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Unit 3, G./F, The Centre, 99 Queen's Road Central, Hong Kong
香港中環皇后大道中99號中環中心地下3室
關心您的心
CARE FOR YOUR HEART

請貼上郵票
PLEASE PUT
THE POSTAGE
STAMP



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活動概要 Highlights

「關心您的心」於1995年由一群心臟病患者及家屬創立，並已註冊為非牟利慈善團體。本會旨在發揮會友及家屬互助互勉精神，解開因病帶來的困惑和恐懼。攜手共進復康之路，邁向豐盛人生。本會每年平均提供超過1,300次/項服務，服務人次超過55,000人次。

Established in 1995, Care For Your Heart is the first community-based cardiac patient's self-help Association for cardiac patients, and is entitled as charitable organization. Aiming at promoting mutual support and self-help among cardiac patients in tackling psychosocial problems related to their illness, we provide patient support and cardiac rehabilitation services to reinforce patients' rehabilitation process. At present, the association provided 1,300 services catering to the needs of over 55,000 persons.

- 善款用途 Use of funds raised:**
- 心臟復康活動 Cardiac rehabilitation services
 - 心臟病患者關懷服務 Cardiac Patients care services
 - 心臟健康推廣活動 Cardiac health public awareness program
 - 心臟健康資訊製作 Cardiac health educational materials

鳴謝 Acknowledge

- 主禮嘉賓 Official Guests**
- 食物及衛生局局長陳肇始教授
 - 市區重建局主席蘇慶和先生
 - 醫院管理局總監(聯網服務)高拔陞醫生
 - 食物及衛生局中醫醫院發展計劃辦事處總監張偉麟醫生
 - 關心您的心顧問李耿淵醫生
 - 香港心臟專科學院代表 (待定)

銀贊助 Silver Sponsor (排名不分先後)



愛心支持 Supporting Organization / Company (排名不分先後)



活動內容 Programs

起步禮表演節目、步行、心臟健康資訊展覽及健康檢查
Heart Health exhibition, and Health Check followed by Kick-off Ceremony with performances and the Walk.

步行路線 Route:
沙田公園 (起點) → 沿城門河源禾路緩步徑 → 經過沙田運動場 → 翠榕橋 → 沿城門河大涌橋路緩步徑 → 瀝源橋 → 沙田公園 (終點)
Sha Tin Park (starting point) → Yuen Wo road → Sha Tin Sports Ground → Banyan Bridge → Tai Chung Kiu Road → Lek Yuen Bridge → Sha Tin Park (end point)



活動時間 Times
登記時間 Registration Time: 上午9:30am
起步禮時間 Kick-off Ceremony: 上午10:00am
路程時間 Walking Time: 1.5小時(hrs)
路線特色 Features of the route:
 全程平坦易行，適合任何人士參與，傷健同行
 The smooth route is suitable for participants of all ages and different abilities, including wheelchair users.



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 2614 0422 / 2439 9137
<https://www.careheart.org.hk>
 walkforheart@careheart.org.hk



2019同行萬步護心路 Walk For Your Heart

支持心臟病人復康步行籌款活動
A Charity Walk for Cardiac Patients

2019年3月17日 (星期日)
17th MAR 2019 (SUN)

沙田公園 10:00 上午 - 1:00 下午
Sha Tin Park A.M. - P.M.



愛心大使
古天樂先生

查詢 Enquiry 2614 0422

關心心臟病人，
支持關心您的心！



紀念品 Souvenir

- 所有參加者可獲贈精美紀念品 (於步行日領取)
All participants will receive souvenir on the event day



- 公司/機構組別捐款達HK\$5,000或以上可獲贈精美設計T恤十件
For company/organization donation reaching HK\$5,000 or above, 10 event T-shirts will be given



獎項 Prizes

- 個人最高籌款獎
Top Fund Raiser
- 隊制最高籌款獎
Top Fund Raising Team
- 關心心小組最高籌款獎
Top Fund Raising Group Care For Your Heart
- 隊制最陣容鼎盛獎
The Largest Team
- 關心心小組最陣容鼎盛獎
The Largest Team of Care For Your Heart
- 親子最高籌款獎
Top Raising Family Team



善款交付方法 Payment Method

請於3月15日或之前將善款連同贊助表格一併交回本會，方法如下：
Please deposit the donation together with this sponsor form to us on or before 15th March:

- 以現金親身遞交到本會；
By cash to office of Care For Your Heart
- 以劃線支票(抬頭「關心心」)親身或郵寄遞交至本會；
By cross cheque (Payable to “Care For Your Heart”)
- 直接存入本會恆生銀行戶口：267-262335-669，並將入數紙親身、傳真或郵寄遞交至本會
By direct payment into our Hang Seng Bank A/C: 267-262335-669 fax or deliver the pay-in slip to us

參加者須知 Notes to Participants

- 參加者需確保其個人健康是合適參與是次步行籌款。如有任何問題，應先向醫生查詢
Participants should take full responsibility of their own health and physical condition, to ensure they are physically fit to participate in the Walk, if they have any doubts, please consult a medical practitioner.
- 請攜帶活動收據出席當日活動，以確認參加者之身份
Participants must bring their receipt on the event day for registration.
- 請自行帶備飲品、食物、太陽帽、風樓、雨具及所需藥物(如有需要)
Participants should bring their own food, drinks, wind breaker, umbrellas and medicine on event day (as needed)
- 步行者必須遵照主辦機構人員及其他工作人員的指示
Participants must abide by the organizer and their attending staff's instructions.
- 步行者需照顧其個人安全，建議十八歲以下人士須由成年人陪同
Participants should take full responsibility of their own safety. We suggest children under 18 must be accompanied by an adult.
- 參加者需小心保管私人財物及保持環境清潔，勿沿途留下垃圾
Participants should take care of their own belongings and keep our environment clean during the Walk
- 如活動當日懸掛三號或以上颱風訊號、紅雨或黑雨警告、雷暴或山泥傾瀉警告，步行活動將會取消；並將透過電台廣播，宣佈有關活動取消事宜
The event will be cancelled if typhoon signal no. 3 or above; red or black rainstorm warning; thunder storm warning, or landslide warning is hoisted or announced. The cancellation will be made via a radio announcement.
- 主辦機構保留權利在任何時間更改條款及細則、路線、時間及一切有關是次活動之細則，恕不另行通知
The organizer reserves the right to change the route, time and other details related to the Walk without prior notice.
- 主辦機構若認為參加者沒有遵照或違反細則的規定，主辦機構有權取消參加者的資格或於活動中任何時間內終止參加之活動。主辦機構的判決為最終決定
Participants who do not follow the organizer's rules and instructions will not be allowed to take part in, or complete, the Walk. The organizer's decision will be considered final.

步行籌款登記及贊助表格 Charity Walk Registration and Sponsorship Form

A. 支持方式 Support in Action

(請於合適選項中加上☑ Please ☑ where appropriate)

1. 參加步行 Participate in the Walk:

個人 Individual (基本籌款額為每人\$200) (Basic Fundraising Target HK\$200/person)

隊伍 Team (任何自組隊伍、家庭或團體隊伍 Any Combination)

(基本籌款額為每隊 \$3,000 Basic Fundraising Target HK\$3,000/team)

隊伍名稱 Team Name: _____

預計人數 Expected no. of Participants: _____

親子 Family Team (2-6人一隊，隊中必須最少包括一名18歲以上成員及一名18歲以下成員)

A team of 2-6 and at least including one member over 18 years old and one member under 18 years old)

(基本籌款額為每隊\$1,000 Basic Fundraising Target HK\$1,000/family team)

隊伍名稱 Team Name: _____

預計人數 Expected no. of Participants: _____

18歲以上成員人數 No. of members over 18 years old: _____

18歲以下成員人數 No. of members under 18 years old: _____

2. 捐款支持 Make a Donation

我/我們未能參與是之步行，唯樂意捐款支持

I/We cannot join the Walk, but wish to donate:

港幣HK\$300 港幣HK\$500 其他：港幣HK\$ _____

(詳見「付款方法」Please see "Payment Method" section for details.)

B. 聯絡資料 Contact Information

(由「個人參加者」、「隊伍聯絡人」或「親子隊聯絡人」填寫)

(Fill in by "Individual Participant", "Team Contact Person" or "Family Contact Person".)

姓名Name* (先生Mr/女士Mrs/小姐Ms): _____

聯絡電話 Contact Telephone no.: _____

1. _____ 2. _____

通訊地址 Correspondence Address: 住宅Residence 公司Company

所屬公司/機構/關心心小組名稱 Name of Company/Organization/Group of

“Care For Your Heart”(只可填寫一個小組名稱 Please fill in only one group name) (如適用If applicable):

電子郵箱 E-Mail: _____

緊急聯絡人姓名及電話 Emergency Contact: _____

「關心心」可能使用你的個人資料(包括你的姓名、電話、地址及郵寄地址)，以便本會日後與你通訊、處理報名、收集意見、作活動推廣用途及與本會相關之項目事宜。

Care For Your Heart collects data of your name, telephone number, postal and email addresses, we will continue to use these data for promotion of education and training programs, activities and services including but not limited to fundraising, talks, conferences, seminars and newsletters.

本人不同意上述有關使用個人資料的安排。 I disagree to the proposed use of my personal data as stated above.

步行籌款登記及贊助表格 Charity Walk Registration and Sponsorship Form

(每位隊伍成員請各自使用一份贊助表格以便邀請贊助)

Each team member should use his/her own copy of sponsorship form.

贊助人姓名 Name of Sponsor (請用正楷 Please use block letter) (先生/女士/Mr./Ms)	贊助金額 Amount sponsored (港幣HK\$)	參與步行 Join the walk ☑	需要收據 Receipt Required ☑	收據編號 Receipt no.
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
善款總額 Total Sponsorship				

- 若表格不敷應用，請自行影印 Please feel free to copy the Form if necessary
- 贊助港幣100元以上將獲發扣稅收據 Donation of HK\$100 or above is tax deductible and will be given an official receipt
- 除特別註明，贊助人姓名將填寫在收據上 Unless otherwise stated, the name of sponsor will be printed on the receipt.
- 正式收據將交由參加者代為分發，如有需要，請自行影印本表格 The participant is requested to distribute the donation receipts. Please make photocopy of this form in this event.

參加者/ 聯絡人簽名
Participant's/ Contact Person Signature: _____

日期 Date: _____

(職員填寫)
處理收款職員簽署
Payment received by handling staff: _____

收款日期 Date of received: _____