

福慶

用畫筆

點亮笑容

Brightening
Smiles with a Paint Brush

福慶（全名鄧福慶）是扶康會怡諾成人訓練中心的服務使用者，同時也是扶康會同工、服務使用者和家人心中的「開心果」。平日的福慶跟很多人一樣，喜歡吃東西和畫畫，性格開朗的他也在中心和宿舍中結交了不少好友。

福慶於 2018 年開始接觸藝術，透過中心的繪畫小組及個人指導環節，學習不同的技巧，展現出對創作的熱誠與投入。他亦希望透過自己的畫作，傳遞正能量，為大家加油打氣。

「開心！好鍾意！最鍾意畫山水！」福慶眯起雙眼、嘴角上揚，表達自己對畫畫的熱愛。「花草都好靚！最喜歡黃色！」從這份純粹的回應，很難想像原來福慶在用力握筆，以至繪畫一些實在的線條時都會出現困難。而扶康會的社工和導師在了解福慶的特質及喜好後，為他設計個人化的藝術訓練，例如：在選擇顏料上，主要使用水彩，稀釋的顏料輕輕就能上色，亦無須太用力握筆；在繪畫主題上，福慶主要學習畫花草植物，除了因為他喜歡之餘，同時能避免實在的筆觸線條。這些個人化的指導，都能協助福慶自由舒暢地創作。扶康會的藝術導師 Karen 表示「透過了解服務使用者嘅限制及興趣，我哋用唔同方法讓佢哋再因身體上限制，阻礙追逐興趣及夢想嘅熱情。」她亦認為，只要有合適的空間、機會，殘疾人士一樣可以發揮藝術才能，令社會上更多人欣賞他們的潛能，促進社會共融。

談及福慶小時候的活動，從小與福慶生活的福強（福慶弟弟）道「細個嘅時候又唔覺得佢對畫畫有興趣，反而寫字多啲。不過因為細個冇得返學，佢咩都會想試同願意去試。」正因為福慶這種願意探索的性格，在他成為扶康會的服務使用者後，開始嘗試接觸藝術，透過社工及藝術導師的指導，慢慢建立出自己的風格。

福強憶述，由於家人年齡漸長，難以照顧弟弟的日常生活，故未能安排福慶回家居住。在適應宿舍生活的初期，福慶這個「開心果」也難免出現鬱悶的時刻。不過，福強也慶幸自己的哥哥在扶康會的社工、導師的指導及舍友的支持下，透過畫畫令他重拾快樂。雖然未必能時常見面，但福強幾乎每次也會抽空到哥哥的畫展，看到哥哥臉上掛起滿足的笑容和其於藝術上的成果，他亦感到放心和自豪。福強寄語「希望更多人能看到福慶的畫作，哥哥繼續創作更多作品感動大家。」

近年，扶康會致力推動 Fu Hong Art Hub，而福慶也成為 Fu Hong Art Hub 的其中一員。本會期望透過展現殘疾人士的藝術潛能，建構一個匯聚殘疾人士發展藝術的平台，特別是智障人士、精神復元人士及自閉症譜系障礙人士，讓殘疾人士能釋放潛能，發揮自己所長及價值，創造不同的機會，被社會大眾欣賞。

Fuk Hing (Full name: TANG Fuk Hing) is a service user at Fu Hong Society's Yi Lok Adult Training Centre and a source of joy for his family, the Society's staff members, and fellow service users. He enjoys eating and drawing in his daily life, and his cheerful personality has helped him build many friendships at both the centre and the hostel.

Fuk Hing began exploring art in 2018 through the centre's drawing group and individual sessions, where he learned various techniques and demonstrated great passion and commitment to his creations. He hoped to spread positive energy through his paintings and encourage others along the way.

"Happy! I love it! I love painting mountains and rivers!" Fuk Hing said with a smile, his eyes narrowing as he talks about drawing. "Flowers and plants are so beautiful! I love yellow!" From these simple, heartfelt responses, it is hard to imagine the difficulties he faced in gripping the brush firmly or drawing defined lines. After gaining an understanding of his strengths and preferences, Fu Hong Society's social workers and tutors developed personalised art training for him. They encouraged him to use watercolors, which are easy to dilute and apply without a strong grip, and guided him to focus on themes such as flowers and plants, which he enjoys and which require less precise line work. These tailored approaches allow Fuk Hing to create with freedom and ease. Karen, an art instructor of the Society, illustrated, "By understanding service users' limitations and interests, different methods can be used so that physical challenges do not hold them back from pursuing their interests and dreams." She believed that with the right opportunities, persons with disabilities could fully express their artistic talents, enabling more people in the community to appreciate their potential and promote social inclusion.

Looking back on Fuk Hing's childhood, his younger



brother, Fuk Keung, who has lived with him since they were young, recalled, "When he was small, he didn't seem particularly interested in drawing — he wrote more. But because he couldn't go to school, he wanted to try everything and was always willing to give things a go." It was this willingness to explore that led Fuk Hing, after becoming a Fu Hong Society service user, to try art. With guidance from social workers and art instructors, he gradually developed his own artistic style.

According to Fuk Keung, as their family members grew older, it has become increasingly difficult to manage his brother's daily care, and so living at home was no longer possible for Fuk Hing. In the early stages of adapting to hostel life, he had moments of sadness and frustration. However, Fuk Keung was grateful that, with the support of staff, tutors, and fellow service users at Fu Hong Society, painting has helped Fuk Hing regain his happiness. Although they could not see each other often, Fuk Keung made special effort to attend almost all of his brother's exhibitions. Seeing Fuk Hing's satisfied smile and his artistic achievements gave him both reassurance and pride. Fuk Keung said, "I hope more people can see Fuk Hing's paintings, and that my brother will continue creating works that touch people's hearts."

In recent years, Fu Hong Society has been actively promoting Fu Hong Art Hub, with Fuk Hing as one of its artists. The Society aims to showcase the artistic potential of persons with disabilities — particularly those with intellectual disabilities, persons in recovery, and individuals with autism spectrum disorders — by building a platform where they can unleash their abilities, leverage their strengths, create new opportunities, and be appreciated by the wider community.

