

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。

