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服務以愛植根 精神始終如一

Always Serving with Love



為弱勢社群，尤其是為嚴重智障成人提供服務，從來都充滿挑戰。四十五年前，扶康會由來自意大利的方叔華神父與一群熱心人士共同創立。隨著時代變遷，復康服務應對社會需求而日趨多元化，規模亦與當年有天淵之別，惟本會「以愛植根、關懷弱小」的核心價值始終如一。本會創辦人之一，方神父分享這份「愛」的根源與堅持。

It is always a challenge when it comes to serving vulnerable communities, especially adults with severe intellectual disabilities. Fu Hong Society was founded 45 years ago by Father BONZI Giosuè Giovanni who came from Italy and a group of enthusiasts. Since then, rehabilitation services have diversified to meet changing social needs and grown dramatically in scale. Through it all, the Society's core value remains unchanged: 'Serving with Love and Caring for the Vulnerable'.

「愛，通常會由家而嚟，而本會嘅服務就源自家庭嘅概念——我哋最初就由一個小型家舍開始，而呢種家舍模式嘅服務，對智障人士好重要。」八十二歲的方神父精神矍鑠，湛藍眼睛閃爍着光芒。

Our co-founder Father Bonzi shares his thoughts about the genesis and commitment to this 'love': "Home is often where one finds love. This is why the Society's services are inspired by the concept of 'family'. We began as a modest home for our service users. Such residential care is really important for persons with intellectual disabilities." Father Bonzi is a sprightly 82-year-old with eyes of blue that light up as he speaks.

本著「以求為導、以愛同行」的精神，方神父與殘疾人士和持份者同行四十五載
Upholding the spirit of 'Your Need is the Lead, Walk together with Love', Fr. BONZI has been journeying with persons with disabilities and stakeholders for 45 years



扶康會創辦人之一方叔華神父
分享這份「愛」的根源與堅持
Fr. Giosuè BONZI, a Fu Hong Society founder,
sharing his thoughts about the genesis and
commitment to this 'love'

思緒回溯至上世紀七、八十年代的香港：當年社會極需要智障成人服務。那時候智障人士因種種原因，例如家人需要外出工作謀生，或缺乏相關照顧知識和技巧，而未能得到妥善照顧，有些整天被家人用鐵鏈鎖着，或用繩索綁着，甚至被困在鐵籠裏等不恰當地對待，情況令人心傷。

設家舍「友愛」起點

在整個七、八十年代，香港一直都缺乏為十六歲或以上的嚴重智障成人提供日間及住宿照顧的服務。雖然專為他們而設的小欖醫院已於1972年成立，但方神父覺得當時的情況並不理想：「喺（小欖）嗰度，佢哋全部都著同一款嘅睡衣，為要保持衛生，佢哋全部都剃光頭！我立即問職員：如果嗰啲係你嘅家人、朋友，你會唔會咁樣對佢哋？」

看到當年智障人士的困境，又得悉有一些智障成年女士急需住宿服務之後，方神父便與一群熱心人士，排除萬難，在葵興創設小型家舍「友愛之家」，立志給智障人士一個溫暖的「家」，而「友愛之家」也成為本會首個服務項目。「我哋係一家人嚟嘅，要好似家人咁對待佢哋，去愛佢哋！」方神父一語道出，本會服務乃植根於愛。

In the 1970s and 1980s, there was a dire need to serve adults with intellectual disabilities. This community often did not receive appropriate care because their family members were out making a living or lacked the knowledge and skills to take care of them. As a result, some were restrained by ropes and chains, and even kept in metal cages. These situations were nothing short of heartbreaking.

Setting Up Father Tapella Home

Throughout the 1970s and 1980s, there was a lack of day care and residential care services for adults with severe intellectual disabilities aged 16 and above. Although Siu Lam Hospital was set up in 1972 to serve this community, Father Bonzi felt the conditions were not ideal: "At Siu Lam, everyone wore the same set of pyjamas. Everyone's head was shaved for hygiene! I asked the staff if that was how they would treat their family and friends."

Father Bonzi and a group of enthusiastic individuals embarked on the Society's first project, which was Father Tapella Home in Kwai Hing, after they found out about the predicament this vulnerable community faced and the urgent need women with intellectual disabilities had for residential care. Father Bonzi and his colleagues resolved to give those in need a 'home' that promised love and warmth. As Father Bonzi says, "These people were family, so we had to love and treat them as we loved and treated our own family." Since then, our services have always been rooted in love.



創會同年，本會又應社會福利署的邀請參與先導計劃，並以家舍模式，分別於1979年及1980年，開辦「興華」及「麗瑤」兩所成人訓練中心暨宿舍，成為全港首間為嚴重智障成人提供日間訓練和住宿服務的復康機構，並為本港康復服務開創一個新里程。

未遺忘 創會初心

本會作為社會福利機構，由初期五至十人的小家舍起步，發展到今天服務幾十人的較大院舍，從未忘記一眾創辦人「以愛為根」的初心。幾十年來，本會一直延續並實踐着「以愛同行」的精神，讓服務使用者在一個家庭式的環境裡接受服務，時至今日，本會發展為具規模的復康機構，在「大院舍、小家庭」的服務概念下，服務使用者享有更具質素的家庭生活。本會各個服務單位將持續推展這種「優質家庭生活」模式，提升服務使用者的生活質素及身心靈的照顧，從日常互動和彼此關懷中感受到愛。方神父語重心長地說：「扶康呢個愛人嘅根，我哋會繼續努力延展落去。」

憑著愛人的精神，本會同仁在那年代推行「家舍服務」，經歷重重困難與挑戰。「友愛之家」由當初的暫借單位，遷到荃灣眾安街的唐樓後，服務名額增至十二人。方神父憶述，當年資源固然匱乏，人手也絕不足夠。那年代，家舍位於舊式唐樓，舍友每次外出活動，都需要由家長或職員、義工等揹着，上落幾層樓，共幾十級樓梯，單這個挑戰，過程已滿是淚與汗的辛酸。

當年「友愛之家」位於唐樓，父母及職員背著服務使用者由地下步上七十八級樓梯，方抵五樓的宿舍
Father Tapella Home was located in an old-style tenement previously, and parents and staff had to carry service users up 78 steps before they arrived at the residence on the fifth floor

In the same year, the Society responded to the Social Welfare Department's call to pioneer the residential care model. We set up adult training centres cum hostels in Hing Wah and Lai Yiu in 1979 and 1980 respectively. These were the first such projects for adults with severe intellectual disabilities in Hong Kong, and they set a new milestone in the development of rehabilitation services here.

Expanded Society, Same Spirit

Our founders put love at the centre of what they did, and for decades, we have been upholding the spirit of 'Walk together with Love' so that service users can be cared for in a homely environment. The Society started with a modest abode for about five to ten people and expanded to build hostels serving dozens of people. Our service users are able to enjoy higher quality family life as the Society expands and practises the concept of 'Big Home, Small Family'. All of our service units will continue to implement this 'quality family life' model as they look after the body, mind and soul of service users, ensuring they are loved through daily interactions and care. As Father Bonzi puts it, "Fu Hong is a root of love that needs to spread".

The provision of residential services was fraught with challenges and difficulties from the outset. After Father Tapella Home moved from its rented premises to a tenement on Chung On Street in Tsuen Wan, it began to serve up to 12 people. According to Father Bonzi, resources were scarce and manpower was limited. That meant challenges had to be overcome with sweat and tears — sometimes literally: Being located in an old-style tenement meant the service users had to ride piggyback on their parents, staff or volunteers across quite a few floors whenever they went out for or came back from an activity.



扶智障 演繹大愛

方神父指當年面對人力物力等方面的挑戰，實有賴一群來自宗教、法律、醫護等界別的有心人鼎力支持和協助，才可克服。在這群專業人士及社會賢達多方面的扶持下，初創時期的家舍服務才得以奠下基礎及逐步發展，並廣泛備受社會接受和認同。對這群熱心人士，方神父至今銘感於心。

當年，方神父以愛維繫智障人士，並以愛凝聚一群熱心人士，再以「家舍」為起點，儼如父母兄弟姊妹般互相關懷；發展至今，本會的服務單位已非只是小家舍，而較大型的院舍也陸續在政府資助下啟用。

本會秉承着這份延續了幾十年的愛人精神，彌補了一般大型院舍的不足；在制定策略計劃時，融入「愛」與「家」這些關愛元素，繼續積極為嚴重智障成人提供適切服務，好讓他們更好地融入社會，發展潛能，達致身心健康，從而展現方神父與一眾創辦人最初的那份精神。

本會承傳服務啟蒙者達碑立神父「以愛植根、關懷弱小」的核心價值，始終如一
The Society inherited the core value of 'Serving with Love and Caring for the Vulnerable' as inspired by Fr. Enea TAPELLA, and this has remained unchanged

Helping with Love

Father Bonzi says the manpower and resource constraints were overcome only with the support and help of kind individuals from various quarters, including religion, and the legal and medical professions. With their assistance, the residential services had a good foundation to expand, and earned broad acceptance and affirmation from society. To this day, Father Bonzi remains grateful to these kind souls.

In the early days, it was with love that Father Bonzi served persons with intellectual disabilities and brought like-minded people together. He also created a home that offered familial care and compassion. Today, Fu Hong Society's service units are no longer the small homes of the past. With subsidies from the government, we now have bigger hostels.

The legacy of love has lived on through the decades, plugging a gap that large hostels often grapple with. When crafting strategies and plans, incorporating the compassionate concepts of 'Love' and 'Family' ensures we provide active support and appropriate services for adults with severe intellectual disabilities. This helps them integrate into society, realise their potential, and achieve mental and physical well-being. The Society's founders, including Father Bonzi, would approve.

在「大院舍、小家庭」的服務概念下，服務使用者享有更具質素的家庭生活
The service concept of 'Big Home, Small Family' enables service users to enjoy higher quality family life

早年興華成人訓練中心的服務使用者完成訓練後乘中心巴士回家
Service users of Hing Wah Adult Training Centre in the early years took the Centre's bus home after completing their training



服務逾三十載 擁抱愛的轉變

Embracing Change with Love over Thirty Years

扶康會從愛出發，以愛同行，加入本會逾三十年的總幹事徐群燕女士強調「愛的轉變」：「(我希望)利用呢個崗位，(為持份者)帶來多啲嘅改變。」說時，她臉上流露着期待和盼望。

‘Walk together with Love’ sums up Fu Hong Society’s service spirit. Apart from meeting needs with love, Chief Executive Officer (CEO) Madam TSUI Kwan Yin Frankie, who joined the Society more than 30 years ago, embraces change with it too. One can literally see the anticipation and hope all over her face as she shares her wish to make a greater difference to stakeholders during her tenure.

自2014年出任助理總幹事以來，隨着接觸層面逐步廣泛並深入至不同層面，徐姑娘體會更深，對服務發展思考良多，所以她希望能為服務使用者帶來各方面的正面改變。

Since becoming Assistant CEO in 2014, Madam Tsui has had many opportunities to deepen her involvement in a wide spectrum of work at the Society. These first-hand experiences have impacted her and given her much food for thought in service development. She hopes to create positive change for service users in all areas.

徐姑娘盡心盡力服務本會超過三十載，見證着扶康會的蛻變
Madam TSUI Kwan Yin Frankie, who joined the Society more than 30 years ago, embraces the development of Fu Hong Society



扶康會與家屬是「親家」關係，互諒互讓、彼此尊重是緊密合作的不二法門
Fu Hong Society and the service users' families are like 'in-laws' to each other, and mutual understanding and tolerance are key to building good rapport

「我哋會透過與不同專職醫療，例如臨床心理學家、物理治療師、職業治療師、言語治療師、護理及社工等專業人員嘅協助，按照服務使用者嘅意願，帶嚟改變。」徐姑娘說在一般人看來，服務使用者的需要往往可能只是一個微小而容易達成的願望，然而，對於扶康會服務單位的工作人員來說，其實是一個又一個的大項目，服務單位和專業團隊需要按他們的活動和參與的能力，以及對實際環境和條件進行評估，經協調並達致共識後，再制定出一個行動計劃來達成願望。

「不同嘅專業人士都會嚟住個個看似簡單，但絕不容易達成嘅目標進發，例如輪椅嘅使用就可能需要物理治療師同職業治療師嘅參與；如果佢哋有吞嚥困難，食嘢就要言語治療師參與嘞！」徐姑娘以「和爸媽上酒樓飲茶」的願望為例，闡述了同類「簡單任務」的難度。

九十年代初，社會逐漸關注智障人士享有平等的發展機會，關注他們全面參與的權利，於是本會進一步關注他們的全人發展需要，並設立臨床心理服務，在情緒、行為方面提供專業支援，協助他們融入社會。

Madam Tsui observes that various allied health services such as clinical psychology, physiotherapy, occupational therapy, speech therapy, nursing and social work come together to bring about change by responding to service users' needs. She notes that to most people, what service users need could be something that appears easily achievable. However, to help our service users fulfil their needs, it takes one project after another. In this, the service units and allied health professionals work together and align on action plans to achieve the objectives, working within their pipelines and bandwidth, and by assessing the actual environments and conditions.

“It’s the goals that appear to be easy and yet difficult to achieve that bring our professionals from various fields together. For example, someone in a wheelchair may need the help of a physiotherapist and an occupational therapist. If he has difficulty in swallowing, he would need the help of a speech therapist,” says Madam Tsui. She notes that even going to a restaurant for ‘yum cha’ with one’s parents may seem like an easy thing to do but it takes a lot of effort for some of our service users to do that precisely.

In the early 1990s, there was increasing awareness of causes such as equal opportunities for persons with intellectual disabilities and their rights to full participation in society. Fu Hong Society similarly sharpened its focus on the holistic developmental needs of this group. To help them integrate into society, we set up clinical psychology services, and provided professional support to address their emotional and behavioural needs.

推服務 邁新里程

談及扶康會近半世紀以來服務的蛻變，見證了本會自九十年代至今變化的徐姑娘認為，97回歸不但揭開香港歷史新一頁，也是本會邁向嶄新服務階段的分水嶺。

她續指九十年代中，社會更為關注殘疾人士的全人發展，本會遂於1997年首辦大型展能藝術創作展，帶出多元發展對智障人士的重要，從而改變公眾對他們的固有印象。此外，回歸前從未涉足的社區精神康復服務，隨着位於香港仔的康復中心落成，本會創設了「悅智之家」、「悅行之家」及「悅群之家」三所精神復元人士中途宿舍，亦落成「思諾成人訓練中心」和「怡諾成人訓練中心」這兩間專為嚴重肢體殘障兼智障人士而設的日間訓練中心及宿舍，加上「毅誠工場」及中度智障人士宿舍「毅信之家」，先後共啟動了九項服務。

徐姑娘笑言這「九大簋」是本會服務的重要里程碑，除首設中途宿舍外，當年全港三所嚴重肢體兼智力障礙的日間訓練中心及宿舍之中，本會得佔其二，而共提供一百個服務名額的「思諾」和「怡諾」也標誌着醫療、護理、社工等專業團隊的人手配套邁向較完備的階段。



攝於 Taken in 2014

與持份者近距離接觸，聽取他們的意見，令服務精益求精
Establishing close contact with stakeholders and listening to their views to improve our services

Nine Milestone Projects

Noting how the Society's services have evolved over the past half-century, Madam Tsui, who has witnessed Fu Hong Society's developments since the 1990s, says the handover in 1997 not only turned a page in Hong Kong's history, but also signalled a watershed in the transition of the Society's services.

Madam Tsui recalls that society in the mid-1990s started to pay more attention to the holistic development of persons with disabilities. In 1997, Fu Hong Society organised an unprecedented art exhibition that showcased the creativity of persons with disabilities and demonstrated the difference holistic development could make, debunking stereotypes the public had of this group. Prior to 1997, the Society was never involved in community mental health rehabilitation services. Following the establishment of FHS Rehabilitation Centre in Aberdeen, three Halfway Houses offering mental health rehabilitation – Yuet Chi Home, Yuet Hang Home and Yuet Kwan Home – were set up, as were Si Lok Adult Training Centre and Yi Lok Adult Training Centre, which are both day training centres cum hostels for persons with severe physical and intellectual disabilities. In addition, the Society also established Ngai Shing Workshop and Ngai Shun Home, the latter being a hostel for persons with moderate intellectual disabilities. All in all, the Society embarked on nine milestone projects post-handover.

According to Madam Tsui, these nine projects were key milestones for the Society. Apart from building the first Halfway Houses in Hong Kong, Fu Hong Society also ran two of the first three day training centres cum hostels for persons with severe physical and intellectual disabilities in Hong Kong. The setting up of Si Lok Adult Training Centre and Yi Lok Adult Training Centre, which together cater for up to a hundred service users, also showed a maturing of the Society's services in the areas of health services, nursing, social work and dedicated manpower resources.

及至2006年，本會獲凱瑟克基金贊助，遂再接再厲，設立自閉症人士發展及支援中心，開始為自閉症譜系障礙人士提供服務，並於三年後發展成為「牽蝶中心」，繼續為不同年齡的自閉症或有發展障礙的人士提供適切服務。2016年，即本會自閉症人士服務踏入第十年，本會第二所專為有特殊需要兒童而設的自負盈虧服務單位「牽蝶康兒中心」開幕，為未獲派予學前津助康復服務的兒童提供服務。

積極推動員工進修以裝備自己
和追求卓越，強化本會服務
Actively promoting further education
of staff to equip them well to
pursue excellence and strengthen
the Society's services

撒種子 以愛同行

「人哋唔做或未諗到要做嘅，扶康會都希望去做。」正如當年由香港賽馬會慈善信託基金資助臨時住宿服務，其後轉化成恆常服務一樣。徐姑娘堅定地說，哪怕前路艱辛，本會仍會一步一腳印，實踐「以求為導」的精神，由前線服務到政策層面，滿足殘疾人士的獨特需要，她還勉勵前線同事要接納和包容服務對象，才可以彼此建立連繫，再進一步愛護他們。「何況我哋由觀察同接觸佢哋嘅過程裏面，亦可以喺佢哋身上學到堅韌同謙遜。」徐姑娘微笑着，點出了同事也會有所得着。

By 2006, under the sponsorship of the Keswick Foundation, Fu Hong Society set up a development and support centre for persons with autism spectrum disorders, and this developed to become Hin Dip Centre within three years, serving persons with autism and other developmental disorders of different ages. A decade later, the Society set up its second service unit dedicated to serving children with special needs. This is the self-financing Hin Dip Hong Yee Centre that serves children who have not received preschool subsidies for rehabilitation.

Seeding Love

Madam Tsui says "Fu Hong Society will gladly do things that others are not doing or have not thought of doing". The temporary residential services sponsored by the Hong Kong Jockey Club Charities Trust which eventually turned permanent are a case in point. Madam Tsui staunchly believes that the Society will overcome every challenge to 'Take the Lead', and be a pioneer both in the frontline and on the policy level to meet the special needs of persons with disabilities. She encourages frontline colleagues to bond with and care for service users on the basis of acceptance and inclusion, believing that those who give also receive. She says with a smile, "In the process of observing and interacting with our service users, we learn to be resilient and humble from them."





服務使用者的支持和改變，是我們持續提供優質服務的源動力
The passion to support our service users and create positive change is the driving force for us to continue to provide high-quality services

從先導計劃萌芽，轉化成為恆常服務，扶康會一直默默耕耘。徐姑娘說：「為復康服務撒下種子，希望(服務)能夠繼續做落去！」話雖如此，但她深知改變並非一蹴而就的，惟有默默付出，深耕細作。「做播種嘅工作，種子可能畀雀仔食咗，可能畀雨水沖去……但令人欣慰嘅係，社會對智障人士嘅接受程度的確高咗；精神復元人士方面，仲要不斷努力，細水長流咁去做。」

徐姑娘列舉扶康會近年推出的家庭支援服務為例，她透露這個理念早於2000年代初已萌生，因看到當年一般家庭服務社工並不熟悉智障人士父母的心路歷程和需要。其後，在善長支持下，推出「愛·共行」家庭支援先導計劃，為本會服務使用者家屬提供家庭為本的輔導服務。2021年更將經驗總結，並獲香港賽馬會慈善信託基金資助為期三年的「樂在照顧」計劃，又把這項支援服務延伸至特殊學校的家長。她很期望資源配套能持續支援，令服務能延續下去。「我哋做好呢個服務，希望令到每位家庭成員互相支持，有力量一齊面對困境！」徐姑娘對服務充滿信心。

With sheer grit and perseverance, Fu Hong Society has toiled to grow many fledgling pilot projects into full-fledged, permanent services. Madam Tsui hopes the seeds sown will bear fruit as services expand, knowing very well that this will be a long-term effort requiring lots of hard work and focus. In fact, she understands that “seeds sown may very well end up being eaten by birds or washed away by the rain”. Even then, she feels “it is encouraging to know that society now is more accepting of persons with intellectual disabilities”. She also notes that “mental health rehabilitation requires persistence and commitment”.

Citing the example of the Society's Family Support Services rolled out in recent years, Madam Tsui reveals that these services were mooted early in 2000 when it became apparent that many social workers supporting the families of persons with intellectual disabilities did not understand the experiences and needs of the parents. The Society later received support to launch 'By Your Side' — Family Support Pilot Services to provide the family members of our services users with family-oriented counselling services. We leveraged our learnings in 2021 and were awarded the three-year Jockey Club C. Care Programme sponsored by the Hong Kong Jockey Club Charities Trust. We went on to extend this service to parents with children attending special schools. Madam Tsui hopes that resources will continue to sustain these services. She is confident that the successful implementation will allow “every family member to support one another and draw strength to face challenges together”!

跨專業團隊協作是本會成長發展的基石
Cross-disciplinary teamwork is the cornerstone of the Society's development



攝於 Taken in 2012

做「親家」 互諒包容

協調不同層面的持份者是徐姑娘近年經常思考的課題，亦是企業和社會福利機構越來越重視的領域。她語重心長地說，不論是管理或前線員工均需明白，坦誠相向、互諒互讓是拉近機構與持份者之間關係的不二法門，當中包括同事、家長和社區伙伴等，如彼此能夠站在同一陣線上，相信不論在處理前線服務遇到的具體問題上，又或推動社會政策轉變上，都能藉槓桿效應產生改變動力。



她引用扶康家長會始創者「張伯」（張廣嗣先生）的比喻，形容本會與家長是「親家關係」，而不是「冤家」：「家長將子女交託畀『夫家』（扶康會），如無其他安排，佢哋通常就會畀『夫家』終老，所以兩『親家』更需要互相信任，互相尊重；對方需要幫手，就要幫下手，互相諒解和包容。」

礙於身體退化速度較快，智障人士四十歲已可被界定為長者，服務使用者高齡化是服務面對的一大挑戰。徐姑娘正積極爭取護理院舍可以有老人科專科醫生到訪，和照顧者相關的政策能有所改變。新冠疫情肆虐也突顯了現時嚴重殘疾人士院舍設施和配備不足，以及未能應付現今需要的問題。徐姑娘認為政府應當正視院舍重建或有序地遷址等問題，她期望能盡快看到這「愛的轉變」。

Understanding and Tolerance of 'In-Laws'

In recent years, the coordination of various stakeholders has been something Madam Tsui thinks a lot about. In fact, this is also increasingly a priority for companies and social welfare organisations in general. To Madam Tsui, both the management team and frontline staff must appreciate that candour, mutual understanding and tolerance are key to building good rapport between the organisation and its various stakeholders. She believes that as long as colleagues, families and community partners stand united, we will be able to leverage our collective strength to deal with any problem that we encounter in frontline services or in driving social policy changes.

鼓勵藉著不同媒介倡導「聯合國殘疾人權利公約」
Promoting and advocating the 'United Nations Convention on the Rights of Persons with Disabilities' through various media

She cites a metaphor from the founder of Fu Hong Parents' Association, Mr. CHEUNG Kwong Chi, whom she calls “Uncle Cheung”: “Fu Hong Society and the service users' families are like ‘in-laws’ to each other, not opponents. After the parents entrust their children to the Society, the children typically spend the rest of their lives at the Society, just like how a bride lives with her in-laws. Both sets of in-laws must trust and respect each other, and be prepared to render support when necessary. Mutual understanding and tolerance are essential.”

As persons with intellectual disabilities generally face an earlier onset of physical ageing, they may be considered advanced in years once they reach 40. The ageing of service users with such disabilities is a major challenge in this sector. Madam Tsui is actively working towards having geriatricians visit the Society's Care and Attention Homes, and driving changes in policies related to caregivers. The pandemic has underscored the shortage of residential care, facilities and resources for persons with severe disabilities. Madam Tsui believes the rebuilding or relocating of the relevant hostels should be a priority for the government. How to embrace the changes that lie ahead? With love, no doubt.

扶康伸出援手 家人重燃希望

Fu Hong Society Gives Hope to Families

父母最關心的莫過於子女的福祉，而最痛心的是他們未能快樂地成長。一旦為智障子女覓得住宿服務的機會，他們的照顧者不僅可放下心頭重擔，還可得到喘息的空間，靜心思考自己和智障子女的未來，做好計劃和準備。這對八十年代的家長來說，可謂感受至深，而林容玉珍女士（林太）便是其中一位。

If the most important thing to parents is the well-being of their children, then the saddest thing for them would be for their children to grow up not knowing joy and happiness. That is why parents feel relieved when they secure a place for their children with intellectual disabilities at a residential service unit because that not only takes some of the caregiving responsibilities off their shoulders, but it also gives them space and time to plan and prepare for their children's future. This was especially critical to parents in the 1980s. Mrs. LAM YUNG Yuk Chun (Mrs. Lam) remembers that all too well.

「當年好多好似我哋嘅家庭都覺得搞唔掂，離開咗學校，又未有宿舍，每日二十四小時，唔少屋企人都頂唔順㗎！」憶起伴着女兒走過的每一段路，林太幽幽地說。當年服務僧多粥少，能獲批進入訓練中心的學員家人，就高興得像中了六合彩一樣。

“In those days, it seemed like none of us as parents knew what to do. With our children leaving school and not having a residential service unit to go to, many families found it difficult to cope with looking after their children round the clock,” recalls Mrs. Lam. Back in the day, places at service units were so rare that getting one's child into a training centre was like winning Mark Six!

扶康會員工與林太和思慧已建立了一份深厚的信任和默契
The staff of Fu Hong Society have established deep trust and tacit understanding with Mrs. Lam and Sze Wai



積極參與智障人士家長組織，表達訴求、爭取權益
Actively participating as members of the parent association to voice the demands of persons with intellectual disabilities and fight for their rights



林思慧出生時因意外而導致嚴重智障，喪失了自理和表達能力。由於八十年代香港的社會福利服務才剛起步，復康服務和配套設施遠遠追不上當時的需要，思慧要到十多歲才有機會入讀專為嚴重智障青少年而設的匡智松嶺第二校。及至畢業離校兩年後，才獲轉介到扶康會秦石成人訓練中心接受日間訓練服務，其後於1994年獲得入宿清蘭之家，成為家舍服務的一分子。

「思慧當年有個好嘅安排，我哋做父母嘅真覺得鬆咗一口氣。」林太彷彿憶起那一刻的心情，輕快地舒了口氣。

家舍 配套最齊備

回顧九十年代的香港，智障人士服務仍未有周詳規劃，當年政府主要參照外國的服務模式和經驗，尤其是英國，後來才逐步有較具體清晰的服務綱領。除庇護工場、展能中心之外，嚴重殘疾人士護理院舍服務才剛起步，憑着「以求為導」的探索精神，本會在社會福利署資助下成立兩間能容納五十人的資助嚴重殘疾人士護理院舍——清蘭之家和靄華之家。

當時尚未有今天的中央轉介系統，清蘭之家初期主要接受本會位於秦石、麗瑤和興華邨等多所日間成人訓練中心的服務使用者申請入宿，思慧便是這時候加入清蘭。啟用初期，清蘭已有駐家舍的醫療及復康專業團隊，例如註冊護士、物理及職業治療師等，以當年院舍服務的專業人手配套而言，是最齊備的一站式復康家舍。

Her daughter LAM Sze Wai had an accident which left her with severe intellectual disabilities shortly after she was born. As a result, she could not take care of herself or express herself. As social welfare services were nascent in Hong Kong in the 1980s, services and facilities in society could not meet the demand at the time. For Sze Wai, it was not until she reached her teens that she got a place at Hong Chi Pinehill No. 2 School which was dedicated to young people with severe intellectual disabilities. She then had to wait two years after she graduated from the school until she was referred to Fu Hong Society's Chun Shek Adult Training Centre to receive day training services. Subsequently in 1994, she got a place at Ching Lan Home and moved in to become one of the service users. Today, even as Mrs. Lam recounts what happened, she still heaves a sigh of relief. She says, “We as parents were really relieved when we found out that Sze Wai was able to benefit from such a good arrangement!”

Residential Services with Complete Amenities

In 1990s Hong Kong, services for persons with intellectual disabilities lacked holistic planning. At the time, the government mainly referred to service models and practices overseas, especially those in the UK. It was only later that Hong Kong gradually came to have a clearer service framework. Sheltered workshops and activity centres had only just come into being, as was the case with residential services catering for persons with severe disabilities. True to the pioneering spirit of ‘Your Need is the Lead’, the Society established two subvented residential service units for persons with severe disabilities that could house 50 people under the sponsorship of the Social Welfare Department. The two service units were Ching Lan Home and Oi Wah Home.

In those days, there was no central referral system. Initially, Ching Lan Home accepted mostly former service users from the Society's day training centres such as those in Chun Shek, Lai Yiu and Hing Wah. It was during that time that Sze Wai was accepted by Ching Lan Home. From the start, Ching Lan Home already had its own resident healthcare and rehabilitation teams staffed by personnel such as registered nurses, physiotherapists and occupational therapists. The fully staffed team at Ching Lan Home made it the rehabilitation home with the most comprehensive one-stop services at the time.

曾有親友問林太為甚麼願意送思慧到清蘭，「有接受住宿服務嘅機會，梗係要去啦！如果失咗呢個機會，我都唔知要再等幾耐！」林太一語道盡了大部分智障人士父母渴求服務的心聲。她解釋：「我哋嘅知識同經驗始終都係差好多皮（差很遠），一定要靠佢哋（扶康會）。」她以女兒為例，原來思慧有咬衣服的習慣，她會把口部可以接觸到的上衣咬得濕透，甚至破爛。林太十分讚賞清蘭為女兒提供貼心的照顧，例如替她戴上口水肩以防她咬到衣服。

此外，入住清蘭以後，林太發覺原本不懂得表達情感的思慧「有時見到我哋會笑下，我覺得佢開心咗！」但說到最難忘的，還是女兒為她帶來驚喜的一刻：「記得有一次，清蘭搞咗個本地一日遊。在旅遊巴士上，思慧坐喺我隔離，佢突然用隻手搭住我，然後挨個身過嚟！嗰次係佢咁多年嚟第一次，亦都係唯一嘅一次主動依偎到媽媽身上！」提起女兒點點滴滴的改變，林太百感交集，輕拭着感觸的眼淚。

解困 「清蘭」助紓壓

「好在有家舍嘅幫助，帶住思慧；如果唔係，我哋都唔知點樣生活落去。」回想起當年的徬徨，林太記憶猶新：若沒有扶康會的成人訓練中心，以及清蘭之家的幫助，她當時實在難以外出工作維持生計及照顧其他子女。



陪伴着女兒走過每一段路，期望她快樂地成長
Accompanying the daughter through every step and hoping she grows up happily



林太堅強地面對女兒殘障所帶來的挑戰，並確立了積極的人生觀
Mrs. Lam faces the challenges of her daughter's disability head-on and establishes a positive outlook on life

When relatives and friends ask Mrs. Lam why she sent Sze Wai to Ching Lan Home, she says, “Of course I had to seize the chance for her to receive residential care services! I wouldn’t have known how much longer I’d had to wait if I missed that chance!” Most parents of persons with intellectual disabilities had precisely the same urgent need for such services. Mrs. Lam explains, “We sorely lacked the knowledge and expertise required to take care of our children. We needed to rely on these services.” She cites the example of Sze Wai who used to have the habit of biting her clothes. There would be wet patches on her clothes where she had bitten and sometimes, even holes formed due to the biting! To prevent that from happening, the staff at Ching Lan Home put a bib on her. Mrs. Lam is full of praise for the heartwarming care Ching Lan Home provided for her daughter.

In addition, Mrs. Lam also found that after Sze Wai moved into Ching Lan Home, she began to express her emotions: “She started smiling at us whenever she saw us. I could sense she was happy at the Home!” The biggest surprise was this: “I remember Ching Lan Home organised a local day trip. Sze Wai was sitting next to me on the bus that day when she suddenly held my hand and leant on me. That was the first time in years she took the initiative to lean on me like that!” Recounting the gradual changes she has witnessed in her daughter’s behaviour, her tears begin to well up.

Ching Lan Home the Lifesaver

“Thank goodness there was Ching Lan Home to take care of Sze Wai. If not, we wouldn’t have known how to carry on with our lives,” reveals Mrs. Lam. She remembers very clearly that without the adult training centres run by the Society and the help rendered by the staff at Ching Lan Home, she would not have been able to make a living and take care of her other children.

那些年，社會普遍對智障人士都不了解，甚至歧視，林太雖然樂觀，但也承受着其他人的巨大壓力，於是她積極參與智障人士家長組織，與其他家長「一人推一架手推車」便帶同子女，到立法局外表達訴求、爭取權益。她說當年的努力爭取是為己為人，因她知道有智障人士被家人趕離家園，淪落到街上流浪、露宿，實在十分可憐。

林太見證了八、九十年代智障人士復康服務的蛻變：八十年代院舍不足，只能盡量利用有限的空間提供服務，例如附設在大型公立醫院之內，家屬當時亦難有其他選擇，惟盼獲得服務已於願足矣；九十年代，社區共融概念逐漸形成，新院舍多建設在屋邨或屋苑之內。未入宿清蘭之前，思慧曾參與家居訓練計劃，獲每週一次，每次兩小時的到戶訓練服務。雖然林太覺得這服務對女兒幫助不算大，但在當年服務需求者眾多，資源又那麼緊絀的情況下，有專人上門協助訓練，同時分擔一下情緒及照顧的重壓，這種支援亦十分難得。

支持 匯水可成河

嚴重殘疾人士院舍的服務使用者往往會在院舍終老，員工與服務使用者及家屬已建立了一份深厚的信任和默契，大家就像一家人般。

發掘智障人士的潛能，讓他們的生命走向無限可能，發光發熱。多年來，林太相信本會的服務與親友的支持是她主要的動力來源，讓她堅強地面對女兒嚴重殘障所帶來的挑戰，並確立了積極的人生觀。她認為社會人士若能持續放下有色眼鏡，及熱心義工對智障人士及其家庭的支持也十分重要，都有助提升社會對殘疾人士的接納與包容，好讓原本以為前景黯淡的家庭可像她一樣，擁抱逆境，人生重綻光彩。

In those days, people generally had very poor awareness of persons with intellectual disabilities. In fact, discrimination was not rare. Mrs. Lam might be optimistic by nature but she felt the pressure from others anyway. She actively banded with other parents of children with intellectual disabilities by taking their children to petition and fight for their rights outside the Legislative Council building. Mrs. Lam says they did that for their children and also for other persons with intellectual disabilities who were driven out of their homes by their families and had to sleep rough on the streets.

Mrs. Lam witnessed how rehabilitation services for persons with intellectual disabilities evolved first-hand in the 1980s and 1990s. In the 1980s, there were insufficient residential service units. Services had to be administered within limited space which was perhaps found within the larger public hospitals. Families had few options and being able to receive services was a blessing in itself. In the 1990s, the idea of social inclusion began to grow. New residential service units were usually located in public housing estates. Before moving into Ching Lan Home, Sze Wai had participated in a home training programme that she received training once a week for two hours each time. Although Mrs. Lam felt the programme was not of much help to Sze Wai, she was grateful that her emotional stress and caregiver burden could be alleviated even for a bit, given that demand far outstripped resources at the time.

Support Converge

Service users with severe disabilities typically spend their old age at the residential service units. The staff often build deep trust and rapport with the service users and their families.

To develop the potential of persons with intellectual disabilities so that they too can have limitless opportunities and contribute to society. Mrs. Lam believes that the Society’s services, and support from family and friends have kept her going all these years and made it possible for her to face the challenges arising from her daughter’s condition with a positive attitude. Mrs. Lam believes that if society can be free of its bias and volunteerism remains strong, persons with disabilities will find greater acceptance and inclusion, and families who think their future is bleak, like hers had been, will embrace their situation and see light at the end of the tunnel.

支援精神復元 促進社區融合

Supporting Mental Health Rehabilitation and Promoting Social Inclusion

「康晴對我嘅支援講緊係救命嗰隻㗎！」很難想像，眼前開朗、健談的Coke曾深陷情緒的幽谷，難以自拔。

“‘Sunrise’ was a lifeline to me!” says Coke. It is difficult to imagine that this cheerful and chatty person in front of me was once trapped in the doldrums in his darkest days.

Coke於兩年前接受精神科治療個多月後出院，受情緒病困擾而從工作崗位退下來整整兩年，他希望有一個新開始。然而，重新邁步，談何容易！徬徨之際，Coke找到了「康晴」這個「中途站」，才得以與社會重新聯繫，掌握自己的生命節奏。

然而，疫情來襲，Coke要重新起步則更為艱難。「當公園連一張凳都無得畀你坐嘅時候，康晴仍然係本來無活動（提供）嘅情況下，搵咗一個活動畀我，真係好感恩！」憶起疫情令社會停擺的情況，Coke當時感到很無助，對「康晴」的關顧尤為感激。

Coke was discharged two years ago after receiving psychiatric treatment for over a month. Mood disorder impacted him so much that he stopped working for two long years. He hoped to start afresh but had a tough time starting from scratch. Just as he was feeling lost, he found ‘Sunrise’, a ‘halfway house’ for him. It was here that he managed to find a link with society and decide how he wanted to live.

Alas! The pandemic meant tough times for Coke. “At a time when there wasn’t even a bench in the park I could sit on and ‘Sunrise’ still couldn’t organise regular events, I was really grateful that it could find an activity for me to participate in,” recalled Coke, who felt extremely helpless when the whole of society was crippled by the COVID-19 pandemic. The compassion and care shown by ‘Sunrise’ was something he was very grateful for.

「觀貓」是Coke跨出生命桎梏的第一步，貓成為了他藝術作品的起步
‘Cat-watching’ was Coke’s first step out of the shackles of life, and cats inspired his art



在藝術世界裡沒有對或錯，由自己決定節奏和步伐，不失為緩解都市壓力的良方
There is no right or wrong in the world of art, as you can decide the rhythm and pace by yourself, which is a good way to ease the pressure of life in this city



從專注藝術創作中忘記憂慮，從心靈回饋中了解自我
Focusing on artistic creations allows one to forget one's worries, and the spiritual responses allow one to understand oneself better

Coke口中的「康晴」，其實是扶康會位於港島華富邨的「康晴天地」，是全港首間在公共屋邨開展服務的精神健康綜合社區中心，自2012年從位於香港仔的康復中心遷到上址以來，便一直透過不同的方法及活動，推動精神健康，在社區融合上發揮作用。

為回應社會對精神康復服務不斷增加的需求，扶康會的服務隨著香港仔康復中心於1997年落成後，便積極趨向多元化，擴展至精神康復是其中一大範疇。為了協助精神復元人士重返社會，康復中心內設有三所中途宿舍，以協助精神復元人士逐步適應社區生活。除惠及有需要的復元人士外，服務同時可減輕家人的照顧壓力，還可避免他們一旦病發可能對社區造成的影響。

於2010年在康復中心設立的臨時服務點「康晴天地」更進一步配合政府在精神健康的地區服務發展，「落區」為好像Coke這類的精神復元人士提供支援。



By ‘Sunrise’, Coke is referring to Fu Hong Society’s Sunrise Centre in Wah Fu Estate on Hong Kong Island. It is the first ever Integrated Community Centre for Mental Wellness built in a public housing estate in Hong Kong. Originally located at the FHS Rehabilitation Centre in Aberdeen, Sunrise Centre was moved to its present location in 2012, and it has since been advocating mental health causes and promoting social integration through different methods and activities.

Responding to the ever increasing demand for mental health rehabilitation services, Fu Hong Society began to diversify its services actively since setting up its Rehabilitation Centre in Aberdeen in 1997. A major part of this effort was expanding service coverage to include mental health. To help persons in psychiatric recovery re-integrate into society, Fu Hong Society set up three halfway houses to help them adapt to life in the community. Apart from benefiting these persons in recovery, their family members also benefited as their caregiver burden was reduced. It was also beneficial for society, as the service users would have recovered and been prepared before they returned to the community.

Sunrise Centre in 2010 was a temporary service provider located within the Rehabilitation Centre. It helped to support government initiatives on mental health in the district, helping local residents who were recovering from mental issues. Coke was one of them.

不遺餘力參與義工服務，為社區注入愛與關懷的動力
Sparing no effort in volunteer services, bringing love and care to the community



街貓 當情緒醫生

從中途宿舍到社區支援，本會在精神康復服務範疇上一直充滿挑戰，但憑着「以求為導」的精神，發掘適合服務使用者的方法，而Coke與康晴相識便由「觀貓」活動開始。「觀貓」是康晴一個研究項目：動物怎樣助人減壓，改善情緒困擾？這「貓醫生」是兩隻經常造訪康晴的街貓，與中心職員建立了感情，還在「貓廬」這房間當起了醫生。「觀貓」看似順手拈來，其實研究過程非常客觀科學。Coke透過八節與街貓互動的時間，及參與每節前後的研究問卷，以對照他在情緒和心理狀態上的變化，同時記錄脈搏數據以了解他的情緒起伏等，一切都是為了找尋更有效的方法來支援身處情緒陰霾的服務使用者。Coke認為康晴「唔止做完件事，而係要做得更好。」那種講求服務質素和效果的態度，最令他感動。

家住田灣的Coke很享受與街貓互動的時間，每週兩節到訪華富邨，每節花上老半天。人與貓的關係建立起來後，Coke體會到被接納、被信任和不受批評，這或許便是我們一直夢寐以求的關係，是治療情緒的良藥。就這樣，Coke玩玩貓咪，看看手機，揭揭報紙，悠然地享受靜謐的私人時光。



Stray Cat Therapists

Fu Hong Society has always faced a gamut of challenges in the area of mental health rehabilitation, ranging from the development of halfway houses to the provision of community support. Staying true to the spirit of 'Your Need is the Lead', the Society has explored innovative methodologies that are effective for its service users. For instance, Coke got to know Sunrise Centre through one of its research projects: 'Cat-watching'. Questions the project sought to answer included: "How do animals help people to reduce their stress and improve their mood?" These 'animals' are none other than the 'cat therapists' who often visit Sunrise Centre. The two cats have built a bond with the staff over time and they have become 'therapists' at the 'Cat Hub' of the Centre. While Cat-watching may appear to be a frivolous concept, it is backed by science. Throughout Coke's eight sessions of interaction with the strays, he had to fill in questionnaires both before and after each session. His responses and pulse data helped to track his mood and psychological changes. With such data, we hope to optimise our methods in uplifting persons experiencing mood disorder. Coke said he was really moved by Sunrise Centre's ardent desire to improve its services continuously, and its focus on quality and outcomes.

Coke lived in Tin Wan and went to Wah Fu Estate twice a week to play with the cats. Each time, he spent half a day there. As he built a relationship with the cats, he started to sense that he was accepted, trusted and not judged. Perhaps that is the ideal relationship we all hope for and the best medicine for mood disorder. Through playing with the cats and his mobile phone, and fiddling with newspapers, he was able to enjoy his tranquil private moments.

Coke在《企鵝皮拉爾與希望的天空》展覽開幕暨新書發佈中分享自己的經歷，鼓勵同路人積極面對人生
Coke sharing his experience at the opening of the exhibition cum book launch of 'Penguin Pillar and the Sky of Hope', where he encouraged his peers to face life positively

藝術 體驗零壓力

如果說觀貓令Coke沉澱思緒，藝術可能為他建立重新出發的動力。不管是和諧粉彩、塑膠彩、素描、牆壁畫，都讓Coke有不同的視藝體驗。「藝術最好嘅係無對或錯，但可以令我專注，跟導師學完，然後自己發揮，無壓力。好似畫牆壁畫，康晴留空咗一堵牆畀會員，牆上有好多『吹氣泡泡』，畫完一個，導師鼓勵我再畫，畫完一個又一個，最後畫咗六、七個，發現自己竟然又完成到啲！」自言沒有甚麼藝術天分的Coke，說時仍難掩當天那份雀躍。莫問對錯成敗，Coke從藝術中建立起信心，重掌生活的動力，這是踏出情緒低谷的重要一步。

「以當時疫情，康晴唔只畀咗一間房等我一個人畫牆壁畫，仲有顏料同工具！試問咩邊度仲可以搵到，由朝到晚都開放畀我嘅空間？我坐茶餐廳都俾人趕啦！康晴對我嚟講簡直係天堂！」「天堂」般的康晴還給了Coke貼心的安排，他說：「我參加畫班唔使等『齊腳』，又可以跟自己進度。即使只做到一半，下次完成都得，毫無壓力。」在香港生活隨處也有壓力，難得遇上這種自由自在的平行空間。

調整心情是第一步，緊接着是與社會重建連繫。Coke在康晴職員的鼓勵下，加入了由中心會員組成的義工組，以「過來人」身份，定期探訪因疫情而留在中途宿舍的精神復元人士。Coke覺得義工組成員很正面，享受着人與人之間的互動和分享，至於是誰付出、是誰受惠，已經不再重要。

No Stress in Art

While cat-watching allowed Coke to collect his thoughts, art provided the impetus for him to start afresh. Whether the medium was pastel or acrylic, or whether he was sketching or drawing murals, he was able to access varied visual art experiences. Coke may claim to have no talent in art but when he is sharing his artistic experiences, the happiness he feels is real: "The best thing about art is that there is no right or wrong way of doing it. It also allows me to focus. After the instructor has taught me what to do, I'm free to be creative. No stress at all! 'Sunrise' sets aside a blank wall for us to draw on. There are lots of bubbles on it. After I finished drawing a bubble, the instructor encouraged me to draw another. This went on until I finished my sixth or seventh bubble. Then I realised I could actually do it!" Coke was able to build confidence and find his drive through art which neither judged nor failed. That was an important first step out of the doldrums for him.

"During the pandemic, 'Sunrise' gave me a room for me to draw my mural in peace and even provided the tools and colours! Where else could I find a space that was available to me all day? I'd be asked to leave if I sat in a Cantonese café for too long. 'Sunrise' was like paradise to me!" recalled Coke. This 'Sunrise paradise' was sensitive to Coke's needs. He said, "I could join the drawing class anytime without waiting for a minimum number of participants to be gathered. I could also learn at my own pace. Even if I couldn't finish something, I could always continue in the next lesson. No stress at all!" Hong Kong is a pressure cooker through and through. This parallel stress-free universe is something to be treasured indeed.

Managing his emotions was the first step. Reconnecting with society was the next. Under the encouragement of the staff at Sunrise Centre, Coke joined a group of volunteers that made up of service users at the centre. As people who had suffered from mental issues, they regularly visited persons in psychiatric recovery staying at halfway houses due to the pandemic. Coke feels the volunteer team was very positive, and they enjoyed the interactions and sharing so much that it did not matter who was receiving and who was giving anymore.

作品能夠在香港藝術中心展覽廳展出，令人難忘
Having one's work exhibited in the exhibition hall of the
Hong Kong Arts Centre is an unforgettable experience



「康晴嘅同事都好有愛心，雖然看似抽象，但我覺得佢哋用心幫緊我！」是Coke對康晴天地的真切體會，亦驗證了扶康會「以求為道、以愛同行」的精神。他說：「入醫院前，我困到自己謝晒咁滯，落街食早餐都要好大動力，身體、精神都好低落。到住院個幾月，諗住出院重新嚟過，但突然（疫情）乜都停晒，真係好傷，所以康晴的確係非常大嘅助力，對我意義重大！」

支援 服務多元化

疫情反覆，有太多事情不由自己控制，令人情緒苦無出路。康晴在Coke最需要支援的時候，替他構建一個屬於自己的平行空間，讓他享受一刻寧靜，獲得喘息的機會，調校生活節奏，重新掌握生命脈搏。除了觀貓、視覺藝術和義工活動之外，康晴還提供樂隊表演、現代舞、工藝藝術、及社交小組等多元化選擇，以切合服務使用者的不同需要。

「我覺得疫情好似想整死一個人咁！但康晴就能夠畀我新嘅希望，逐漸同人接觸，有番啲恆常活動。」Coke形容疫情曾把他推向更壞的境況，他慶幸當日康晴「救我一命」，否則後果便不堪設想，他期望社會可以投放更多資源，為他的「同路人」提供更多接受服務的機會。

This is what Coke has to say about his first-hand experience at Sunrise Centre: “The staff at ‘Sunrise’ showed me so much love. I know this sounds abstract but I felt they were helping me with so much care!” Such is what the Society means by ‘Your Need is the Lead, Walk together with Love’. Coke says, “Before I was warded, I was so tired of everything that I had to make a huge effort even to go have breakfast outside. I was exhausted mentally and physically. When I was discharged after being warded for more than a month, I thought I’d start afresh but the pandemic happened and life stopped! That was a big blow to me. I’d say the immense help from ‘Sunrise’ was super meaningful to me.”

Diverse Support and Services

The volatility of the pandemic meant there were many variables beyond one’s control and this could leave people with pent-up feelings without an outlet. Sunrise Centre created a parallel universe for Coke in his hour of need, giving him peace and a breather. There, he was able to recalibrate his pace and regasp the pulse of life. Other than Cat-watching, visual arts and volunteer activities, Sunrise Centre also offers diverse options suited to the different needs of service users, including band performances, modern dance, arts and crafts and networking groups.

“I felt the pandemic was killing people in more ways than one. But ‘Sunrise’ gave me new hope. I was gradually able to interact with people and resume some regular activities,” Coke describes how the pandemic pushed him into a worse situation and how glad he was that Sunrise Centre ‘saved his life’ and prevented some very unfortunate events that could have unfolded otherwise. He hopes society would allocate more resources so that people who face the same predicament as he did would have more ways of being supported.

