



扶康會
Fu Hong Society

社會福利署資助服務
Subsidised Service by the Social Welfare Department

起動樂

Let's Get Moving

EDITOR'S NOTE
編者的話

做運動的好處多不勝數，不但可減低患病機會，亦可放鬆心情，有助減壓。今期通訊以「起動樂」作主題，分享運動如何協助服務使用者達致身心健康。扶康會因應服務使用者的能力和身體情況等因素，制訂合適的訓練，安排參與不同運動項目，鍛煉體能。其他內容包括：天水圍地區支援中心硬地滾球小組的組員，以及由精神復元人士組成的龍舟隊伍，透過參與運動建立自信的過程。

另外，不得不提本會最新動向，包括葵興職業發展中心已完成現代化工程；以及將於第二季投入服務的古洞成人訓練中心與古洞之家。

本會一直致力發展服務使用者不同的潛能。充滿藝術細胞的展能藝術家——世傑，首度與本地藝術家合作，於柏寧酒店舉辦《超越界限的藝術》藝術聯展。此外，今期外間聯繫會介紹由朋輩支援服務推行的「真人圖書館」以及不同的企業展銷活動。最後，今期「扶康·良品」會介紹山景成人訓練中心服務使用者製作的手工藝品；有關社會各界的支持請留意今期通訊內文，當中包括本會榮獲香港人力資源管理學會頒發「卓越人力資源獎」中的「ESG 措施獎」銀獎（非牟利組織類別）。

From fortifying your health against illnesses to stress relief, exercise brings a wealth of benefits. With "Let's Get Moving" as our theme, we'll share how service users attain better physical and mental well-being through exercise. Based on the abilities and physical conditions of our service users, we tailor-made exercise routines and arrange different sport activities for them to improve their strength. In this issue, we shall cover the stories of how the members of Tin Shui Wai District Support Centre's boccia team, and the persons in recovery who joined the dragon boat teams can



build self-confidence through participating in sports.

Another unmissable news from the Society is the completion of renovation works at Kwai Hing Vocational Development Centre, and the service launch of the Kwu Tung Adult Training Centre and Kwu Tung Home in the second quarter.

The Society believes that each service user is imbued with unique talents. Sai Kit, a gifted artist with disability has collaborated with a local artist for the first time for a joint exhibition "Art Beyond Boundaries" at The Park Lane Hong Kong, a Pullman Hotel. In addition, the section of "External Connection" introduces the "Human Library" which is promoted by peer support service, and shares the news of corporate trade fair. Moreover, In this issue's "Fu Hong · ICHIBAN" will feature the craft products handmade by service users of Shan King Adult Training Centre. Last but not least, for the support from all walks of life, please find out more in this issue of newsletter, including the Society has been awarded the Elite Award of "ESG Initiatives Award" (NGO category) at the "HR Excellence Awards" organised by the Hong Kong Institute of Human Resource Management.



起動樂 · 鼓勵殘疾人士做運動

Encourage exercise among persons with disabilities

殘疾人士普遍缺乏運動，衍生出肥胖及其他健康問題。他們的身體機能亦較容易出現提早衰退，繼而影響日常活動功能。有見及此，本會近年積極推動殘疾人士多做運動，目的是為了改善他們的生理和心理健康，提升生活質素。此外，他們透過使用社區設施做運動，增加與社區人士接觸，促進社會共融。運動不只有助改善心肺功能、肌肉力量、柔軟度、平衡能力和協調能力，還可以釋放內在潛能，提升自信心和促進社交能力。

在推動殘疾人士做運動的過程中，本會物理治療團隊需要針對服務使用者的身體狀況，制定不同類型的運動方案。對於行動不便或坐輪椅的服務使用者，治療師會先安排輕度運動，如跟隨教學影片做坐式太極和伸展運動等；同時，治療師亦會在運動期間加入康復訓練元素，以改善他們的身體機能。



對於專注力較低的自閉症譜系障礙人士或智障人士，治療師會引入一些多元化的運動項目，包括新興運動、體感遊戲和互動單車等，增加做運動的趣味性，提高他們對運動的參與度，以改善他們的身體機能。

隨著社會老齡化的問題日益嚴重，越來越多殘疾人士需要長期護理和照顧。推動殘疾人士做運動可提前預防或延緩他們可能出現的身體機能問題，從而減輕社會及照顧者的醫療負擔。此外，殘疾人士使用社區設施做運動可以提高他們對社區的連繫感，並加深與社區人士的理解和尊重，有助促進社會和諧。

總括而言，推動殘疾人士參與運動對他們的身心健康和社會融合至關重要。這需要通過大家的支持和凝聚社會力量，營造一個更加包容和友善的環境，讓殘疾人士也能夠享受運動帶來的益處。

Lack of exercise is a common issue among persons with disabilities, which causes obesity and an array of health problems. This can lead to an early decline in physical well-being that gradually takes its toll in everyday life. In view of this, the Society has been an active advocate of exercise for persons with disabilities. Our aim is to enhance their quality of life through improvements in physical and mental well-being. This is also an opportunity to promote social integration as persons with disabilities come into contact with the general public through exercising in communal facilities. Not only does exercise train cardio-respiratory fitness, muscle strength, flexibility, balance and coordination, it also serves as a chance for persons with disabilities to unleash their potential, boost self-confidence and build social skills.

As part of our effort to encourage exercise among persons with disabilities, our physical therapy team designs different exercise routines according to their distinct health statuses. For service users with limited mobility or wheelchair users, our therapists will first suggest light exercises, such as performing sitting Tai Chi and stretching routines while following instruction videos. Rehabilitation

elements are also added to these routines to enhance bodily functions. For people with autism spectrum disorders or intellectual disabilities, our therapists introduced more dynamic exercise routines that target their lower attention span. To encourage participation, these routines include newly emerged sports, sensory games and interactive cycles are more interesting for participants.

As person with disability ages, the demand for long-term care and attention will rise. Promoting exercise among persons with disabilities can prevent or delay potential issues with bodily functions, which can ease the medical burden on society and caregivers. Additionally, the use of communal facilities for exercise can deepen one's sense of connection to society. This will strengthen understanding and respect within the community and promote social inclusion.

Promoting physical and mental well-being of persons with disabilities, while enabling social inclusion are the key aims of encouraging persons with disabilities to take part in sports. With your concerted support, we will create a more inclusive and encouraging environment that allows persons with disabilities to enjoy exercising benefit.



硬地滾球 Boccia

隨著本會服務使用者年紀漸長，身體機能出現不同程度的退化，做運動能夠有效預防及延遲衰老。本會多年來推動硬地滾球，以切合不同肢體殘障程度的服務使用者的需要。即使是坐輪椅或四肢不靈活的人士，硬地滾球亦有配件可以輔助他們參與。硬地滾球除了可以訓練服務使用者的專注力及身體協調能力，又可發掘他們的潛能、建立正面的自我形象及擴闊社交層面。

天水圍地區支援中心一向致力推動殘疾人士參與不同類型的運動，在推廣硬地滾球方面也不遺餘力。服務單位特意在其中一個活動區用油墨間線規劃一個小型硬地滾球練習場，並申請基金以購買硬地滾球設備。現時硬地滾球小組已成為服務單位最受歡迎的小組活動之一。

服務使用者阿儀及阿榮都是硬地滾球小組的支持者，近年他們的技術不斷進步，更代表服務單位參加本會舉辦的硬地滾球挑戰盃，並獲得理想成績。阿榮表示，參加硬地滾球小組可以和其他服務使用者交流硬地滾球技巧，擴闊他的社交圈子。另一方面，阿儀表示練習硬地滾球可以訓練她的手眼協調能力，使她的身體機能得到改善。他們都同意硬地滾球是一項很適合他們參與的運動。

由本會物理治療師主導組成的普及運動工作小組，於2023年第四季假石硤尾公園體育館順利舉辦「2023 扶康會硬地滾球挑戰盃」，挑戰盃總共有超過 20 個本會不同服

務類別的服務單位，連同其他機構的隊伍參加。賽事分為展能組及啓能組兩個組別，以符合不同能力及身體狀況的服務使用者參與。

比賽當日氣氛熱鬧，賽事亦非常緊張，超過 100 位服務使用者、家屬、員工及義工參加。所有服務使用者都非常投入參與這項賽事，即使未能勝出或晉級的參加者完成賽事後都留下觀賽，展現出運動精神以及對其他參賽隊伍的支持和鼓勵。



As our service users age, so do their bodies to varying degrees. Meanwhile, exercise is an efficient way to prevent and delay aging. The Society has a long-standing tradition of promoting boccia to cater for service users with different degrees of physical disabilities. No matter if the participant is in a wheelchair or has mobility needs, there will be boccia accessories that aid their game. Not only does boccia train a service user's concentration and physical coordination, it also explores one's potential, builds one's self-image and extends social connections.

Tin Shui Wai District Support Centre has been committed to promoting sports participation among persons with disabilities, particularly in boccia. The service unit especially outlined a small boccia practice field in one of its activity zones. Requests for funds to purchase boccia equipment have also been lodged. Now boccia has become one of the most popular group activities in the service unit.

Service users Ah Yee and Ah Wing are dedicated members of the boccia team. In recent years, their skills have continued to grow. They even represented the service unit in a boccia tournament organised by the Society and achieved excellent results. Ah Wing has expressed that the boccia

team is a platform that allows exchange with other service users on boccia skills, while also expanding his social circle. Moreover, Ah Yee remarked that practicing boccia trains her hand-eye coordination, leading to improvements in physical wellbeing. Both agreed that boccia is the perfect sport for them.

The Exercise for All Working Group led by our physiotherapists successfully held the "2023 Fu Hong Society Boccia Tournament" at the Shek Kip Mei Park Sports Centre in the fourth quarter of 2023. The tournament hosted more than 20 different service units from the Society and teams from various organisations. Taking into account the abilities and physical conditions of service users, the tournament is divided into two categories.

The tournament was successful. The matches were exhilarating, with over 100 service users, family members, staff and volunteers taking part. In order to demonstrate excellent sportsmanship, all service users participated actively, even those who have yet to win or progress. Many remained to show their support to other participating teams after finishing their games.

參與龍舟競渡

Participate in dragon boat

重拾自信

racing to regain self-confidence



龍舟競渡是一項傳統的節日活動，大家有否想過參與其中？本會社區精神健康服務一直致力推廣運動，促進服務使用者身心健康。除了遠足，龍舟運動也是重點發展的團體運動項目之一。本會於2018年成立了「陽光隊」和「猛龍隊」兩支龍舟隊伍，隊伍由精神復元人士、家屬、員工和犀利龍體育會的義工合共42位隊員組成，充分彰顯共融精神。隊員參與龍舟運動，不僅可以享受運動的樂趣，還有助於提升身心健康。

龍舟運動是一項需要全身力量和耐力的有氧運動。持續划槳的動作可以增強肌肉力量，特別是腿部、背部和核心肌肉，也有助增強心肺功能。

此外，這項運動著重團隊合作和協調。隊員須進行一系列特別制定的訓練，包括划槳技巧練習和體能訓練，更有培養合作和默契的團隊訓練。龍舟講求每位隊員必須在同一節奏下划槳，以達到最佳效果。過程中隊員學會聆聽和遵從指令、協調

動作、彼此配合和鼓勵，這些寶貴的經驗還可以應用在日常生活。

隊員經過一系列的訓練和比賽，努力完成每一個目標，除了獲得成功感，他們亦感受到自我成長和自信心的提升。這種心靈上的滿足感對於改善精神健康是非常重要的。

龍舟隊於4月份展開新一期訓練，為6月10日在香港仔舉行的龍舟競渡比賽做好準備。我們一起為他們打氣，期待他們在比賽中有出色的表現。



Have you ever thought about participating in dragon boat racing, a traditional festival activity? Community Mental Health Services have been actively promoting sports, and in addition to hiking, dragon boating is a key team sports project. The dragon boat team was established in 2018, consisting of two teams: Sunshine Team and Strong Dragon Team, with a total of 42 members. These teams are made up of persons in recovery, family members, staff, and dedicated volunteers from the Sharp Dragon Sports Club, highlighting the importance of inclusiveness. By participating in dragon boat racing, team members not only enjoy the fun of the sport but also experience improvements in their physical and mental well-being.

Dragon boating is an aerobic exercise that requires full-body strength and endurance. The continuous paddling motion enhance muscle strength, particularly in the legs, back, and core muscles. Additionally, it is great cardiovascular exercise that improves the endurance of the heart and lungs.

In addition, dragon boating emphasizes teamwork and coordination. The teams undergo meticulous training, including practicing paddling techniques, improving physical fitness, and cultivating teamwork. Each team member must paddle in sync to achieve optimal results. Team members learn how to listen and follow instructions, coordinate their movements, connect and cooperate with each other, and provide mutual encouragement. The experience of collaboration and mutual support gained from dragon boating can be applied to other aspects of daily life.

Dragon boating also promotes personal growth and boosts self-confidence. Through dedicated training and participation in races, team members can feel their progress and achievements. Completing a goal and



participating in a race brings a sense of fulfillment. This sense of accomplishment and increased self-confidence are beneficial for improving mental health.

The dragon boat team have begun training in preparation for the dragon boat racing competition to be held in Aberdeen on June 10th. We can cheer them on together and look forward to their success in the competition.

“古洞服務介紹”

Kwu Tung Service Overview

古洞成人訓練中心與古洞之家為本會最新營運的服務單位，將於 2024 年第二季投入服務。兩個服務單位主要為嚴重殘疾人士提供一站式照顧服務，服務特色以「智能家庭」為主，期望透過智能科技，增加對服務使用者的康復支援，另外亦會加入家庭照顧元素，希望能為服務使用者提供一個舒適溫馨的居住環境。

智能設計方面，兩個服務單位主要以《國際功能、殘疾與健康分類系統》(ICF) 框架為基礎，在康復訓練中加入不同的人工智能訓練元素，並善用樂齡科技產品，以提供更適切的照顧予服務使用者，以及提升保安質素，例如添置離床警報器、人面辨識系統與生命表徵儀器監察等，確保服務使用者的人身安全。

為推動「環境、社會與管治」(ESG) 概念，以及應對都市固體廢物收費 (垃圾收費)，服務單位與商界合作，減廢及減低處理垃圾的開支，例如引入具備廢物管理系統功能的智能垃圾箱。垃圾箱內置盛載量感應器及太陽能廢物壓縮器，幫助服務單位更有效地處理垃圾。這些環保設施也可加強服務使用者對環保的認識，一起為環保出力。

在家庭照顧元素方面，服務單位加入簡約生活元素，設計概念是希望透過引入更多天然光和栽種植物，令環境更加舒適。在訓練流程上，服務單位亦與服務使用者日常生活接觸，加入外出參觀及義工探訪，提升他們與外界人士接觸及參與社區的機會。本會希望能透過上述智能家居

的應用，持續優化康復服務，提升服務使用者的生活質素。

Kwu Tung Adult Training Centre and Kwu Tung Home are two new service units of the Society, set to launch their services in the second quarter of 2024. The two service units mainly serve as one-stop care services for persons with severe disabilities. Based on the idea of “smart homes”, they aim to strengthen rehabilitation support for service users through smart home technology. Additionally, they have also incorporated elements of family care that will provide a comfortable and warm environment for service users.

The two service units have adopted the “International Classifications of Functioning, Disabilities and Health” (ICF) as their framework for smart design, incorporating artificial intelligence training into rehabilitation training. Meanwhile, Gerontech products enable more personalised care for service users, while improving the security of service units and safety of service users through bed exit alarms, facial recognition systems, and vital signs monitoring tools.

To foster “Environmental, Social, and Governance” (ESG) principles and to respond to Municipal Solid Waste Charging (MSW Charging), service units have been collaborating with our corporate partners to source smart bins with inbuilt waste management systems. Equipped with capacity sensors and solar-powered waste compactors, these bins are effective helpers of waste disposal. These eco-facilities also serve as a reminder that raises the environmental awareness of service users, urging us all to take part in protecting the environment.

In terms of home-style care, the service unit adopts a minimalist design that introduces more natural light and greenery to create a more comfortable environment for users. When it comes to training, to enable further interaction

with the public and provide opportunities to take part in the community, the service units have integrated field trips and volunteer visits into the everyday routines of service users. Through the above applications of Smart Home technology, we hope to continue the optimisation of rehabilitation services, which will ultimately lead to an improvement in the quality of life of service users.





葵興職業發展中心現代化工程

Modernizing Kwai Hing Vocational Development Centre

葵興職業發展中心獲香港賽馬會慈善信託基金捐助進行之現代化工程已於 2024 年 2 月底完工。得到扶康會康復中心、賽馬會石圍角工場及長康之家在工程期間借出場地，百多位服務使用者可以在三個多月的工程期間繼續接受訓練。全體服務使用者已於 2024 年 3 月 18 日正式返回中心接受服務。

裝修完成後，中心能更有效運用場地，為服務使用者提供更多元的職業訓練，亦加強對老化服務使用者的治療活動及身體護理。針對有興趣及有潛質對外就業的服務使用者，中心提供虛擬實境 (VR) 作模擬工作訓練及連繫外間工作場地，以提供實地練習機會，為公開就業作好準備。中心亦利用鄰近港鐵葵興站的地理優勢，加強與社區及團體的連繫，創造更多共融機會。

未來在這裡仍有很多發展空間，讓各位與我們的服務使用者一同發揮、一同創造，我們期待各界人士的到訪！

We are pleased to announce that the Kwai Hing Vocational Development Centre modernization project, generously funded by The Hong Kong Jockey Club Charities Trust, have been completed at the end of February 2024. With the loan of premises from FHS Rehabilitation Centre, Jockey Club Shek Wai Kok Workshop and Cheung Hong Home during the three-month renovation period, over a hundred service users got to continue with their respective training. All service users have returned to the Centre as it resumed its services on 18 March 2024.

The Centre's space can be more effectively utilised to enable more diverse vocational training for service users after the renovation works are completed. Additionally, it allows better physical therapy and care sessions to be carried out for our aging service users. For potential service users interested in external employment, the Centre has set up a Virtual Reality (VR) workspace for simulated job training. In conjunction with external work placements, this is an excellent opportunity for hands-on practice that will prepare our service users for employment. Taking advantage of its proximity to MTR Kwai Hing Station, the Centre values its connections with local communities and groups. Opportunities to enhance social inclusion are at our fingertips.

There is plenty of room for growth in the Centre. We are looking forward to meeting you all in the community. Together, let's innovate and create!





《超越界限的藝術》 藝術聯展

Art Beyond Boundaries



扶康會獲柏寧酒店邀請，與畫廊 13A New Street Art Gallery 聯合舉辦《超越界限的藝術》花婆婆 x 世傑藝術聯展。由 2024 年 1 月 10 日至 5 月 1 日，於柏寧酒店 Ebb & Flow 大堂酒廊展出本會展能藝術家世傑與本地藝術家花婆婆逾 31 件的藝術作品，包括世傑 12 幅個人作品以及兩人共同創作的 3 幅畫作，突顯他們在生活與藝術之間的跨領域連結，打破很多有形與無形的界限。展覽期間購買世傑個人作品，善款將全數捐贈予本會以支持發展殘疾人士服務。

世傑是中度智障人士，患有自閉症傾向，亦是展能藝術家。他對光線敏感，喜歡觀察光線折射，而且喜歡轉動匙子，欣賞每個瞬息萬變的時刻。本會藝術導師發掘了世傑的潛能，運用匙子創作。自此，繪畫成為他最喜歡做的活動之一，他會觀察四周環境，從生活環境入手創作。世傑對色彩和空間處理有獨特的個人風格與天賦。在視覺藝術創作上他喜用粗獷的筆觸，大膽着色，作品往往能打破時空和色彩常規。

藝術聯展於 2024 年 1 月 10 日舉行揭幕活動，扶康會董事局主席林小玲女士，MH、柏寧酒店總經理陸博倫先生和 13A New Street Art Gallery 創辦人馮榕榕女士致辭感謝各界人士支持，本會董事局成員林振敏先生，SBS, QFSM, CPM 和多個企業伙伴到場支持。當日，世傑與花婆婆更即席聯手創作，傳遞「藝術可超越界限、連繫人心」的信息。

柏寧酒店 Ebb & Flow 大堂酒廊亦與本會康康餅房合作，推出曲奇禮盒，所得收益在扣除成本後將捐贈予本會，支持促進社會共融和發展殘疾人士服務。此外，柏寧酒店亦已在大堂酒廊 Ebb & Flow 發起了一個捐款配對計劃，對於客人的每筆捐款，酒店都會配對相應金額。我們感謝柏寧酒店對扶康會的支持。

With the support of The Park Lane Hong Kong, a Pullman Hotel, Fu Hong Society have joined hands with the Hotel and 13A New Street Art Gallery to organise "Art Beyond Boundaries" a collaborative exhibition featuring Fapopo & Sai Kit. From 10 January to 1 May 2024, over thirty-one art paintings have been displayed in the Ebb & Flow Lobby Lounge of the Hotel, including twelve individual artworks of Sai Kit, artist with disabilities of Fu Hong Society, and three co-created artworks. This collaboration highlights the cross-sectoral linkage between living and art which breaks many tangible and intangible boundaries. Throughout the exhibition period, all sales of Sai Kit's individual art pieces will be donated to Fu Hong Society to support and develop services for persons with disabilities.

Sai Kit is a person with moderate intellectual disabilities and autism spectrum disorder, who is also an artist with disabilities. He is sensitive to light and enjoys observing light refraction. He also likes to rotate spoons and appreciates the ever-changing moments. Through participating in art activities organised by the Society, Sai Kit was encouraged to use spoons as a creative medium. Since then, painting has become one of his favorite activities. He observes the surrounding environment and creates multiple artworks based on his daily surrounding. He has a unique personal

style and talent in handling colors and space. In his visual art creations, he uses bold brushstrokes and daring colors, often breaking conventional norms of time, space, and color.

A launch event was held on 10 January 2024. Ms. LAM Siu Ling, MH, Council Chairman of Fu Hong Society, Mr. Luc BOLLEN, General Manager of The Park Lane Hong Kong, a Pullman Hotel and Ms. Ruby FUNG, the Founder of 13A New Street Art Gallery delivered speeches to express the appreciation of the support of the public. Mr. LAM Chun Man Anthony, SBS, QFSM, CPM, Hon Treasurer of our Society and corporate partners participated in the event. During this event, Sai Kit and Fapopo had demonstration, transmitting the message that art can surpass boundaries and connect people.

To build an inclusive society and to support the services for persons with disabilities of the Society, the Hotel have teamed up with Madam Hong's Bakery to offer Cookies Box at Ebb & Flow. The proceeds from this charity sale will go towards supporting our Society. Besides, the Hotel have initiated a donation matching program at Ebb & Flow. For every dollar contributed by their patrons, the Hotel will generously match the donation, dollar for dollar. Our Society appreciates the support of The Park Lane Hong Kong, a Pullman Hotel.





“Human Library 真人圖書館”

香港恒生大學「真人圖書館」工作坊
"Human Library" workshop held at The Hang Seng University of Hong Kong

社會人士對於精神復元人士的印象主要來自報章或新聞報導，然而，這些報導往往將精神復元人士與「暴力」形象聯繫在一起。精神復元人士在復元過程中面對著各種挑戰，其中難以避免受到歧視和被負面標籤，這些社會議題並非精神復元人士能夠改變。

「真人圖書館」源於丹麥，由真人成為「圖書」，與「讀者」直接對話和交流，以建立正向的聯繫，從而消除歧視。本會朋輩支援服務於2018年開始推行「真人圖書館」活動，讓精神復元人士擔任「真人圖書」，透過平等和真誠對話，讓「讀者」有機會聆聽和感受他們的生活點滴和內心世界，從而更深

入地了解、明白和接納精神復元人士。

「真人圖書館」活動已在多間中學、大學、商業機構及不同團體中推行，參與人數已超過600人。其中一本「真人圖書」— 子傑的故事，相當勵志。他在初中時遭逢家庭巨變，對他的情緒產生負面影響，學業也受到了很大的挫折，最終患上情緒病。然而，子傑在復元過程中沒有放棄，他勇於嘗試，了解到自己的需要和興趣，並繼續進修，最後獲得碩士學位。本會希望透過這些勵志的「真人圖書」勉勵社會大眾，以及推動社會共融精神。

如各團體或企業對於舉辦「真人圖書館」活動感興趣，歡迎致電 2745 4214 與傳訊及資源發展部聯絡。

The general perception of persons in recovery mainly comes from newspapers or news reports, which unfortunately often associate them with “violence” images. However, the persons in recovery face various challenges on the path to mental health recovery, with discrimination and labeling being deeply rooted social issues that cannot be changed solely by themselves.

The concept of the “Human Library” originated from Denmark, Human is being a “book” that interacts and communicates with “readers”. It establishes positive

connections and eliminate discrimination. The Society’s peer support service introduced the “Human Library” activity in 2018, where persons in recovery serve as “Human Books”. Through equal dialogue, “Readers” have the opportunity to listen to and feel their life stories and inner worlds, allowing for a deeper understanding, comprehension, and acceptance of the persons in recovery.

The “Human Library” activity has been implemented in secondary schools, universities, corporations, and various organisations, with more than 600 participants. One of the “Human Books” - Tsz Kit’s Story, is particularly inspiring. He experienced family upheaval during secondary school, which had an impact on his emotions and caused academic setbacks, end up suffering from emotional illness. Nevertheless, Tsz Kit did not give up during the recovery process. He courageously to try during his recovery process. He understood his needs and interests, continued his education, and ultimately obtained a master’s degree. The Society hopes to encourage the public and promote the spirit of social inclusion through the “Human Books”.

Organisations or corporations who have an interest in “Human Library” activity, please contact the Communications and Resources Development Department at 2745 4214.



Corporate Trade Fair 企業展銷

感謝各界人士對扶康會出品的認同及欣賞，多間企業伙伴邀請本會於農曆新年前舉行慈善義賣，讓職員可以把握機會購買新年賀禮送贈親友，並藉此宣揚社會共融精神，令新春佳節更具意義！

The Society is grateful for the trust and confidence in our products, several corporate partners had invited us to organize charity sale before Lunar New Year. Their staff can seize the opportunity to buy New Year gifts for their relatives and friends, and use this opportunity to promote the spirit of social inclusion, making the New Year festival more meaningful!



光大證券國際展銷活動
Everbright Securities International Staff Sale Day



香港會議展覽中心（管理）有限公司慈善義賣
Hong Kong Convention and Exhibition Centre (Management) Limited charity sale



香港航空展銷活動
Hong Kong Airlines Limited internal roadshow

“ Cookies Making Inclusive Workshop 曲奇共融工作坊 ”

康姨餅房的曲奇共融工作坊深受義工團體的歡迎，工作坊由康姨餅房工作的服務使用者擔任小導師，帶領參加者一同體驗烘焙樂趣，讓大家在歡笑中交流及實現社會共融。

Madam Hong's Bakery Cookies Making Inclusive Workshop is very popular among volunteer groups. Service users working at Madam Hong's Bakery will become assistant tutors, and lead the participants to experience the fun of baking, allowing everyone to interact in a playful way and achieve social inclusion.



非凡領越有限公司
Viva Goods Company Limited



美捷香港商用飛機有限公司 Metrojet Limited

RECOGNITION AND AWARDS

嘉 許 及 獲 獎

“ HR Excellence Awards ” 「卓越人力資源獎」 2023/24

香港人力資源管理學會「卓越人力資源獎」2023/24 頒獎典禮暨晚宴於 2024 年 3 月 8 日舉行，頒獎典禮旨在嘉許憑藉出色的人才策略及措施於業務上取得卓越成就的企業／機構和從業員。本會有幸在「非牟利組織類別」中獲頒「ESG 措施獎」銀獎。感謝評審認可本會於推行環境保護、社會及企業管治上的努力。

Hong Kong Institute of Human Resource Management (HKIHRM) had organized “HR Excellence Awards 2023/24” Awards Presentation Ceremony on 8 March 2024, to recognise organisations and individuals who achieve business success through outstanding people strategies and practices. Fu Hong Society has won the Elite Award of “ESG Initiatives Award” in NGO Category, and is grateful to the judges for recognizing the efforts in promoting environmental protection, social and governance.





Handcrafted in Shan King 山景特色手工藝品

山景成人訓練中心致力推動藝術小組，服務使用者可以透過創作各種手工藝品，了解本地及世界文化，並激發他們的藝術天賦。此外，製作手工藝品可以訓練服務使用者的手眼協調能力，並培養耐力。

傳統手工迷你花牌

花牌製作技藝作為傳統手工藝，亦是香港非物質文化遺產。服務使用者製作的迷你花牌保留傳統特色，他們亦可根據客戶需求，加入個性化的文字。多名服務使用者會共同製作迷你花牌，細心地使用夾子將細小的珠片逐一貼上。過程中，可讓他們發揮創意小宇宙，拼上不同顏色的珠片；另一方面，可培養觀察力和練習手部協調。經過多番練習，他們已可仔細而準確地按照要求製作迷你花牌。

馬賽克燈

色彩繽紛的馬賽克燈是土耳其傳統工藝瑰寶，設計圖案多變，製作起來並不簡單。服務使用者需用上四至五小時完成作品，將繽紛的玻璃和小巧的珠子放置在燈罩上。他們需要高度集中，配襯玻璃和珠子的顏色及統一方向。整個製作工序不僅鍛煉手眼協調能力，更考驗他們的耐力。

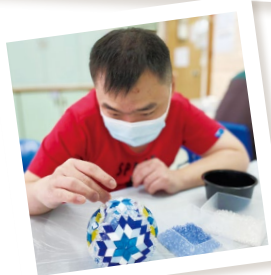
服務使用者可以根據個人喜好，發揮想像，創造出屬於自己的獨特設計，從中找到療癒心靈的方法，得到自我肯定的力量。

歡迎各界人士訂購手工藝品，有興趣人士可致電 2745 4214 與我們聯絡。

Shan King Adult Training Centre has been pushing its arts and crafts team with the utmost dedication. Through the creation of craft items, service users can explore a variety of cultures and societies while using their artistic talents. Additionally, crafting develops one's hand-eye coordination while encouraging patience.

Mini traditional handcrafted floral plaque

Flower Board Crafting Technique is a traditional craft and also an intangible cultural heritage of Hong Kong. The making of mini floral plaque by service users involves the preservation of traditional features. The personalised mini flower plaque and content would be created according to the customers' needs.



Several service users work together meticulously, using clips to individually attach small beads on the plaque. This process allows them to unleash their creative spark by combining beads of different colors. Additionally, it cultivates their observation skills and improves hand-eye coordination. Through multiple iterations, they have now become adept at accurately and precisely attaching the beads.

Mosaic lamps

The colorful mosaic lamps are treasures of traditional Turkish craftsmanship, featuring intricate and varied designs that are not easy to create. The service users take four to five hours to complete each piece, they carefully placing vibrant glass and small beads onto the lampshade by hand. This process sharpens their hand-eye coordination as they have to remain highly focused, matching the colors and orientations of the glass and beads. The entire production process tests their patience.

Service users would apply their personal preferences, creating a unique mosaic lamp through their creativity. Not only is this a fantastic artistic outlet, it is also a therapeutic activity that allows service users to relax and affirm themselves.

If you are interested in ordering our handmade crafts, please feel free to contact us at 2745 4214.

扶康通訊

督印人 總幹事胡志活博士
編輯小組 傳訊及資源發展經理黎詠儀女士、
傳訊及資源發展主任陸芷瑩小姐及王詩穎小姐
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齊建共融社會

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I would like to help them
to unleash their potential.

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(請把銀行存款收據連同本表寄回本會)
(Please send the bank-in-slip together with this form to our society)

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扶康會傳訊及資源發展部 新界荃灣石圍角邨二號停車場地下
Fu Hong Society Communications & Resources Development Department
G/F, Car Park Block No.2, Shek Wai Kok Estate, Tsuen Wan, N.T.

電話 Tel : 27454214

傳真 Fax : 23612053

電郵 Email : comms@fuhong.org

網址 Website : www.fuhong.org

扶康會《收集個人資料聲明》

Fu Hong Society Personal Information Collection Statement

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If you disagree on the proposed use of your personal data as stated above, please put "✓" in the box and then sign.

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I object to the use of my personal data as stated above.

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本人已閱讀、了解及接納本機構有關收集、使用及提供個人資料的通知。

I have read, understood and accepted the statement regarding the collection, use and provision of personal data by the Society.

本機構《收集個人資料聲明》及《私隱政策聲明》詳見本機構網頁 https://www.fuhong.org/important_notice.aspx
Visit the Society's site https://www.fuhong.org/important_notice.aspx for full context of the Society's Personal Information Collection Statement and Privacy Policy Statement.

Thank you for your support!
多謝您們的支持!