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Department of Health, Elderly Health Service

Cultivating Seed of Compassion

Weakening of social bonding in Hong Kong?
(About getting along with others) How to...
...take care, contact or greet each other
Nowadays, it’s rare to see these kinds of behaviours
People are much more distant compared to the past

Considering the weakening of social bonding in neighbourhood, Mr. Wong takes the initiative to serve the community

Serving the community with dedication
Like when elders are crossing the road
Even if you just gently lend them a hand
You’ll feel happy
Things will get a little bit better if you help them
Sometimes when I see elders on MTR...
...carrying heavy objects
I’ll go up and ask,
‘Do you need a hand?’
When a friendly offer got rejected
I’ve also come across elders who didn’t accept other’s care
They looked displeased with no smiles
They thought they could handle on their own
They didn’t need your help

Breaking down the wall by showing his care
I’d ask, ‘How are you?’
Does the food suit your taste?’
Or remind them to pay attention to a particular aspect
When they feel your concern and care
Know your good intentions
They’ll be more willing to open up

Mr. Wong paying visit to the elderly

Regardless of age, ability, and scale of issue at hand
Trying his best to give back to society
Actually I haven’t thought of when I’d stop helping people
No matter how old I am
As long as I have the strength to help others
I have the strength to do something
I’ll keep doing it
I never felt I was very old
I feel like I’m only 40 something
I’m doing everything with this attitude in mind
I don’t think I’m incapable of doing anything in my 70’s or 80’s
I seldom think of it this way
My attitude is no matter how much I can do
I’ll just do it if I can
It doesn’t mean only if you can carry 100 kg or just 50kg ...
...that you’re helping
Sometimes what you say can benefit others
This is already enough to help build a more harmonious society

Every bit of effort counts in giving
Even though each of us has limited ability
If none of us is willing to contribute
Nothing can be achieved
If everyone contributes a little
The (cumulative) impact is uncountable

**Lacking love and care in Hong Kong?**
The bonding between neighbours in the new community...
...isn’t as strong as before

**Noticing the lack of love and care in the community, Ms. Tang decides to help out in the neighbourhood**

**Helping others is the foundation of happiness**

**Serving others wholeheartedly**
Seeing an elder pushing a wheelchair
How can he/she open the door?
We need to help mothers with stroller as well
How can they open the door with a stroller?
Paying visits to elders in old age homes...
... our volunteer group prepared a lot of programmes
Singing, dancing
We performed for them at the old age homes

**Touched by her genuine care**
We visited them...
... with a genuine and caring heart
They could feel it too
Because they would hold my hands
I chatted with them
And then they started to cry
Maybe they felt joy deep inside...
...or appreciated our effort
We are about the same age
But you are so passionate

**Spreading love and care to others**
If I still have the ability
I hope I can help more elders
I’m not boasting
I hope not only my elderly family member at home...
... can receive my care
I hope I have the ability to help others as well
I hope to serve as many as I can
Wishing every elderly person to live happily

‘Do not consider any good deed trivial and so not to act on it’ - Chinese Proverb
Every bit of effort counts!
Starting from today, let’s awaken the seed of compassion in ourselves, revive the social networks in
our neighbourhood, and spread the love to everyone around you.

Special thanks to: Mr. Wong, Ms. Tang
Elderly Health Service, Department of Health