

## 當日節目豐富

### Programme of the Day

- 受惠者分享感受、頒獎典禮、小食義賣、幸運大抽獎
- Sharing of Beneficiaries, Award Presentation Ceremony, Food Charity Sale, Lucky Draw

請立即行動，報名參加，  
踏出愛心第一步！

Act now and register.  
Let's walk for love!



## 報名方法

### Registration

#### 網上登記

請登入此網址登記參加：<https://form.jotform.me/80020627382449>。  
大會會在參加者登記後一星期內發出確認電郵。

#### 參加表格

參加者亦可填妥參加表格，親身或以郵寄或電郵方式交回養和醫院傳訊部。

報名截止日期：15 / 3 / 2018 (星期四)

#### Online Registration

Please register here: <https://form.jotform.me/80020627382449>.

Participants will receive an email confirmation within one week after online registration.

#### Registration Form

Participants please complete the registration form and return it in person or by mail or by email to Department of Corporate Affairs of Hong Kong Sanatorium & Hospital.

Registration Deadline: 15 / 3 / 2018 (Thursday)

## 查詢 Enquiries

電話 Tel 3156 8080

電郵 Email [villagevolunteers@hksh.com](mailto:villagevolunteers@hksh.com)

## 捐款方法

### Donation Payment Methods

請將善款存入「**脊髓肌肉萎縮症慈善基金**」之滙豐銀行戶口：**002-7-395235**。或繳交劃線支票，支票抬頭請寫「**脊髓肌肉萎縮症慈善基金**」。請於支票背面寫上活動名稱、參加者姓名、電話及參加者編號。活動當日不會接受任何贊助表格及捐款。

**5K/8K 慈善步行參加者**：請於2018年4月25日或前將入數紙或支票連同贊助表格交回養和醫院傳訊部。

**3K 環丘拉力賽之參賽隊伍**：請選派一名隊員為隊長，負責收集所有隊員之入數紙或支票連同贊助表格，於2018年4月25日或前一併交回養和醫院傳訊部。

地址：香港跑馬地山村道二號養和醫院傳訊部  
(信封請註明「2018 健步樂行獻愛心」)

Please deposit donations to the **HSBC Bank Account No.** of "**Families of S.M.A. Charitable Trust**": **002-7-395235**. Or make a crossed cheque payable to "**Families of S.M.A. Charitable Trust**". Please state clearly the event name, participant's name(s) and number, contact details on the back of the cheque. Sponsorship forms and donations will NOT be accepted on the event day.

**5K/8K Charity Walk Participants**: Please complete and return the sponsorship form together with the deposit slips or cheques to the Department of Corporate Affairs on or before 25 April 2018.

**3K Circle Rally Team Participants**: Please assign a Team Leader to collect sponsorship forms from all team members, and return them along with deposit slips or cheques to Department of Corporate Affairs on or before 25 April 2018.

Address: Department of Corporate Affairs, No. 2 Village Road, Happy Valley, Hong Kong Sanatorium & Hospital  
(Please specify "Walk For A Vision 2018" on the envelope)

## 脊髓肌肉萎縮症慈善基金 Families of SMA Charitable Trust

[www.fsma.org.hk](http://www.fsma.org.hk)

脊髓肌肉萎縮症慈善基金成立於1998年，旨在幫助脊髓肌肉萎縮症病人及其家人堅強地對抗病魔，提高患者及其家庭的生活素質，在身心健康及人際康樂等方面予以周全服務。

基金資助會員購置醫療設備、輪椅及高營養補充品，並為會員及其家人提供家庭輔導、家居康復及治療、家居照顧、會車服務、經濟援助、人際康樂和教育支援等服務。此外，基金會舉辦分享會、講座及工作坊，以喚起公眾對脊髓肌肉萎縮症的關注和了解，鼓勵社會人士伸出援手幫助這群無助的病患者。基金會亦會撥款資助有關脊髓肌肉萎縮症的醫學研究，搜集資料及建立病歷資料庫以輔助醫學研究及尋求脊髓肌肉萎縮症的治療方法，讓患者盡早得到醫治。

基金沒有政府資助，亦非公益金或香港賽馬會的受助機構，所有收入有賴公眾、機構及團體的捐輸。

## 關於養和醫療集團

### About HKSH Medical Group

養和醫療集團於2017年9月正式啟動，以全方位策略，透過優質臨床醫療服務、醫學教育和科研，以及公眾健康教育，推動公共衛生及醫學發展。養和醫療集團成員包括養和醫院和養和醫健及日後各關聯成員，致力為病人提供全人關顧的優質醫療及護理服務。

Officially launched in September 2017, HKSH Medical Group, through its operating members, adopts a multi-faceted, coordinated approach to promote public health and advanced medicine through relentless efforts in clinical excellence, medical training and research as well as public health education. Members of the HKSH Medical Group include Hong Kong Sanatorium & Hospital, HKSH Healthcare and future affiliates. All members are dedicated to providing quality care to patients.

## 關於養和山村義工隊

### About HKSH Village Volunteers

養和山村義工隊成立於2009年，成員包括醫院員工、醫生、護士、護士學校畢業生、退休員工，透過參與義務工作及舉辦籌款活動，實踐養和關愛社群的使命。主要活動包括「健步樂行獻愛心」及「聖誕愛心大行動」，為與醫療有關的機構籌款；近年亦陸續開拓多個義工項目，包括「養和健康特工」、「養和健康教室」、「養和老友記」、「養和行者先鋒」等，藉以服務弱勢社群。

Established in April 2009, the HKSH Village Volunteers, which consists of HKSH staff members, doctors, nurses, nursing students, alumni of the School of Nursing and retired staff, has taken part in various community and fundraising activities to promote the health and wellness of people in Hong Kong through care and love. Two main fundraising events are the annual "Walk For A Vision" and "HKSH Christmas Party in Benefit of OSC". In recent years, more volunteer programmes and services have been developed, i.e., "HKSH Health Buddies", "HKSH Health Talks", "HKSH Caring Friends" and "HKSH Trekkers".

Families of SMA Charitable Trust (FSMA) was founded in 1998. Its mission is to help the SMA (Spinal Muscular Atrophy) victims and their families to cope with the devastation of SMA, to improve their quality of life and to care for their physical, psychological and social well-being.

FSMA provides funding support to patients with SMA and their family members including funding for the purchase of life-saving and life-sustaining medical equipment as well as high nutrition milk & dietary supplements, family counseling, home-based rehabilitation and therapy, home help service, wheel-chair transportation service, financial assistance, and social and educational support. In addition, FSMA organises sharing sessions, seminars and workshops to increase and promote public awareness and understanding of SMA diseases in Hong Kong. FSMA also supports and funds on-going medical research to find an early cure and treatment of SMA diseases.

FSMA is not subvented by the government and receives no funding from the Community Chest or the Hong Kong Jockey Club. It relies solely on public, private and corporate donations.

## 養和山村義工隊 HKSH Village Volunteers

# 2018 健步樂行獻愛心 Walk for a Vision



日期 Date: 25 / 3 / 2018 (星期日 Sunday)

時間 Time: 08:00 - 12:00

登記時間 Registration: 07:30

起步禮 Kick-off Ceremony: 08:00

集合地點 Assembly Venue:

養和醫院李樹芬院大堂

Lobby, Li Shu Fan Block, Hong Kong Sanatorium & Hospital

截止報名日期 Registration Deadline:

15 / 3 / 2018 (星期四 Thursday)

網上報名 Online Registration:

<https://form.jotform.me/80020627382449>



主辦單位 Organiser



受惠機構 Beneficiary



FAMILIES OF SMA (SPINAL MUSCULAR ATROPHY)  
CHARITABLE TRUST  
脊髓肌肉萎縮症慈善基金

養和山村義工隊將於 2018 年 3 月 25 日 (星期日) 舉辦「2018 健步樂行獻愛心」, 為脊髓肌肉萎縮症慈善基金籌款, 資助脊髓肌肉萎縮症 (SMA) 患者購置醫療設備及輪椅。活動分兩大項目: 「5K/8K 慈善步行」和「3K 環丘拉力計時賽」, 歡迎大家參加, 為 SMA 患者及其家人出一分力!

Organised by HKSH Village Volunteers, Walk For A Vision 2018 will be held on 25 March 2018 (Sunday) to raise funds for Families of SMA Charitable Trust for the procurement of medical equipment and wheelchairs for SMA patients. The Walk for A Vision 2018 has two major events: 5K/8K Charity Walk and 3K Circle Rally, the latter being a competitive race for individuals or a team of four. Please join and support patients with SMA and their families.

### 籌款目標 Our Goal

目標籌款額 Fundraising Target :  
**HK\$367,500**

受惠機構 Beneficiary :  
**脊髓肌肉萎縮症慈善基金  
Families of SMA Charitable Trust**

善款將用於脊髓肌肉萎縮症慈善基金推行之「愛心扶弱 2018」計劃, 資助 SMA 患者購置醫療設備及輪椅。

SMA 是 2 歲以下兒童遺傳病的頭號殺手。在 2016 年 12 月美國成功研發推出新藥 Spinraza, 但藥物價格昂貴 (終身治療費用: 首年港幣 600 萬, 其後每年港幣 300 萬), 至今仍未被引進到香港。SMA 患者腦部發育健全, 思想、感情與普通人無異。當患者及其家人無能力購買昂貴的醫療器材, 患者的生命仍處於無望的境地, 部份家庭更基於種種原因而被迫放棄患病的子女, 病童往往因而匆匆離世, 而父母則長期活在痛苦與內疚之中。

計劃目的是資助有需要的患者, 讓他們能夠在家設置維生醫療儀器, 在家人的照料與關懷下延續生命, 並等待新藥的到臨。此外, 計劃亦資助購置輔助醫療器材及特製輪椅供日常活動之用, 以改善他們的生活質素。

## 5K\*/8K 慈善步行 Charity Walk

**路線** 養和醫院 → 成和道 → 大坑道 → 黃泥涌峽道 → 紫羅蘭山 → 黃泥涌峽道 → 大坑道 → 成和道 → 養和醫院

\*5K 路線: 不包括紫羅蘭山路段

**Route** HKSH → Sing Woo Road → Tai Hang Road → Wong Nai Chung Gap Road → Violet Hill → Wong Nai Chung Gap Road → Tai Hang Road → Sing Woo Road → HKSH

\*5K Route: Excluding the section of Violet Hill

**參加組別 Category** 個人或團體 (5 人) Individual or Team of 5

**限時 Time Limit** 3 小時 Hours

**最低籌款額 Minimum Donation** HK\$ 200 (每人 per person)

**獎項** 最高籌款獎 (個人)、最高籌款獎 (團體)、最突出服飾獎 (個人)、最突出服飾獎 (團體)

**Prizes** Top Fundraiser Award (Individual)  
Top Fundraiser Award (Group)  
Best Dressed Award (Individual)  
Best Dressed Award (Group)

The funds raised will be used to support the "Give Love to the Disadvantaged 2018" project organised by Families of SMA Charitable Trust (FSMA) for the provision of medical equipment and wheelchairs to SMA patients.

SMA is the No.1 genetic killer of children under the age of 2 and used to be a non-treatable genetic disease. In December 2016, the first drug in treating SMA, Spinraza, was approved by the United States Food & Drug Administration. As the price of the drug is exorbitant (HK\$6 million for the first year of use and HK\$3 million each subsequent year for the rest of the patient's life), it is uncertain when the drug will be introduced to Hong Kong.

SMA does not affect the normal cognitive function of the brain. The victims have normal intelligence but most of them rely on aggressive medical intervention and proactive health management to sustain and improve their quality of life. Some families are unable to afford the expensive medical equipment required for their children to successfully discharge from the hospital.

This project aims to save the lives of SMA patients by donating life-saving and life-sustaining medical equipment so that they can be cared at home and wait for future new drug treatment. Besides, para-medical equipment and wheelchairs will be provided to them to enhance their quality of life.

## 3K 環丘拉力賽 Circle Rally

3K 環丘拉力賽是 4 人隊制或以個人名義環繞紫羅蘭山頂競賽一圈, 是一個路段計時賽, 參加者必須同時行畢其餘 5K 路線, 經過所有 1-4 號檢查站, 方可角逐相關獎項。

3K Circle Rally, a competitive race for a team of four or individuals to run around the hilltop of Violet Hill, is a part of the whole course route with time trail. All runners have to complete the whole route of 8K Charity Walk and pass all checkpoints to qualify for awards of their corresponding categories.

比賽項目 Category	詳情 Details
<b>李樹培醫生紀念盃</b> (男子 / 混合院內組別) <b>Dr. S.P. Li Cup</b> (Intra-Hospital Men / Mixed Team)	<ul style="list-style-type: none"> <li>隊伍可由 4 名男士或男女混合組成</li> <li>所有隊員均須為養和職員</li> <li>Each team consists of 4 men or mixed members</li> <li>All members must be HKSH staff</li> </ul>
<b>李曹秀群博士紀念盃</b> (女子院內組別) <b>Dr. Ellen Li Cup</b> (Intra-Hospital Women Team)	<ul style="list-style-type: none"> <li>隊伍由 4 名女士組成</li> <li>所有隊員均須為養和職員</li> <li>Each team consists of 4 women</li> <li>All members must be HKSH staff</li> </ul>
<b>山村團隊盃</b> (男子 / 混合公開組別) <b>Village Challenge Cup</b> (Men / Mixed Open Team)	<ul style="list-style-type: none"> <li>隊伍由 4 名男士或男女混合組成</li> <li>最多只可有兩位養和職員</li> <li>Each team consists of 4 men or mixed members</li> <li>The team can be formed by a maximum of two HKSH staff members with external participants</li> </ul>
<b>山村團隊盃</b> (女子公開組別) <b>Village Challenge Cup</b> (Women Open Team)	<ul style="list-style-type: none"> <li>隊伍由 4 名女士組成</li> <li>最多只可有兩位養和職員</li> <li>Each team consists of 4 women</li> <li>The team can be formed by a maximum of two HKSH staff members with external participants</li> </ul>
<b>山村個人盃 (男子組)</b> <b>Village Individual Cup</b> (Men)	<ul style="list-style-type: none"> <li>所有隊伍或個人參賽者中, 個人成績最佳之男士</li> <li>The fastest man among all teams or individuals</li> </ul>
<b>山村個人盃 (女子組)</b> <b>Village Individual Cup</b> (Women)	<ul style="list-style-type: none"> <li>所有隊伍或個人參賽者中, 個人成績最佳之女士</li> <li>The fastest woman among all teams or individuals</li> </ul>
<b>親子組</b> <b>Family Team</b>	<ul style="list-style-type: none"> <li>隊伍由兩名成人與兩名 6 至 12 歲小童組成</li> <li>Each team consists of two adults and two children aged between 6 to 12</li> </ul>

**最低籌款額 Minimum Donation**

個人 Individual HK\$1,000 (每人 per person)  
隊制 Team HK\$2,000 (每隊 per team)

**獎項** 最高籌款獎 (個人)、最高籌款獎 (隊制)、最突出服飾獎 (個人)、最突出服飾獎 (隊制)

**Prizes** Top Fundraiser Award (Individual)  
Top Fundraiser Award (Team)  
Best Dressed Award (Individual)  
Best Dressed Award (Team)

最高籌款獎的計算截止日期 22 / 3 / 2018

Deadline of Counting the Highest Fundraising Awards 22 / 3 / 2018



### 檢查站 Check Points:

- 1: 法國國際學校 French International School
- 2 & 4: 大潭水塘道休憩處 Tai Tam Reservoir Road Sitting-Out Area
- 3: 紫羅蘭山頂峰、大潭郊遊徑與衛奕信徑 1 段交匯處 Violet Hill, Interchange point of Tai Tam Country Trail and Wilson Trail Section 1