

## 扶康會獲頒「2013/14年度傑出家庭友善僱主」殊榮

## FHS recognised as "2013/14 Distinguished Family-Friendly Employer"

本會繼早前連續五年獲得「18區關愛僱主」嘉許後，很榮幸近日再獲政府諮詢組織家庭議會頒發「傑出家庭友善僱主」獎項，是「家庭友善僱主獎勵計劃」的最高殊榮。每一個獎項及嘉許，不但是對本會家庭友善僱傭政策及措施的肯定，而且策勵本會肩負協助僱員平衡工作與家庭的責任，體現本會關懷尊重的核心價值。

家庭議會在2013/14年度擴大「獎勵計劃」的範圍，除了上屆的「企業組」及「中小企組」，首次設立「機構組」，涵蓋非政府機構及社會企業。評審根據參選機構的家庭友善僱傭政策及措施、理念、對機構及僱員的好處，以及管理層的承諾等作出甄選，於超過1,800間來自不同界別機構當中，選出「傑出家庭友善僱主」、「家庭友善僱主」及「家庭友善創意獎」的得獎公司/機構。本會非常榮幸能夠脫穎而出，成為20間在「機構組」獲得「傑出家庭友善僱主」殊榮的機構之一，表揚本會重視家庭友善精神的管理方針。

本會總幹事陸慧妍女士表示：「扶康會目前員工人數超過1,000名，每一位員工皆為機構寶貴的資產。為此，本會銳意與員工發展友好關係，關注他們的身心健康，積極培育優秀人才，並致力提供和諧工作環境。」她強調：「提供機會讓殘疾員工發揮所長及協助他們在社區內獨立生活，一直是本會的服務宗旨之一。」她希望透過深化關愛互助的機構文化，與各員工攜手營造有利家庭的文化和環境，並讓扶康會以身作則成為家庭友善僱主的榜樣，喚起僱主對於家庭核心價值的關注。



本會總幹事陸慧妍女士感謝各員工在不同崗位實踐關愛精神，與會方合力締造家庭友善文化  
Ms Becky Luk, our Executive Director sincerely thanks colleagues at different positions for practising the spirit of "Care and Respect", and building a family-friendly culture jointly with the Society.



After receiving the "18 Districts Caring Employers" Award for five consecutive years, Fu Hong Society was recently commended as a "Distinguished Family-Friendly Employer", which is the highest honour of the "2013/14 Family-Friendly Employers Award Scheme" organised by the Family Council, an advisory body to the Hong Kong Government.

Each of the awards not only recognises the Society's family-friendly employment policies and practices, but also encourages the Society to take responsibility for helping its employees balance their work and family lives, embodying one of the core values of the Society, i.e. Care and Respect.

This year, the Family Council extended the scope of the Award Scheme. Apart from the categories for "Corporations" and "Small and Medium Enterprises", a new category for "Organisations" targeting on non-governmental organisations and social enterprises in Hong Kong was introduced. The judging panel evaluated more than 1,800 participating companies/organisations on family-friendly employment policies and practices, benefits to the company/organisation and employees and top management's commitment to promote a family-friendly spirit. Based on the above criteria, the judging panel gave out three types of awards, namely the "Distinguished Family-Friendly Employer Award", the "Family-Friendly Employer Award" and the "Award for Innovation". Under the "Organisations Category", the Society was very honoured to be one of the 20 awarded organisations named the "Distinguished Family-Friendly Employers" in recognition of their remarkable performance in implementing family-friendly employment policies and measures.

Ms Becky Luk, our Executive Director, said, "We have over 1,000 colleagues and they are the Society's valuable asset. Developing friendly relationships with them, placing emphasis on their mental and physical health, providing them with training and development opportunities, and creating a harmonious workplace environment have always been an integral part of the Society's concern. She stressed that "Providing opportunities for employees with disabilities to develop their potentials while assisting them to live independently in the community has long been one of the Society's objectives." Through the cultivating of a caring culture, she hopes every employee would work hand in hand with the Society to build a pro-family environment. Meanwhile, the Society has to be a role model of family-friendly employer, which helps arouse employers' concern for family core values.



## 傳媒午宴

### Media Lunch



Last year, Fu Hong Society organized its first media lunch. We hope that community can have a greater understanding of our services through media reports. On 25 May 2014, we organized the second media lunch. Numbers of media participated and 14 newspapers had made a report, which is very encouraging.

Representatives of the Society announced the result of the survey "Study on carers' stress and needs of adults with intellectual disabilities comorbid with autism spectrum disorder", introduced the Society's historical publication and reported the latest services of vocational rehabilitation and development. Ms. Yung Mei Fung, parent of service user with autism, shared her touching story with the media. She hopes that the community can be more aware of the needs of families whose members suffer from autism spectrum disorder, as well as offering more support to them. Our Society also promoted a newly published "Handbook for Parents of Persons with Autism Spectrum Disorder" during the event. Last but not least, Ms. Lee Sin Ying, one of our service users who works at "Madam Hong Café", shared her working experience and the dream of opening her own café with the participants.



扶康會於去年首度舉辦傳媒午宴，開拓與傳媒溝通的渠道，令更多社會人士了解本會服務，進而推動傷健共融的目標。本會在2014年5月26日再次舉行傳媒午宴，多間傳媒機構派員出席，場面比去年更熱鬧，並獲14份不同報章報道，成績令人鼓舞。

本會代表在席間先後公布《成年智障兼自閉症人士照顧者之壓力及需要》調查結果、介紹紀錄本會服務發展歷史的書籍《用愛啟航家是岸——扶康會「以求為導」卅五年》及報告最新職業康復及發展的動向。本會服務使用者家長容美鳳女士應邀出席，分享與患有自閉症兒子生活的感人經歷，令一眾傳媒動容，「容姨」希望她倆母子的故事能增加社會對自閉症人士的關注，令更多有需要的家庭獲得支援；本會亦藉此機會向傳媒推介新出版之《愛得其法 - 閉門自開》自閉症人士家長手冊。另外，現於本會「康姨咖啡室」上班的服務使用者李倩瑩於午宴上分享她的工作點滴，她期望有朝一日可開設屬於自己的咖啡室，志向值得表揚。



## 康姨咖啡室開幕典禮

### The Opening Ceremony of Madam Hong Cafe

「康融服務有限公司」（由扶康會成立的社會企業，簡稱「康融」）於2014年3月12日假香港海防博物館舉行「康姨咖啡室開幕典禮」，主禮嘉賓包括民政事務局副局长傅小慧太平紳士、社會福利署助理署長（康復及醫務社會服務）方啟良先生、東區區議會副主席龔栢祥先生、MH、聖十字架堂主任司鐸劉德光神父、香港廚師協會會長麥錦駒先生及名廚周中師父。劉德光神父更為咖啡室祝聖。

開幕典禮吸引逾百來賓及傳媒出席，場面非常熱鬧。當日除了有咖啡室殘疾員工分享工作感受外，還有扶康會服務使用者擔任典禮司儀，充分展現殘疾人士的能力，獲嘉賓一致讚賞。

當日，康姨咖啡室更預備了茶點招待各界來賓，他們均讚賞咖啡室的出品色香味美，其中絲滑奶茶、濃香意大利泡沫咖啡、「海防潛艇」（煙三文魚法包伴沙律）及自家製作的康姨曲奇大受歡迎。

Hong Yung Services Limited (a social enterprise set up by Fu Hong Society, hereinafter "Hong Yung") held the opening ceremony of Madam Hong Cafe at the Hong Kong Museum of Coastal Defence on 12 March 2014. The officiating guests were Ms. Gracie FOO, JP, Deputy Secretary for Home Affairs; Mr. FONG Kai-leung, Assistant Director of Social Welfare (Rehabilitation & Medical Social Services); Mr. KUNG Pak-cheung, MH, Vice Chairman of the Eastern District Council; Rev. Francis LAU Tak Kwong, Parish Priest of the Holy Cross Church; Mr. MAK Kam Kui, President of The Hong Kong Chefs Association and Master Chef CHOW Chung. Rev. Francis LAU even sanctified the Cafe.

Attracting the attendance of more than a hundred guests and journalists from the media, the opening ceremony made quite a bustling scene. Apart from inviting the Cafe's disabled employees to share their working experience, one of the MCs was also taken up by the Society's service user. This amply reflected the abilities of persons with disabilities and thus won praise from all the guests.

Guests were also served with drinks and light snacks prepared by the Cafe. They all complimented on how the food and drinks of the Cafe looked good, smelled nice and tasted wonderful. Among all the food and drinks, smooth milk tea, rich cappuccino, "Coastal Defence Submarine" (baguette with smoked salmon, sided with salad) and Madam Hong's homemade cookies were the most popular.



### 康姨咖啡室簡介 Introduction of Madam Hong Cafe

「康融」成功投得康樂文化事務署轄下海防博物館餐廳的經營權，合約期由2013年11月起，為期三年，並獲社會福利署「創業展才能」計劃贊助HK\$1,087,528，預計最多可同時聘請八名殘疾人士。咖啡室不僅以海洋風格裝修，更提供以海洋為題的套餐，配合博物館主題。店內主要售賣優質的港式和西式食物，並有自家製作的康姨曲奇等。咖啡室的食物由專業大廚主理，加上一群殘疾員工組成的團隊，在客人消費及享用美食之時，亦造就了殘疾人士就業，為社會創造雙贏，一舉兩得，別具意義。

Hong Yung has successfully obtained the right to operate the Cafe at the Hong Kong Museum of Coastal Defence, which is under the Leisure and Cultural Services Department. The contract started from November 2013 and would last for three years. The Cafe was set up with a subsidy of HK \$1,087,528, funded by the "Enhancing Employment of People with Disabilities through Small Enterprise Project" supported by the Social Welfare Department. It is estimated that eight persons with disabilities can be hired at the same time. The Cafe is decorated in a marine style and sells mainly quality Hong Kong and Western food, and Madam Hong's homemade cookies, etc. To match the theme of the Museum, the Cafe also provides marine-themed set meals. The team, which comprises of a professional chef and a group of staff with disabilities, not only provides the customers with quality service and great food, but also promotes the employment of persons with disabilities. This method kills two birds with one stone as it creates a win-win situation on society and is exceptionally meaningful.





## 「商界展關懷」2014 Caring Company 2014

扶康會積極與不同商業機構和專業組織連繫，建立緊密的伙伴關係，一起建設和諧共融的社會。今年度，本會成功提名109間公司及機構獲得「商界展關懷」的嘉許，比去年多14間；並於2014年2月28日，透過由社會服務聯會舉辦的「商界展關懷」社區合作伙伴展，與多間支持本會的公司及機構代表聚首一堂，並與其他公司及機構探討社區伙伴合作機會及實踐「企業社會責任」的具體方案。當日本會更設有「康姨餅房」展覽攤位，讓參加者對智障人士製作的產品及本會的服務有更多認識。

本會衷心感謝各機構及團體過去的支持，期望能與更多機構和團體合作，關懷殘疾人士，實踐共融的精神。

Fu Hong Society is keen on connecting with different corporations and professional organizations with a view to building a harmonious society through establishing close partnership. This year, our Society has successfully nominated 109 companies and organizations to have "Caring Company" recognition, with 14 more companies compared to last year's numbers. We gathered with our caring companies and connected with people from different sectors and industries to explore new community partnership opportunities and solutions for corporate social responsibility through the Caring Company Partnership Expo, which was held by the Hong Kong Council of Social Service on 28 February 2014. Besides, we had an exhibition booth about Madam Hong's Bakery, which introduced the products made by persons with intellectual disabilities and the Society's services.

We would like to express our sincere gratitude to the companies and organizations for their enthusiastic support, and look forward to the cooperation with more partners showing care to persons with disabilities, promoting inclusion spirit.

## 愛心傳送十三週年 - 扶康戲曲慈善夜

### 13th Anniversary of Serving Love and Care - FHS Chinese Opera Charity Night

本會非常感謝愛心傳送一直以來對本會的鼎力支持，並將「愛心傳送十三週年 - 扶康戲曲慈善夜」籌得約16萬元的善款，於扣除開支後捐助本會，讓更多智障人士、精神康復者及自閉症人士得到適切服務，促進社會共融。

是次粵曲晚會於2014年1月2日假香港文化中心音樂廳舉行，大會很榮幸邀得本港及內地粵劇名伶及名唱家蒞臨演出，各位唱家演出精湛、聲色藝全，吸引超過1,000位聽眾觀賞。另外，本會感謝是次活動的籌委會主席兼扶康會義務司庫施家殷先生及愛心傳送主席陳惠芳女士熱心公益，不遺餘力推廣是次活動。本會亦衷心感謝當晚各位聽眾購票支持。

We would like to express our sincere gratitude to Serving Love and Care for the continuous support given to our Society, and the kind donation (around \$160,000 which the cost will be deducted) raised at the "13th Anniversary of Serving Love and Care - FHS Chinese Opera Charity Night". With the donation, more persons with intellectual disabilities, psychiatric disabilities or autism can receive the services they need, and the message of social inclusion can be promoted.

Held at the Hong Kong Cultural Centre Concert Hall on 2 January 2014, the FHS Chinese Opera Charity Night was honoured to have famous Chinese opera actors and actresses, as well as operatic songs' singers from Hong Kong and the mainland China attended and performed on stage. Their exquisite performance had attracted more than 1,000 audience. Moreover, we were grateful to Mr. Kyran Sze, Chairman of the Organizing Committee and Honorary Treasurer of the Society, and Ms. Christina Chan, Chairman of Serving Love and Care, for their enthusiasm and effort to support and promote this event. We would also like to express our heartfelt thanks to the audience for their great support.



## 新書推介 — 《用愛啟航家是岸 — 扶康會「以求為導」卅五年》

### New Book Recommendation - Fu Hong Society Historical Publication

扶康會自1977年服務至今，一直重視殘疾人士的需求，以實際行動回應他們的需要，並作為服務發展的綱領。為此，我們特別編印《用愛啟航家是岸—扶康會「以求為導」卅五年》一書，介紹扶康會的發展歷史及多元服務。此書同時結集了數十位持份者的話語，包括扶康會創辦人、資深職員、服務使用者及家屬等，從他們的分享中不但認識香港康復服務的演變，而且更可從另一角度了解殘疾人士及其家人的需要。

為提高社會各界對殘疾人士的認識和接納，並藉以推廣社區教育，此書已送予相關機構及團體，包括中學、專上院校、公共圖書館及企業伙伴等，冀與各界人士，分享扶康會三十多年來的點點滴滴，並繼續與我們攜手為殘疾人士的福祉努力！



Starting from 1977, Fu Hong Society has always served to put emphasis on the needs of persons with disabilities and respond to their needs with concrete actions. This is seen as the guiding principle for the development of the service. We therefore specifically edited and produced the captioned publication, introducing the Society's historical development and diverse services. At the same time, this book has compiled the words from dozens of stakeholders, including the founders, senior staff, service users and their family members, etc. From their sharing, not only can the evolvement of Hong Kong's rehabilitation services be introduced, the needs of persons with disabilities and their families can also be understood from another perspective.

To enhance the understanding and acceptance of the community towards persons with disabilities and hence promote community education, this book is already given free to relevant organizations and groups, which include secondary schools, post-secondary institutions, public libraries and corporate partners, etc. We hope to share with everyone the Society's dribs and drabs and continue to work together with the community for the welfare of persons with disabilities.

如欲索取有關書籍，歡迎與  
扶康會總辦事處行政部職員  
聯絡 (電話 23077026)。

You are welcome to  
contact the staff from the  
Administration Department  
of the Head Office,  
Fu Hong Society  
at 23077026  
if you are interested in  
getting a copy of the book.



## 生命教育日營

## Life Education Day Camp



Fu Hong Parents' Association (FHPA) held the Life Education Day Camp on 5 March 2014. Ms TSE, the speaker from Togetherness, together with the members of the FHPA, shared with 55 participating family members the 2L & 3W (Life Meaning, Life Review, Living Will, Will and Life Wisdom) and some of the meanings behind life education. The scene where the parents volunteered to share their personal experience and encouraged one another was very heartwarming. In view of the parents' aging situation, the speaker suggested the parents to prepare a "second echelon" who could take over their duties in the future. In other words, they should make arrangements for those brothers and sisters to take over the responsibilities of taking care of the family members with disabilities. She also suggested the parents to seek for a trustworthy support system within their social circles and to build a network of mutual help with other people in society. The participants expressed that they found the content of the talk useful and that they now have a positive understanding towards the meaning of life.

The parents then joined various leisure camp activities in the afternoon. The activities included DIY production, Baduanjin qigong exercise, mahjong game, etc. The parents were also given the opportunities to talk and share with one another, which helped strengthen their connection.

扶康家長會於2014年3月5日舉辦了「生命教育日營」，由同行力量講員謝小姐與扶康家長會會員分享「二人三囑」的內容及部份生命教育的意義，共55位家屬參與，當中參與家長主動分享個人經歷，互相勉勵，場面感人。面對家長的老齡化情況，講員鼓勵家長培養第二梯隊的接軌，即計劃安排兄弟姊妹接棒，照顧家庭內的殘疾成員。另外亦鼓勵家長在社交圈尋找可信託的支援系統，在家長同路人群建立互助的網絡等。參與家屬表示講座內容受用，對生命的意義有正面及積極的認識。

家長們在當日下午參與營內各項康樂活動，包括：手工藝製作、八段錦健體、麻雀耍樂等等，家屬間可藉此機會互相傾談及分享，促進聯繫。



## 社會支持 COMMUNITY SUPPORT

## 傷健義行

## Volunteer Tour by Persons With and Without Disabilities



怡諾成人訓練中心於較早前舉行「傷健義行」活動，與中華基督教禮賢會—香港區會萬隸甫夫人長者鄰舍中心合作，帶同11位服務使用者到香港仔石排灣村進行獨居長者探訪及清潔活動。義工團體包括香港保險中介人商會、香港佛教聯合會青少年中心、教會義工、長者鄰舍中心義工共55人參與。是次活動獲社會福利署中西南及離島區「地區夥伴協作計劃」撥款港幣7495元支持，並贈送1公斤米、芥花子油、麥皮、茶包及清潔用品予每位獨居長者。

## 服務使用者感想

滿基：我好開心，估唔到我坐輪椅都可以當義工。

福慶：老人家讚我叻！

## 長者鄰舍中心主任回應

很高興跟怡諾成人訓練中心合作，發揮傷健共融的精神。期望再度攜手合作，讓更多的獨居長者受惠。

## 職員分享

活動很有意義，見到服務使用者開心及投入參與活動，無疑增加了我對工作的使命感及滿足感。

The Yi Lok Adult Training Centre co-organized the "Volunteer Tour by Persons With and Without Disabilities" with Chinese Rhenish Church Hong Kong Synod Mrs. Mann Tai Po Rhenish Neighbourhood Elderly Centre. Staff and 11 service users visited singleton elderly in Shek Pai Wan Estate, Aberdeen and helped clean up their home. There were totally 55 volunteers coming from Hong Kong Chamber of Insurance Intermediaries, Hong Kong Buddhist Association Children and Youth Centre, church and the elderly centre. We applied for the "District Collaboration Scheme" funding of the Central Western, Southern and Islands District Social Welfare Office, and finally received HK\$7,495 funding for the activity, providing every singleton elderly with 1 kg rice, canola oil, oat, tea bags and cleaning utensils.

## Service Users' Feelings

Mun Kee: I'm very happy. I never thought of someone who moves around in wheel chair like me could be a volunteer.

Fuk Hing: The elderly said that I was awesome!

## Response from Elderly Centre Manager

We're delighted to cooperate with Yi Lok Adult Training Centre while demonstrating the spirit of social inclusion. We hope to join hands with the Centre again and benefit more singleton elderly.

## Staff Sharing

The activity is very meaningful and we're happy that our service users happily engaged themselves in the activity. This undeniably increases our senses of mission and satisfaction towards our jobs.





## 展藝創新姿

### Arts for a New You

在2013年8月至2014年1月，麗瑤之家聘請了一位藝術導師 Reggae 為服務使用者推行一連20節的「展藝創新姿」藝術活動，希望培養服務使用者對藝術活動的興趣，讓他們享受活動的過程，並發揮其所長及創意。活動主要以生活素材來創作，如插花、橡筋畫、碎紙畫等，讓服務使用者隨心、隨意發揮。導師更按服務使用者的能力而設計活動，配以合適的用具減低服務使用者肌能上的限制，例如：把顏料塗於橡筋取代用畫筆畫畫。雖然這方法對手肌較弱的服務使用者是有難度，但他們仍樂於參與和享受活動的過程，少部份服務使用者更從拒絕參與到主動要求參加小組。每節小組以互相欣賞組員的製成品作開始，以他們滿足的笑容作結束。

本會感謝葵涌扶輪社捐款港幣二萬多元，贊助課程導師費用及贊助麗瑤之家出版15周年紀念特刊。

Lai Yiu Home hired an art teacher, Reggae, for a series of 20 art sessions under "Arts for a New You" from August 2013 to January 2014, aiming to foster service users' interests in art activities, let them enjoy and bring their strengths and creativity into full play. Service users mainly made use of daily life materials to create artwork freely, like flower arrangement, rubber band painting, shredded paper picture, etc. The teacher even purposely designed the activities according to the ability of service users and used befitting tools to help service users overcome their motor limitations. For instance, participants drew by adding paints to rubber bands instead of using painting brushes. It may be a bit difficult to service users whose hand muscles are weaker and yet they are still happy to take part in the activities and enjoy the process. Some service users who rejected to participate in the activities at the beginning even requested to join the group at the end. Each session started with appreciating group members' artwork and ended up with their contented smiles.

Special thanks to Rotary Club of Kwai Chung for donating more than HK\$20,000 to sponsor tutor fees and the publishing of the Lai Yiu Home 15th Anniversary Commemorative Publication.



## 室內水耕種植先導訓練計劃

### Pilot Training Project: Indoor Hydroponic Vegetation

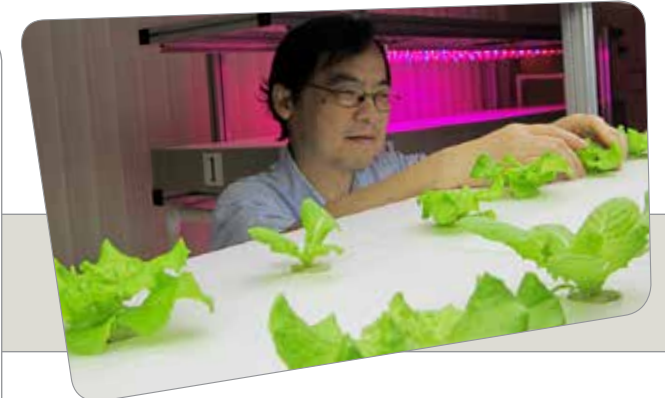


本會石圍角工場獲得一位善長捐款港幣20萬元，設立一間約200平方呎的室內水耕訓練室，讓一些不太積極工作和生活的服務使用者參與水耕種植先導計劃，培養他們的耐性，從體現蔬菜的轉變和成長，幫助他們建立自信、成功感、積極工作和生活的態度，增加他們的新工作技能。室內水耕是利用光管、水和營養液種植，水耕植物所獲得的養分一般較充足和全面，生長亦較穩定和健康。同時，這些蔬菜脫離了泥土，沒有昆蟲，種出來沒有農藥和重金屬，可用作沙律菜、直接食用或烹煮熟食。

工場經過近兩個月的裝修及購置設備，在2014年3月正式開始水耕訓練，經過兩個月的水耕種植訓練，個別服務使用者已開始掌握發芽、種植和收割的程序。其中一位服務使用者表示，參加了水耕種菜很開心，看見由一粒很細的種子，經過發芽，慢慢培植變成一棵菜，很有成功感，並且感受到生生不息的生命力，而種出來的菜吃起來也很爽，很有鮮味。

另外，家長、參觀者及惠顧工場汽車美容服務的車主，看到室內水耕種菜都很有興趣，紛紛選購了一些羅馬生菜並表示樂意繼續購買，但由於水耕菜是要經過約一個月培植才有收成，每月只有約60斤菜，暫時未能全面滿足顧客的需要。

如大家有興趣到工場參觀室內水耕種菜和試食，歡迎致電3518 4388預約。



Shek Wai Kok Workshop received a total of HK\$ 200,000 donation from a philanthropist and set up a 200 square feet indoor hydroponic training room. The training room is to let service users who are inactive in work and in life participate in planting, so that they could be more patient and be equipped with new working skills. Through observing the changes and growth of hydroponic vegetables, it is hoped to help these service users gain confidence, find a sense of accomplishment, and help them become more positive towards their work and life. Indoor hydroponics is a method of growing plants by using light tubes, water and nutrient solution. Since hydroponic plants take in more sufficient and comprehensive nutrients in general, they grow more stably and healthily. Moreover, as these vegetables are separated from soil, they are free from bugs, pesticides and heavy metals. They can therefore be served as salad and be consumed raw or cooked.

After almost two month decoration and the purchase of equipment, the Workshop officially started hydroponic training in March 2014. Two months later, some service users were able to master the germination, planting and harvest procedures. One service user said that he was happy as he could participate in the pilot project, providing him with the opportunity to learn how to grow hydroponic vegetables. He feels much sense of accomplishment when he sees a small seed germinates and grows into a vegetable. He feels the

never-ending vitality, and those vegetables are very fresh and tasty.

Besides, parents, visitors and Automobile Beauty Service customers found indoor hydroponic vegetation very interesting, so they bought some Romaine Lettuce and said that they would love to continue buying. But since these vegetables need around a month to grow, the monthly production is only about 60 catty, which cannot meet the customer demand for the time being.

If you are interested in visiting our Indoor Hydroponic Workshop and have a taste of the vegetables, please do not hesitate to make reservations by phone at 3518 4388.





## 七色彩虹鐘訓練

### Rainbow Bell Training

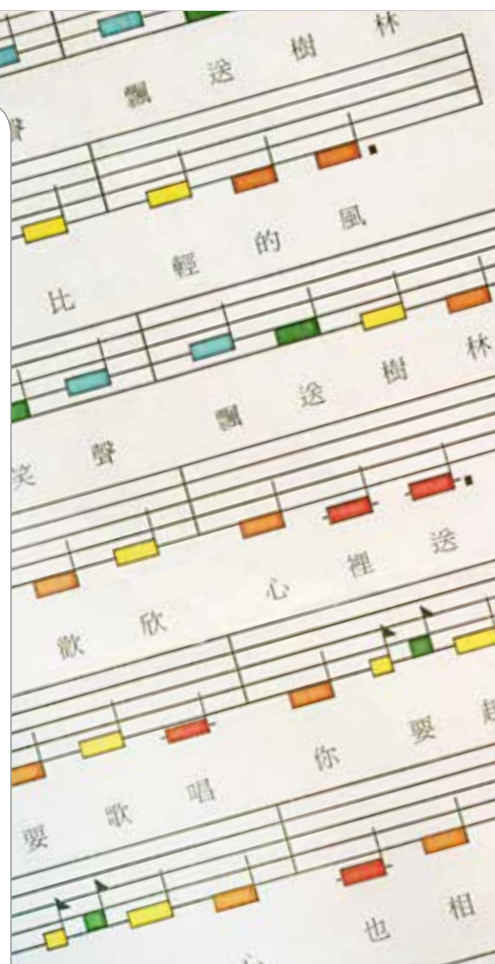
七色彩虹鐘是一種由七種顏色組成的樂器，包括紅、橙、黃、綠、藍、靛、紫，代表do、re、me、fa、so、la、ti，共有八個鐘。參加者只要認識七種顏色，跟隨特製的樂譜用手「按」或「搖」樂器以發出聲音，便可奏出一首動聽的樂曲。天水圍地區支援中心在過去一年，積極採用這種色彩繽紛又操作簡單的樂器，開設了一個為自閉症人士而設的中長期訓練課程，更成立了「七彩部落」樂隊，讓他們可以發揮潛能，盡展所長。

這個訓練課程由2011年的暑期興趣班開始，在當中發現有七至八位參加者對七色彩虹鐘深感興趣並富音樂潛質。為提供更多機會發揮，我們組織樂隊「七彩部落」，透過定時練習和表演，讓更多人認識殘疾人士有其專長。成員中絕大部分是自閉症人士，故此順理成章地以自閉症人士為主要訓練對象。

七色彩虹鐘的樂譜簡單易明，變化也較其他樂器少，不需太多語言溝通，特別適合自閉症人士。他們的視覺接收及理解能力往往比聽覺強，而七色彩虹鐘本身的鮮明顏色及簡單設計，配合一目了然對比清晰的顏色樂譜，提升自閉症人士的專注力，有助他們跟隨曲調音符。在訓練過程中，參加者的情緒一直平穩，有時更會露出愉快的笑容。

「七彩部落」於2012年5月12日在中心的開放日作首次表演，獲得參觀人士一致好評。其後更獲外間機構邀請於社區活動表演，包括在2013年2月17日，聯同新生精神康復會及東華三院於元朗劇院合演「擁抱愛」的樂曲，是樂隊首次參與大型社區活動表演。

由2013年4月起，中心推行為期一季共12節的七色彩虹鐘課程初階班，並於2013年10月開設進階班，讓會員得以接受持續的訓練，同時亦發掘有音樂潛質的會員，邀請他們加入「七彩部落」盡展所長。我們已於2014年4月，再次開辦七色彩虹鐘課程初階班，招募新參加者。希望會員透過一起學習七色彩虹鐘，共同享有一個愉快的參與過程，藉著彼此合作，擴闊社交層面，增加會員對音樂的興趣，從而提升他們的專注力。



Rainbow bell is a musical instrument with seven colours, including red, orange, yellow, green, blue, indigo, and purple, representing do, re, me, fa, so, la, ti, with eight bells in total. Participants can play a beautiful song by simply recognizing the seven colours, and make sounds by "pressing" or "shaking" the instrument according to the tailor-made music score. Last year, Tin Shui Wai District Support Centre actively used this colourful and easy-to-operate musical instrument. We ran a mid-to-long-term training course for persons with autism and set up the Rainbow Band to let them bring their talents into full play.

The training course started since 2011 summer interest class. We found that seven to eight participants were really interested in Rainbow bell and have great music potential. To provide them with more opportunities to develop their talents, we formed the Rainbow Band and let more people realize that persons with disabilities have their own talents through regular exercise and performance. Most of the members are persons with autism, hence they became our main training target naturally.

The music score of Rainbow bell is clear and easy to read, the instrument also has less variations compared to its counterparts and requires little verbal communication, so it is exceptionally suitable for persons with autism. Since persons with autism always receive information and comprehend better by seeing than listening, the colourful Rainbow bell with a simple design, together with self-explanatory music scores of contrasting colours help them follow melody and notes, so players could be more attentive. Participants were mentally stable throughout the training, and they even smiled sometimes.

The Rainbow Band made their debut on the Centre Open Day on 12 May 2012 and it was highly-praised by all audience. After that, the Band was invited by external organizations to perform in some community activities, including co-playing the piece, "Embrace Love" with New Life Psychiatric Rehabilitation Association and Tung Wah Group of Hospitals in Yuen Long Theatre on 17 February 2013. That was the first time the Band performed in large-scale community activities.

Since April 2013, we have held a series of 12 sessions Rainbow bell elementary training class for a quarter. In October 2013, we have started the advanced training class so that members can have prolonged training. Also we can discover members with music potential to invite them to join the Rainbow Band. In April 2014, we started again the Rainbow bell elementary training class to recruit new members. By learning Rainbow bell, members can enjoy the learning process together and widen their social circle by cooperating with one another. We also wish to sharpen their interests in music and strengthen their attention.





## 首個沙田及觀塘區運動日

### The First Sha Tin and Kwun Tong District Sports Day



2014年1月10日，來自秦石/禾輦、澤安、樂華、順利成人訓練中心近180位服務使用者、家長、義工、職員，齊齊相聚馬鞍山室內體育館，參與首個沙田及觀塘區運動日。整個活動過程開心，氣氛熱鬧。大會共設四個獎項：秦石/禾輦成人訓練中心榮獲全場總冠軍；順利成人訓練中心榮獲最具協同效應獎；樂華成人訓練中心榮獲最熱情啦啦隊獎；澤安成人訓練中心榮獲親子參與大獎。

是次分區運動日，內容設計新穎，貼近服務使用者的參與程度。除傳統競技元素外，更增加了趣味性和互動性，以此宣揚健康運動的理念，並且增強服務使用者、職員、家長、義工之間的溝通與合作。頒獎典禮隨即於附近酒樓舉行。所有參加者更在活動結束後，於馬鞍山海濱長廊步行，健身的同時一覽海濱美景。

On 10 January 2014, nearly 180 service users, parents, volunteers and staff from Chun Shek/Wo Che, Chak On, Lok Wah, and Shun Lee Adult Training Centres gathered in Ma On Shan Sports Centre to take part in the first Sha Tin and Kwun Tong District Sports Day. We had so much fun among the hustle and bustle. Four awards were given out: the Overall Champion went to Chun Shek/Wo Che Adult Training Centre; The Most Synergistic Award went to Shun Lee Adult Training Centre; The Most Enthusiastic Cheer Group Award went to Lok Wah Adult Training Centre; and The Parent-Child Participation Award went to Chak On Adult Training Centre.

The District Sports Day was both innovative and suitable for service users. On top of traditional competing elements, the event was also more interesting and required more interactions among participants. It is hoped that the event could promote the idea of healthy exercise, enhance communications and strengthen cooperation among our service users, staff, parents and volunteers. After the event, all participants went for a walk along the Ma On Shan Waterfront Promenade, to exercise and to enjoy the pleasant waterfront view at the same time. The award presentation ceremony was held at nearby restaurant.



## 「康姨餅房」再於社會企業博覽會獲獎

### Madam Hong's Bakery Received Award Again in Social Enterprise Exposition

第六屆殘疾人士照顧者嘉許禮暨康復服務機構社會企業博覽會於2013年12月8日假上環文娛中心外舉行，由十間社會企業一起參展，共同推廣社會企業銷售的貨品。「康姨餅房」特意安排數名服務使用者到場宣傳及推廣，期望藉此增加社區人士對殘疾人士的了解。同時，亦期望透過是次活動，提升服務使用者的銷售技巧，為他們日後外出就業、重投社會作好準備。本年度，「康姨餅房」很榮幸得到各界的支持，獲選成為「最受歡迎攤位」（即全場總冠軍）。有此佳績，全賴服務使用者與職員同心協力、分工合作，充分表現「康姨餅房」的團隊精神。



The 6th Caregivers of Persons with Disabilities Award Presentation Ceremony cum Rehabilitation Services Organization Social Enterprise Exposition was held on 8 December 2013 outside Sheung Wan Civic Centre. Ten social enterprises participated in the Exposition and joined together to promote their products. Madam Hong's Bakery sent a few service users to promote the products, hoping to increase public understanding about persons with disabilities while sharpening the selling skills of the service users and preparing them for future careers as well as reintegration into society. This year, Madam Hong's Bakery was honoured to gain the support from different sectors and be elected as the "Most Popular Stall" i.e. Overall Champion. It's all thanks to the cooperation and concerted efforts made by the service users and the staff, who fully demonstrated the team spirit of Madam Hong's Bakery.



## 遇良機 得蛻變 — 李倩瑩

### With a Fine Opportunity Comes along a Transformation – Lee Sin Ying

毅誠工場殘疾人士在職培訓計劃社工楊春華

Flora Yeung, Social Worker of Ngai Shing Workshop - On the Job Training Programme for Persons with Disabilities

李倩瑩於2011年5月加入扶康會殘疾人士在職培訓計劃。作為她的負責社工，這三年來我陪伴她經歷工作上的轉變，見證她的成長與進步——由缺乏自信、害怕公開就業，到現在好學不倦、凡事願意嘗試。

Lee Sin Ying joined Fu Hong Society On the job Training Programme for Persons with Disabilities in May 2011. As her social worker, I accompanied her to face with changes at work over the past three years. I also witnessed her growth and progression – from someone who lacked confidence and was afraid to seek open employment, to someone who is now never too tired to learn and try new things.



#### 蛻變來自機會與鼓勵

三年前，年長的李先生帶著女兒倩瑩到來查詢在職培訓計劃。李先生表示，女兒將要入住另一社福機構的輕度智障人士輔助宿舍，由於該宿舍沒有日間服務的配套，故到來為倩瑩申請本會殘疾人士在職培訓計劃的服務。

父女向我訴說倩瑩以往於快餐店工作的辛酸史。李先生表示，因為早產，導致女兒患有輕度智障，而且體形嬌小。父親不想她終日在家中虛度光陰，十年前開始讓她嘗試外出工作，怎料女兒因此換來一身傷患。快餐店以兼職形式聘用倩瑩，人手不足時，倩瑩要一天工作十多小時，每次送外賣均揸著十幾磅重的食物及汽水，長期勞損導致倩瑩腰部經常疼痛。倩瑩亦需要處理廚房工作並接觸滾油。一次意外，導致她手臂被滾油燙傷，留下一大片傷疤。這些不愉快經歷，令李先生掙扎應否讓倩瑩再次公開就業。倩瑩也向我表示，擔心自己「太蠢」，做不到要求會被上司罵。

作為社工，我很想幫助這對無助的父女，但一時間實在很難找到合適的工作給她。適逢當時毅誠工場的康姨餅房訂單日漸增多，需要增聘人手，可以聘用在職培訓計劃的服務使用者為員工，一邊工作一邊培訓他們。倩瑩藉此良機，由本會的服務使用者「升格」為職員。

#### 進步源於支持與嘗試

倩瑩加入康姨餅房工作兩年多，在導師悉心的指導與鼓勵下，她重新建立對工作的信心，亦願意主動與人溝通，積極學習新事物。倩瑩更於2011年11月代表本會前往北京分享工作經驗。2012年4月，本會更推薦倩瑩參與香港電台製作的戲劇《沒有牆的世界III》之《我要做父母》試鏡，並成功成為劇中女主角。雖然工作繁忙，但卻令倩瑩的生活變得多姿多彩，父親見到女兒的轉變也大感安慰。

最近倩瑩又進入一個新里程碑。她於2013年12月主動申請由康融服務有限公司（由扶康會成立的社會企業）營運的康姨咖啡室的餐飲服務員職位，藉此擴闊眼界，學習更多工作技能，並夢想將來擁有自己的咖啡室。這夢想推動她每天積極工作，主動向廚師學習沖製絲滑奶茶、濃香咖啡等特色飲品。倩瑩更努力學習一些簡單英語招呼外籍遊客。她很開心地向我訴說工作上的趣事，並表示每天能夠接觸不同的客人及外籍遊客，令她大開眼界。她與工作團隊相處融洽，在快樂的氣氛下工作，讓她獲得很大的滿足感。

倩瑩從以往害怕公開就業，到現在充滿夢想，積極工作，全因三年前扶康會提供的一個就業機會。扶康會現正積極發展社企餐飲服務，希望將來有更多服務使用者像倩瑩一樣，充滿自信地投入公開就業市場。

#### Transformation Comes from Opportunities and Encouragement

It was three years ago when the elderly Mr. Lee took his daughter Sin Ying here to inquire about the On the Job Training Programme. He said his daughter was moving into another welfare organization's supported hostel for persons with mild intellectual disabilities which did not provide any day services. He was therefore here to apply for Sin Ying the service of On the Job Training Programme for Persons with Disabilities provided by the Society.

The father and daughter then told me the hard time Sin Ying had when she worked in a fast food restaurant. Preterm birth, Mr. Lee said, was the reason to his daughter's mild intellectual disability and petite figure. He did not want her to waste time at home and so he started to let her get a job on society ten years ago. However, she ended up full of wounds and injuries. The fast food shop had hired Sin Ying on a part time basis and Sin Ying had to work more than ten hours a day when there was a short of hands in the shop. Every time when she made a delivery she had to carry the food and sodas which weighed more than a dozen pounds. This long term strain brought her constant back pain. Sin Ying was also required to work in the kitchen and deal with boiling oil. The huge scar on her arm was the result of an accident in which she got scalded by the boiling oil. These unpleasant memories made Mr. Lee struggle on whether he should let Sin Ying seek open employment again. Sin Ying also expressed her worries that she thought she was "too stupid" and that her boss would scold her if she could not meet the requirements.

As a social worker, I would very much like to help them. However, it was hard to find a suitable job for Sin Ying in such short notice. Luckily, Madam Hong's Bakery had been receiving more and more orders and was in need of more manpower. The service users of the Programme could be hired and on the job training could be provided to them. With this fine opportunity, Sin Ying was "promoted" from a service user to a staff of the Society.



#### Progression Originates from Support and Attempts

Sin Ying has joined Madam Hong's Bakery for more than two years now. Under the devoted guidance and encouragement of the instructors, she has rebuilt her confidence towards work. She is now willing to take the initiative to communicate with others and show enthusiasm in learning new things. In November 2011, Sin Ying, as the representative of the Society, even flew to Beijing and shared her working experience. In April 2012, our Society nominated Sin Ying to audition for the female leading character of the episode "We Want to be Parents" of the TV drama "A Wall-less World III" produced by RTHK and she got the part. Sin Ying's new work made her busy but it also added vivid colours to her life. Mr. Lee was glad to see the change in his daughter as well.

Sin Ying has recently set another new milestone. In December 2013, she applied for the post of Waitress at Madam Hong Café, which was operated by Hong Yung Services Limited (a social enterprise set up by Fu Hong Society). She hoped to broaden her horizons and acquire more job skills, and dreamt of owning her own coffee shop one day. This dream is the incentive to her enthusiasm towards work these days. She voluntarily learns from the chefs how to brew special drinks such as smooth milk tea and rich coffee, etc. She is also paying a lot of effort in learning simple English so as to serve foreign tourists. She cheerfully shared with me the interesting things she encountered at work. She also mentioned how eye-opening it was to talk to different customers and foreign tourists every day. She and her team get along well and they work together in laughter every day. This happy working environment brings her much contentment.

The change of Sin Ying from a girl who was afraid to seek open employment to a girl who is now full of dreams and enthusiasm towards work, is all because of the employment opportunity given by Fu Hong Society three years ago. The Society is now actively expanding the food and beverage services of its social enterprise, in the hope that in the future there would be more service users who could confidently seek open employment like Sin Ying.





中電於2013年8至10月期間，以「你 + 我 · 燃點生活力量」為題，把一系列真實動人的小故事製成八段短片，並放於中電Facebook專頁。短片所得的每一個「Like」獲中電捐出五元予指定慈善團體，而扶康會是受惠團體之一。中電透過此活動捐出港幣十萬元予扶康會。

另外中電連續四年透過「安全獎勵計劃」，揀選本會成為捐款受惠機構之一，並於2014年4月28日舉辦捐款支票頒贈儀式，將善款港幣

二萬元交予本會。本會在此衷心感謝中電一直以來的支持。

From August to October 2013, CLP Power Hong Kong Limited (CLP) organized a campaign to promote touching stories by making eight videos of them. The videos were put in CLP Facebook Page. If there was a "Like" for the video, CLP would donate \$5 to designated welfare organizations. Fu Hong Society was one of the beneficiaries in this campaign. Finally CLP donated HK\$100,000 to Fu Hong Society through this campaign.

Besides, CLP selected the Society as one of the beneficiaries of its "Safety Incentive Scheme" for four consecutive years. The cheque presentation ceremony was held on 28 April 2014 and HK\$20,000 was donated to the Society. We would like to thank you for the continuous support from CLP.



懲教署體育會每年都會舉行秋季賣物會，籌募善款予不同機構及團體以發展服務。2013年的秋季賣物會已於11月2日舉行，並於2014年2月26日舉行支票頒贈儀式。本會有幸成為受惠機構之一，感謝懲教署體育會一直對殘疾人士服務的支持。

Every year, Correctional Services Department Sports Association organizes Autumn Fair to raise fund for different organizations to develop their services. The Autumn Fair 2013 was held on 2 November and the cheque presentation ceremony was held on 26 February 2014. The Society is glad to be one of the beneficiaries and thanks for the Association's continuous support in these years.



中電義工隊於2014年4月12日到訪禾輦成人訓練中心，與服務使用者一起製作美食，歡度一個愉快的週末。

On 12 April 2014, CLP Volunteer Team visited Wo Che Adult Training Centre and made delicious food with the service users, enjoying a happy weekend.



永旺(香港)百貨有限公司(永旺)於早前舉行第三期「幸福的黃色小票活動」，並藉此活動捐贈價值二萬多元的電器予扶康會。支票頒贈儀式已於2014年3月舉行，本會毅信之家服務使用者更於當日表演跳舞。新一輪「幸福的黃色小票活動」已於2014年2月展開，本會有幸繼續成為受惠機構，請大家踴躍支持每月11日的「永旺日」。

另外，永旺義工隊於2014年3月11日到訪長沙灣成人訓練中心，並派發精美禮品給服務使用者。本會在此致感謝永旺一直的支持。

AEON Stores (Hong Kong) Co., Limited (AEON) organized the 3rd phase "Blessing Yellow Tickets Activity" and donated electric appliance with the value of around HK\$20,000 to Fu Hong Society. The cheque presentation ceremony was held in March 2014 and service users from Ngai Shun Home performed dancing in the ceremony. The new phase of the Activity started in February 2014. The Society is pleased to be one of the beneficiaries again. Please support us on "AEON Day" on the 11th day of each month.

Besides, AEON Volunteer Team visited the service users at Cheung Sha Wan Adult Training Centre and delivered gifts to them on 11 March 2014. The Society thanks for the long-term support from AEON.



俊和發展集團義工隊與樂華成人訓練中心於2014年3至4月期間，舉行了兩次「俊和樂華同樂日」。第一次俊和義工隊到樂華成人訓練中心探訪，與服務使用者玩遊戲；第二次他們一起到海防博物館參觀，並在博物館內的「康姨咖啡室」享用美食。他們很享受這兩次活動。

In March to April 2014, volunteer team of Chun Wo Development Holdings Limited together with Lok Wah Adult Training Centre organized twice "Chun Wo-Lok Wah Fun Day". On the first day, volunteer team of Chun Wo visited Lok Wah Adult Training Centre and played games with the service users. On the second day, they went to the Hong Kong Museum of Coastal Defense and enjoyed delicious food in the Madam Hong Café, which is inside the Museum. The two groups enjoyed both events.





扶康會是Asia Mental Health Conference 2013的協辦機構之一。本會社區精神康復服務共有兩份研究撮要被大會採納，以及在分組會議中與來自亞洲區的同工、學者及精神康復者等分享，題目為「服務使用者參與」實務研究計劃及Integrating Physical Activities Into Mental Health Service。本會康晴天地會員更親自講述研究的歷程與得著，確實地體驗「服務使用者參與」。

Fu Hong Society was one of the co-organizers of the Asia Mental Health Conference 2013. Two research papers of the Society's community psychiatric services, namely "Action Research on User Participation" and "Integrating Physical Activities Into Mental Health Service", were accepted by the Conference. Service users from Sunrise Centre also participated in the Conference to share their experience in person, embodying the idea of "user participation".

本會三間中途宿舍的服務使用者及其家屬、職員及義工共32人一同參與2014年1月5日假白石角海濱長廊舉行「同行共跑 — 社工日(香港)2014」。是次長跑比賽，不但推動透過運動強化體質，亦帶出與服務使用者、家屬、職員及社區義工一起同行，在服務使用者身旁，默默支持他們面對人生的挑戰。

32 participants including service users and their family members, staff and volunteers of the three halfway houses joined the running race of Social Work Day (HK) 2014, which was held on 5 January 2014 at Pak Shek Kok Promenade. The activity not only promoted the importance of exercise toward our health, but also encouraged the service users to face with their challenges bravely with the support from family, staff and volunteers.



扶康會樂融坊小食店新增一些節能裝置，以節約用電、減省開支。中電誠邀本會就此作傳媒個案分享，於2014年4月底接受傳媒訪問，分享店舖的節能情況。

另外，本會位於海防博物館的「康姨咖啡室」亦接受傳媒採訪，介紹該咖啡室的美食。

FHS Joyful Corner Co-op shop installed some energy-saving equipment for power saving and cost reduction. CLP Power Hong Kong Limited therefore invited the Society to share it as a case study with media and relevant interviews were conducted in late April 2014.

Besides, Madam Hong Café located at the Hong Kong Museum of Coastal Defense also received media interview to introduce their delicious food.

天水圍地區支援中心於2014年1月參加由社會福利署元朗區康復服務協調委員會主辦、元朗區議會贊助的「共融全接觸」體驗之旅。是次活動主題是認識聽障，本單位邀請了香港聾人福利促進會合辦手語工作坊，並與佛教葉紀南紀念中學合作籌劃工作坊及攤位活動，讓中學生能夠學習與聽障人士溝通，推動傷健共融的精神。

The Tin Shui Wai District Support Centre joined the Inclusion Experience Trip organized by Yuen Long District Co-ordinating Committee on Rehabilitation Services of Social Welfare Department and sponsored by Yuen Long District Council. In order to enhance secondary school students' understanding about hearing disabilities and promote social inclusion, the Centre invited the Hong Kong Society for the Deaf to organize sign language workshop and Buddhist Yip Kei Nam Memorial College to design the workshop and game booths.



今年本會天水圍地區支援中心再次參加「匯豐水足印定向」，由一位職員帶同三個家庭及兩位服務使用者一同出席。活動於沙田區舉行，參加者沿著城門河步行，由於當日天氣很好，所以兩個半小時的路程並不辛苦。各組員雖然未能尋找所有檢查站，但均能夠於指定時間內返回終點，是一個很難得的親子活動和生活體驗。

This year, the Tin Shui Wai District Support Centre joined "HSBC Water Race" again. There was a staff leading three families and two service users to participate in the event, which was held in Shatin with good weather. Participants walked along Shing Mun River for around 2.5 hrs and felt not very difficult for them. Although the team failed to find all the check points, they could arrive the end point within the time limit. They all enjoyed the event and thought it was a good family activity with life experience.





# Donation 捐款



我樂意支持殘疾人士自力更生！

I would like to help persons with disabilities lead dignified and independent lives!



HK\$200



HK\$500



HK\$1,000



其他 Other Amount

(捐款港幣100元或以上可憑收據申請扣減稅項  
Donation of HK\$100 or above is tax deductible with a receipt)

N007/2014

## 捐款方法 Donation Methods



現金 - 請把捐款直接存入本會滙豐銀行戶口 **119-290005-838**

Cash - Direct pay-in to our HSBC account **119-290005-838**

(請把銀行存款收據連同本表格寄回本會)

Please send the bank pay-in-slip together with this form to our Society)



劃線支票 - 抬頭請寫「扶康會」

Crossed Cheque - Payable to "Fu Hong Society"



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Cardholder's Name \_\_\_\_\_

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日期

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多謝您們的支持！

Thank you for your support!

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