



## 傳媒報導 Media Report

# 伴你同行：長者刊物 《松柏之聲》歡迎捐助

聖雅各福群會為一提供綜合服務的志願機構，該會與本報合辦此欄，讓市民加深對該會服務的認識，在需要時可尋求適切服務。查詢可致電81078324或登入網址<http://www.thevoice.org.hk>，<http://www.sjs.org.hk>。

**問：**家中長者退休後感到生活無聊，作為子女的，也不知如何與他們溝通，鼓勵他們積極投入生活，究竟社會有何資訊可幫助他們尋找晚年生活之道，又可令我們更加了解長者需要，打破彼此隔膜？

**聖雅各福群會答：**在本港專為長者而設的刊物不多，發行已有31年的《松柏之聲》(<http://www.thevoice.org.hk>)除是本港唯一的長者讀物外，也是全球發行的首份中文長者刊物。

## 各界人士義務撰稿

此刊物由資深社工主編，完全針對退休前後的人士及其家人而設；刊物內容全以老人生活需要為主，如健康保健、福利服務、人際溝通、退休之道、社福動態、護老技巧、積極人生，甚至社會政策等，全由有關醫護人員、資深社工、專欄作家、編輯、記者、攝影師、漫畫家、長者等義務執筆，內容由淺入深作出介紹、講解及分享晚年生活之道的資訊。

## 月中出版免費索取

《松柏之聲》逢每月中旬出版，歡迎免費索取；請連同姓名、年齡、地址及聯絡電話寄交出版機構聖雅各福群會，地址為香港灣仔石水渠街85號一字樓105室。

由於此慈善服務並沒有政府資助，除歡迎各界專業人士參與撰稿工作及免費索閱外，也歡迎大家捐款支持，查詢：28354321或81078324。

# Call for donations: Help sustain ‘The Voice’, a publication dedicated to the elderly

St James' Settlement is a voluntary institution, which provides different kinds of social welfare services to the different walks of community. St James' Settlement and The Apple Daily jointly co-operate this column in order to let citizens better understanding of the services that are available. If you have any enquiries about The Voice, please feel free to contact 8107 8324 or visit the websites <http://www.thevoice.org.hk> or <http://www.sjs.org.hk>.

**Question:** After retirement, my home senior feels life is full of loss, as for their child I have difficulty to communicate with them so as to encourage them to live more positively. Is there any resources that help them to have a satisfied livelihood to break our communication gap?

**St. James' Settlement Answers:** In Hong Kong there is only a few printed material for the old people, with one exception, 31 years old 'The Voice'([www.thevoice.org.hk](http://www.thevoice.org.hk)) besides the only Chinese publication for the old people in Hong Kong and is also the one distributed world-wide.

## Caring specialists contribute editorial content out of goodwill

'The Voice' is organized by an experienced social worker in social elderly service field. The content is totally targeted to the retirement life need of the pre and post retirees and their family members with topics featured including health tips, an introduction to services available to the elderly, how to effectively communicate, ideas on improving quality of life, social welfare developments, care-giving knowledge, positive life-style and even social welfare policy. All articles are contributed by medical practitioners, experienced social workers, famous writers, editors, professional reporters, photographers, artists and old people out of their own goodwill and at no cost. All the articles are easy to read and understood and introducing and explaining the information of positive way of old age life.

## Published monthly, free of charge

'The Voice' is published monthly and mails to the readers in the mid of each month free of charge. To receive a copy, please write to with your name, age, address, and contact number and mail to St. James' Settlement (the publisher) at Room 105, No. 85 Stone Nullah Lane, Wanchai, Hong Kong. This charitable service is not government subsidized, therefore professionals with relevant experience to contribute articles to the publication and donations are welcome. Enquiries: 2835 4321 or 8107 8324.



## 我們的服務介紹 Our Service Introduction

### 首個關愛父子情誼 教育短片

### 助你衝破隔漠 重燃珍愛和諧

在中國人的社會裏，父親給人形象是較嚴肅，性格內斂，外表權威，不輕易示弱，情感壓抑，自居強者。面對子女的成長路途上，父子之間的關係，比對於母子關係來得含蓄，往往因彼此不能了解及接納父親不善表達愛及內心感受，誤解往往因此而生，輕者疏離，重者對立。

根據心理學家分析，母子關係是先天建立，與生俱來，反觀父子關係全依靠後天如何相處所影響。現今社會追求家庭和諧同時，父親與子女的關係建立更形重要。「樹欲靜而風不息，子欲養而親不在」，時間飛逝，光音似箭，子女回頭反醒欲表關愛心意時，父母已不在身邊，心中盡是無奈自責，悲痛內疚。同時，父親會否又可選擇開放自己，適當去表達感受，衝破彼此隔漠？

聖雅各福群會生身後資訊網，得到華人永遠墳場管理委員會撥款資助，致力將生死教育擴展至社區不同階層的市民，在鼓勵社區人士以開放及正面的態度來談論生死外，更致力關注人們珍愛生命，重視家人相處關係。聖雅各福群會「後顧無憂」規劃服務網頁內之「短片欣賞」，正放映兩套以父子關係作主線的教育短片「瓷」來父情及「舞」父愛，短片為真人故事改編，兩段父子關係表面含蓄內斂，內心深處卻是互惠關心，彼此都不善表達情感，唯至慈父的離逝，才醒覺到「他」的存在是如何重要，更讓人子察覺人與人的關愛應留於在生時就得互相珍惜，勇於表達溝通更勝盡在不言中。「瓷」來父情是透過用亡父故衣中的一雙襪子，以陶瓷燒製將紋理印在泥面上，永久保存，永久思念；「舞」父愛，榮幸邀請香港藝術發展局2008年藝術成就獎舞蹈家王廷林先生透過舞蹈、話劇、甚至以削髮剃頭等情景來演繹對慈父的不捨之情。

此資訊網還結集殯儀知識、殮葬文化、心靈支援、白事小貼士及社區教育短片欣賞，本著「殯儀知識普及化」的目的，增加市民對生前規劃事宜和殯葬禮儀的認識，從而減低面對死亡的擔憂恐懼及忌諱。市民如欲對資訊網有進一步瞭解，歡迎瀏覽[www.fathersday.sjs.org.hk](http://www.fathersday.sjs.org.hk)及查詢：2117-5839。

### First educational documentary on father-son relationship Help break isolation and rekindle harmony and care

The image of a Chinese father is serious and introverted. He carries an authoritative appearance and does not show his weakness easily. He often suppresses his feelings and assumes to be strong. A father-son relationship is usually more reserved and subtle compared to one between mother and son. Misunderstanding often arises because the son fails to understand that the father is poor at expressing love and his inner feelings. This misunderstanding is the cause of isolation, even confrontation in more serious cases.

According to analysis of psychologists, a mother-son relationship is natural, established at conception. A father-son relationship is decided by how the relationship is established after birth. Our society emphasises the importance of harmony in a family, the building of a father-child relationship is all the more important than before. Time flies; often when children wake up to the need to show love and care, the parents are not there to receive. Under such a circumstance, children feel remorseful and grievous. Therefore, will fathers open up and express feelings appropriately in order to break isolation between each other?

St. James' Settlement information web on life and death is funded by The Board of Management of The Chinese Permanent Cemeteries. The web strives to expand life and death education to citizens of various social strata. Its objective is not only to encourage people to discuss life and death with a positive and open attitude but also to remind people to treasure life and family relationship. St. James' Settlement 'Funeral Navigation Service' web consists of a number of documentary which is showing two films by the title of 'Ceramics and paternal love' and 'Dance and love of a father'. The plot of both films is based on true father-son relationship. They are rewritten from true stories. Relationship appears to be reserved and subtle but father and son actually care very much for each other. Neither of them is good at expressing feelings. The son never realizes how much his father means to him until he dies. The documentary reminds us people should treasure a caring relationship while alive. People should be brave to express their feelings and leave no room for guesses.

'Ceramics and paternal love' narrates how the son cherishes his memory for his father through a pair of socks. He reproduces line and shape of the socks by means of clay. 'Dance and love of a father' is interpreted by Mr. Wong Ting Lam by means of dance, drama even hair shaving to show a son's lingering love for his father. Mr. Wong was the winner of the Art Achievement Award 2008, presented to him by the HK Art Development Council.

This information web also compiles documentary films such as funeral procedures, burial rituals, emotional and mental support, tips on funeral matters as well as communal education documentary. St. James' Settlement intends to increase citizens' awareness of matters pertaining to death so as to reduce fear and taboo when death knocks on the door. For further information, you are welcome to visit the website [www.fathersday.sjs.org.hk](http://www.fathersday.sjs.org.hk) or call 2117-5839.