



硬地滾球 Boccia

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

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

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

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

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

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



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

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

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

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

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

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