddies”, as well as taking part in numerous large-scale Fu Hong Society events. Through their involvement in a variety of activities, Pauline and her colleagues have established deep friendships with our service users. In September 2012, Pauline’s employer, Chiaphua Industry Ltd, became the first company to formally set up a “Best Buddies Hong Kong” corporate citizen chapter, while Pauline herself had “buddied up” with Sakina, a service user suffering from terminal cancer at that time.

Pauline cared for Sakina down to the most minute details, and would visit or call Sakina almost every week to inquire about her latest condition. Despite being tired from a long day at work, as soon as Pauline knew Sakina had lost her appetite, she would rush to the centre with her buddy’s favorite food, or take her out for dinner, hoping she would have enough nutrients and strength to fight her cancer. Pauline’s utmost care and effort to cheer her up did not go unnoticed by Sakina, who strongly felt the affection that was showered upon her. Physically, she was in unspeakable pain, but whenever Pauline came to visit, Sakina would demonstrate her affection and hold Pauline’s hand, attempting to eat despite having lost all her appetite. Sakina was not able to express herself verbally, but her gratitude and love for Pauline was freely demonstrated through body language. Gradually their bond became stronger. Pauline would bring Sakina a cake to celebrate her birthday; when the weather turned cold, Pauline would buy fashionable jackets and hats to keep her stylish buddy warm. Pauline’s companionship, support and encouragement filled the brief final stage of Sakina’s life with love. During hospitalization and her final moments, Pauline was by Sakina’s bedside to bid a final farewell to their everlasting friendship. While Pauline was inevitably grief-stricken, and misses her buddy to this day, she determined to spread the message of love and concern for other persons with intellectual disabilities. She is once again a buddy with another service user, allowing her to continue building lasting friendships and sharing the joy.

- 1 Pauline與同事組隊參與電能烹飪比賽，並順利進入決賽，獲得優異獎項。
Pauline and her colleague formed team to join our Electric Cooking Competition and entered the Final, receiving merit award.
- 2 Pauline分享參與義工服務的感受
Pauline shared her feeling about being a volunteer
- 3 Pauline與同事經常到中心探望患上末期癌症的老友Sakina（中間藍色衫者），為她打氣，可惜Sakina最後因病辭世。
Pauline and her colleagues always visited her buddy Sakina, who suffered from terminal cancer, to encourage her. Yet Sakina passed away due to illness at last.
- 4 Pauline所屬的捷和實業有限公司，於2012年9月成立「香港最佳老友」運動分社，成為第一間企業分社。
Pauline’s employer, Chiaphua Industries Limited, established the first Corporate Chapter of “Best Buddies Hong Kong” Movement in September 2012.
- 5 樂華成人訓練中心於2012年舉行「Best Buddies生命之旅」，Pauline與同事和中心服務使用者一起認識生與死。
In 2012, Lok Wah Adult Training Centre organized “Best Buddies Journey of Life”, Pauline and her colleague knew more about life and death with our service users.
- 6 Pauline與老友Sakina
Pauline and her buddy Sakina
- 7 Pauline與她現在的老友記
Pauline and her present buddy