

BLOOD POST

Newsletter

BLOOD
事通訊

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週年捐血頒獎典禮暨2017世界捐血者日慶典圓滿舉行

兩場的週年捐血頒獎典禮暨2017世界捐血者日慶典已分別在6月4日和11日順利舉行，頒獎禮旨在嘉許在2016/2017年度共3,321位捐血累積達25次或其倍數的熱心人士。

在6月11日的典禮上，時任食物及衛生局局長高永文醫生和醫院管理局行政總裁梁栢賢醫生擔任主禮嘉賓。同場的香港中文大學醫學院院長暨卓敏內科及藥物治療學講座教授陳家亮教授也跟大家分享臨床用血的經驗與輸血治療的感受。今年，多個支持團體和機構獲頒發獎項，其中香港消防處及領展資產管理有限公司同奪「特別榮譽獎」。

Annual Donor Award Ceremony 2017 cum World Blood Donor Day Celebration

Two Annual Donor Award ceremonies 2017 were held along with the World Blood Donor Day celebration on 4 and 11 June respectively to honor 3,321 outstanding blood donors who have achieved 25 times of donations or its multiples over the past year.

Officiating guests were invited to the ceremony on the day of 11 June, including then Secretary for Food and Health, Dr Ko Wing-man and HA Chief Executive, Dr Leung Pak-yin. Prof. Francis Chan, the Dean of the Faculty of Medicine cum Choh-Ming Li Professor of Medicine & Therapeutics of the Chinese University of Hong Kong has also shared his experience in clinical treatment and transfusion on stage. This year, a number of supporting organizations and corporations gained recognition. Among all, the Hong Kong Fire Services Department and the Link Asset Management Limited received the Special Merit Award.



一齊支持6月14日「世界捐血者日」

2017年「世界捐血者日」的主題是「您可怎樣拯救生命？立刻捐血，恆常捐血！」。中心透過製作動畫宣傳短片、安排電台呼籲及傳媒報道，向廣大市民宣揚資訊。中心亦向捐血人士及參與捐血的團體派發特別製作的便條貼，感謝捐血人士的無私奉獻。

中心總部擴建工程項目團隊及醫院管理局定期小型工程合約團隊當日分別在旺角捐血站及西九龍捐血站組織團體捐血活動。九巴(九龍巴士有限公司)更給予一份特別的支持，在路線牌展示「捐血燃點希望」的宣傳標語，提升公眾參與度。



Concerted effort to support June 14 "World Blood Donor Day"

Echoing with the theme "What can you do? Give blood. Give now. Give often" of the World Blood Donor Day 2017, the BTS promoted the message through animated videos, radio announcements and media reports. Special memo pads were distributed to blood donors to express our gratitude to them.

The construction teams of the BTS headquarters expansion project and the Hospital Authority (HA) Term Contract for Minor Works organized a group donation at Mongkok Donor Centre and West Kowloon Donor Centre respectively to support World Blood Donor Day. The KMB (Kowloon Motor Bus Company Ltd) has also showed their support by displaying promotional slogans on route signs of buses to raise awareness on blood donation.



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重點推廣項目: 捐得有「營」從鐵開始宣傳計劃

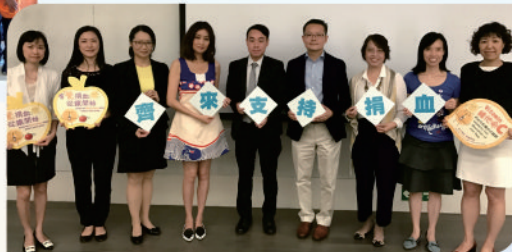
Blood Post在上期已介紹本年度的「捐得有『營』從鐵開始」宣傳計劃。中心希望鼓勵捐血人士多了解自己每天的飲食習慣，從日常均衡飲食中增加身體鐵質吸收，時常保持身體健康，那就能隨時做到捐得有「營」、捐得更「型」!

中心於本年四月舉辦了「有營食譜設計比賽」，所有參賽作品均十分出色。經過嚴格評審後，「和風·紫米牛肉飯團」奪得冠軍殊榮。

在8月份，中心與香港專業教育學院(葵涌)應用科學學系和著名廚師聯合舉辦BTS@Kitchen捐得有「營」烹飪班，與捐血人士一起製作「吸鐵」食物。

其後在10月份，中心與香港理工大學護理學院聯合舉辦有「營」講座，並邀請婦科專科醫生、中醫師、營養師和著名作家分享健康心得。當日吸引近300位市民參與。參加者反應熱烈，在答問環節當中踴躍與演講嘉賓交流，互相分享鐵質吸收和培養均衡飲食的習慣。

此外，中心特別為商場舉辦的流動捐血隊安排有「營」捐血佈置，亦獲得到商場餐廳協力支持，為當日在商場的捐血人士贈送檸檬飲品。



「吸鐵」食譜： 和風紫米牛肉飯團

材料(可製作3-4人份量)		調味料	
白米	200克	鹽	少許
紫米	50克	米酒	1茶匙
粟米茸絲	35克	蒜油	1茶匙
甘藷絲	50克	蔥粉	1茶匙
生菜	4-6片	胡椒	少許
牛肉片	105克	醬油	1/2茶匙
蛋	2隻	乾蔥碎	少許
紫菜	3片	壽司醋	30克

做法

- 煎蛋餅用，將粟米茸絲和甘藷，分別炒熟備用。
 - 將所有調味料加入牛肉片，醃半小時，然後炒熟並備用。
 - 以滾水將紫米，用少量熱水浸泡一小時後，加入白米煮熟，再加入壽司醋攪勻。
 - 鋪放一張保鮮紙，然後放上一塊紫菜。
- 把滾燙米飯平放於紫菜中央，並依次序鋪放生菜、甘藷絲、粟米茸絲、生菜、牛肉、蛋塊及米飯。
- 把飯團的兩向摺向中間，用保鮮紙緊緊的把飯團包實。
 - 把飯團切開兩份，即可食。

Signature Project: "Stay on Nutritious Diet, Start with Iron" Publicity Programme

The last issue of Blood Post has introduced "Stay on Nutritious Diet, Start with Iron" as the key theme of our Publicity Programme this year. The BTS encourages blood donors to review their eating habits and increase iron intake in their daily diets. By doing so, donors can lead a healthier lifestyle and are physically fit to donate blood regularly.

The BTS organized "Cooking Recipe Design Competition" in April with impressive entries submitted by the public. After rounds of stringent vetting, the champion entry went to "Japanese-style beef purple rice ball". In August, the BTS partnered with the Department of Applied Science of the Hong Kong Institute of Vocational Education (Kwai Chung) and star chef to jointly organized BTS@Kitchen Cooking Class to cook iron-rich meals. In October, the BTS held a health talk with the School of Nursing from the Hong Kong Polytechnic University and invited a gynecologist, a Chinese medicine practitioner, a dietitian and a famous writer to share their experience about nutritious diet and health. The event has attracted around 300 members of the public and the response was overwhelming. They asked questions and exchanged views with the speakers on how to have high-iron and balanced diets. In addition, the BTS has arranged "nutritious" decorations for mobile blood drives in shopping malls with the support from cafes, which offered complimentary lemon drinks to donors.



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流動捐血教育及宣傳車 把捐血資訊傳遍社區

今年7月至8月暑假期間，大家有沒有留意到街上停泊了一部捐血教育及宣傳車？中心特意安排了流動宣傳車，將「捐得有『營』從鐵開始」的信息帶到全港各區。宣傳車吸引了很多年青人前來參觀，還自拍影相和參加遊戲贏取紀念品！

中心亦特選停泊地點在就近當日的流動捐血熱點或捐血站，呼籲市民捐血。由於反應非常熱烈，中心將於明年初再次安排宣傳車出動，大家要密切留意了！

Mobile education and publicity vehicle promotes blood donation around the city

During this summer vacation, did you notice that an education and publicity vehicle was parked on the busy streets? The BTS aims to bring the message of "Stay on Nutritious Diet, Start with Iron" to every corner of the city through this special arrangement. Many youngsters came to visit, took selfies, played mini- games and won souvenirs!



The vehicle was parked at spots near our mobile donation sites and donor centres to raise awareness. Due to the overwhelming response, the BTS will send the vehicle to travel around the city again early next year. Stay tuned for our latest news on Facebook!



香港紅十字會捐血盃

香港紅十字會於十月二十九日星期日順利舉行「香港紅十字會捐血盃2017」，工作小組費盡心思籌辦這個活動，吸引共100名香港紅十字會的同事、會員、義工及親友踴躍登記。

當日更有Facebook Live即場直播活動及提供有「營」小食和檸檬飲品。務求大家多吃「高鐵」食物和多吸收豐富維他命C，讓血紅素維持在正常水平！

Hong Kong Red Cross Blood Donation Cup 2017

The Hong Kong Red Cross organized "Hong Kong Red Cross Blood Donation Cup 2017" on 29 October Sunday. 100 colleagues, members, volunteers, relatives and friends registered for donating blood during different time slots on the day.

The event was live broadcasted via Facebook Live. Nutritious snacks and lemon drinks were also served to participants. Let's eat more iron-rich food and absorb more Vitamin C to maintain a healthy hemoglobin level!

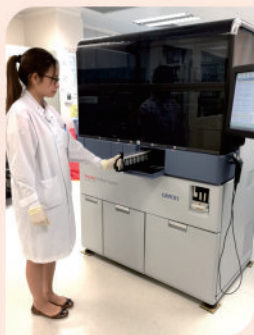


採取專項預防措施 提升血液安全

為配合醫院管理局公布公立醫院對「蚊媒傳染病」的策略及防感染措施，中心在7月12日起加強保障血液安全的措施。中心對用於高風險病人的血液或血製品進行寨卡病毒核酸測試，以便提供對寨卡病毒呈陰性的血製品予病人，進一步降低病毒經輸血傳播的潛在風險。

Implementation of special preventive measures to ensure blood safety

In line with Hospital Authority's initiative and infection control against mosquito-borne infectious diseases in public hospitals, the BTS introduced special preventive enhancement measures to secure blood safety since 12 July. The BTS conducted the Nucleic Acid Testing of Zika virus (ZIKV) to blood and blood products, ensuring ZIKV negative blood components are provided to patients. The measure marks a key step to lower the risk of disease transmitted in blood transfusions.



優化捐血站服務 方便市民捐血

中心一直探討及實施不同措施，優化現時捐血站服務安排。觀塘捐血站、銅鑼灣捐血站及荃灣捐血站已延長服務時間至晚上八時，以貼合廣大市民的生活節奏。

中心將會繼續提升服務，包括從新審視各個捐血熱點的選址、定期檢視捐血站服務時間、強化流動捐血隊服務、增加外展出動次數、引進捐血預約系統和手機應用程式等，使捐血人士能更方便獲得中心的最新資訊。

Upgrading Services of Blood Donor Centres

The BTS has been exploring and implementing different measures to enhance the existing services of blood donor centres to cater the busy schedule of the general public. The daily operation hours of donor centres in Kwun Tong, Causeway Bay and Tsuen Wan have been extended to 8pm.

The BTS will continue to strengthen our services, which include reviewing the current donation spots and the service hours of donor centres, enhancing the mobile blood collection teams, increasing the number of outreaching services and implementing a mobile app booking system to help blood donors stay informed of BTS's news.

香港大學校園捐血中心搬到本部大樓 地點更便利

各位有沒有發現在2017-18新學年起，香港大學校園捐血中心已搬到本部大樓2樓254室呢？歡迎大家前來捐血！服務時間為星期一至五上午10時至下午6時（公眾假期除外）。

Relocation of the HKU Campus Blood Donor Centre to Main Building

Did you notice that the HKU Campus Blood Donor Centre has been relocated to Room 254, 2/F HKU Main Building in the 2017-18 academic year? The opening hours is 10am- 6pm, from Monday to Friday (except public holidays).



修改捐血人士的年齡上限

由9月11日開始，中心已修改捐血人士的年齡上限。第一次捐血的年齡上限是66歲生日當天，而66歲或以上的捐血者，如在過去兩年內曾經成功捐血，並通過中心醫生的年度健康評估，便可繼續捐血至76歲生日當天。

Upper age limit of blood donors

Starting from 11 Sep, the BTS made adjustment to the age limit of blood donors. For first-time blood donors, the age limit has extended to 66th birthday. With the annual health assessment and approval by the BTS medical officer, donors aged 66 or above who have completed any donation in the last 2 years, can be accepted for whole blood donation up to their 76th birthday.

激發更多年青人參與捐血的 "Blood in U" 計劃

中心和青年及義工事務部獲得香港紅十字會服務發展基金的撥款贊助，共同籌劃 "Blood in U" 青少年參與捐血計劃。計劃旨在激發青年領袖自發組織捐血活動，並能在未來數年招募更多年青人，成為首次捐血者。請密切留意 "Blood in U" 的最新消息！

"Blood in U" attracts young people to become donors

The BTS is partnering with the Youth and Volunteer Department to implement a pilot project named "Blood in U" to raise youth engagement in blood donation with the help of Service Development Fund. It aims to gather a new group of blood donors in the upcoming years through creative blood donation programmes initiated by the young leaders. Stay tuned for the latest news of "Blood in U"!



Blood 話當年

Blood Flashback

昔日舊照重溫

大家看到的這張相片是上世紀七十年代香港紅十字會夏愨道總部捐血站人員駕駛摩托三輪車，將收集到的血液送往醫院。如果大家有一些捐血站和捐血服務的經典相片與大家分享，請寄到九龍京士柏道15號香港紅十字會輸血服務中心「Blood Post編輯小組」收，亦可電郵至cindy@ha.org.hk。如有任何查詢，請致電2710 1282聯絡楊小姐。



70's Flashback

This photo was taken outside the donor centre of the Hong Kong Red Cross Headquarters on Harcourt Road in 1970s, when our staff was riding motor tricycle to transport blood bags to hospitals. If you have vintage photos to share with us, please send them to "Blood Post Editorial Team" of the Hong Kong Red Cross Blood Transfusion Service, our address is 15 King's Park Rise, Kowloon or e-mail to cindy@ha.org.hk. If you have any enquiries, please reach out to Cindy Yeung at 2710 1282.



感謝你們成為捐血救命隊

中心需要各界人士前來捐血，將愛心傳遍到社區每一角落。在最近的數個月，不同的團體以行動回應。我們歡迎更多團體來捐血站舉辦捐血活動，並期待見到更多新的臉孔。



Thanks to all the life-saving teams

The BTS needs all walks of life to circulate their love in the community by donating blood. In recent months, different community and industry groups showed their enthusiasm by hosting group donations. We are happy to host more group donations and we wish to see more new faces next year!



編輯小組的話

捐血需要很多人同心協力，給予支持並變成一個恆常的習慣。中心每天需要1,100人前來捐血，才可確保血液供應穩定。中心希望各位踴躍支持捐血活動，您的支持對病人是十分重要的。

Words from the Editorial Team

Blood donation requires the concerted effort from many people to give support and donate blood regularly. The BTS needs to 1,100 blood donors every day to ensure stability in blood supply. We encourage your participation as your support to the blood donation is vital.

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希望您享受這期的會訊，如有任何意見，歡迎電郵至rcbts@ha.org.hk

We hope you will enjoy this issue of the newsletter.

If you have any suggestions, please feel free to contact us at rcbts@ha.org.hk

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http://www.facebook.com/BloodForLifeHKRCBTS

新血會合點專頁 New Donors Rendezvous Fanpage:

http://www.facebook.com/newdonorhkrbts



Facebook



Website



Donation Due Date
Calculator

