



香港友愛會會刊

The Prisoners' Friends' Association Newsletter

8
2026

如果你想有人探你、 寫信俾你



我們都十分樂意成為你的朋友。

你可以透過福利官轉達你的意願，之後可以寫信告訴我們，並在信中註明你的姓名、所員編號和所屬院所，並你想參與探訪及/或筆友計劃的意願。

香港友愛會是由一班義工組成的非牟利機構，致力為香港沒有定期親友探訪的在囚人士提供一對一的支持，包括探訪和書信服務，本會不持有任何宗教的立場，當中所有交流內容均嚴格保密。

友誠同行
愛善共勉
會淺言深

期待收到你的來信，郵寄地址：

筲箕灣郵政信箱
44001號

www.pfa.org.hk



主席感言

香港友愛會主席Jenny

升級啦！升級啦！成為「星級」更生伙伴啦！

當我代表香港友愛會接過這個獎項時，心中最想說的一句話就是：「這個獎項、這份榮耀，其實是屬於你們每一位的。」

在2026年6月17日由懲教署舉辦的「第二屆更生伙伴嘉許計劃頒獎典禮」中，對香港友愛會而言是一個難忘的日子。非常榮幸能從187個夥伴單位中，成為僅有36個獲頒最高榮譽「星級更生伙伴」的機構之一。我們衷心感謝懲教署一直以來的支持與肯定，並提供平台讓我們得以走進院所提供深耕細作的服務。

友愛會的義工們大多身兼正職與家庭責任，但多年來不辭勞苦、風雨無阻地走進院所探訪，或用心撰寫每一封書信，只為傳遞最單純的訊息——陪伴。這座獎項，正是對所有義工默默付出與汗水的最佳肯定。

同時，我們也要感謝院所內朋友們的信任。因為有你們敞開心扉的對話與交心，才賦予了友愛會服務最深刻的意義。正所謂「有你們，才有我們」，今天，大家都得獎了！

如果您目前還不認識我們，友愛會隨時歡迎您聯絡。無論是需義工探望或希望能通信傾訴成為筆友，我們都已做好準備，將關懷送到您身邊。未來，我們將繼續手牽手、風雨同路，讓這份陪伴的初心延續下去！

Message from the Chairman Jenny, Chairman

Upgraded! We are now an "Outstanding" Rehabilitation Partner!

When I accepted this award on behalf of the Prisoners' Friends' Association (PFA), my immediate thought was: "This award and this honor truly belong to every single one of you."

17 June 2026, is an unforgettable day for us. At the CSD's "2nd Rehabilitation Partners Award Scheme Award Presentation Ceremony", we were deeply honored to be one of the only 36 organizations among 187 partner units to receive the highest honor—the "Outstanding Rehabilitation Partner" award.

Our heartfelt thanks go to the CSD for their continuous support and for providing the platform for our services. Most PFA volunteers balance full-time jobs and family, they devote their spare time to visiting institutions or writing letters. Their sole purpose is to offer companionship, and this award is the ultimate recognition of their quiet commitment.

More importantly, we thank all our friends inside the institutions. Your trust and willingness to open your hearts – whether through conversations across the glass or heart-to-heart exchanges in letters – give true meaning to our work. "Without you, there would be no us." Today, we all share this award together!

If you do not know us yet, PFA warmly welcomes you to reach out. Whether you would like a volunteer visit or wish to exchange letters, we are always ready to bring our care to you.

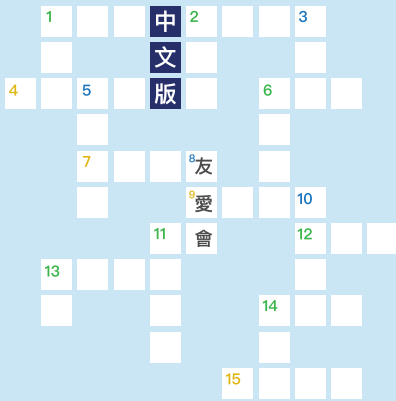
Moving forward, whether through visits or letters, we will continue to walk hand-in-hand, keeping our spirit of companionship alive.





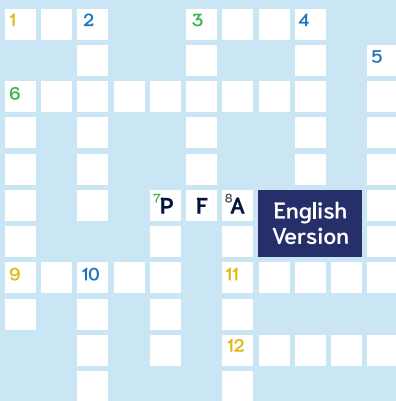
Retro Fun Crossword

By PFA member, Ming



橫行提示

- 1 橫 (三字)：可樂的包裝，除咗鋁罐、膠樽，仲有邊款？
- 2 橫 (四字)：形容天空晴朗，空氣清新。
- 4 橫 (四字)：比喻人生中豐富多樣的經歷、起伏與考驗。
- 6 橫 (三字)：位於沙田紅梅谷獅子山下的一塊奇石。
- 7 橫 (四字)：給予正確指導的導師與志同道合的朋友。
- 9 橫 (四字)：先懂得愛護與尊重自己，再將這份同理心推己及人。
- 11 橫 (二字)：打工仔最怕臨收工前，老闆先叫齊大家去會議室...
- 12 橫 (三字)：香港傳統零食，中藥送口必備。
- 13 橫 (四字)：比喻人應知恩圖報、不忘本。
- 14 橫 (三字)：一般生活在200米以下水域的魚類總稱
- 15 橫 (四字)：比喻說話或做事不直截了當。



直行提示

- 1 直 (三字)：用於美容與醫學，具備極強的鎖水保濕功效的物質。
- 2 直 (三字)：負責監測天氣的官方機構。
- 3 直 (三字)：足球比賽中，其中一個重要的後防角色。
- 5 直 (四字)：許志安及陳慧珊的一首合唱歌的歌名。
- 6 直 (四字)：比喻遠遠落後於他人。勉勵要踏實走好自己的路，不需盲目攀比。
- 8 直 (三字)：本會會名。象徵同舟共濟與互助互愛，致力為更生友提供最溫暖的陪伴與支持。(答案已提供)
- 10 直 (四字)：常用於描繪節日街頭人群極多的熱鬧景象。
- 11 直 (四字)：增加收入、節省支出。
- 13 直 (二字)：一盅兩件，家庭聚會熱選。
- 14 直 (三字)：港島南區著名水深沙幼的海灘。

Across

- 1 Across [3 letters]: Another word for a taxi, or the front part of a heavy truck.
- 3 Across [4 letters]: James ____ has a license to kill, but in real life, this is the strong connection that keeps people close.
- 6 Across [9 letters]: The boundary where land meets the ocean
- 7 Across [3 letters]: Our three-letter name! The association that is always here to support you. (Answer is Given)
- 9 Across [5 letters]: A punctuation mark indicating a pause in a sentence.
- 11 Across [5 letters]: A classic English female name; singer _____ Chapman famously sang about a "Fast Car."
- 12 Across [5 letters]: A layer of gas in the atmosphere that protects the Earth from harmful rays.

Down

- 2 Down [6 letters]: A tree's arm, or a local office of a bank.
- 3 Down [6 letters]: What you hold onto when times are tough; another word for deep faith or trust.
- 4 Down [5 letters]: A sequence of images, emotions, and thoughts that occur during sleep.
- 5 Down [7 letters]: Closely and neatly packed together; small and efficient.
- 6 Down [7 letters]: A word for how crowded a space is, or how heavy a material is for its size.
- 7 Down [5 letters]: A state of harmony, calmness, and freedom from fear, often symbolized by a white dove or a two-finger sign.
- 8 Down [6 letters]: What a movie director shouts right before the actors start moving.
- 10 Down [4 letters]: A prefix that means "huge"—add it to "phone" to speak up, or "bytes" for computer data.

答案在第7頁底部 Check the bottom of page 7 for the answers!



好眠秘笈：四大維度助您告別失眠

The Secret to Good Sleep: Four Dimensions to Beat Insomnia

良好的睡眠是健康的基石。今期我們從思考、運動、呼吸與中醫穴位四大方向，為大家整理了簡單易行的助眠心得，助您重拾優質睡眠。

Quality sleep is the cornerstone of health. In this issue, we gather practical tips across four dimensions — mindset, exercise, breathing, and acupuncture—to help you reclaim a good sleep.



一 · 思考篇 Mindset

1. 大腦的「關機」儀式 The Brain's "Shutdown" Ritual

很多時候失眠是因為大腦停不下來。試試「大腦傾倒法」，在睡前 1 小時，將腦中未完成的瑣事或焦慮寫在紙上。寫下來，代表「今天先到此為止」，讓大腦自然能安心關機。

Often, insomnia happens because the brain refuses to stop working. Try the "Brain Dump" method: 1 hour before bed, write down all unfinished tasks or anxieties on a piece of paper. Writing them down signals "that's all for today," allowing your mind to safely shut down.

2. 轉變思考 — 放下「必須入睡」的焦慮

Shifting Your Mindset: Letting Go of "Sleep Anxiety"

失眠往往源於對失眠本身的恐懼。當你躺在床上拼命想著「我必須快點睡著」，大腦反而會進入過度警覺狀態。

試著用「靜臥即是休息」來替代焦慮。告訴自己：「閉上眼睛躺著，我的身體就已經在充電了。」放下強求，大腦放鬆了，睡意自然會悄悄來臨。

Insomnia often stems from the fear of insomnia itself. Forcing yourself to "fall asleep fast" triggers a state of hyperarousal in the brain.

Replace anxiety with the thought: "Even just lying down quietly is resting." Tell yourself that closed eyes and a relaxed body are already recharging. Once you let go of the pressure, sleep will naturally follow.



二 · 運動篇：睡前微運動 Exercise: Pre-bed Micro-movements

睡前不宜劇烈運動，但輕柔的伸展能放鬆緊繃的肌肉，例如：貓式伸展：雙膝跪地，臀部坐在腳跟上，身體前傾，雙臂向前伸直，額頭貼地。維持 1 – 2 分鐘，能有效安定神經。

更多伸展運動，可參考友愛會4月份的會刊第三頁。

Avoid vigorous workouts before bed, but gentle stretching can relax tense muscles, for example: Cat's Pose: Kneel on the floor, sit back on your heels, fold forward, and extend your arms in front of you with your forehead touching the floor. Hold for 1-2 minutes to calm the nervous system. For more stretching exercise, please refer to page 3 of the PFA newsletter April edition.



三 · 呼吸篇：4-7-8 呼吸法 Breathing: The 4-7-8 Method

這是一種天然的神經系統鎮靜劑：

吸氣：用鼻子安靜地吸氣 4 秒 > 憋氣：屏住呼吸 7 秒 > 呼氣：用嘴巴發出「呼」聲用力吐氣 8 秒。
重複這個循環 4 次。

This technique acts as a natural tranquilizer for the nervous system:

- Inhale: Breathe in quietly through your nose for 4 seconds.
 - Hold: Keep your breath held for 7 seconds.
 - Exhale: Breathe out completely through your mouth with a "whoosh" sound for 8 seconds.
- Repeat this cycle 4 times



四 · 中醫傳統篇 Traditional Chinese Medicine

按壓三大穴位：調和氣血，寧心安神。中醫認為失眠多與「心神不寧」、「氣血不和」有關。睡前1小時，一邊深呼吸，一邊用拇指按壓以下穴位各 2-3 分鐘，有酸脹感即可：

Three Essential Acupoints to Calm the Mind and Spirit. Traditional Chinese Medicine (TCM) believes that insomnia is often related to "unsettled spirit" (disturbed mind) and "disharmony of Qi and Blood". 1hour before bed, practice deep breathing while using your thumb to press the following acupoints for 2-3 minutes each, until you feel a mild soreness or distension:

1. 神門穴 — 安神定志

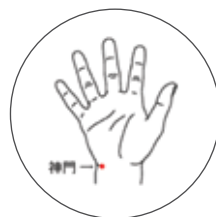
定位：手腕內側，腕橫紋尺側端（小指側）的凹陷處。

作用：調節自律神經，緩解焦慮和失眠。

Shenmen (HT7) — Calms the Mind

Location: On the inner wrist, at the ulnar (pinky finger) side of the wrist crease, in the depression.

Effect: Regulates the autonomic nervous system, relieves anxiety and insomnia.



2. 內關穴 — 紓緩焦慮

定位：手腕掌側橫紋上約三橫指（約2寸）中央凹陷處。

作用：有效改善失眠症狀，緩解焦慮情緒。

Neiguan (PC6) — Relieves Anxiety

Location: On the palm side of the wrist, about three finger-widths (2 inch) above the wrist crease, in the central depression.

Effect: Effectively improves insomnia symptoms and relieves anxiety.



3. 安眠穴 — 專治失眠

定位：五指併攏放耳後，小拇指貼近耳垂，就位在中指位置。

作用：鎮靜安神，緩解頭部緊張。

Anmian (EX-HN22) — Specifically for Insomnia

Location: Place your hand behind your ear with all five fingers together, ensuring the pinky is aligned close to the earlobe. The correct location corresponds to the position of the middle finger.

Effect: Calms the mind, relieves head tension.



Photo credit: <https://www.ucn.org.hk/zh-hant/health-education/health-article/?page=23&filter=2>



「傳遞愛·聖誕心畫」2026 聖誕咭設計大募集



"HEARTS & ART" CHRISTMAS CARD DESIGN RECRUITMENT 2026

設計我們的聖誕咭！

上年友愛會第一次印製一套五張由所員設計的聖誕咭，大受好評。所以今年繼續收集各位的精心設計，希望將大家的愛與祝福傳遞更廣更遠。

各位可以根據以下規格將你的精心設計寄給我們。

PFA會員及所員
也可以參與設計

請用白紙繪畫
(橫直皆可)

顏色不限

主題：傳遞愛·聖誕心畫

每人最多遞交 3份作品

請在2026年10月15日或
之前寄到友愛會地址：
香港筲箕灣郵箱 44001號
信上註明：
聖誕咭設計投稿

Join Our Christmas Card Design!

Last year, for the first time, PFA printed a set of five Christmas cards designed by our inmate, and the response was overwhelmingly positive! To keep the momentum going, we are continuing to collect your beautiful designs this year, hoping to spread everyone's love and blessings even further.

You are welcome to send us your designs according to the following guidelines:

- 1 Both PFA members and PICs are welcome to contribute designs.
- 2 Please draw on white paper (either landscape or portrait orientation).
- 3 No restrictions on colours.
- 4 Theme: Spreading Love · Christmas Heart-art
- 5 A maximum of 3 submissions per person.
- 6 Please mail your entries by 15th Oct, 2026 to: PFA, P.O. Box 44001, Shau Kei Wan, HK Please mark "Christmas Card Design" on the envelope.

榮譽主席 PFA Honorary President
Michael Tien, JP

榮譽顧問 PFA Honorary Advisor
Andrew Wong

執行委員會名單 PFA Executive Committee 2025

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副主席 Vice Chairman: Jason Wong

司庫 Honorary Treasurer: Robert Allender

秘書 Secretary: Michelle M.H. & Sarah Leung

委員 Executive Committee Member: Jack Fung,
Lorna Gabinera, Mike Newby, Susanna Chong

會刊團隊 Newsletter Team

Kristie Ip & Susanna Chong

填字遊戲答案 Answer of Crossword

1 坡	2 天	3 朗	4 氣	5 清						
尿	文	文	道							
4 甜	5 酸	6 苦	7 辣	8 版	9 台	10 望	11 夫	12 石		
	口					塵				
	7 良	8 師	9 益	10 友		莫				
	藥			9 愛	己	及	10 人			
		11 開	會				12 山	楂	餅	
13 飲	水	思	源				人			
茶			節				14 深	海	魚	
			流				水			
							15 轉	灣	抹	角

1 C	2 A	3 B	4 B	5 O	6 N	7 D			
		R		E		R			5 D
6 C	7 O	8 A	9 S	10 T	11 L	12 I	13 N	14 E	
O		N						A	N
M		C			E			M	S
P		H			7 P	8 F	9 A		I
A					E	C	English		T
							Version		
9 C	10 O	11 M	12 M	13 A	14 T	15 R	16 A	17 C	18 Y
T		E			I				
		G			19 O	20 Z	21 O	22 N	23 E
		A			N				



香港友愛會

The Prisoners' Friends' Association

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香港友愛會簡介

香港友愛會的目標，是為那些缺乏親友探望的在囚人士送上關懷與陪伴。義工們透過書信往來和親身探訪，為他們提供情感上的支持。

這些行動不但在在囚期間給予他們力量，更讓他們感受到——這個世界，仍然有人關心他們，仍有希望可尋。

Introduction of PFA

The Prisoners' Friends' Association's mission is to provide friendship to prisoners in Hong Kong who have no friends or family to visit them. Volunteers exchange letters and make visits to these prisoners to provide emotional support.

These actions provide benefit to prisoners by giving support while they are in custody and offering hope for the future in a world that still cares about them.

免責聲明：本會員通訊旨在促進友愛會成員和囚友之間的交流，友愛會及其成員不承擔任何因出版不準確內容的錯誤遺漏，或者其它的基礎上引致的偶然的，間接的，特殊的，懲罰性或懲戒性的損害賠償，不論該損害，索賠，損失或傷害是否預見的或可預見的。

Disclaimer: The purpose of this Member Newsletter is to maintain the communication between PFA members and people in custody. The PFA and its officers are not liable for incidental, indirect, consequential, special, punitive, or exemplary damages of any kind, based on errors, omissions, or other inaccuracies in the content of the publication, whether or not such damage, claims, losses or injuries were foreseen or foreseeable.

If you would like to have someone **visit you** or **write to you,**



we would be very happy to become your friend.

You can express your interest through the Welfare Officer,
then write to us directly.

Please indicate your name, PIC number, institution and your interest in joining either the prison visitor or pen-friend programme or both in your letter.

The Prisoners' Friends' Association is a volunteer-run NGO in Hong Kong providing one-on-one support, including visiting and pen-friend services, to prisoners without regular family or friends visits. We hold no religious stand and all interactions are strictly confidential.

Providing friendship and support

Finding meaning in connection

Abridge to life on the outside

We look forward to receiving
your letter. Mailing address:

**PO Box No. 44001,
Shau Kei Wan,
Hong Kong**

www.pfa.org.hk

