

## 方叔華神父獲選「ATV 2013感動香港」年度人物

### Fr Giosuè Bonzi is awarded as one of the top ten winners of the ATV 2013 Hong Kong Loving Hearts Campaign



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亞洲電視（簡稱「ATV」）自2010年開始連續舉辦了三屆「ATV感動香港年度人物評選」，表揚對香港社會有傑出貢獻的社區人士及宣揚關愛精神，極具認受性。扶康會創辦人之一及神師方叔華神父獲會方榮譽顧問羅友聖先生提名參加2013年度評選。方神父闊別家鄉意大利46年，在香港一直侍奉天主，熱心服務殘疾人士，並以他們的福祉為己任。從方神父的事跡中，我們體會到關懷弱小的心無分宗教與國籍，而真誠的愛更能跨越身體一切界限。



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經過兩輪投票後，方神父成功從100位候選人當中脫穎而出，成為十大「感動香港」年度人物之一。是次活動的頒獎禮已於2013年11月30日晚上順利舉行，本會會長葉恩明醫生JP、羅友聖伉儷陪同方神父出席頒獎禮，見證方神父獲大會頒發年度人物大獎的重要時刻。方神父表示，參與是次選舉活動，並非為一己的榮譽得失，內心只有一個簡單的盼望，就是希望透過分享自己與殘疾人士一同相處、一同生活的經歷，讓更多社會人士認識及接納殘疾人士，彼此建立友誼，互相欣賞及互相學習。方神父奉獻一生服務殘疾人士，其關懷弱小之精神及服務殘疾人士的堅持，實在值得我們敬佩！

“ATV Hong Kong Loving Hearts Campaign” organized by Asia Television Limited (ATV), aims at sharing the loving spirits and stories found in Hong Kong as well as acknowledging the contributions of those who have great social influence in Hong Kong, which receives great recognition from the public. To acknowledge the endeavour and enthusiasm of Fr Bonzi, one of the founders and the Spiritual Advisor of the Society, in serving persons with disabilities in Hong Kong over the past 46 years, Mr Joseph Salaroli MH, the Hon Advisor of the Society, nominated Fr Bonzi to participate in the campaign in 2013. From the service of Fr Bonzi, the public can realize that there is no religious and national boundary in providing love and care to the needy. With sincerity and love, people can overcome any kinds of disabilities.

After two-round voting, ATV formally announced that Fr Bonzi successfully became one of the annual top ten awardees (out of 100 candidates) of the campaign. The Society's President Dr Ip Yan Ming JP, Mr & Mrs Salaroli attended the award ceremony with Fr Bonzi on 30 November 2013, witnessing this important movement together. Fr Bonzi explained that joining the campaign had nothing about personal honour. He only had one simple wish in his heart, which was to enhance public understanding and acceptance of persons with disabilities, involve more citizens to develop friendship with them, appreciate and learn from one another, through sharing his service and experience of getting along with persons with disabilities. The Society has the greatest respect for Fr Bonzi's lifelong service and persistence in serving persons with disabilities.



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1 2013年8月11日方叔華神父聯同羅友聖伉儷、區域經理歐偉民先生及兩位扶康家庭成員在亞洲電視錄影廠接受活動評委訪問

Mr & Mrs Salaroli, two family members of Casa Famiglia together with our Regional Manager Mr Joseph Au accompanied Fr Bonzi to attend the interview conducted by the judging panel at the ATV studio on 11 Aug 2013

2 方神父獲獎後，與會長葉恩明醫生及扶康會毅信之家服務使用者於後台合照留念

After receiving the award, President Dr Ip Yan Ming, JP and the service users of FHS Ngai Shun Home took picture with Fr Bonzi

3 十位獲頒發年度感動人物大獎的得獎者  
Top ten winners of the ATV 2013 Hong Kong Loving Hearts Campaign

4 提名人羅友聖先生(左一)、會長葉恩明醫生(左二)、方叔華神父(右二)及總幹事陸慧妍女士(右一)合照

Mr Joseph Salaroli MH, nominator and Hon. Advisor of FHS (Left 1); Dr Ip Yan Ming JP, President of FHS (Left 2); Fr Bonzi, founder and Spiritual Advisor of FHS (Right 2); Ms Becky Luk, Executive Director of FHS (Right 1)



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# 第十屆「甜蜜心連心」步行籌款

## The 10th FHS Charity Walkathon



是次「甜蜜心連心」步行籌款踏入第十屆，超過1,200位傷健人士於2013年12月7日（星期六）參與了這項富意義的活動，參加者包括商業機構、團體、學校、社區人士、本會服務使用者及其家長和義工，反應熱烈。本會更榮幸獲得影視紅星鄧萃雯小姐蒞臨主禮，本會對他們致以衷心謝意。

鄧萃雯小姐表示：「我喜歡跟智障人士相處，因為他們好真，只是有時不懂得與人溝通和表達。我每年都會抽空做慈善，為社會帶出更多正面氣氛同訊息，希望大家都能這樣做。」

本會更感謝各界人士的鼎力支持，藉此活動為智障人士、精神康復者及自閉症人士的服務籌募經費。本會亦感謝支持是次步行籌款活動的贊助機構，以及各商業機構、物業管理公司、團體、教堂、學校、領事館、報章及雜誌，協助宣傳是次活動。本會將繼續積極發展殘疾人士服務，使他們發揮潛能，融入社會。

是次步行籌款設有多個獎項，其中理光(香港)有限公司獲得「最陣容鼎盛隊伍獎」，共有190位職員及親友參加。

### 鳴謝 Acknowledgement:

- 東亞銀行有限公司  
The Bank of East Asia, Limited
- 太古飲料有限公司  
Swire Beverages Ltd.
- 理光(香港)有限公司  
Ricoh Hong Kong Limited
- 捷和實業有限公司  
Chiaphua Industries Ltd.
- 峰匯金融集團有限公司  
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- 禩氏律師行  
Huen & Partners Solicitors
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It was the 10th anniversary of our Charity Walkathon which attracted over 1,200 participants with and without disabilities joined this meaningful event at the Peak on 7 December 2013 (Saturday). Participants included corporations, organizations, schools as well as the general public, service users and their parents, and volunteers. We would like to express our gratitude to our officiating guest, Ms. Sheren Tang, renowned artist to launch the charity walk.

Ms. Sheren Tang expressed, "I liked to get along with persons with intellectual disabilities as they were sincere and pure, just didn't know how to communicate with others and express themselves sometimes. I would spare time to do something for charity every year in order to bring more positive messages to the society and hope that many others would also join hands to do so."

We would also like to express our heartfelt gratitude to the generous support from different sectors and the general public to raise fund for our services for persons with intellectual disabilities, psychiatric disabilities and autism. Our thanks also go to the sponsors, as well as various corporations, property management companies, organizations, churches, schools, consulates, newspapers and magazines for their help in publicizing the walkathon. We will continue our endeavour to develop the potentials of persons with disabilities and promote social inclusion through concerted effort.

Among the different awards of the charity walkathon, Ricoh Hong Kong Limited showed their continuous support and gained "The Largest Team" award that they had 190 participants for this year's event.

## 三級石階 咫尺天涯 A World Only 3 Stone Steps Away

Stella - 本會多年義工 Veteran Volunteer



我問路，途人答：「啊！很簡單，先轉右，上三級石階，再轉右就可以見到了。」

很簡單？三級石階很簡單？對很多人來說，三級石階也許依然簡單，但是對於一群需要輪椅輔助的人來說，對著三級石階，卻是前路不通，束手無策。

我做義工多年，對著此情此境，感觸良多，所以我感謝上天的賜予。

扶康會舉辦步行籌款，很多義工參與其中，扶持及陪伴殘疾人士，漫步於太平山頂盧吉道，環繞山頂一圈，沿途景色宜人，俯視下面的維港，大家指手劃腳，有說有笑；中環的大都會氣勢，轉入薄扶林綠色的住宅區，一眾健兒邊走邊說，好不開心，又到了香港仔水塘，遠處南丫島的海面金光耀眼，是夕陽最後一場表演，參與步行的殘疾朋友們比較多在電視見到這樣的畫面，現在置身其間，自然興奮一點。他們之中，有情況較嚴重的，大部分時間留在院舍裡，要來到山頂呼吸一口新鮮空氣，比走上三級石階還要麻煩。不論你是一個怎樣的人，當你見到你參與和付出的，能夠令到他們如此雀躍歡呼，你會自然欣慰，心感滿足。

如果你問我：「你這樣幫助了別人，你會覺得自己偉大嗎？」我相信沒有人會這麼想過，因為這只不過是很簡單的事，舉手之勞，跟偉大扯不上關係；到山頂走一趟也沒有甚麼大不了。然而大家可知道？這群殘疾人士大半年前知道可以參加這個活動，早就興奮了半年，盼望著這一天的來臨。其實，同樣望穿秋水，等待這一天的，不只是他們，我們當義工的也在等待。

足球場上的球員，渴望觀眾的掌聲鼓勵；行義助人的，並不需要受助的說聲多謝，只要我們工作其間見到他們笑，工作之後知道他們開心，這就是給我們的掌聲了。也許就是這些「掌聲」給了我們義工頑強的鬥志，在職的、退休的，就算有點疲累，很多人都可以堅持下去，一做就是十多年，甚至幾十年。

你工作有壓力嗎？你放假的日子不知做什麼嗎？你平時運動少嗎？我建議你可以考慮做義工，感受一下我們的喜悅。

Whenever I ask for directions, passers-by always answer along the lines of "Ah! Very simple. First turn right, go up three stone steps, then turn right, and there you have it."

Very simple? How "very simple" are "three stone steps"? For many, three stone steps may still be a piece of cake, but for those who rely on wheelchairs for mobility, they represent an insurmountable barrier.

Looking back at my many years of volunteering, situations like these evoke a mixed bag of sentiments. For this reason, I thank God for my gifts.

FHS organized its Charity Walkathon, when many volunteers assisted and accompanied persons with disabilities to walk around the Peak, along Lugard Road, which overlooked Victoria Harbour. We had the opportunity to admire the scenery and cityscape along the way - from the cosmopolitan Central to the lush residential area of Pokfulam. Time flew, and the many participants finally arrived at Aberdeen Reservoir, where the coastal sea surrounding Lamma Island glistened during the early evening sunset. For our participants with disabilities, such a picture was more often seen on television than experienced, and they can hardly hide their excitement. For those in more serious conditions, who were stayed at their rooms most of the time, catching a breathe of fresh air at the Peak was much more troublesome than climbing three stone steps. It was truly heartwarming for our volunteers to see their effort and devotion paid off, when hearing the happy cheers of the service users.

One might ask me, "do you feel great now that you have helped others?", but I never think of it that way, as these were merely simple tasks, so insignificant to me that they had nothing to do with "greatness". A trip to the Peak probably did not mean much to me. However, since being told about this event over six months ago, this group of persons with disabilities has been looking forward to this very big day! Can you imagine? In fact, they are not the only ones looking forward to it - we volunteers are equally excited.

Football players crave deeply the applause from their audience after good play on the pitch; our volunteers, however, do not require a thank you; as long as we see our service users laughing, knowing that they are happy, it serves just as well as applause. Perhaps it is this "applause" that gives our volunteers, whether working or retired, their indomitable fighting spirit; even at times of weariness, and they choose to soldier on, for more than one decade, and sometimes even longer.

Are you stressed at work? Don't know what to do during the holidays? Not really a fan of exercise? Come and share our joy through volunteering!





To celebrate the "International Chefs Day" 2013, the Hong Kong Chefs Association organized a charity lunch buffet at Hong Kong Disneyland Hotel on 14 October 2013, we were honoured to receive the invitation for our 400 persons with intellectual disabilities, psychiatric disabilities and autism, as well as their parents. More than 120 chefs from various high-class restaurants and hotels, and student volunteers from cuisine institute put aside their busy work on this holiday and prepared delicious food, in order to convey their love and concern through the tasty food they specially made. In addition, the Association arranged 300 lunch box to our Rehabilitation Centre for our service users. We are thankful for their recognition and support to our services.

Renowned magician Mr. Harry Wong, artists Mr. Thomas Lam and Ms. Claire Yiu also supported this event. Mr. Harry Wong and his son performed magic while Mr. Thomas Lam and Ms. Claire Yiu and their family members played games with and gave gifts to participants, which brought lots of fun and joy. Besides, Disney VoluntEARS took photos, arranged drawings and games for the participants making a more cheerful and mirthful atmosphere.

Souvenirs made by our service users were also presented to the Association and the volunteers, and dancing performance of service users of Ngai Shun Home was arranged as a token of gratitude for their enthusiastic support and appreciation to our services in the past years. The atmosphere was excellent and all the participants enjoyed the event very much.

## 國際廚師日2013

### International Chefs Day 2013

香港廚師協會為慶祝「國際廚師日」2013，於10月14日假香港迪士尼樂園酒店舉行慈善自助午餐，本會十分榮幸獲邀出席，讓400多位智障人士、精神康復者、自閉症人士及其家屬享用各款用心製作的佳餚。超過120位高級酒店及食府的廚師及廚藝學院學生更於公眾假期放下忙碌的工作到場烹調美食，另外超過20間贊助商支持活動，藉此傳遞他們對殘疾人士的愛與關懷。另外大會亦於當日安排了300個由廚師們精心製作的飯盒，送到本會康復中心給服務使用者享用。本會感謝他們對本會服務的認同和肯定。

著名魔術師Harry哥哥、藝人林祖輝及姚嘉妮亦到場支持，Harry哥哥與兒子一起表演精采的魔術，林祖輝及姚嘉妮與家人則與各參加者玩遊戲及派禮物，增添不少歡樂氣氛。除此之外，迪士尼義工隊與各參加者一起拍攝照片、繪畫及玩遊戲，更送贈禮物予每位參加者，令氣氛更加熱鬧。

本會服務使用者亦以親手製作的手工藝品及毅信之家服務使用者表演舞蹈，答謝香港廚師協會及義工們一直以來對本會的支持及讚賞，參加者均很享受是次活動。



## 牽蝶中心 — 扶苗計劃

### Hin Dip Centre - SEEDS Programme

牽蝶中心獲余仁生慈善基金贊助，設立一項以感官學習為本的早期教育及發展支援服務 — 扶苗計劃。自2012年8月以來已成功舉辦六次計劃，共有30名兒童受惠，超過50名家長從講座和護理培訓得益。兒童在愉快積極、自發學習的環境下參加計劃，在書寫、社交及情緒管理方面取得明顯的進步。

Thanks to the sponsorship from Eu Yan Sang Charitable Fund, Hin Dip Centre established the Sensory-based Early Education and Developmental Support (SEEDS) Programme. It has run six times since August 2012, with 30 children benefiting from the programme, and over 50 parents benefiting from the talks and caregiver training. Through this programme, there is much improvement of children in handwriting, social communication, and emotional management, in this joyful, successful, and motivational learning environment.

#### 計劃範疇 Categories in the SEEDS Programme

1. 評估每位參加者不同感官（如觸覺、聽覺、行動或視覺）的反應（如過敏、緩慢及尋求），令導師能安排合適感官活動，增強發展培訓的成果。

Sensory responses (over-responsiveness, under-responsiveness, and seeking) towards different sensations (e.g. touching, hearing, moving, seeing) for each participant are assessed, allowing us to make the best use of sensory activities to enhance the result of the developmental training.

2. 情緒管理：認識、理解及管理情緒，讓兒童適應各種變化和挑戰。

Emotion management: awareness, understanding, and management of emotions allow the child to adapt to various changes and challenges.

3. 執行功能：以不同活動訓練抑制、記憶及轉移。

Executive function: e.g. inhibition, memory, and shifting are trained through different activities.

4. 發展訓練：根據兒童認知技巧、大小肌活動能力、言語和語言的發育水平設計學習課程。

Developmental training: activities are designed according to their developmental levels in cognitive skills, fine and gross motor skills, and speech and language skills.

5. 社交溝通：加入認知及溝通表達技巧等活動，讓兒童在愉快的環境有社交發展。

Social communication: social cognitive training and skilled building activities are included to enhance the children's social development in a fun environment.



#### 計劃特色 Features of the Programme

1. 我們採納各種治療手法：如社會思維、思維訓練理論、聽樂治療、Handwriting without tears、Log writing programme 及多層迷走神經理論。

We use various therapeutic approaches in the programme: e.g. Social Thinking, Mind Training Theory, Music Therapy, Handwriting without tears®, Log writing programme®, Polyvagal Theory.

2. 愉快氣氛、誘發動機及無錯成功經驗乃重要元素。

Key to a successful programme is a happy atmosphere, motivation, and no errors.

#### 展望 Looking Ahead

2014年3月及4月舉辦的扶苗計劃，快將接受申請。請留意我們網站：

We will soon open positions for the SEEDS Programme in March and April 2014. Please stay tuned to our website:

<http://www.fuhong.org/hdc>



## 毅誠工場智能貨倉計劃

### Ngai Shing Workshop's Smart Warehouse Project



A sponsorship of HK\$150,000 was awarded by the UPS Foundation to Ngai Shing Workshop for the refurbishment of its ground floor storage area, and fitting of its fourth and fifth floors with storage shelves, thereby optimising its warehouse equipment, and enhancing its logistics management.

As the building's structural safety was at stake for this project, Ngai Shing Workshop continuously sought advice and assistance from the community, subsequently enlisting James Lau & Associates Ltd to act as the pro-bono consultant and warranty provider. Construction was approved by the Government Property Agency in February 2013, and officially completed in August in the same year.

By expanding its existing warehouse area, thus increasing its capacity for materials storage, the completion of the Smart Warehouse Project has improved the overall efficiency of the Workshop, enabling service users to master the basic concepts and practical application of warehouse and cargo handling. Through our warehouse training, they can firmly grasp the warehouse workflow and gain knowledge about occupational safety hazards, thus becoming able to apply them in a real environment, which in turn boosts their employment prospects as storekeepers or in other related lines of work.

本會毅誠工場於2010年榮獲UPS基金贊助港幣15萬元，於康復中心的地下儲貨區、工場四樓及五樓範圍加建儲物貨架，優化毅誠工場的倉務設備，藉此改善工場的物流管理。

由於該工程牽涉樓宇結構安全，毅誠工場不斷向各方尋求諮詢及協助，其後獲得劉志宏建築工程師事務所有限公司擔任義務顧問，為工程給予意見及擔保。此計劃最終於本年2013年2月獲政府產業處批准，同年8月正式啟用。

智能貨倉的落成，除了擴闊工場現有的空間、增加物料的存放量、提升工場的整體效益外，更讓服務使用者認識倉務及貨物處理的基本概念和實務操作。透過倉務的訓練，他們能掌握倉務的程序及認識有關的職業安全，使他們能在真實的環境下應用，協助他們擔任倉務員或其他相關的工作。



## 暢遊挪亞方舟

### A Fun Trip to Noah's Ark

本會荃葵及深水埗區55位服務使用者，與100位Estée Lauder 義工，包括集團亞太區總裁 Mr. Fabrice Weber 於2013年6月21日一同遊覽挪亞方舟。

大夥兒分成小隊，由專業導賞員帶領，遊覽方舟花園、方舟多媒體博覽館及特別展覽館，然後往餐廳享用自助午餐。整個活動中，每位服務使用者由二至三位義工照顧。大家欣賞了兩套立體電影，帶給服務使用者一次超感官震撼。在參觀互動區時，義工更與服務使用者投入玩遊戲，過程中大家有說有笑，部份更打破言語障礙，用身體語言溝通，彼此滔滔不絕。享用自助午餐時，義工們十分體貼，陪同服務使用者一起挑選食物，全程對服務使用者照顧無微不至。最後，服務使用者送上由他們製作的小禮物予義工作為紀念。

是次活動獲得 Estée Lauder 全數贊助活動費用，本會衷心感謝他們對殘疾人士的關心



55 Service Users from our Tsuen Wan, Kwai Tsing and Sham Shui Po service units, enjoyed a memorable trip to Noah's Ark, accompanied by 100 volunteers from Estée Lauder, including Mr. Fabrice Weber, President, Estée Lauder Asia Pacific Limited on 21 June 2013.

The group was divided into smaller teams, and toured around Ark Garden, Ark Expo and its special exhibitions by professional guides. They then continued on to a lunch buffet at the restaurant. Throughout the event, each service user was under the care of two or three volunteers. Together our group enjoyed screenings of two 3D movies that really shocked service users. During the visit to the interactive areas, volunteers also played various games with service users. There was lots of chatter and laughter. Some of them managed to overcome the speech barrier and use body language to communicate amongst themselves, truly appreciating each other's company. The volunteers were very considerate during the buffet lunch, frequently accompanying service users to choose their food, demonstrating meticulous care for them throughout the entire trip. The trip was concluded by the presentation of handmade gifts as souvenirs to them from service users, as tokens of gratitude.

The cost of this trip was fully sponsored by Estée Lauder. Our Society would like to express its gratitude for their care and support to persons with disabilities and promotion of social inclusion.



## 密集互動訓練

### Intensive Interaction Training



"Intensive Interaction" was developed in the mid-1980s by Dr. Dave Hewett at the Harperbury Hospital School in England, as a unique new teaching method to help students with severe learning difficulties, especially those with poor communication and social skills.

In 2009, Fu Hong Society introduced "Intensive Interactive Training" at its Adult Training Centres, with Sheung Li Uk Adult Training Centre and Cho Yiu Adult Training Centre as the first two centres to participate in its pilot scheme. Results have proved that "Intensive Interactive Training" is indeed effective in assisting to improve the communication skills of adults with severe intellectual disabilities as well as enhancing their learning abilities in other areas. In addition to sharing sessions throughout the organisation, on 27 May 2010, we proudly displayed our findings at the 6th Chinese Community Regional Conference on Services for People with Intellectual Disabilities. In August 2011, "Intensive Interactive Training" was extended to hostels for those with severe disabilities. Lai Yiu Home participated in its Phase III pilot scheme, its results demonstrating yet again the effectiveness of this training method. In 2012-2013, our Adult Training Centres continued to develop "Intensive Interactive Training" for adults with intellectual disabilities who are lacking the motivation and ability to communicate, thereby improving their communication skills and helping them to develop positive behaviours, with the goal of assisting them to integrate into society. Planning is underway to invite foreign scholars to Hong Kong, for lectures, guidance, staff training, and sharing sessions with social service professionals.

「密集互動」早源於80年代中期，由英國哈伯拔尼醫院學校 Dave Hewett 博士創立了一套獨特的教學方法，以協助有嚴重學習困難，特別是在溝通和社交能力較為薄弱的學生。

扶康會自2009年開始在成人訓練中心引入「密集互動訓練」，上李屋成人訓練中心及祖堯成人訓練中心率先參與「密集互動訓練」先導計劃，研究結果顯示「密集互動訓練」有助嚴重智障成人改善溝通技巧，並有助提升他們在其他領域的學習能力。除了於會內舉行了分享會外，更於2010年5月27日第六屆華人社區啟智服務會議上與業界分享成果。2011年8月，「密集互動訓練」更延伸至嚴重殘疾人士護理家舍，當中麗瑤之家參與了第三期先導計劃，結果再次顯示此訓練模式的成效。2012至2013年內，本會一些成人訓練中心繼續推行「密集互動訓練」，協助缺乏溝通動機及能力的智障成人，改善他們的溝通能力及發展正面行為，助其融入社會。本會亦計劃邀請外地學者，來港主講及指導，培訓本會員工，並與業界分享。





# 硬地滾球

## Boccia

硬地滾球的英文名稱Boccia，源於拉丁語Bottia這個詞，是一種古老而傳統的運動，它的起源可以追溯至古希臘時期，目前已有許多國家和地區發展這項運動。

Boccia is an ancient traditional ball sport, the name of which is derived from bottia - the Latin word for "boss". Its origins can be traced back to ancient Greece, and it is rapidly gaining popularity in many countries and regions worldwide.



### 硬地滾球運動的特點 *Features of Boccia*

- 1. 易於參與 Easy to participate**  
此運動的玩法簡單易學，較適合嚴重腦癱患者或類似病症而需要使用輪椅患者參與。  
It is easy to pick up, and suitable for patients in wheelchairs with severe cerebral palsy or similar conditions.
- 2. 健身益智 For fitness and intellect**  
此運動能訓練參與者的肌肉控制力和準確性；另一方面，在比賽中同時需要運用策略和技巧，同時亦需要參與者高度集中注意力。  
It trains muscle control and precision. Boccia games also require strategy and skills, as well as intense concentration.
- 3. 競技娛樂 Competitive or recreational**  
此運動是結合智力和技巧的非強體力化的運動，可以單人或隊際形式進行比賽，趣味性和娛樂性亦豐富，能夠達到調節心理、愉悅身心的作用。  
Boccia is not a physically demanding sport, that instead calls for combining ones' mental and physical skills. It can be played in singles or in teams, in a fun and enjoyable manner, to achieve a psychological balance that is rewarding for both mind and body.

本會服務使用者年紀漸長，參與運動可有效減低身體肌能退化。有見及此，本會輔助醫療服務團隊於2012年成立普及運動工作小組，成員包括物理治療師、社工及康復導師。自2013年起，工作小組籌辦了一次硬地滾球簡介會，並舉辦十二節硬地滾球分區訓練班，讓各區不同單位服務使用者參與，以上活動皆有香港殘奧會硬地滾球教練親臨協助講解。

各服務使用者及員工參與活動時均全情投入，非常用心聆聽教練講解，在實習時亦十分主動參與及試玩硬地滾球。他們都能感受正面、積極的氣氛去學習這項非常合適的運動。

As our service users begin to grow older, participating in sports can be particularly effective in reducing muscle degeneration. In view of this, our Paramedical Services team has established a Working Group on Popular Sports, comprising of physiotherapists, social workers and rehabilitation workers. Since 2013, the Working Group has organized a briefing on Boccia and 12 training courses in different districts for service users. These activities were attended and hosted by coaches from the Hong Kong Paralympics Boccia team.

Service users and staff who attended were very enthusiastic, paying close attention to the coach's instructions, and actively participating in the game. Everyone felt the positive atmosphere when engaging in this very useful and valuable sport.

## 特能童軍 — 港島地域筲箕灣區1523旅

### Extension Scouts - Hong Kong Region Shau Kei Wan Group 1523

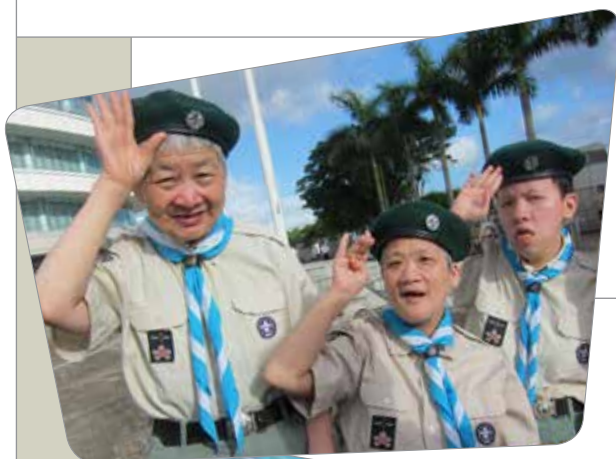


特能童軍1523旅是本會第一隊組成的童軍隊伍，隸屬港島地域筲箕灣區，成員來自港島東區的服務單位，包括興華成人訓練中心、健持之家、清蘭之家及靄華之家，現時共有六位童軍領袖及17位童軍隊員。本旅於2004年5月15日正式註冊，隊員每月齊集興華成人訓練中心集會，進行站崗、升旗、練習口號、紮營、擦鞋等恆常訓練，並會定時外出參與社區活動，促進童軍生活體驗。

本旅童軍於2013年8月1日前往金紫荊廣場近距離欣賞升旗儀式，參考正規制服團隊的步操情況，從中學習。各隊員當天清晨穿著整齊制服，早上七時半到達金紫荊廣場靜候欣賞，看到穿著禮服的警務人員、警察銀樂隊、警察風笛隊英姿颯颯，各位童軍隊員都肅然起敬，目不轉睛地欣賞整個升旗儀式，相信透過今次活動每位隊員都獲益良多。

Extension Scout Group 1523 is Fu Hong Society's first Scout group, belonging to the Hong Kong Island Region Shau Kei Wan District. Its members come from our Hong Kong Island East service units, including Hing Wah Adult Training Centre, Priscilla's Home, Ching Lan Home and Oi Wah Home, currently with a total of six Scout leaders and 17 members. The group was officially registered on 15 May 2004. Group members meet monthly at Hing Wah Adult Training Centre for regular training in guarding, flag raising, slogans exercises, camping and shoe-shining, and regularly participate in community activities to facilitate a fulfilling scouting experience.

Our Scout group made a trip to Golden Bauhinia Square on 1 August 2013, to watch the flag-raising ceremony at close proximity, noting and learning the foot drill techniques of formal uniformed groups. Arriving at Golden Bauhinia Square at 7:30a.m., our Scout members, in full uniform, observed the ceremony in dignified silence, and were very much in awe of the smartly and formally dressed police officers, and the Silver Band and Pipe Band, performing at their very finest. Our scouts paid close attention throughout the ceremony, which was certainly a very rewarding experience for them.



## 衝出去 — 濠江之旅

### Getaway - Trip to Macau

在2013年8月1日至2日，有六位服務使用者、兩位家長及六位職員，浩浩蕩蕩地參與是次旅程。此活動可說是怡諾成人訓練中心一件大事，藉此亦感謝香港保險中介人商會其中七位會員贊助港幣六千元，舉辦這項有意義活動。

中心投入服務至今，從未舉辦過類似的境外活動。職員為了完成服務使用者出境旅行的夢想，做了大量的準備工作，包括尋找贊助、酒店、復康巴、食肆及旅行景點等，讓他們可以夢想成真。

旅遊的第一站是澳門金沙娛樂場，服務使用者在賭場餐廳享用了一頓豐富的自助午餐，飽腹之後再到大三巴觀光及購買手信。晚餐後便返回酒店休息。第二天早上出發到威尼斯人度假村賭場參觀，中午到官也街品嚐正宗的葡國菜，最後乘船返回香港。

「衝出去 — 濠江之旅」完成了六位服務使用者的夢想，期望不久將來，我們能為更多的服務使用者實現更多的夢想。



From 1-2 August 2013, six service users, two parents and six staff members participated in this unforgettable journey. This was a major feat for Yi Lok Adult Training Centre, which wishes to acknowledge the seven members of the Hong Kong Chamber of Insurance Intermediaries for their sponsorship of HK\$6000 towards the cost of this meaningful event.

Since its beginnings, the Centre had never hosted any outbound activities such as this. Prior to the trip, our Staff did a great amount of preparatory work, including searching for sponsorship, hotel, restaurant and Rehabus reservations and planning the itinerary, in order to make our service users' dreams of travelling outside Hong Kong become a reality.

The first stop was Sands Macau, where service users enjoyed a delicious buffet lunch at the casino's restaurant, then to the Ruins of St. Paul's for sightseeing and buying local delicacies, and finally returning to the hotel after dinner. The next morning, they visited the Venetian Resort & Casino, and then enjoyed authentic Portuguese dishes at Rua do Cunha at noon, before returning to Hong Kong by boat.

"Getaway - Trip to Macau" helped to fulfil the dreams of six service users. We dearly hope that we can fulfil the dreams of many more service users in the future.

## 友愛無界限 — 企業義工鍾喜清

## Friendships Without Borders - Corporate Volunteer Pauline Chung

義工抱著無私奉獻的精神，利用自己的寶貴時間，關心社會上有需要人士，展現人間有情。鍾喜清女士 (Pauline) 自2010年起，與扶康會樂華成人訓練中心的服務使用者結下緣分，積極參與及協助推行中心的義務工作。

Pauline第一次與智障人士相處，是她與同事一起到中心，與服務使用者一同參與競技遊戲。她很細心及有愛心，主動請教與智障人士相處及溝通的心得和技巧，希望可以更快了解他們的需要。往後的兩年，Pauline協助統籌同事到中心做義工，他們不時到中心探望、致電慰問老友記，在中秋、聖誕及新春等節日，都會與老友記歡度每個佳節，更參與本會多項大型活動。透過多次的共融活動，Pauline和同事们與服務使用者建立了友誼。2012年9月，Pauline所屬的公司捷和實業有限公司正式成立本會首間「香港最佳老友」運動企業分社，她與一位患上末期癌症的服務使用者Sakina 配對成為老友，建立一對一的友誼。

Pauline對老友Sakina無微不至，差不多每星期也會致電詢問她的情況。儘管工作了一整天已很疲累，當Pauline知道老友沒有胃口時，也會趕到中心，為她買喜愛的食物或陪同她外出吃飯，希望她可以吃多一點東西，有足夠的營養及體力與病魔對抗。Pauline悉心照顧、逗她開心，Sakina亦深深感受到Pauline的愛錫，雖然自己身上有著說不出的痛楚，但一見到Pauline來探望自己，也會亮出一臉笑容，牽著她的手，即使沒有胃口亦盡力嘗試進食，希望Pauline可以安心一點。即使Sakina沒有言語表達的能力，但對Pauline的感激及愛意，已盡在她的行為上表達出來。友愛在她們之間漸漸建立，Pauline會在Sakina生日時，帶來蛋糕為她慶祝；天氣轉涼，她會為愛美的老友購買外套及冷帽來保暖。Pauline陪伴、支持及鼓勵Sakina度過生命有限但滿載關愛的時光，更在Sakina住院期間到醫院探望及送她最後的一程，盡顯對老友的關愛。雖然Pauline十分不捨得老友的離開，心中亦難免哀傷，但她會繼續將愛心與關懷帶給其他智障人士。她現已配對另一位智障人士做「老友記」，繼續和老友記共建友誼和分享歡樂。

## Pauline 的心聲 Pauline In Her Own Words

起初，我以為是我們帶給他們（智障服務使用者）歡樂，事實卻是他們給我們帶來快樂和喜悅。生命真的可以影響生命。他們啟發了我們重新思考生命的真正價值，如何可以活得更有意義。在第一次到智障人士的服務單位做義工後，我們決定繼續下去。我希望可以讓他們的生活變得更美好和有意義。現在，我與其他義工跟他們建立友誼，並已成為老友，把他們當作是自己的兄弟姊妹一樣。雖然，他們不能完全表達自己的感受，但我們能理解他們的感受，一切都盡在不言中，我希望能夠為他們提供更多有意義的服務及分享。

At first, I thought of myself as being the giver of joy and laughter, but to my surprise, it turned out that they (service users with intellectual disabilities) are the ones that deliver happiness. It takes one life to impact on another. These kindred spirits inspire us to reflect on life's real values, and how we can get more from it. After the first time that I was a volunteer at a centre serving persons with intellectual disabilities, I made the decision to carry on, hoping to make a difference to their lives and my own. Now, other volunteers and I have developed friendships with them, and become buddies, treating them as our own siblings. Although they cannot fully express their feelings through language, we understand them with a silent understanding between us. In the future, I hope to provide them with yet more important help.





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Instilled with the spirit of selfless dedication, volunteers demonstrate that “love is all around” by committing their precious time to care for those in need. Since 2010, Ms. Pauline Chung has been working with the service users at Fu Hong Society Lok Wah Adult Training Centre, actively participating in and assisting the promotion of volunteering at the centre.

Pauline still recalls the first time that she came face to face with persons with intellectual disabilities. She and her colleagues arrived at the centre to play games with them. She was very attentive and caring, as well as seeking advice eagerly on the knowledge and skills required to communicate effectively with persons with intellectual disabilities, in order to be able to quickly understand their needs. For the two years that followed, Pauline helped to bring more of her colleagues on board to volunteer at the centre. Together they routinely visit the centre and maintain telephone contact with service users. During major festivities such as the Mid-Autumn Festival, Christmas and New Year, they organized celebrations for their “buddies”, as well as taking part in numerous large-scale Fu Hong Society events. Through their involvement in a variety of activities, Pauline and her colleagues have established deep friendships with our service users. In September 2012, Pauline’s employer, Chiaphua Industry Ltd, became the first company to formally set up a “Best Buddies Hong Kong” corporate citizen chapter, while Pauline herself had “buddied up” with Sakina, a service user suffering from terminal cancer at that time.

Pauline cared for Sakina down to the most minute details, and would visit or call Sakina almost every week to inquire about her latest condition. Despite being tired from a long day at work, as soon as Pauline knew Sakina had lost her appetite, she would rush to the centre with her buddy’s favorite food, or take her out for dinner, hoping she would have enough nutrients and strength to fight her cancer. Pauline’s utmost care and effort to cheer her up did not go unnoticed by Sakina, who strongly felt the affection that was showered upon her. Physically, she was in unspeakable pain, but whenever Pauline came to visit, Sakina would demonstrate her affection and hold Pauline’s hand, attempting to eat despite having lost all her appetite. Sakina was not able to express herself verbally, but her gratitude and love for Pauline was freely demonstrated through body language. Gradually their bond became stronger. Pauline would bring Sakina a cake to celebrate her birthday; when the weather turned cold, Pauline would buy fashionable jackets and hats to keep her stylish buddy warm. Pauline’s companionship, support and encouragement filled the brief final stage of Sakina’s life with love. During hospitalization and her final moments, Pauline was by Sakina’s bedside to bid a final farewell to their everlasting friendship. While Pauline was inevitably grief-stricken, and misses her buddy to this day, she determined to spread the message of love and concern for other persons with intellectual disabilities. She is once again a buddy with another service user, allowing her to continue building lasting friendships and sharing the joy.

- 1 Pauline與同事組隊參與電能烹飪比賽，並順利進入決賽，獲得優異獎項。  
Pauline and her colleague formed team to join our Electric Cooking Competition and entered the Final, receiving merit award.
- 2 Pauline分享參與義工服務的感受  
Pauline shared her feeling about being a volunteer
- 3 Pauline與同事經常到中心探望患上末期癌症的老友Sakina（中間藍色衫者），為她打氣，可惜Sakina最後因病辭世。  
Pauline and her colleagues always visited her buddy Sakina, who suffered from terminal cancer, to encourage her. Yet Sakina passed away due to illness at last.
- 4 Pauline所屬的捷和實業有限公司，於2012年9月成立「香港最佳老友」運動分社，成為第一間企業分社。  
Pauline’s employer, Chiaphua Industries Limited, established the first Corporate Chapter of “Best Buddies Hong Kong” Movement in September 2012.
- 5 樂華成人訓練中心於2012年舉行「Best Buddies生命之旅」，Pauline與同事和中心服務使用者一起認識生與死。  
In 2012, Lok Wah Adult Training Centre organized “Best Buddies Journey of Life”, Pauline and her colleague knew more about life and death with our service users.
- 6 Pauline與老友Sakina  
Pauline and her buddy Sakina
- 7 Pauline與她現在的老友記  
Pauline and her present buddy

## 「職安健常識問答比賽2013」摘冠 Champion of the Safety Quiz 2013

區域職業治療師高永成 Ko Wing Sing Andy, Regional Occupational Therapist



扶康會先鋒聯隊於2013年9月15日參加全港「職安健常識問答比賽2013」總決賽，摘下工會/團體組「職業安全健康局盾」冠軍的榮譽，更是本會繼2009年後第二次獲得是項比賽的冠軍。這次比賽共有187隊參加，扶康會能夠脫穎而出再度勇奪冠軍，實在可喜可賀！

先鋒聯隊隊員包括：區域職業治療師高永成先生（隊長）、護士施藝娟姑娘、社工林婉嫻姑娘、社工梁天樂先生和助理康復導師陳景美姑娘。為準備是次比賽，他們努力鑽研職安健的常識，除大會派發的「天書」外，更積極上網搜集最新的資料和相關新聞、商討比賽策略、預習比賽等。先鋒聯隊早於7月21日完成初賽及複賽，順利進入總決賽。總決賽當天，共有三個回合，先鋒聯隊在頭兩個回合稍稍落後，戰情告急。不過，在最後的搶答回合中，先鋒聯隊後勁凌厲，連續答中數條搶答題，形勢頓時逆轉，來到比賽末段，先鋒聯隊已遙遙領先，最後一舉摘下「工會/團體組的職業安全健康局盾」冠軍的榮譽！當天，區域經理楊冰梅姑娘帶領職員啦啦隊，到場支持先鋒聯隊，欣喜能共同見證這興奮的時刻！



今次勝出「職安健常識問答比賽2013」，不但為扶康會增光，更加強員工的職安健常識。其後先鋒聯隊更榮幸代表香港參與第七屆「粵港澳安全知識競賽」，並在比賽中獲得季軍。興奮過後，我們不會忘記參加活動的目的，就是要喚起及感染更多員工關注職業安全、推動工作安全意識及文化。我們會繼續積極推動相關知識，提高安全意識及文化，期望所有員工一起努力，提升職安健水平！



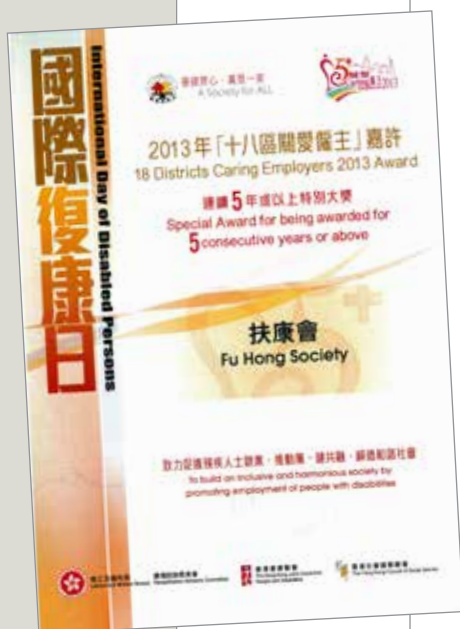
On 15 September 2013, Fu Hong Society Pioneer League participated in the Safety Quiz Final 2013 and won the championship of Occupational Safety & Health Council Shield. This is the second time that the League won the championship, after the first one in 2009. It was marvelous that Fu Hong Society won out of 187 teams in the event!

Pioneer League is composed of 5 members, including the Society's regional occupational therapist Ko Wing Sing Andy as Captain and team members the nurse Sze Ngai Kuen, the social worker Lam Yuen Hang Ellen and Leung Tin Lok, and assistant rehabilitation worker Chan King Mei. To prepare for the competition, they not only studied hard the handbook given by the organizer but also collected and studied the latest news, information and guidelines related with occupational safety and health on internet as well as other platforms. The League also strategically planned and role played the Quiz Final. They passed the semi-final on 21 July 2013 and smoothly entered the Final. On the day of the Final, there were three rounds in which the League was slightly behind in the first two rounds. However, in the final round, the League consecutively answered several questions correctly. The situation suddenly reversed, coming to the end as the lead and won the championship. That day, our Regional Manager Yeung Pin Mui, Maggie and a staff cheerleading group witnessed the honourable moment of the League and shared the excitement!

Through the Safety Quiz, not only the prestige of Fu Hong Society, but also the staff knowledge on occupational safety and health are enhanced. Later Pioneer League was honoured to represent Hong Kong to participate in the 7th "Hong Kong-Guangdong-Macao Safety Knowledge Competition" and awarded the 2nd runner-up. Whilst sharing the joyful moment of success, the purpose of the event should be noted. That is to promote and enhance the awareness, knowledge and culture of building a safe working environment. Let the Society continue to put forward and improve the work safety awareness and culture with all staff's effort, increasing the standard of work safety and health!

## 扶康會連續五年獲頒「十八區關愛僱主」獎狀

Fu Hong Society received "18 Districts Caring Employers" Award for five consecutive years



為鼓勵僱主聘用殘疾人士及提高公眾對殘疾人士工作能力的認識，香港復康聯會、香港社會服務聯會及勞工及福利局康復諮詢委員會，連續六年舉辦「十八區關愛僱主」表揚計劃。

本年度共有24間機構因連續五年或以上聘用殘疾人士而被表揚和嘉許成為特別大獎得主。本會有幸成為全港六間獲特別大獎的非政府機構之一。今年計劃的嘉許禮於2013年12月1日舉行，共有131個僱主獲得大會嘉許，包括80間商業機構、28間非政府機構及23間社會企業。

本會為殘疾人士服務超過36年，於鼓勵殘疾人士就業及聘用殘疾人士方面更以身作則，不遺餘力為殘疾人士提供就業機會。我們一方面協助殘疾人士在外間找尋就業機會，另一方面亦聘用有能力及合乎基本工作要求的殘疾人士為機構服務。本會於今年直接或間接聘用了60位殘疾人士，當中包括聽障、視障、肢體傷殘、智障、精神康復及自閉症人士。同時，殘疾員工當中，有六位員工已服務超過十年，這充分表現本會聘用殘疾員工的堅持。

我們定必持續發揮關懷尊重的精神，於殘疾人士服務及殘疾人士就業方面繼續努力。

As to encourage employers to employ persons with disabilities and enhance the public awareness of persons with disabilities working ability, the Hong Kong Joint Council for People with Disabilities, the Hong Kong Council of Social Service and Rehabilitation Advisory Committee of Labour and Welfare Department organized "18 Districts Caring Employers" Award Scheme for six years.

There were 24 organizations had received special award as they continued to employ persons with disabilities for more than five years. Our Society was glad to be one of the six non-governmental organizations to receive such award. The Recognition Ceremony of the Scheme was held on 1 December 2013. There were total 131 employers received the award, including 80 corporations, 28 non-governmental organizations and 23 social enterprises.

Our Society has served persons with disabilities for more than 36 years, promoted their employment by providing working opportunity to them. We not only seek open employment opportunity for persons with disabilities, but also employed persons with disabilities that had working ability and met the working requirement. This year we directly or indirectly employed 60 persons with either hearing, physical, intellectual or psychiatric disabilities or with autism. At the same time, there were six employees has worked over ten years, showing our endeavour on employment of persons with disabilities.

We will continue our effort to employ persons with disabilities, as to show the spirit of care and respect.



## 「2013年香港炬光父親」選舉獲獎

### Winner of the 2013 Hong Kong Torchlight Father Award

本會上李屋成人訓練中心提名了身兼父職的兄長何鴻鈞先生，參加由駐港台北經濟文化辦事處與新界鄉議局合辦「2013年香港炬光父親」選舉，以表揚他身兼父職照顧智障的妹妹。經獨立評審委員嚴謹評選，何先生在全港眾多候選人中獲選為十位炬光父親之一，並於2013年6月16日與家人出席了「2013年香港炬光父親表揚大會」，接受獎項和嘉許，更與六百多位來賓慶祝父親節。

何先生為上李屋成人訓練中心一位嚴重智障服務使用者的兄長，他對妹妹的愛是無私的，當年甚至放棄到外國工作晉升的機會，留港照顧妹妹，不離不棄。其關愛妹妹的情懷，更感動了妻子及兒女，推動一家一起關愛這位智障家庭成員。這份「父愛」實是偉大和值得敬重！



Our Sheung Li Uk Adult Training Centre nominated Mr. Ho Hung Kwan, the elder brother of a service user, in recognition of his paternal care for his younger sister who has intellectual disabilities, to compete in the "2013 Hong Kong Torchlight Father Award". This award is jointly organized by Taipei Economic and Cultural Office in Hong Kong, and Heung Yee Kuk N.T. After a rigorous selection process by an independent committee, Mr. Ho was selected from a group of candidates as one of the "Hong Kong 10 Torchlight Fathers". On 16 June 2013, he attended the "2013 Hong Kong Torchlight Fathers" recognition ceremony with his family, to accept the award in person, celebrating Father's Day with over 600 guests.

Mr. Ho is the brother of a service user with severe intellectual disabilities from Sheung Li Uk Adult Training Centre. His love for his sister is selfless and enduring. In his younger days, he even gave up on a promotion to work abroad, so that he could stay in Hong Kong to take care of her. His affection towards his sister has inspired his wife and children, who, together with him, help to take care for his sister. This "Fatherly Love" is truly great and deserving of our respect!

## 第五屆香港傑出義工獎

### The 5th Hong Kong Volunteer Award

和諧軒兄長麥漢華先生，在由義務工作發展局及路訊通聯合舉辦的第五屆「香港傑出義工獎」中獲得嘉許。

麥先生在和諧軒擔任兄長長達12年，長期與智障人士生活，一直奉獻愛與關懷。他對義務工作的熱忱有目共睹。在2013年10月接受獎項時，麥漢華先生更獲邀於和諧軒拍攝影片以介紹其義務工作。

Mr. Mak Hon Wah, the elder brother of Concordia Casa Famiglia, received the "Outstanding Volunteer Award" in the "The 5th Hong Kong Outstanding Volunteer Award" program, held by Agency For Volunteer Service and RoadShow.

Mr. Mak has been our elder brother of Concordia Casa Famiglia for 12 years. He has lived with persons with intellectual disabilities, showing love and care to them over the years. His dedication to volunteer services is much appreciated. When he received the award in October 2013, he was invited to make a video recording in Concordia to introduce his volunteer service.



麥漢華先生(左四)獲得傑出義工獎  
Mr. Mak Hon Wah (Left 4) received the "Outstanding Volunteer Award"



## 長康之家獲發「關愛長者、全民護老」《三星級證書》

### Cheung Hong Home Received Three-Star Certificate in "Care for the Elderly. We all Care" - Caring Institution Award Scheme



扶康會長康之家舍友自2003年起，每月聯同區內香港基督教女青年會長青松柏中心長者義工，定時探訪區內獨居長者，送上「愛心湯」，協助智障人士積極融入社會，以體現人人平等、互助互愛和互相學習的精神，達致社區共融。舍友多年參與義務工作，更榮獲社會福利署荃灣及葵青區安老服務協調委員會嘉許為「關愛長者、全民護老」機構嘉許計劃的三星級證書機構。

探訪獨居長者活動每月舉行一次，長者義工及智障舍友均踴躍參加。每次大約有七至八隊義工隊，三至四人為一小隊形式，帶著由家舍提供的愛心湯壺挨門逐戶進行探訪，義工及獨居長者互相分享日常生活的點滴和感受。在家訪談話中，各人都感受到無限的暖意與關懷。

活動過程中，獨居長者感受不同社會人士的關愛和溫暖，並讓智障人士有機會接觸不同的事物，擴闊生活經驗，學習表達人與人之間的關懷，宣揚愛的訊息。另外，長者義工與智障舍友亦建立了多年深厚的友誼，彼此互相鼓勵及扶持。

Since 2003, service users have been joining forces with senior volunteers from the Hong Kong Young Women's Christian Association Cheung Ching Neighbourhood Elderly Centre, to conduct regular visits to the elderly living alone, hand-delivering "Love Soup" to those in need, and at the same time assisting those with intellectual disabilities to actively integrate into the community, exemplifying the spirit of equality, mutual help, love and learning for social inclusion. Our service users' commitment to volunteering over the years was recognized in the form of a Three-Star Certificate in "Care for the Elderly. We all Care" - Caring Institution Award Scheme, awarded by the Social Welfare Department Tsuen Wan and Kwai Ching District Coordinating Committee on Elderly Services.

The monthly visits to seniors living alone were well attended by our elderly volunteers and service users with intellectual disabilities. Every time, there were about seven or eight teams comprising of three to four people in a team, making door-to-door deliveries of homemade soup from our hostels, while volunteers and senior beneficiaries chatted jovially. During these home visits, everyone was able to feel the boundless warmth and care.

Throughout these visits, the seniors living alone felt the love and warmth from a cross spectrum of the community, while those with intellectual disabilities had the opportunity to broaden their life experiences and horizons, learning to convey love and to care for one another, and spread the message of love. In addition, our elderly volunteers and our volunteers with intellectual disabilities have also established profound friendships, offering mutual encouragement and support to one another.



影視紅星鄧萃雯小姐及王賢誌先生於2013年12月12日到佐敦一間酒店，參與本會興華成人訓練中心及健持之家的聖誕節慶祝活動，與服務使用者、家長及義工一同慶祝聖誕節的來臨。

On 12 December 2013, Ms. Sheren Tang & Mr. Vinci Wong, renowned artists, went to a hotel in Jordan to join the Christmas celebration activity organized by our Hing Wah Adult Training Centre and Priscilla's Home, celebrated the coming of Christmas with our service users, parents and volunteers.



渣打銀行義工隊於2013年5月25日到訪秦石成人訓練中心。義工與服務使用者配對成為小組，大家透過遊戲互相介紹認識，並一起做花燈手工、製作心意咭，咭上更有大家的照片，記載了當日的活動。

Volunteer Team of Standard Chartered Bank visited Chun Shek Adult Training Centre on 25 May 2013. Volunteers paired up with our service users and got along each other through games. They also made handicrafts and cards together with photos on the card for memory of that day.



17名大昌行集團有限公司義工隊成員於2013年7月6日探訪順利成人訓練中心，並與服務使用者到順利邨體育館打高爾夫球及美式桌球，與他們切磋球技。及後更進行生日派對，30位服務使用者和義工為中心兩位7月份生日的壽星大唱生日歌，氣氛溫馨融洽。

17 Volunteers from Dah Chong Hong Holdings Limited visited Shun Lee Adult Training Centre in July 2013. They went to Shun Lee Tsuen Sports Centre to play golf and American Pool. Later 30 service users and volunteers celebrated two service users with birthday in July happily.



中原地產義工隊與艾睿電子亞太有限公司分別於2013年6月及9月與本會山景成人訓練中心及良景成人訓練中心服務使用者到新生農場參觀，讓智障人士體驗農耕，在田園間享受美食。

Volunteer Team of Centraline Property Agency Limited and Arrow Electronics, Inc. went to New Life Farm in June and September 2013 respectively with our service users of Shan King Adult Training Centre and Leung King Adult Training Centre respectively.

四季酒店義工隊於2013年9月12日到訪本會興華成人訓練中心，與本會服務使用者一起遊戲，預祝中秋節的來臨。

On 12 September 2013, volunteer team of Four Seasons Hotel visited Hing Wah Adult Training Centre, playing games with our service users and celebrating mid-autumn festival.



「寵之天國」的企業義工團隊，於2013年四次到訪上李屋成人訓練中心及祖堯成人訓練中心，與服務使用者玩遊戲、唱歌及製作手工藝。

Volunteer team of Hong Kong Pet's hospice care service visited Sheung Li Uk Adult Training Centre and Cho Yiu Adult Training Centre four times in 2013. They played games, sang songs and made handicrafts with our service users.



一隊美國水兵義工於2013年8月16日到訪秦石成人訓練中心。活動期間，班房響起輕快電子琴的樂聲，義工、服務使用者及導師一同翩翩起舞；另一班房，則是義工和服務使用者互拼X-Box遊戲，笑聲掌聲滿載。部分義工更帶著坐輪椅的服務使用者往商場，到超級市場買雪糕，帶回中心分享。短短幾小時，美國水兵帶給服務使用者開心難忘的一天。他們於2013年11月11日再度到訪同一中心，繼續為服務使用者帶來歡樂與關愛。

On 16 August 2013, US Army visited our Chun Shek Adult Training Centre. In one classroom, volunteers, our service users and the instructors danced with the relaxed electric piano music. In another classroom, volunteers and our service users played X-Box happily. Some volunteers accompanied our service users with wheelchair to supermarket to buy ice-cream and share in the Centre. US Army brought joy and happiness to our service users within few hours. They visited the Centre again on 11 November 2013, shared love and care to our service users.



本會一直與國外不同機構進行服務交流。漢城大學一行18人於2013年5月18日到本會友愛之家參觀和考察。首爾特別市青少年服務考察團於2013年8月27日到本會麗瑤成人訓練中心暨麗瑤之家參觀和考察。

Our Society has service exchange with different agencies overseas. On 18 May 2013, 18 people from Hansung University visited Father Tapella Home. On 27 August 2013, The Seoul Association of Youth Center visited Lai Yiu Adult Training Centre and Lai Yiu Home.



一年一度的「鼠戰中環」(為慈善組織「思健」(由怡和親善大使推動的精神健康計劃)籌款的活動)已於2013年10月20日舉行。一如以往,本會服務使用者以別開生面的方式打扮,組成啦啦隊為參賽者打氣。活動後,本會服務使用者與「思健」義工一同享用午餐。

The annual event – Rat Race (a fundraising campaign for “MINDSET” (on mental health from Jardine Ambassadors) was held on 20 October 2013 this year. As usual, our service users dressed up specially and formed cheering team to cheer for the participants. Service users and MINDSET volunteers enjoyed the lunch together after the event.

「花旗集團—社聯大學生社責實踐計劃2013」已經順利舉行。計劃中一位工商管理系學生於2013年7月至8月期間在本會實習,了解機構服務、籌款活動及義工服務。

“Citi-HKCSS Community Intern Program 2013” was held successfully. One student from BBA stream in this program had her intern in our Society to understand agency services, fundraising events and volunteer services in July and August 2013.





永旺(香港)百貨有限公司(永旺)2013年8月至2014年1月,舉行第三期「幸福的黃色小票活動」。於每月11日,顧客購物付款後會得到一張黃色的購物小票,只要將該小票投入支持的團體的投票箱便可。永旺計算每個團體獲得的小票金額,然後將該團體金額的1%以物品形式捐贈予該團體。扶康會有幸繼續成為其中一間受惠機構,請各位踴躍支持本會!

AEON Stores (Hong Kong) Co., Limited organized the 3rd phase "Blessing Yellow Tickets Activity" from August 2013 to January 2014. On every 11th day of the month, customers will get a yellow ticket after payment, he/she can put the ticket into the box of preferred organization. The Company will calculate the total amount of the tickets each organization got, and donate in kind same as 1% of the total amount. Fu Hong Society was glad to be one of the beneficiaries again, please support us!

本會再獲中石化(香港)油站有限公司的邀請,成為其電腦洗車慈善月的受惠機構。活動於2013年8至9月舉行,客戶到油站購買洗車服務時,每單交易款項其中十元捐助本會,為本會共籌得二萬多元善款。本會感謝該公司一直對殘疾人士服務的支持。

With the invitation by Sinopec (Hong Kong) Limited, our Society has become again the beneficiary of its Computer Car Wash Charity Month which was held on August to September 2013. \$10 of each transaction of car wash has been donated to our Society. The campaign has raised more than \$20,000 for our Society. We are grateful for the continuous support from Sinopec.

本會感謝大家樂的支持,於2013年1月至8月期間,擺放本會捐款箱於其下分店,讓本會籌得超過三萬元善款。本會感謝該公司持續支持殘疾人士的服務。

Thank you for the support from Café de Coral by allowing our Society placing donation boxes at their shops in January to August 2013. More than \$30,000 was raised through this action. We thanked for their continuous support to services for persons with disabilities.

## 個人資料使用安排 Use of Personal Data

本會將使用閣下的個人資料(如:姓名、電話、傳真、電郵及郵寄地址等)就本會資訊、籌款、服務、培訓課程及產品推廣、活動邀請、義工招募及意見收集等與閣下通訊及聯繫之用,如閣下不同意本會繼續使用你的個人資料作上述用途,請填寫以下回條交回本會。

FHS will use your personal data (including your name, phone number, fax number, email and mailing address) to communicate with you for organization information, fund-raising, promotion of services, training courses and products, invitation to events, recruitment of volunteer and collection of opinion etc. If you object FHS to use your personal data for the purposes as stated above, please mark on the "Opt-out Reply" below, returning it to us.

地址Address: 九龍深水埗樂年花園保安道2A地下 G/F., No. 2A Po On Road, Cronin Garden, Sham Shui Po, Kowloon  
電話Tel: 2745 0424 傳真Fax: 2786 4097 電郵Email: fhs@fuhong.org

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本人不同意扶康會繼續使用本人的個人資料作籌款、服務、培訓課程及產品推廣、活動邀請、義工招募及意見收集等用途。

I disagree to have my personal data being used by Fu Hong Society for fund-raising, promotion of services, training courses and products, invitation to events, recruitment of volunteer and collection of opinion etc.

英文姓名(全寫) Full English Name in BLOCK Letter

中文姓名 Chinese Name

電郵地址 Email Address

簽署 Signature

日期 Date

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方叔華神父 Fr. Giosnè Bonzi

我相信9月1日出席「夢想成真共融演唱會」的每一位觀眾，均會對由來自三藩市的三位自閉症年輕朋友和家人教師組成的「圓夢先鋒」樂隊擊節讚賞，完全認同「具不同能力人士」就是我們對這群社會成員的最佳稱謂。的確，他們各有所長及對社會有寶貴的貢獻！

我很高興在以下文章中，與大家分享一個父母替其有嚴重殘疾的孩子發掘出其「使命」過程中，深刻而美麗的反思。

I am sure that all those who were present at the "Dream Achievers" concert, excellently conducted by the three friends with autism and their family members and teachers from San Francisco on Sunday, 1 September 2013, were strongly impressed and fully agree that "persons with different abilities" is the best way to call all these members of our human community. They, indeed, have a role to play and precious contributions to offer!

I am glad to share the following profound and beautiful reflection of a parent who discovered the "vocation" of his child with severe disability.

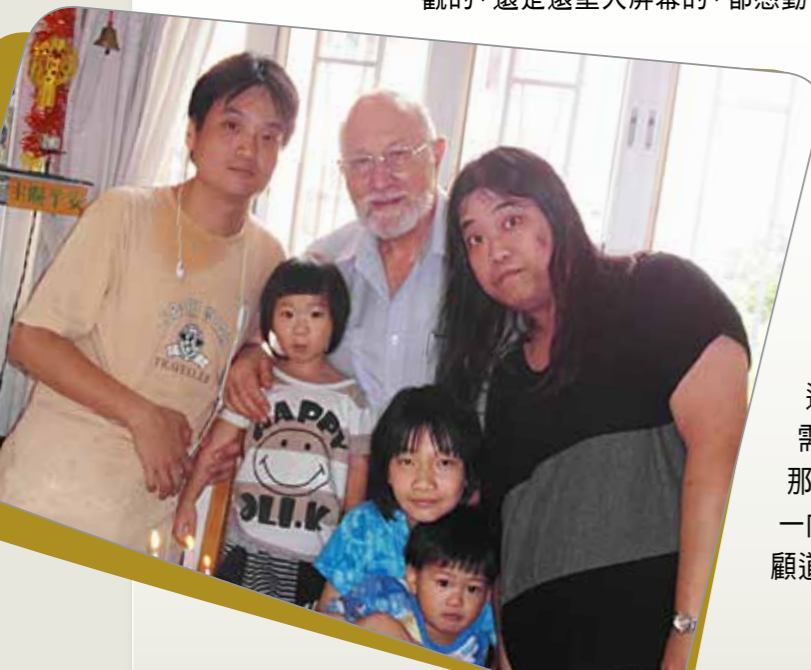
一個特殊的使命：向人們展示如何去愛

下面的文章是由普羅維登斯學院神學教授保祿Gondreau撰寫的。保祿是羅馬PC / CEA中心神學和宗教研究系這學期的常駐總監，他偕同妻子姬斯娜和五個孩子現暫居於梵蒂岡。教宗方濟各在聖伯多祿廣場舉行復活節彌撒後，擁抱他們的兒子道明。我們非常感謝Gondreau博士同意分享他對該事件的感受。

德蘭修女總喜歡把「小行為顯示大愛」這句話掛在嘴邊。教宗方濟各在主持復活節感恩祭後，乘專車在聖伯多祿廣場上緩緩而行時，有人把我那患有大腦性麻痺的兒子道明抱至他跟前，教宗立即擁抱他，並給予祝福。那一刻，教宗正滿全了德蘭修女那句話；這溫馨的一幕，讓人聯想到歷史上著名的聖方濟與聖道明的相遇，不單止我們一家受感動，廣場上二十五萬的朝聖者，不論是近觀的，還是遠望大屏幕的，都感動得熱淚盈眶。教宗擁抱道明的影像迅速而

廣泛地流傳開來，世界各地的人也因這份大愛而流淚。圖片隨著教宗「致全球信眾的訊息」(Urbi et Orbi message)出現在美國新聞網站Drudge Report上，標題是「將恨化為愛」。直至我寫這篇文章時，圖片仍被載於網站上。眾多新聞媒體，包括CNN，紐約時報等等，亦登載相關短片及圖片。

通常，人們覺得日復日照顧特殊問題孩子所需而付出的犧牲是難以言傳的，因為他們是那麼脆弱、無助，一切均要依賴周邊的人。我一向慣於片面地看待我與道明的關係。從照顧道明中，我相信他受的苦，背負的十字架比



我重千倍。是的，他承受的苦難多於我，然而卻是「我」無間斷地不得不幫助「他」。

教宗擁抱道明的影像感動了整個世界，也許廣場上的一位女士給我們提供了答案。她對我的妻子說：「你的兒子正向世人展示如何去愛。」這句話深得我妻子的心，令她的疑惑豁然開朗：兒子道明來世上是肩負了向世人展示如何去愛的使命。人類生而為愛，教宗的一個擁抱就彰顯了天主十字架的智慧。

殘疾人士不懂如何講出他們愛人的方式。基督透過受盡苦楚，被釘十字架，死而復活，彰顯了美善而崇高的大愛，現在輪到我們「以愛還愛」了。十字架融化了我們的鐵石心腸，把仇恨化為仁愛。這方面，殘疾人士做得比我們好，因而成為我們靈性上的典範。真的，我養育和照顧道明，但他給我回報更多。我扶他行走，他教曉我如何去愛；我餵他，他教曉我如何去愛；我帶他去做物理治療，他教曉我如何去愛；我幫他伸展肌肉和開玩笑時，他教曉我如何去愛；我用輪椅推他各處去時，他教曉我如何去愛；我為他花了很多很多時間，他教曉我如何去愛。

我重申，這個事實給智慧的世人展示了相反的一面；而我作為道明的父親，如今才察覺到我的殘疾兒子正好證明：每個生命都是有尊嚴及無價的。那些被世人認為最弱，最無用的殘疾者，其實是最有力量、最能產生作用的強者。

還有一事，教宗方濟各擁抱我兒道明，正正顯示他那貧困者無私奉獻的精神。教宗在 Urbi et Orbi 給全城及全球的文告中提及：「我希望『基督復活的信息』能夠走向每家每戶，特別是那些受苦最深的……」這簡單而打動人心的話語，給殘疾兒童的家長在其中找到慰藉和鼓勵。

A Special Vocation: To Show People How To Love

The following is a guest post from Paul Gondreau, Professor of Theology at Providence College. Paul is serving as the Faculty Resident Director at PC/CEA's Center for Theology and Religious Studies in Rome this semester, joined by his wife Christiana and their 5 kids. After Easter Mass in St. Peter's Square yesterday, Pope Francis hugged their son Dominic. You can see video of the encounter at this link and can read a brief news piece here, and you can see CNN's interview of Christiana Gondreau and Dominic here. We are grateful that Dr. Gondreau agreed to share his reflections on that event with us.

"Small acts with great love," Mother Teresa was fond of saying. Yesterday, Pope Francis bestowed an extraordinary Easter blessing upon my family when he performed such an act in embracing my son, Dominic, who has cerebral palsy. The embrace occurred when the Pope spied my son while touring the Square, packed with a quarter million pilgrims, in the "pope mobile" after Mass. This tender moment, an encounter of a modern Francis with a modern Dominic (as most know, tradition holds that St. Francis and St. Dominic enjoyed an historic encounter), moved not only my family (we were all



moved to tears), not only those in the immediate vicinity (many of whom were also brought to tears by it), not only by thousands who were watching on the big screens in the Square, but by the entire world. Images of this embrace quickly went viral, and by Easter Sunday afternoon it was the lead picture on the Drudge Report, with the caption, "Change Hatred into Love" (a paraphrase of Pope Francis' Urbi et Orbi message that followed shortly thereafter), where it remains even as I write this. Fox News, NBC Nightly News, ABC Nightly News, and CNN all showed clips of it.

Lead pictures of it were found in Le Figaro, the New York Post, The Wall Street Journal, the Philadelphia Inquirer, inter alia.

It is often difficult to try to express to people who do not have special needs children what kind of untold sacrifices are demanded of us each and every day. And as for Dominic, he has already



shared in Christ's Cross more than I have throughout my entire life multiplied a thousand times over. What is the purpose in all this, I ask? Furthermore, I often tend to see my relationship with Dominic in a one-sided manner. Yes, he suffers more than me, but it's constantly ME who must help HIM. Which is how our culture often looks upon the disabled: as weak, needy individuals who depend so much upon others, and who contribute little, if anything, to those around them.

Pope Francis' embrace of my son yesterday turns this logic completely on its head and, in its own small yet powerful way,

shows once again how the wisdom of the Cross confounds human wisdom. Why is the whole world so moved by images of this embrace? A woman in the Square, moved to tears by the embrace, perhaps answered it best when she said to my wife afterward, "You know, your son is here to show people how to love." To show people how to love. This remark hit my wife as a gentle heaven-sent confirmation of what she has long suspected: that Dominic's special vocation in the world is to move people to love, to show people how to love. We human beings are made to love, and we depend upon examples to show us how to do this.

But how can a disabled person show us how to love in a way that only a disabled person can? Because the Cross of Christ is sweet and is of a higher order. Christ's resurrection from the Cross proclaims that the love he offers us, the love that we, in our turn, are to show others, is the REAL reason he endured the Cross in the first place. Our stony hearts are transformed into this Christ-like love, and thereby empowered to change hatred into love, only through the Cross. And no one shares in the Cross more intimately than the disabled. And so the disabled become our models and our inspiration. Yes, I give much to my son, Dominic. But he gives me more, WAY more. I help him stand and walk, but he shows me how to love. I feed him, but he shows me how to love. I bring him to physical therapy, but he shows me how to love. I stretch his muscles and joke around with him, but he shows me how to love. I lift him in and out of his chair, I wheel him all over the place, but he shows me how to love. I give up my time, so much time, for him, but he shows me how to love.

This lesson, to repeat, confounds the wisdom of the world. Heck, it confounds me when I, as his parent, so often fail to see my son's condition for what it is. The lesson my disabled son gives stands as a powerful testament to the dignity and infinite value of every human person, especially of those the world deems the weakest and most "useless." Through their sharing in the "folly" of the Cross, the disabled are, in truth, the most powerful and the most productive among us.

One more thing. Pope Francis' embrace of my son, Dominic, indicates that we should not interpret the new Pontiff's expressed devotion to the poor, already a cornerstone of his pontificate, in facile, purely material (let alone political) categories. His Easter embrace of my son stands out as a compelling witness to the kind of "poverty" that he urges us to adopt, the poverty that he pointed to in the opening line of his Urbi et Orbi message yesterday: "I would like [the message of Christ's resurrection] to go out to every house and every family, especially where the suffering is greatest..." Parents of disabled children, stand up and find solace and encouragement in these simple yet profound words.



扶康家庭參加了由教區傷殘人士牧民中心於6月15日舉辦的樂融融慕道班畢業禮，其中，超瑩軒家庭成員君榮參加了天主教之入門聖事，成為了一位天主教徒。

Casa Famiglia was at the graduation ceremony of the Lok Yung Yung Catechism Class organised by the Diocesan Pastoral Center for the Disabled on 15 June. Kwan Wing of Radiance Casa Famiglia underwent the Sacraments of Initiation to become a fellow Catholic.



樂融融慕道班學員大合照  
Group Photo of the Lok Yung Yung Catechism Class

廖君榮接受領洗  
Liu Kwan Wing being baptized



由自閉症人士組成的「圓夢先鋒」於2013年9月1日在觀塘瑪利諾書院舉行了一場共融音樂會，扶康家庭成員很開心可以欣賞是次之精采表演。表演後，「圓夢先鋒」於超瑩軒作交流及享用晚餐。

The Dream Achievers Concert, conducted by persons with autism, was successfully held at Kwun Tong Maryknoll College on 1 September 2013. Casa Famiglia Members were thrilled to enjoy such a splendid performance. After the show, the Dream Achievers mingled among each other, and enjoyed dinner at Radiance.



「圓夢先鋒」在超瑩軒留影  
Dream Achievers at Radiance

香港慧靈於2013年5月27日探訪和諧軒  
Hong Kong Huiling's visit to Concordia on 27 May 2013



天主教聖老楞佐堂基督兵團的教友於2013年8月24日探訪和諧軒  
Members of the Christ Bible Reading Group from St. Lawrence's Church paid a visit to Concordia on 24 August 2013



在人月兩團圓的中秋佳節，扶康家庭特別感謝四個社區團體抽空探訪扶康家庭成員，並於探訪後邀請家庭成員到鄰近的酒樓享用晚宴，陪伴家庭成員度過一個熱鬧的中秋節。

Casa Famiglia wishes to express its deep gratitude to four community organizations for taking the time to visit our family members, as well as treating them to a sumptuous meal at a nearby restaurant, providing friendly company for a lively celebration of the Mid-Autumn Festival.



1. 香港獅子山獅子會於2013年9月11日探訪邂逅軒  
Lions Clubs of Lion Rock paid a visit to Encounter on 11 September 2013
2. 香港一般保險代理協會於2013年9月10日探訪和諧軒  
The Hong Kong General Insurance Agents Association Ltd paid a visit to Concordia on 10 September 2013

3. 香港廣西賀州市同鄉聯誼會於2013年9月17日探訪婉明軒  
Hong Kong Guangxi Hezhou Friendship Association paid a visit to Splendor on 17 September 2013
4. 獅子山扶輪社於2013年9月16日探訪超瑩軒  
Rotary Club of Lion Rock paid a visit to Radiance on 16 September 2013



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