

Enlightening lives with music from the band Daybreak 「天·亮」樂隊 音樂燃亮人生

本會天水圍地區支援中心希望以音樂活動作為媒介，包括提供多類型的樂器學習、歌唱練習等，提升殘疾人士對音樂的興趣和啟發他們的音樂潛能，故於十年前成立「天·亮」(Daybreak)樂隊(前稱 Rainbow 樂隊)，寓意有如令他們生命漸露曙光，日出一樣。

近年，中心引入拇指琴和彩虹鐘，這些簡易的新興樂器讓樂隊成員可演奏出動聽的旋律。同時，可讓更多不同能力的智障人士，也可享受療癒的音樂，抒發情緒。大部分智障人士均具備較強的音樂敏感度及節奏感，歌唱訓練有助強化記憶力，敲擊樂器訓練亦能促進身心協調能力。訓練過程中更需要團隊合作，培養他們的音樂感與合作精神。

樂隊亦曾於「香港最佳老友」運動電能烹飪比賽、「扶康慈善籌款晚宴」等不同的場合演出，讓樂隊成員有更多機會接觸社區，以音樂回饋社會，向社區宣揚「傷健共融」的正面訊息。



The Society's Tin Shui Wai District Support Centre wishes to enhance interest and to inspire talents of persons with disabilities in music through the organization of various musical activities e.g. playing instruments and singing practices...etc.. Therefore, the band Daybreak (previously named Rainbow) has been founded 10 years ago, which symbolises the enlightening of their lives, like the breaking of dawn.

Recently, the Center has introduced mbiras and rainbow bells to the band members, so that they can play beautiful melodies with these simple and newly-popularized instruments. At the same time, it allows the persons with intellectual disabilities to enjoy the healing power of music and express their emotions even with different level of abilities. Most of the persons with intellectual disabilities are more sensitive to music and have stronger sense of rhythm; therefore, singing practices can enhance their memories and training with percussion instruments would enable them to improve their physical and mental coordination. Additionally, teamwork is required in the process to cultivate their musical sense and cooperative spirit.

The band has performed in various events, such as the "Best Buddies Hong Kong" Movement Electric Cooking Competition and the Society's Charity Dinner, which provide band members opportunities to interact with the community and to promote social inclusion.

