

聯絡我們Contact Us

地址Address：香港灣仔皇后大道東266號
律敦治醫院 醫院大樓地庫一樓
健康資源中心

Health Resource Centre,
LG1, Hospital Main Building, Ruttonjee
Hospital, 266 Queen's Road East, Wan
Chai, Hong Kong

電話號碼Tel. No. : 2291 2511

傳真號碼Fax. No. : 2291 1047

電郵Email : rtskh_hrc@ha.org.hk

網址Website : <http://www.healthyhkec.org/prc/rhtsk/mutualhelp/>

開放時間Opening Hours

星期一至星期五： 上午9時至下午1時
下午2時至5時

星期六、日及公眾假期：休息

Monday to Friday : 9:00am to 1:00pm
2:00pm to 5:00pm

Saturday, Sunday
and Public Holiday : Closed

地圖Map



港鐵MTR

灣仔站A3出口
Exit A3 of Wan Chai Station

巴士Bus

港島線 Hong Kong Island routes:

1, 1P, 6, 6A, 6X, 10, 15, 37B, 37X, 66, 75, 90, 90C, N90, 97, 789

隧道巴士線 Cross-harbour routes:

101, 109, 111, 111P, 113, 115, N121, 182, 182X, 811



綠色專線小巴Green Minibus

24A, 24M, 28, 56, 56A

律敦治及鄧肇堅醫院
Ruttonjee and Tang Shiu Kin Hospitals

健康資源中心
Health Resource Centre

心健會

Cardiac Patient Support Group

簡介Introduction

心健會於1997年成立，旨在：
Cardiac Patient Support Group was established in 1995 for the purpose of :

- 1) 加強病友適應康復後的生活
Enhance patient's adjustment for rehabilitation
- 2) 協助病友及照顧者建立支援網絡，
加強互助精神
Establish supporting network for patient and carer to enhance mutual support
- 3) 提昇病友及照顧者對心臟病的認識
和照顧技巧
Enhance patient and carer's knowledge on Heart Diseases and caring skills
- 4) 提高公眾人士對心臟病的關注
Enhance public's awareness of Heart Diseases

對象Target

於律敦治醫院心臟科覆診之病友及其
照顧者

Patients attending Cardiac Out-patient
Department of Ruttonjee Hospital and
their carers

服務Service

- 1) 健康推廣活動
Health promotion program
- 2) 小組分享
Group sharing
- 3) 朋輩支援
Peer support

入會方法Application

申請者請帶同以下文件到本院健康資
源中心辦理入會手續：

Applicants please bring the following
documents to our Health Resource Centre
for application :

- 1) 填妥之「病友互助小組會員申請表」
Completed "Patient Support Group
Membership Application Form"
- 2) 身份證明文件
Identity document
- 3) 本院之相關病科覆診紙
Medical appointment of relevant disease
specific in our hospital

備註：會籍為期三年，如申請人在會籍有效期內
曾經參加本中心舉辦之活動，則會自動續期
Remarks: The membership is valid for 3 years.

Membership will be automatically
renewed if applicant had participated in
the program organized by our Centre
within the validity period