



2013年度香港最佳老友全港分社周年聚會暨傑出分社選舉頒獎典禮

一年一度的周年聚會，已於2013年7月6日在香港教育學院大埔校園順利舉行。本年度的報名人數約有300人，情況十分踴躍。當日邀得的「香港最佳老友」董事局成員，包括本會副主席王林小玲女士MH、神師方叔華神父、董事局委員李春霖先生及冼權鋒教授出席主禮及頒授「傑出分社」及「老友配對」獎項。典禮中加插澳門交流團團友分享、領袖會議同學代表的誓師儀式及分社代表表演，令典禮內容更充實。此外，大會安排各分社老友於下午的同樂日作分組遊戲及競技比賽，增加各分社老友的團結及情誼。



1. 嘉賓與各分社老友大合照
2. 本年度最佳老友配對獎得獎者
3. 本年度參加國際領袖會議的職員及學生接受祝福
4. 老友們在同樂日中玩得樂而忘返
5. 廣州交流團參加者分享感受



分社花絮

1. 2013年6月22日柔莊之家與香港專業教育學院(屯門分校)分社探訪長者
2. 2013年9月14日樂華成人訓練中心與捷和實業有限公司分社探訪長者
3. 2013年9月14日長康之家與香港專業教育學院(青衣分校)分社探訪獨居長者



國際「最佳老友」亞太區總裁探訪扶康會

國際「最佳老友」亞洲區及太平洋區總裁蘇夢月女士於2013年8月起到訪各區國家的「最佳老友」，並於2013年9月17日探訪扶康會。當日早上邀請了「廣州最佳老友」代表梁露尹女士，與蘇女士進行中、港及國際「最佳老友」運動交流。本會隨後安排了歡迎午宴，由兩位「香港最佳老友」運動董事局成員，包括扶康會副主席王林小玲女士MH及董事局委員李春霖先生出席及接待蘇女士，以及介紹扶康會和「香港最佳老友」運動的工作。最後，亦邀請了蘇女士在新企業老友分社成立典禮主禮。



1. 安排中式歡迎午宴接待
2. 蘇女士穿上「香港最佳老友」襯衫及致送國際「最佳老友」小熊予扶康會
3. 參觀及訪問康姨餅房

思諾及怡諾成人訓練中心與香港保險中介人商會成立新企業老友分社

2013年9月17日，思諾及怡諾成人訓練中心與香港保險中介人商會正式成立企業老友分社，並配對了10對最佳老友。當日出席嘉賓包括「香港最佳老友」董事局委員王林小玲女士MH、李春霖先生、國際「最佳老友」亞洲區及太平洋區總裁蘇夢月女士及香港保險中介人商會上屆會長關德信先生。成立典禮當日約有100人出席，當中還有表演助慶，場面溫馨熱鬧。



1. 嘉賓與新配對的十對老友一同參與成立典禮
2. 典禮後嘉賓與各參加者大合照

澳門交流團2013

活動於2013年5月31日至6月1日舉行，共有16對最佳老友參加。行程中安排了「推動社會共融交流座談會」，並於2013年5月31日下午與澳門扶康會交流推行「香港最佳老友」運動的心得。「香港最佳老友」董事局成員，包括本會副主席王林小玲女士MH、神師方叔華神父及李春霖先生亦有出席支持，而澳門扶康會理事會主席陳才發先生、總幹事周惠儀女士及約有30名澳門扶康會職員及老友亦有出席支持。

當日的交流座談會中，本會介紹「香港最佳老友」運動，又有四對最佳老友及一位學生領袖分享過去參與「香港最佳老友」運動的感受。除了探訪澳門扶康會寶翠中心及康盈中心外，亦探訪澳門弱智人士家長協進會康樂綜合服務中心。參加者重聚及分享會亦已於2013年6月29日舉行。



國際最佳老友第二十四屆週年領袖會議

國際最佳老友已於2013年7月16日至22日於美國印第安納大學舉行國際領袖會議，本會派出社工郭詠琳女士及兩位大專分社老友，她們分別來自香港教育學院社會工作高級文憑課程分社(配對葵興職業發展中心)的陳瑋彤同學及香港樹仁大學分社(配對澤安成人訓練中心)的張婷同學。她們出席會議後，已於2013年8月28日下午向「香港最佳老友」運動職員會匯報有關交流工作內容。



陳瑋彤同學的分享

能參與領袖會議是我一生難得一次的機會。幾日內與其他老友們的近距離接觸，使我明白無論是智障抑或健全的人，均有其內在的價值和尊嚴。智障人士亦有其個人的長處。我們應給予更多機會，讓他們參與我們的活動策劃和實踐。老友在給予機會和鼓勵下，均能成長和蛻變。我也學會了作為領袖要站出來支持他人和給予意見。

張婷同學的分享

坐在台下，我激動地聽著台上的「美國最佳老友大使」發表他們的演說。一位老友大使在一千五百人面前清晰地表達自己的想法：「殘疾只是人的身體有某一部分的缺陷而導致不能完成某些事，但每一個人都有自己做不到做的事。」更令人為之動容的是一對對老友之間的友誼！這種平等互愛的友誼改變了有智力發展障礙的老友，也影響了沒有智力發展障礙的老友，因為每一個人都需要真誠的朋友！我在美國的最佳老友領袖會議得益良多，不單是知識上的，還有心靈上的，感恩可以參與其中。



1. 與「最佳老友」創辦人Mr. Anthony Kennedy Shriver合照
2. 不同國家「最佳老友」代表出席會議
3. 張婷同學與各地交流「最佳老友」工作
4. 陳瑋彤同學分享「香港最佳老友」運動工作

傳媒及宣傳工作

獲亞洲電視《2013感動香港年度人物評選》的邀請，本會提名石圍角工場的社區老友余思思參加評選。亞洲電視邀請余思思及其老友胡美茜、一同參加「香港最佳老友」運動的朋友嚴綺蓮及余思思的丈夫，於2013年7月7日出席評審及訪問，分享余思思與胡美茜之間的老友情誼及參加此運動的感受。有關訪問已於2013年8月4日晚上於本港台及亞洲台播放。

另外，捷和實業有限公司分社老友鍾喜清與樂華成人訓練中心的老友的「香港最佳老友」感動生命故事，有幸被刊登於社會福利署觀塘福利辦事處的刊物《觀塘人觀塘事》2013年8月期刊中。有關文章的節錄已刊載於今期《扶康通訊》「人物」內。



深水埗區「你是我的最佳老友」傷健共融計劃

本會獲深水埗區議會撥款\$81,308贊助於2013年9月至2014年3月期間，於深水埗區推行深水埗區「你是我的最佳老友」傷健共融計劃，計劃由本會澤安成人訓練中心、長沙灣成人訓練中心及上李屋成人訓練中心主辦、深水埗區議會社區事務委員會轄下長者及康復服務工作小組合辦、香港明愛鄭承峰長者社區中心(深水埗)及香港長者協會協辦。計劃主要透過舉行共融才藝訓練、「送暖行動」義工探訪及標語創作比賽，聯繫深水埗區內智障人士、長者及學生一起推動傷健共融的訊息，推廣智障人士與非智障人士之間能存在平等的友誼關係。

2013 "Best Buddies Hong Kong" Movement (BBHK) Annual Gala and Outstanding Chapter Award Ceremony

The Annual Gala was successfully held on 6 July 2013 at the Hong Kong Institute of Education Taipo Campus. Encouragingly, about 300 people attended this year. On the day, we were honoured by the presence of BBHK council members, including Fu Hong Society (FHS) Vice Chairman Mrs. Cecilia Wong Lam, MH, Spiritual Advisor Fr. Giosuè Bonzi, Council Members Mr. John Lee and Dr. Kenneth Sin to officiate the occasion, as well as to present the "Best Chapter Award" and "Best Buddies Pairs Award". In addition, the Macau Exchange Tour members shared on stage, student representatives from the Leadership Conference conducted an oath-taking ceremony, and finally, there were performances from chapter representatives to round up a fun packed night. Additionally, organizers had arranged group games and competitions in that afternoon for our chapter buddies at Fun Day, to enhance the unity and friendship amongst the chapter buddies.



1. Our guests posing for pictures with our chapter buddies
2. Winner of this year's "Best Buddies Pairs Award"
3. This year's International Leadership Conference staff and student delegates received their blessings
4. Buddies enjoyed an unforgettable experience at Fun Day
5. Sharing among members of the Guangzhou Exchange Group



Chapter Highlights

1. Yau Chong Home service users and Hong Kong Institute of Vocational Education (Tuen Mun) Chapter buddies visited the elderly on 22 June 2013.
2. Lok Wah Adult Training Centre and Chiaphua Industries Limited Chapter visited the elderly on 14 September 2013
3. Cheung Hong Home and Hong Kong Institute of Vocational Education (Tsing Yi) Chapter visited the elderly on 14 September 2013



Best Buddies International (Asia & Oceanic) Area Director Visits FHS

Since August, Ms. Sue Trone, Area Director (Asia & Oceanic) of Best Buddies International has been touring the Best Buddies Chapters in her region in August 2013. On 17 September 2013, she finally arrived in Hong Kong for a one-day whirlwind visit with FHS on her itinerary. To make the most of her visit, we invited Ms. Rosemary Leung, representative of Best Buddies China (Guangdong) to have exchange about Best Buddies' work in Hong Kong, China and the international community. Fu Hong Society arranged a lunch reception on that day. Two Best Buddies Hong Kong Council Members, FHS Vice Chairman Mrs. Cecilia Wong Lam, MH and Council Member Mr. John Lee attended to accompany Ms. Trone and to introduce her to FHS and BBHK's work. Ms. Trone was also invited to officiate the new corporate citizen chapter formation ceremony.



1. Ms. Trone was treated to a Chinese Lunch Reception
2. Ms. Trone in a Best Buddies Hong Kong t-shirt, presenting the Best Buddies Bear to FHS
3. Ms. Trone's visit to Madam Hong's Bakery

Formation of new corporate chapter by Si Lok & Yi Lok Adult Training Centre (RCSLATC & RCYLATC) with Hong Kong Chamber of Insurance Intermediaries

A new corporate chapter was formed by RCSLATC & RCYLATC with Hong Kong Chamber of Insurance Intermediaries (HKCII) on 17 September 2013, with 10 pairs successfully matched. Mrs. Cecilia Wong Lam MH and Mr. John Lee, BBHK Council Members; Ms. Sue Trone, Area Director Asia & Oceanic of BBI; and Mr. Harley Kwan, Immediate Past President of HKCII, officiated at the new corporate chapter formation ceremony. The ceremony was supported and attended by around 100 participants, with heartwarming performances that created a very pleasant atmosphere.



1. Guests and 10 pairs of newly matched buddies at the chapter formation ceremony
2. A group photo of all our guests and attendees after the ceremony

Macau Exchange Tour

The Macau Exchange Tour ran from 31 May to 1 June 2013. 16 pairs of best buddies joined the tour. A seminar to promote social inclusion was arranged in the afternoon of 31 May to discuss different experiences in promoting "Best Buddies Hong Kong" Movement. Council members of BBHK, including Mrs. Cecilia Wong Lam MH, Fr. Giosuè Bonzi, and Mr. John Lee supported and shared in the seminar. Mr. Chan Choi Fat (Chairman of Management Committee of Fuhong Society of Macau) and Ms. Jennifer Chau (Director of Fuhong Society of Macau), together with around 30 staff and service users, attended the seminar.

During the seminar, members of senior management, 4 buddy pairs and 1 student representative presented BBHK, introduced BBHK and shared their experience joining BBHK. As well as visiting the Associação de Reabilitação "Fu Hong" de Macau Centro Pou Choi and Centro Hong Leng, the group also went to the Associação dos Familiares Encarregados dos Complexo de serviços "Hong Lok". The Macau Exchange Tour reunion and sharing session was held on 29 June 2013.



The 24th Best Buddies International Annual Leadership Conference

The 24th Best Buddies International Annual Leadership Conference was held at Indiana University from 16 to 22 July 2013. FHS delegates were social worker Ms. Kwok Wing Lam, and two buddies from our tertiary institutes chapters, Ms. Rachel Chan from the Hong Kong Institute of Education Advanced Diploma of Social Work Branch (paired with Kwai Hing Vocational Development Centre) and Ms. Alma Cheung of the Hong Kong Shue Yan University Chapter (paired with Chak On Adult Training Centre). On 28 August 2013, after their return from the conference, they shared their learning experiences with the staff of "Best Buddies Hong Kong" Movement.



Sharing from Rachel

The Leadership Conference was really once-in-a-lifetime experience for me. It was very inspiring, and helped me to see the intrinsic worth and dignity within persons both with and without intellectual disabilities. Persons with intellectual disabilities have their own strength. We should provide more opportunities and let them be more involved in our activities (both planning and execution). With encouragement and opportunities, buddies are capable of growing and changing. I also learned how to be a leader, to stand out and give support and opinions to others.

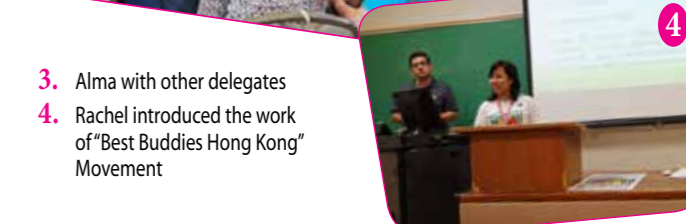
Sharing from Alma

Sitting in the audience, I was excited to listen to "America's Best Buddies Ambassadors" giving their speeches on stage. In front of 1,500 people, one of the Ambassadors stated his belief that: "Disability is merely a defect in our bodies that prevents us from achieving certain things, however, everyone has a list of things they cannot do." I was even more touched by the friendship between the buddies! These friendships were based on equality, mutual love, and friendship, and have transformed both those with and without intellectual disabilities. Everyone needs a true friend!

The Best Buddies Leadership Conference in the United States has benefited me tremendously, not only in terms of knowledge, but also on a spiritual level. I am grateful to be part of it.



1. With Mr. Anthony Kennedy Shriver, the Founder of Best Buddies
2. Delegates from different countries at the leadership conference



3. Alma with other delegates
4. Rachel introduced the work of "Best Buddies Hong Kong" Movement

Media & Publicity

FHS nominated citizen buddy Ms. Yu Si Si from the Shek Wai Kok Workshop to participate in the selection of "Hong Kong Loving Hearts Campaign 2013", upon invitation by Asia Television (ATV). ATV invited Si Si and her Buddy Ms. Wu Mai Sai, together with Si Si's husband and Ms. Yim Yee Lin, another BBHK buddy, to appear in the programme for an evaluation and interview on 7 July 2013, shared the friendship between Si Si and Mai Sai, as well as their experience of being part of BBHK. The piece was broadcasted on ATV Home Channel and Asia Channel on 4 August 2013.

On a separate note, the touching friendship between Chiaphua Industries Limited Chapter Buddy Ms. Pauline Chung, and a service user at Lok Wah Adult Training Centre, appeared in the August 2013 edition of Social Welfare Department Kwun Tong District Social Welfare Office Newsletter. You can find an excerpt of this article under the People Section of this issue's Fu Hong Newsletter.



Sham Shui Po "You are my Best Buddies" Inclusion with Disabilities Project

FHS received a grant totaling \$81308 from Sham Shui Po District Council to implement a "You are my Best Buddies" Inclusion with Disabilities Project in the District, from September 2013 to March 2014. The project is led by FHS Chak On Adult Training Centre, Cheung Sha Wan Adult Training Centre and Sheung Li Uk Adult Training Centre, jointly organized by Working Group on Elderly and Rehabilitation Service of Council Community Affairs of Sham Shui Po District, and supported by the Caritas Cheng Shing Fung District Elderly Centre (Sham Shui Po) and The Hong Kong Association of Senior Citizens. The project will primarily involve comprehensive talent training workshops, "Warmth Action" volunteer visits, and slogan competitions, in order to connect together Sham Shui Po's persons with intellectual disabilities, seniors and students, to promote the message of inclusion, and to foster friendships between those with and without intellectual disabilities, on the basis of equality and mutual respect.