

# 2025 健步樂行獻愛心 Walk for a Vision

網上報名  
Online Registration



16/3/2025  
(星期日 Sunday)



主辦單位  
Organiser



受惠機構  
Beneficiary



由養和山村義工隊主辦的「2025 健步樂行獻愛心」將於 2025 年 3 月 16 日舉行，為香港風濕病基金會（基金會）的「風濕病患者水陸運動賦能計劃」籌款。善款將用於資助風濕病患者進行水療及物理治療，以紓緩關節疼痛，幫助提升他們的生活素質。誠邀您與親友參加，一起支援及關心風濕病患者。

Organised by HKSH Village Volunteers, Walk For A Vision 2025 will take place on 16 March 2025 to raise funds for the "Empower Rheumatic Patients With Every Step!" programme of the Hong Kong Arthritis & Rheumatism Foundation (HKARF). The donation will be used to support patients with rheumatic and arthritic diseases to participate in hydrotherapy and physiotherapy, aiming to alleviate their arthritis pain and to improve their quality of life.

**Make Your Move with Friends and Family.  
Walk to Care for Those Fighting Arthritis & Rheumatic Diseases!**



## 風濕病患者水陸運動賦能計劃

風濕病是泛指影響骨骼、關節及其周圍軟組織的一組疾病，列入風濕病的疾病有超過 150 種。雖然各種風濕病有著不同的臨床表現，但大多數都會引致患者關節疼痛。在香港，風濕科疾病通常在成年期早期出現，如類風濕性關節炎 (RA) 及強直性脊椎炎 (AS)，嚴重影響個人生活。研究顯示，RA 及 AS 流行率分別為 0.35% 及 0.26%，推算香港有超過 45,000 名患者，患病率相對較高。有效和及早管理有助控制病情，以及減緩對生活的影響。

對於風濕性關節炎的患者來說，「水中運動」（水療）及「陸上運動」（物理治療）是有效的運動療法。「風濕病患者水陸運動賦能計劃」旨在為病人提供全面的管理方法，以應對挑戰，包括促進定期運動、提升自我管理能力，以及構建相互支持的群體；透過水療及物理治療課程，改善慢性風濕病患者的身心健康。

自 2008 年，基金會為超過 3000 名患者提供服務，增強他們對抗風濕病之能力與生活韌性。是次與養和山村義工隊之協作將可持續推展上述病人支援工作，提升風濕病患者之生活素質。

### Empower Rheumatic Patients With Every Step!

There are over 150 arthritis and rheumatism conditions that may affect the bone, joint and soft tissues. While the clinical manifestation of these disorders may be variable, most patients experience joint pain. In Hong Kong, major rheumatic diseases such as Rheumatoid Arthritis (RA) and Ankylosing Spondylitis (AS) often emerge during early adulthood, significantly impacting individuals' daily lives. Recent studies indicate RA prevalence at 0.35% and AS at 0.26%. The prevalence rate is relatively high and the estimated number of patients in Hong Kong is over 45,000. Early and effective management is crucial to control the condition and alleviate its impact on daily life.

Water exercise and physical therapy are useful and effective treatments for patients with arthritis and rheumatism. The "Empower Rheumatic Patients With Every Step!" programme is designed to offer a comprehensive management solution to address various challenges faced by these patients. These include encouraging regular exercise, enhancing self-management abilities, and fostering a supportive community. Through hydrotherapy and physiotherapy sessions, the programme aims to enhance the physical and mental well-being of chronic rheumatic patients.

HKARF has successfully engaged over 3,000 patients since 2008, providing vital support and fostering resilience. The collaboration with HKSH Village Volunteers is invaluable in sustaining the services provided to patients, continuing to uplift the quality of life for those affected by rheumatic diseases.

## 路線圖 Route Map



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

## 籌款目標 Our Goal

目標籌款額 Fundraising Target

**HK\$500,000\***

受惠機構 Beneficiary  
**香港風濕病基金會**  
**Hong Kong Arthritis & Rheumatism Foundation**

\* 如所籌的善款高於目標籌款額，多出善款將撥入  
「養和山村義工隊」(IR File No: 91/15331) 之  
「癌病童行基金」。

If the funds raised exceed the fundraising target,  
the extra donation will go to "Children Cancer Care"  
of "HKSH Village Volunteers" (IR File No: 91/15331).

日期 Date 16/3/2025 (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 Hong Kong Sanatorium & Hospital

截止報名日期 Registration Deadline 10/3/2025

## 項目組別 Category

### 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)

## 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，起點及終點皆為養和醫院，參加者必須由養和醫院起步，同時行畢其餘 5K 路線，經過所有檢查站，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. The starting and ending points are at Hong Kong Sanatorium & Hospital. All runners must complete also the 5K Route of Charity Walk, crossing all the check points to qualify for awards of their corresponding categories.

盃賽項目 Category	詳情 Details
李樹培醫生紀念盃 (男子 / 混合院內組別)  Dr. S.P. Li Cup (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>
李曹秀群博士紀念盃 (女子院內組別)  Dr. Ellen Li Cup (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>
山村團隊盃 (男子 / 混合公開組別)  Village Challenge Cup (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>
山村團隊盃 (女子公開組別)  Village Challenge Cup (Women Open Team)	<ul style="list-style-type: none"><li>隊伍由 4 名女子組成</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>
山村個人盃 (男子組)  Village Individual Cup (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>
山村個人盃 (女子組)  Village Individual Cup (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>
親子組  Family Team	<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 Prizes

最高籌款獎\* (個人 / 團隊)、最突出服飾獎 (個人 / 團隊)

Top Fundraiser Award\* (Individual / Team),  
Best Dressed Award (Individual / Team)

\* 善款 (包括已入數及承諾款額) 計算截止日期

Deadline of Donation Counting (donation received and pledged) 12/3/2025

## 報名方法 Registration

### 網上登記 Online Registration

請登入以下網址登記參加

Please register here:

<https://form.jotform.com/250130955280451>

大會會在參加者登記後一星期內發出確認電郵。

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



### 參加表格 Registration Form

參加者亦可向養和山村義工隊秘書處索取表格，填妥後親身或以郵寄或電郵方式交回。

Please obtain registration form from Secretariat of HKSH Village Volunteers. Completed form can be returned in person or by mail or email.



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!



## 查詢 Enquiries

2917 5830 / 5831 / 5832

info@hksh-vv.com

# 當日活動環節 Programme of the Day

個案分享  
Case Sharing

頒獎典禮  
Award Presentation Ceremony

幸運大抽獎(獎品包括運動用品及禮券等)  
Lucky Draw (prizes include sports products and coupons)

## 捐款方法 Donation Payment Methods

請將善款存入「養和山村義工隊有限公司」之招商永隆銀行  
戶口:020-611-006-0200-7;或繳交劃線支票,支票抬頭請寫  
「HKSH Village Volunteers Limited」。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。捐款港幣100元  
以上可獲退稅收據。

**個人參加者:** 請於2025年4月16日或前將入數紙或支票連同  
贊助表格交回養和山村義工隊秘書處。

**團隊組別:** 請選派一名代表,負責收集所有隊員之入數紙或支票  
連同贊助表格,於2025年4月16日或前一併交回養和山村義  
工隊秘書處。

**地址:** 香港筲箕灣東旺道3號養和東區大樓6樓傳訊部 -  
養和山村義工隊秘書處(信封請註明「2025健步樂行獻愛心」)。

Please deposit donations to the CMB Wing Lung Bank Account of "HKSH Village Volunteers Limited": 020-611-006-0200-7. Or make a crossed cheque payable to "HKSH Village Volunteers Limited". Please state clearly the event name, participant's name(s) and number(s), contact details on the back of the cheque. Tax-deductible receipt will be issued to any donation of HK\$100 or above.

**Individual Participants:** Please complete and return the sponsorship form together with the deposit slips or cheques to Secretariat of HKSH Village Volunteers on or before 16 April 2025.

**Team/Group Participants:** Please assign a Team Leader to collect sponsorship forms from all team members, and return them along with deposit slips or cheques to Secretariat of HKSH Village Volunteers on or before 16 April 2025.

**Address:** Secretariat of HKSH Village Volunteers c/o Corporate Affairs Dept, 6/F, HKSH Eastern Building, No. 3 Tung Wong Road, Shau Kei Wan. (Please specify "Walk For A Vision 2025" on the envelope).

## 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、養和醫健、養和東區醫療中心及日後各關聯成員,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, HKSH Eastern Medical Centre 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4月,並於2018年7月正式成為認可慈善機構團體,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」、「山村綠行俠」等,藉以服務弱勢社群。

Established in April 2009 and became an approved charitable organisation in July 2018, 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", "HKSH Trekkers", and "Village Green Rangers".

## 關於香港風濕病基金會

### About Hong Kong Arthritis & Rheumatism Foundation (HKARF)

基金會成立於2001年10月,由現任香港大學副校長(健康)、李嘉誠醫學院院長劉澤星教授創辦,是政府認可的慈善機構,旨在改善風濕病患者健康及生活素質,以及提高市民對常見關節炎和風濕病的認識及關注。

主要工作包括:為病人提供昂貴藥物的經濟支援及心理支援;提供由註冊物理治療師教授的水療及運動課程,以及由陶瓷師及和諧粉彩導師教授的結合治療元素課程;促進風濕科專業人士間的協作,對風濕病治療及患者的需要進行研究;舉辦教育講座,幫助病人更有效地管理他們的病情。

HKARF was established in October 2001 by Professor LAU Chak Sing, the Vice-President & Pro-Vice-Chancellor (Health) (Interim) and Dean of Medicine at The University of Hong Kong. It is a government-recognised charity aimed at improving the health and quality of life of patients with rheumatic diseases. Its goals include raising public awareness and concern regarding common arthritis and rheumatic diseases.

HKARF's main work includes: providing discounts on high-cost medications for rheumatic patients in need and offering psychosocial support through our rheumatic buddy helpline; offering hydrotherapy and exercise classes led by qualified physiotherapists, and therapeutic ceramics and Nagomi classes guided by certified instructors; promoting collaboration among rheumatology professionals to research the treatment of rheumatic diseases and the needs of patients; organising health talks to help rheumatic patients manage their conditions more effectively.

