

聽聽爸媽心底話

Messages from the Parents

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感恩！感恩！

撰文：柏堯媽媽

我是柏堯媽媽 Jo Jo，仔仔現在九個月大。我在懷孕 20 週照結構時，發現 BB 有兔唇裂顎及牙床骨裂。當知道的一刻，我心中只覺得很緊張，很徬徨無助，接近崩潰的邊緣。因為本身年紀輕亦沒有任何不良嗜好，我真不明白仔仔為何會有這個情況？當時醫生亦有提出胎兒未滿 24 週，父母有權決定是否終止懷孕，但那時我的腦海一片混亂，本能上只懂得哭。我先生為安撫我的情緒，在網上搜尋了很多關於兔唇的資訊，從而亦找到了兔唇裂顎協會。



當天下午我們已急不及待到協會諮詢。感謝協會朱太很耐心的講解及安慰我，令我了解到兔唇裂顎小朋友將會面對的情況，例如餵食、治療途徑、手術後康復等問題。因為認識多了，我不安的心情亦變得較為平復，我總共用了兩天時間才能接受 BB 有兔唇這個事實。幸好得到丈夫和家人的接納、支持和鼓勵，最終 BB 順利足月出世，體重七磅半。其實由產檢到仔仔出世，我一直在屯門醫院跟進，醫院提供了很詳細且全面的檢查。柏堯在 39 週出生，第一眼見到他可說是既感動亦很感恩，因為他唇裂的情況比我們預期中輕微。記得當天產房門外，醫生已經等待着第一時間為仔仔作詳細檢查。最終我住院三天便可回家。

作為媽媽，我最擔心的是 BB 吃奶是否有困難和日後說話會否有鼻音，這兩點是我一直非常關注的。很感恩，柏堯由初生到現在吃奶方面都很順利，可以說是個容易照顧的嬰兒。BB 滿月時體重已超過 10 磅，屯門醫院亦很快為他安排了補唇手術的日期，柏堯三個月大可接受手術了。補唇手術前，協會安排了一些照顧及護理的講座給我們，這些資訊對我們來說真的真的很重要，亦很受用。十分感恩，柏堯手術後康復得很快、很好。接着到按摩疤痕的階段，真的一定要很有耐性，由初生的非手術性矯形和戴鼻勾，這些都是每日要進行的工作，就像做手工一樣，要很有耐性，並要持之以恆。記得當初覺得每天要貼唇貼又要戴鼻勾，手術後又要按摩疤痕和戴鼻托，每日重複地做這些工作覺得真的很麻煩，但到今天經歷手術後半年時間，柏堯上唇疤痕一天比一天柔軟，一天比一天好看，之前一切的辛勞和麻煩也變得是非常值得，現在按摩疤痕更已變成我們每天的親子活動。很多謝協會指導我們護理和按摩方法，以及提供照顧等各方面的資訊！因為兔唇裂顎需要幾個專科的跟進，如：整形外科、耳鼻喉科、言語治療、牙科等，所以起初我很怕帶仔仔到醫院覆診，但現在我心情輕鬆了，因為麥醫生很有愛心和耐性，詳細跟我們講解治療和手術後可能遇到的情況，使我們安心。柏堯的補唇手術非常成功，上唇和鼻子很對稱，我和先生都很感謝屯門醫院麥醫生的醫治和護士們的照顧！



柏堯現在已九個月大，但往後還有很漫長的成長路。雖然柏堯是一個兔唇裂顎的小朋友，但在我心中，他跟其他小朋友是沒有分別的，只是上唇多了一道疤痕。只要他身體健康、快樂成長，我覺得已經很足夠。衷心感謝朱太和義工家長一直的關心和跟進着仔仔的情況！還經常邀請我們出席各種分享會，使我們了解更多。現在，我們已經可以反過來當分享嘉賓，為一些剛發現懷有兔唇 BB 的家長提供同路人的經驗分享，所以我真的感恩！很感恩！

孩子是一個祝福，看見他的笑臉我心都溶化了！

撰文：天宇媽媽

大約二十週照結構的時候，原本談笑風生的醫生突然靜下來說：「我發現了一些情況，我們在辦公室詳談吧！」本來滿懷高興地看著照聲波畫面的我，內心不禁一沉，立刻想到：是有很嚴重的事情發生在我孩子的身上嗎？



「我照到你的兒子有兔唇，而裂顎方面要等他出世後才知道。我建議你去公立醫院抽胎水，再和丈夫決定吧！」醫生告訴我。那一刻我的腦袋一片空白，我最擔心的不是孩子患兔唇，而是他還有沒有其他問題。拿到醫生的轉介信，我立刻到公立醫院排期抽胎水。另外，朋友介紹了兔唇協會給我，我立即約見了朱太。她解答了我內心很多疑惑。其後，得知抽胎水的結果沒有其他相關缺陷，我頓時安心了很多。

原本我將在東區醫院生產，孩子出生後會被轉介到兒童醫院跟進。最後，我們決定在私家醫院生產，而兒子出世後會在瑪麗醫院跟進。

既然決定要好好迎接這個孩子的來臨，我和丈夫計劃在他出生前，無論在心理準備上，或者在照顧方面都希望預備到最好。

於是，我們參加了協會舉辦的不同工作坊及新生兒家長聚會。除了吸收詳盡的資訊及手術前後的照顧方法外，更聽到很多家長的分享，這都給了我們很多正面的鼓勵。另外，看到很多家長分享他們孩子做完手術後的情況，外表真的跟其他小朋友分別不大，我們的憂慮也減低了。

今年二月尾，我的兒子出世了！這是真正面對考驗的開始。由於已作出了最壞的打算，所以縱使他患有雙側唇顎裂，我和丈夫都坦然面對。離開醫院數天後，我們就來到協會，朱太很耐心地教導我們怎樣貼唇貼及戴鼻托，有助孩子日後的補唇手術。第一個月，由於他的吸啜能力比較弱，真的需要很多耐性去餵奶。幸好，孩子的適應能力很強，他飲奶的情況逐漸有改善。

另一個挑戰就是兒子約3月大的補唇手術。手術前，我擔心自己看到兒子接受手術會非常心痛。但手術後，我的兒子很堅強地面對，他沒有很大的哭鬧，飲奶的情況也比想像中好。作為母親的我，也要不時提醒自己努力！加油！雖然過程很辛苦，但看到兒子的補唇手術很成功，我感到一切都是值得的！衷心感謝瑪麗醫院的醫生和護士們給我孩子的悉心照顧！

在這三個月裏給我一個最大的反思就是我們要對孩子有信心，他們的適應能力比我們想像中強。作為父母的我們，更要懷着一顆正面及堅強的心，陪伴他面對日後更多不同的挑戰。



在補唇手術前，有時街上路人看到我兒子貼着唇貼，不禁會說：「哦，他很可憐哦！」可是，在我的眼中，他是一個祝福，看見他的笑臉我心都溶化了！

在此，除了感激協會給予我們很多的支持及幫助外，我也想多謝我的神隊友老公。由懷孕到現在面對的擔憂、沮喪、疲累和失去耐性.....全賴有他的扶持及幫助，這條路變得並不孤單！

在我心中，我的寶寶亦有天使般的笑容

撰文：思宇媽媽

時光飛逝，由懷孕照結構時發現思宇是一個兔唇寶寶到現在快一歲了，這一年半時間，看似好久，但每天都過得很充實。心路歷程亦由一個徬徨無助的媽媽變成一個樂意和大家分享照顧兔唇寶寶的過來人。

回想照結構當天，醫生來回照了幾次寶寶的面部，殘酷的事實告訴我，我寶寶有兔唇顎裂，簡直是晴天霹靂，明明我兩個大寶貝都是健康出生，家族又沒有這個病史，為什麼是我寶寶？我眼淚忍不住掉下來，回到家後，兩個大寶貝看到我眼睛通紅，抱著我，關心我是否身體不適。我擦乾眼淚，上網尋找資料和幫助，感恩找到了兔唇協會，謝謝協會的幹事和義工們，給我各方面的資訊，又令我覺得很溫暖，面對孩子的治療並不孤單。

沒有埋怨，只有更用心，更愛，更有耐性，更包容這個寶貝。同時亦教導兩個大寶貝包容、愛錫和接納妹妹，終於等到思宇出世，哥哥姐姐第一眼見到妹妹的樣子很驚訝，同時也很心疼妹妹，我大寶說「不是每個寶寶都能健康來到這個世界，天父早有安排，就當是天父給我們一家人一個任務，讓我們好好愛護妹妹！」感恩兩個大寶十分愛妹妹。

上天關上一道門，必為你打開一扇窗。在我心中，我們的寶寶亦有天使般的笑容。在照顧兔唇寶寶的道路上，和大家一起努力，願共勉之。



親愛的女兒，我和爸爸會陪著你走

撰文：湘瑜媽媽

霎眼間女兒湘瑜已經 5 個月大。回想起在懷孕 20 週照結構時，我發現 BB 患有唇顎裂時感到晴天霹靂，整個人心神恍惚，對醫生所講的一切已經聽不進去。

我完全沒有心理準備會收到這麼的一個不幸的消息。當下只懂問醫生原因，同時亦怪責自己在懷孕期間是否做錯了甚麼而導致這個情況出現。慶幸先生夠冷靜，馬上按照醫生建議到廣華醫院登記做產前檢查及到兔唇顎裂協會尋求更多資訊。

檢查當天已經立刻到協會尋求幫助，了解更多關於兔唇的資料。十分感謝朱太以及義工家長劉太的講解以及安慰，我們對於女兒出生後將會面對的情況都有初步了解和心理準備。不過，我們只把女兒的情況告知最親近的家人，沒有向身邊朋友透露，因為自覺無法面對他們的關心。

從照結構發現問題開始便一直在廣華醫院跟進及約見整形外科醫生，了解女兒出生後的治療方案。回想起十分慶幸有協會的支援，提供了多個講座，從餵哺技巧、早期非手術性唇鼻矯型、手術後的照顧和按摩等。這一切都令我們在照顧上更得心應手，心理壓力減輕不少。

女兒出生後，她無論在飲奶和吞嚥方面都很好，令我們都放下心頭大石。就算出生初期每月都要頻密地在醫院各個專科奔走都變得微不足道。只要女兒安好，辛苦一點都是值得的。



三個月大時，女兒體重滿十磅，可以排期做手術了。在此，十分感謝廣華醫生的麥醫生，手術前後都為我們講解得十分清楚，手術亦做得非常成功。短短三、四個月時間，在見麥醫生時的心情由徬徨無助變為安心。感謝妳，麥醫生，感謝妳的耐心和專業！

撇除兔唇問題，女兒是一個正常的嬰幼兒，只是比普通人需要做幾項手術，走一條特別的路。每次看見她很努力地飲奶令我十分感動，給予我無限勇氣去面對一切！眼看女兒都如此努力，我作為母親，更加應該做好自己本分，把她照顧得更好。

從懷孕 20 週時發現問題到現在女兒已經 5 個月大，當中的心路歷程實在難以形容。在此，十分感謝朱太以及其他義工家長，感謝你們經常解答我的問題以及關注我女兒的情況，與我們同行，使我們感到安心。

親愛的女兒，漫漫長路，我和爸爸會陪著妳走，做妳的後盾！



孩子有兔唇也算不上什麼

撰文：悅瞳媽

Hello 大家好，我係瞳瞳媽媽 ^^

我女女是 2020 年 8 月在廣華醫院出世，眨吓就 2 歲了。

出生後，她在醫院住了差不多半個月才獲准回家。在她院住期間，我每日都會掛念她，希望她可以快些出院。因為除了她出世那刻我抱過她 5 分鐘外，基本上我不能再抱她 🥹



終於等到接她回家，回家後餵奶很順暢，並不如醫院兒科醫生所認為的困難，又沒有噎倒的情況，其他照顧與一般 BB 無異。

在 4 個月大時，她接受了第一次補唇手術，當時因為疫情關係，不許陪同和探望她。這手術做了差不多半日，我擔心到半步都不敢離開手術室門外。出院回家後的照顧真的令我刻骨銘心，因為那時她可能傷口痛，不太願吃奶，而我又要用軟管奶瓶去餵奶以免影響到她上唇的傷口，那種辛酸感覺難以忘記。



由於疫情原故，瞳瞳的補顎手術延期至 7 月尾，這次手術後第一期的治療便完成，大家可以抖一抖，未來還有兒童階段的矯齒和牙槽植骨手術等，我們都會保持平常心與女兒一起見關過關。

好感恩，我認識了朱太、一班義工和其他媽媽，大家可以互相交流~~今年我亦由打工仔轉為全職媽媽，可以見證和陪伴女女成長^^ 經歷了這一年，我發覺其實孩子有兔唇也算上什麼，因為每次我想起在醫院的兒科病房內見到那些有嚴重疾病而需要長期住院的小朋友，他們更加可憐，兔唇 BB 其實做完手術就可以康復，跟其他孩子分別不大。

瞳瞳是上天賜給我們的孩子，我們要努力去學習，給她最好的照顧 ^^

孩子，謝謝你選擇我們當你的父母

撰文：柏希媽

柏希是一個左側唇裂的 BB，猶記得在我懷孕 5 個月去照結構時，醫生問我們有否家族遺傳病時，我們均表示沒有，所以當醫生告訴我們 BB 有兔唇時，實在難以接受。我終日以淚洗臉，身為母親的我更不停責怪自己在懷孕時，是否吃錯東西或做了任何事令 BB 有兔唇，丈夫見我情緒不穩，就不停上網搜尋關於兔唇的資料來安慰我，他解釋說兔唇可以成因不明，他得知有一組織為唇顎裂患兒家長提供支援服務，於是我們立刻 Whatsapp 了解，並於翌日到協會諮詢。



當時接見我們的是朱太，她向我們詳細講解補唇手術及分享一些患兒術後恢復的照片，讓我們知道手術後容貌跟其他人一樣。我記得日子最難過的是抽羊水等染色體報告，那一個星期我不停向肚裡的 BB 說；「BB，記住應承媽媽要健健康康啊！」。當時我心裡好像聽到有一把聲音回應：「媽媽，我好健康啊，只是個嘴仔有條裂縫，出生後縫埋就冇事啦！」或者這真是我腹內兒子對我的回應，再加上當時婦產科醫生的鼓勵說：「如果只是兔唇，我們不會叫媽媽不要這孩子的」。最後，我和丈夫亦決定生下這 BB。



現在，回想我每天也感恩與丈夫當時的決定。縱使照顧兔唇 BB 較一般艱辛，但每次望到柏希的笑容，所有一切都是值得的。幸好當時沒有做一個令自己後悔不已的決定！

藉此機會，我想多謝協會每一位與我們同行的職員和義工！亦勉勵所有唇顎裂患兒的父母，這個過程中必有憂慮和徬徨，但事情不是我們想的那麼糟，身為父母更應以積極、正面的態度去面對。

最後，有些說話想對兒子說：「孩子，謝謝你！多謝你選擇我們當你的父母，多謝你讓我知道外表不等於一切，多謝你讓我知道甚麼是無條件的愛，多謝你來到我們的家庭，讓爸媽、家姐與你一起學習成長！」

Logan is the most amazing gift to me!

Written by Logan's mother

We are grateful for the opportunity to share our experience as parents of a cleft affected boy for the Hong Kong Association for Cleft Lip and Palate's 32-year anniversary.

We found out about our child's cleft lip and palate condition during our 22nd week structural scan review. While concerned and confused at the time, we decided that we would proceed with the pregnancy. We then spent the remaining of the pregnancy terms to get ourselves ready for the care and treatment that Logan would need by attending workshops at the association, speaking with healthcare professionals including Dr Lam who performed both of Logan's surgeries. We wanted to be as prepared as we could before Logan arrived in this world. It ended up being the most rewarding decision we have made as a couple.



During the initial three months of lip surgery preparation, we both took time off to prepare for our child's operation. Thanks to the guidance from the association and its community, we felt well informed of the facilities available in Hong Kong, and further research allowed us to explore additional taping and moulding techniques from Canada. The experience of dedicating every minute towards a child's liquid diet, taping, sleeping and doctor visits, while intense, remains a piece of loving memory dear to our hearts.

The toughest part of the process was to say goodbye to Logan for his two surgeries when he went under general anaesthesia for the surgery, feeling helpless and knowing clearly the medical risks that lie ahead. We believe the love from family and friends and the support of the association, provided through the years of experiences they have accumulated, provided that confidence and comfort we needed; knowing that we were not alone on this path to raise a healthy CLP child.

Our child has grown up beautifully and just enjoyed his 5th birthday party weeks ago, and is excited to start his first year in primary – the most amazing gift a parent can ask for.



“Every cloud has a silver lining”, remember to embrace change with an open heart!

Written by Francis

We first saw our eldest daughter Audrey's cleft lip when we had an ultrasound scan in week 20 of the pregnancy. We were so shocked and helpless at that time. We could not believe that this could happen on us, but we had to be strong to face this adversity.



Luckily, we were introduced to this association and were blessed to meet all the wonderful people here. We still remember vividly the first session we had here, feeling worried and uncertain. After attending all the sessions, and listening to the sharing of other parents who have similar experiences, we were more confident and relieved. We truly believed that with the support of the association, we would be able to help our daughter effectively.

The first 3 months was not as tough as we thought, probably because we were quite well-prepared. Regarding feeding, we were able to breastfeed and bottle-feed our daughter successfully. When Audrey was 3 months old, she had her first lip repair. We were very grateful for having Dr Chow, an extremely experienced plastic surgeon, to help Audrey. The surgery was a success but we were reminded to handle the wound with care.

The first week was tough. The pain of the wound caused a little discomfort, followed by constant crying. We tried different ways to comfort her. During that critical period, as parents, we had to be patient, persistent and positive. Fortunately, everything was fine after a month.

Time flies. Our daughter is now 4. She grows happily and enjoys every bit of her school life. Apparently, she has no functional or social problems at all and has made a lot of friends at school!

Looking back, undeniably, there were frustrations, worries and uncertainties. But after all, it wasn't such a bad experience. “Every cloud has a silver lining”, remember to embrace change with an open heart!



We feel blessed that he is healthy and has become a cheerful and sweet little boy

Written by Alex's mother

When we first found out that our son Alex had a cleft palate, we were devastated, and we simply did not expect something like this would happen to us. More importantly, we felt helpless as we didn't know much about this condition. Thankfully we had great family support and as soon as we were told about this, my husband researched into this condition and found out about the Hong Kong Association for Cleft Lip and Palate (HKACL P), a charity that helps families with cleft lip or palate children. When we reached out to HKACL P for support, they immediately gave us plenty of advice on caring for our cleft palate child.



The greatest obstacle that we faced at the beginning was how we could feed our newborn child. Due to the lack of ability to create suction in the mouth, he was unable to drink from a normal bottle. HKACL P advised that we should opt for a special need bottle, and he was finally able to start drinking milk.

As we had to adapt to a different type of bottle for feeding, we had the whole family trained on feeding Alex, so that we could help each other whenever needed. I was still able to feed him with pumped breast milk and I had continued to do so for the next 11 months.

I would say that the most difficult part that we encountered when he was a newborn was the feeding part. Usually, it took us about an hour for each feed and 30 minutes to burp. We then had to hold him upright for a longer period of time than usual as he would frequently throw up after feeding. Another great challenge that we had to face was the cleft repair operation which was set to be carried out at the age of one. We are very grateful for all the help that HKACL P had given us before and after the operation. Through helpful seminars given by experienced parents and physicians, we were able to care for Alex in a calm and positive manner. Without the support of HKACL P, I am sure that we would have felt helpless and unprepared.

The operation and recovery went extremely well. Alex is now 3 years old and he will be going onto K1 in September. We feel blessed that he is healthy and has become a cheerful and sweet little boy.

Jeremy - our little warrior and the strongest person we have ever known, we are so proud of you!

Written by Jeremy's mother

"Look at his big feet! He's like papa!" - commented my husband as he saw the images on the screen with tremendous excitement and anticipation.

16th December 2019 was the day that saw us begin with overwhelming expectations only to end with insufferable despair.

Our son was diagnosed with a unilateral cleft lip and palate by an anomaly scan at my 23rd week pregnancy. Like many people who encounter sudden upsetting changes in their lives, we chose to deny reality as a defence mechanism - "This must be a mistake. It cannot be true!" One week later, the confirmation of the second scan left us no room for doubt or escaping the truth anymore. My mind was clouded with a mixture of anger and guilt that impeded my judgement and ability in making sensible decisions. Every morning I opened my eyes crying, blaming myself for what was happening to him.



While organising a pile of medical files, a leaflet of the Hong Kong Association for Cleft Lip and Palate caught my eyes. Utterly desperate and confused, we knocked on their door, and from that moment on the association has been a most valuable help. Mrs Chu has given us immense emotional support by sharing her personal experience and explaining to us the surgeries and treatments that our baby will have to go through.

I hesitated to tell my parents when I first learned of my son's birth anomaly, as I didn't want them to worry too much for us. To my surprise, they were both very supportive and understanding.

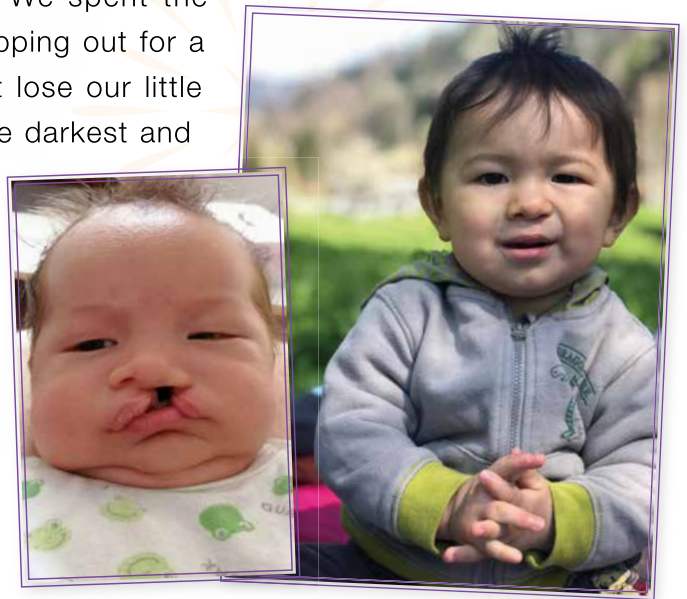
With the help of my loving husband, family, friends and members of the association, I finally managed to put all the worries aside to focus on enjoying my pregnancy. The moment my son was born, I saw the most beautiful creature on earth, and we welcomed him to the world with boundless love and joy like all other parents.

My husband said putting the feeding plate on our baby's palate every night is a special

moment between them that he will forever treasure. He would always sing a song for him while glueing the plate and clap his hands as encouragement when they're done. We did struggle a lot in the early days, however, and it often took us half an hour to place the tapes and the nasal elevator for his pre-surgery preparation, but after a month's practice we could confidently apply them in 5 minutes like a pro!

Our little bundle of joy has already turned 4 months old with the blink of an eye. The night before his first surgery I kept tossing and turning in my bed and felt so worried. Despite having prepared ourselves for the worst, knowing the risk of the surgery, we simply could not have been prepared enough when things did go wrong. Jeremy had a rare complication that caused him substantial blood loss post-operation, and had to be admitted into intensive care unit. We spent the next two days with him in ICU, never stepping out for a second, fearing we might at any moment lose our little angel forever. The incident drove us to the darkest and longest tunnel from which we thought we would never emerge.

We felt so blessed when he recovered speedily and regained his appetite within a week and we are very thankful for the satisfactory cosmetic result of his first surgery. Although the months after that was the most challenging time we've had living in constant fear and



anguish, it bonded us with our family and friends deeper than ever.

They were always there when we were in need, offering their care and support unconditionally - my in-laws passed by everyday to bring us lunch and help with the chores, my best friend Julianne spent hours on the phone to comfort me and give me courage... All these together with the professional guidance of the association have kept us from falling apart.

Although our Jeremy will go through more challenges down the road than other ordinary children, we are optimistic and well prepared to walk him through every single step. This episode has also connected us to other parents whose children have similar conditions, giving us all strength and support through sharing information and experience within our community.

We are so proud of Jeremy - our little warrior and the strongest person we have ever known.

After three surgeries, Chloe has grown into a beautiful, confident and happy girl!

Written by Mother of Chloe

I was a super tough woman without any fears before I had Chloe. But I started crying when I saw my poor little one when she had just been delivered. We were not aware of Chloe's cleft lip problem during my pregnancy. My smart little one hid her problem well and escaped all prenatal checks. To be honest, Chloe's cleft problem shocked us. I didn't know how to handle it at all. I felt very guilty because of my stressful work that perhaps was the cause of the cleft lip, I also started worrying about my daughter's future, how would her life become?

We were very lucky. My OG doctor introduced plastic surgeon Dr. LAM to us. He is a very professional and warm-hearted doctor. He did a professional check with Chloe and made a treatment plan for her. At the same time, he introduced Mrs. Chu and Hong Kong Association for Cleft Lip and Palate to me. At my most darkest moment in life, Mrs. Chu and the association showed me the light and led me walking out a panic phase. I still remember the first time I talked with Mrs. Chu on the phone. I knew nothing about how to care for Chloe. Chloe could not even drink milk because of her cleft problem. Mrs. Chu comforted me on the phone and was very patient and answered all my questions and offered lots of practical guidance and help. It is the first time that I felt how difficult and hard it was to work for the association. Every other parent like me would ask Mrs. Chu the same questions and other staff working for the association everyday. They gave me the most important help when I felt lost and helpless.

The first time when I visited the association was one week after I got out from hospital. I couldn't wait any longer for meeting Mrs. Chu. In the association, there are two glass cabinets full of different items inside. Later I realized those are all items designed for CLP kids. The association imports them overseas with a hope to help CLP kids in Hong Kong. The association organize for new parents care taking training classes and medical talks. Since then, I started visiting there often. I learned how to take care of Chloe. I talked to other parents. I met more CLP children and some of them have grown up already. It is like a big family and they helped me through those dark times.

Time flies. Chloe is almost 11 years old. She has gone through three big surgeries but has grown into a beautiful, confident and happy girl. From physical to emotional, we have experienced so many difficulties. Every step of the way I have received strong support from Mrs. Chu and the association. Not only Chloe, but I have also grown up and changed a lot. I have started feeling other people's difficulties and pain. I have started thinking of how to help other people. The way I see the world now is very different.

I am very grateful to the association for changing Chloe's and my life. Hong Kong Association of Cleft lip and Palate has been established for 32 years. They have helped so many children and parents going back to a normal or even better life. Their contribution reflects Hong Kong, as an international metropolis with a new level of humanistic care.

I wish the Hong Kong association of Cleft Lip and Palate a wonderful future and hopefully gather more and more support from different sectors of the society. I am happy to support the association carry on the good work in the future.

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