



第十屆扶康會「香港最佳老友」運動電能烹飪比賽

第十屆扶康會「香港最佳老友」運動電能烹飪比賽初賽於2014年2月22及23日舉行，共有約85隊達300多位傷健人士參加，參加者來自不同的中學、大學、特殊學校、家長自助組織、商業機構、社區人士及本會最佳老友，與本會智障服務使用者組隊參賽，透過一起製作美食，發揮傷健共融的精神。

決賽及頒獎典禮於2014年3月29日假鑽石山荷里活廣場舉行，本會榮獲八位立法會議員，包括立法會議員劉慧卿議員、JP、馮檢基議員、SBS、JP、陳克勤議員、JP、黃國健議員、BBS、梁家傑議員、SC、田北俊議員、GBS、JP、莫乃光議員、陳恒鎰議員，以及勞工及福利局康復專員蕭偉強先生、JP、香港賽馬會對外事務部高級經理陳裕宗先生、中華電力有限公司企業發展總裁莊偉茵女士蒞臨主禮。其中八位議員及莊偉茵女士更參與「名人匯演」，與智障人士合作，以「蝦」為食材烹調菜式。今年為慶祝電能烹飪比賽踏入第十屆，新增「扶康伙伴邀請賽」，十間企業/團體組隊與智障人士合力烹調多道菜式。本會亦感謝周中師傅、香港廚師協會會長麥錦駒先生、委員楊國基先生及梅納安先生擔任決賽評判。本會更感謝警察義工隊及花旗集團義工隊在過去多屆的鼎力支持及幫助，擔任初賽及決賽義工。當日更有本會服務使用者多姿多采的才藝表演及多個不同特色的攤位，吸引不少大眾駐足觀賞，讓他們對智障人士有更



多的認識，體現社會共融的精神。

有參賽者表示：「智障人士的能力其實很高，我們透過這次活動增加對他們的認識。大家互相合作煮出美食，更能發揮團隊精神。無論勝負，我們都上了寶貴的一課。希望日後能有更多機會了解智障人士，與他們一起參與活動。」

有智障參賽者表示：「很開心能參加烹飪比賽，既可以煮出美食，還可以認識新朋友。」

四位評判大讚參賽者的廚藝，水準很高，學生的食物配搭及煮法也很有創意，菜式相當可口。他們亦看見智障人士在與議員和學生等參賽者合作做菜的過程中能發揮他們的才能，增強自信心，笑逐顏開，並因此認識新朋友，認為此活動十分有意義，有助促進傷健共融。



第十屆「香港最佳老友」運動電能烹飪比賽得獎者如下：

香港真滋味美食金獎

沙田公立學校1隊：
沙田公立學校、德望學校
菜式 - 翡翠香酥魚

香港真滋味美食銀獎

廖寶珊紀念書院(3)：廖寶珊紀念書院、扶康會長沙灣成人訓練中心
菜式 - 魚躍在花兒

傷健合拍烹飪大獎

廖寶珊紀念書院(2)：廖寶珊紀念書院、沙田公立學校
菜式 - 開卷有益

最佳創意美食大獎

德智隊：路德會天主教學校、寶血會上智英文書院
菜式 - 蟹逅

扶康伙伴邀請賽

香港真滋味美食金獎

迪士尼義工隊：香港
迪士尼義工隊及扶康會友愛之家
菜式 - 繽紛米奇水炒百鳳

香港真滋味美食銀獎

會展「有營」隊：
香港會議展覽中心(管理)有限公司
及扶康會教信之家
菜式 - 十分「有營」

名人匯演

美食金獎

莊偉茵女士及蘇少熊
(扶康會教信之家服務使用者)

傷健合拍烹飪大獎

始創活力隊：康居物業管理
有限公司及扶康會長康之家
菜式 - 泰式黃金豆腐盒

最佳創意美食大獎

捷和樂華 - 美味隊：
捷和集團義工隊及扶康會樂華
成人訓練中心
菜式 - 窩心的蝦囉

傷健合拍烹飪大獎

梁家傑議員、SC及林麗莎(扶康會
長沙灣成人訓練中心服務使用者)
田北俊議員、GBS、JP及周善
(扶康會教信之家服務使用者)



與「最佳老友」創辦人兼主席安東尼·施萊佛先生對談

「最佳老友」創辦人兼主席安東尼·施萊佛先生於2014年3月14日親臨康融服務有限公司(扶康會成立的社會企業)營辦的「康姨咖啡室」，與「香港最佳老友」運動董事局委員，包括王林小玲女士、MH、方叔華神父、李春霖先生及一眾老友記對談，交流推動智障人士與非智障人士建立一對一友誼運動的心得。三位董事局委員並致送「香港最佳老友」運動T-Shirt、紀念明信片及康姨曲奇予施萊佛先生作為紀念。訪談中，施萊佛先生細心聆聽各對老友參加「香港最佳老友」運動後的心得及感想，又鼓勵各位老友更積極地參與及推廣「最佳老友」的精神。最後，他表示欣賞扶康會過去十年致力推動「香港最佳老友」運動，並親筆題字祝賀扶康會「香港最佳老友」運動成立十周年。



出席「澳門至友協會」成立禮暨慈善晚宴

為慶祝「澳門至友協會」成立，「最佳老友」於2014年3月4日假澳門威尼斯人酒店舉行慈善晚宴及拍賣會，「香港最佳老友」運動派代表道賀。



深水埗區「你是我的最佳老友」傷健共融計劃閉幕禮暨義工嘉許禮

深水埗區「你是我的最佳老友」傷健共融計劃閉幕禮暨義工嘉許禮已於2014年2月22日順利舉行。當日，社會福利署深水埗區福利專員郭李夢儀女士、深水埗區議會社區事務委員會主席沈少雄先生、深水埗區議會長者及康復服務工作小組主席韋海英女士、扶康會總幹事陸慧妍女士、扶康會區域小組委員會(荃葵青及深水埗區)主席徐玉卿女士等一同出席並擔任主禮嘉賓，見證計劃的成果。主禮嘉賓於典禮中頒發嘉許狀予協辦團體：澤安成人訓練中心、長沙灣成人訓練中心、上李屋成人訓練中心、香港明愛鄭承峰長者社區中心(深水埗)、香港長者協會、香港樹仁大學分社及東華學院分社的大學老友，同時亦頒發獎品予標語創作比賽的得獎者。典禮吸引約500人參與，場面十分熱鬧。

一班參加本計劃「共融才藝訓練班」的智障人士及長者，於典禮中表演「鼓舞飛揚」及「筆墨「誼」情」，他們的精彩表演，令在場觀眾感受到共融和諧的氣氛。

典禮後，協辦單位及大學老友分社更共同製作攤位遊戲，吸引約1,500位社區人士參與，一起體現傷健共融。活動於愉快的氣氛下圓滿結束。

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獲邀在澳門扶康會舉辦的研討會作分享

澳門扶康會於2013年11月29日假澳門科學館會議中心舉辦「構建完整社區照顧體系—實踐與展望」研討會暨展能藝術作品展。本會區域經理麥潤芸女士擔任當日的分組會議講者，題為「社區連繫與共融—『香港最佳老友』運動」。此外，老友林育勤、霍志豪及馮伯堅也一同於會議中分享參與感受及得者。



DBC 數碼1台訪問

本會區域經理麥潤芸女士、楊楊梅女士、「香港最佳老友」運動項目經理曾淑玲女士及學生代表張婷同學，於2013年10月13日接受數碼1台「義人世界」節目主持關心妍女士、姜炳耀先生及殷海珊小姐的訪問，介紹「最佳老友」運動的起源及「香港最佳老友」運動的推動情況。

「香港最佳老友」運動代表於「開心老友記」電視節目中表演

長沙灣成人訓練中心服務單位經理周麗嬋女士、服務使用者劉嘉儀小姐，聯同香港長者協會的兩位長者，接受無綫電視翡翠台訪問，宣傳深水埗區「你是我的最佳老友」傷健共融計劃，當中本會服務使用者及長者更一同表演書法，實踐傷健共融。節目已於2014年2月9日早上8時30分於無綫電視翡翠台《開心老友記》節目內播出。



香港中文大學逸夫書院分社成立典禮

石圍角工場與香港中文大學逸夫書院於2014年2月24日成立香港最佳老友第16個分社。當日典禮的主禮嘉賓包括「香港最佳老友」運動董事局委員方叔華神父及李春霖先生、香港中文大學社會工作學系客席教授及逸夫書院資深導師魏雁濱教授、香港中文大學心理學系副教授及逸夫書院輔導長梁耀堅教授。

在典禮過程中，主禮嘉賓及各老友一起重溫過往相聚的照片，並一同拼貼印有「香港最佳老友」運動的標誌，場面既溫馨又熱鬧。石圍角工場的老友更在典禮中表演，贏得不少掌聲。



香港樹仁大學社會工作系分社成立典禮

上李屋成人訓練中心與香港樹仁大學社會工作學系於2014年3月3日成立了香港最佳老友第17個分社。出席分社成立禮的主禮嘉賓包括扶康會總幹事陸慧妍女士、香港樹仁大學社會工作學系系主任陳秀嫻博士、香港樹仁大學社會工作學系行政主任區榮光博士及香港樹仁大學社會工作學系高級講師曾樹明教授。典禮中，老友代表在主禮嘉賓見證下，一起打手印以作承諾。



「香港最佳老友」運動10周年紀念標誌



「香港最佳老友10周年紀念標誌設計比賽」
「扶康組」得獎者：
 何帶喜(毅誠工場職員)(以最高分數獲得最佳設計獎)
「展能組」得獎者：
 利慧貞(樂華成人訓練中心服務使用者)
「分社組」得獎者：
 梁曉琳小姐(捷和實業有限公司分社)

The 10th FHS "Best Buddies Hong Kong" Movement Electric Cooking Competition

Having attracted near 85 teams comprising a total of over 300 contestants with or without disabilities to take part, Fu Hong Society had the Heat of its 10th "Best Buddies Hong Kong" Movement Electric Cooking Competition held on 22 and 23 February 2014. The contestants were coming from different secondary schools, universities, special schools, parent self-help groups, corporates, general public and Best Buddies from our Society and teaming up with our service users to participate in the competition.

The Final and Award Presentation Ceremony was held at Plaza Hollywood on 29 March 2014. We were grateful to have eight Legislative Council members, including The Hon Emily LAU Wai-hing, JP, The Hon Frederick FUNG Kin-kee, SBS, JP, The Hon CHAN Hak-kan, JP, The Hon WONG Kwok-kin, BBS, The Hon Alan LEONG Kah-kit, SC, The Hon James TIEN Pei-chun, GBS, JP, The Hon Charles Peter MOK, The Hon CHAN Han-pan, together with Mr Stephen SUI Wai-keung, JP, Commissioner for Rehabilitation, Labour and Welfare Bureau; Mr Albert CHAN, External Relations, Public Affairs, The Hong Kong Jockey Club; Ms Quince CHONG, Chief Corporate Development Officer, CLP Power Hong Kong Limited, to officiate at the ceremony. Eight Legislative Council members and Ms Quince CHONG also participated in the "Star Cooking Performance" and made delicious dishes with the theme "shrimp" with persons with intellectual disabilities. We thanked for Mr CHOW Chung; Mr MAK Kam Kui, President of The Hong Kong Chefs Association; Mr Billy YEUNG and Mr Andreas MULLER, Committee Members of The Hong Kong Chefs Association served as our judges. Our heartfelt thanks to the unfailing support of the Police Volunteer Group together with the Citi Volunteers in these many years to help at the Heat and Final. The excellent talent shows by our service users had attracted many from the public to take part as audience, enhancing their understanding of persons with intellectual disabilities and promoting the spirit of social inclusion.



Some participants expressed, "Persons with intellectual disabilities have their talents in fact, and we can know them more through this event. We devoted to cooking the dish hand in hand that team spirit was manifested. Whether win or loss, we gained a valuable experience. We hope that there will be more opportunities for us to join activities together with persons with intellectual disabilities in order to have more understanding of them." Some participants with intellectual disabilities told, "It was so happy to join this cooking competition, we can not only make tasty food, but also make new friends."

The four judges praised the good cooking skills of participants and the dishes were delicious. The student participants matched the ingredients well and their cooking method was creative. Besides, they found that the persons with intellectual disabilities could show their talent and strengthen their confidence through the cooperation with the participants in the process, and they were devoted happily in the event which was so meaningful. Social inclusion was fostered through such event.

FHS Partners Competition:

Gold Prize

Hong Kong Disney VoluntEARS & FHS Father Tapella Home

Silver Prize

Hong Kong Convention and Exhibition Centre (Management) Ltd. & FHS Ngai Shun Home

The Most Cooperative Team

Country House Property Management Limited & FHS Cheung Hong Home

The Most Creative Team

The Chiaphua Group Volunteer Team & FHS Lok Wah Adult Training Centre

Winners of Star Cooking Performance:

Gold Prize

Ms Quince CHONG & So Siu Hung, service user of FHS Ngai Shun Home

The Most Cooperative Teams

The Hon Alan LEONG Kah-kit, SC & Lin Li Sha, service user of FHS Cheung Sha Wan Adult Training Centre
The Hon James TIEN Pei-chun, GBS, JP & Chow Sin, service user of FHS Ngai Shun Home



Winners of the 10th "Best Buddies Hong Kong" Movement Electric Cooking Competition:

Gold Prize

Shatin Public School & Good Hope School

Silver Prize

Liu Po Shan Memorial College & FHS Cheung Sha Wan Adult Training Centre

The Most Cooperative Team
Liu Po Shan Memorial College & Shatin Public School

The Most Creative Team
Saviour Lutheran School & Holy Trinity College

Dialogue with Mr. Anthony Kennedy Shriver, the founder and Chairman of BBI

On 14 March 2014, Mr. Anthony Kennedy Shriver, the founder and Chairman of Best Buddies International (BBI), visited Madam Hong Café which was operated by Hong Yung Services Limited (the social enterprise set up by Fu Hong Society). During his visit, he shared his experience in promoting BBI with Council members and buddies of "Best Buddies Hong Kong" Movement. Three of the Council members, namely Mrs. Cecilia Wong Lam, MH, Fr. Giosuè Bonzi, and Mr. John Lee presented the souvenirs, including BBHK T-shirt and postcard, and a box of Madam Hong's cookies, to Mr. Shriver. He sincerely appreciated the Society's effort to promote BBHK throughout the past ten years and encouraged the buddies of BBHK to keep on actively participating in and promoting the Movement. Finally, Mr. Shriver wrote a few words of congratulations on the 10th Anniversary of BBHK.



Attending the Launching Ceremony cum Charity Ball of Best Buddies Macao Association

To celebrate the establishment of Best Buddies Macao Association, Best Buddies International organized a launching ceremony cum charity ball on 4 March 2014 at The Venetian Macao. Representatives of "Best Buddies Hong Kong" Movement (BBHK) attended the ceremony to witness this significant moment.



Sham Shui Po "You are my Best Buddies" Inclusion Project Closing Ceremony cum Volunteer Awards Ceremony

Sham Shui Po "You are my Best Buddies" Inclusion Project Closing Ceremony cum Volunteer Awards Ceremony was held on 22 February 2014. Mrs KWOK LI Mung-ye, Helen, Sham Shui Po District Social Welfare Office of Social Welfare Department; Mr. Shum Siu-hung, Chairperson of Community Affairs Committee; Ms. Wai Hoi-ying, the Chairman of Working Group on Elderly and Rehabilitation Service of Council of Sham Shui Po District; Ms. Becky Luk, Executive Director of Fu Hong Society; and Ms. Tsui Yuk-hing, Chairman of Regional Sub-Committee (Tsuen Kwai Tsing & Sham Shui Po) of Fu Hong Society, officiated at the ceremony and witnessed the good result of the project. Awarded certificates and trophies were presented to volunteers of the co-organizers and winners of the Slogan Competition by officiating guests. The ceremony attracted nearly 500 citizens to join and was filled with happiness.

Service users and elders of the project, had joint performance including "Drum and Dance Show" and "Chinese Penmanship", which received thunderous applause from the floor guests.

Game booths were prepared by the co-organizers and the university chapters after the Ceremony, attracting over 1,500 citizens to join. The event ended with joy and satisfaction.



Sharing at Fuhong Society of Macau's Symposium

"Building a Comprehensive Community Care -- Achievement and Vision" Symposium cum Arts for the Disabled Exhibition was held on 29 November 2013 at the Macau Science Center by Fuhong Society of Macau. Ms. Silvia Mak, Regional Manager of Fu Hong Society, was invited to be one of the speakers for a parallel session, introducing BBHK and its development. Apart from the speech by Ms. Mak, buddies Ms. Lam Yuk Kan, Mr. Fok Chi Ho and Mr. Fung Pak Kin were also invited to share their experiences and learning gained from joining BBHK.



Radio Interview by DBC

Ms. Silvia Mak & Ms. Maggie Yeung, Regional Managers of Fu Hong Society; Ms. Elaine Tsang, Project Manager of "Best Buddies Hong Kong" Movement and Ms. Alma Cheng, student buddy were interviewed by Ms. Jade Kwan, Mr. Jiang Bing-yao and Miss Yin Hais-han on a radio programme of the DBC on 13 October 2013 to introduce the origin and development of "Best Buddies Hong Kong" Movement.

Representative of BBHK performed on a TV Programme

Ms. Candy Chau, Service Unit Manager of Cheung Sha Wan Adult Training Centre; Ms. Lau Ka Yee, our service user and two elders from Hong Kong Association of Senior Citizens, were invited to promote Sham Shui Po "You are my Best Buddies" Inclusion Project and perform Chinese penmanship on a programme of TVB Jade. The interview and performance were broadcasted on the Jade Channel of TVB on 9 February 2014 at 8:30am.



Chapter Formation Ceremony of The Chinese University of Hong Kong Shaw College

Shaw College of The Chinese University of Hong Kong paired with Shek Wai Kok Workshop to form a new chapter on 24 Feb 2014, which was the 16th chapter of "Best Buddies Hong Kong" Movement. Fr. Giosuè Bonzi and Mr. John Lee, members of BBHK Council; Prof. Ngai Ngan Pun, Adjunct Professor of Department of Social Work of The Chinese University of Hong Kong and Senior College Tutor of Shaw College; and Prof. Freedom Leung, Associate Professor of Department of Psychology of The Chinese University of Hong Kong and Dean of Students of Shaw College, officiated the ceremony.

Buddies reviewed their happy and touching moments of the past few months in the ceremony. Meanwhile, the performance by service users of Shek Wai Kok Workshop received thunderous applause from the floor guests.



Chapter Formation Ceremony of Hong Kong Shue Yan University Department of Social Work

The Department of Social Work of Hong Kong Shue Yan University paired with Sheung Li Uk Adult Training Centre formed the 17th Chapter of "Best Buddies Hong Kong" Movement (BBHK) on 3 March 2014. The Chapter Formation Ceremony was officiated by Ms. Becky Luk, Executive Director of Fu Hong Society; Dr. Joyce Chang, Head of Department of Social Work, Hong Kong Shue Yan University; Dr. Au Wing Kwong, Administrative Head of Department of Social Work, Hong Kong Shue Yan University; and Mr. Tsang Shu Ming, Senior Lecturer of Department of Social Work, Hong Kong Shue Yan University. The buddies pledged to be good friends by putting their hand prints on the BBHK logo.



Logo for "10th Anniversary of Best Buddies Hong Kong"



Logo design competition for "10th Anniversary of Best Buddies Hong Kong".

THE "FU HONG GROUP": Mr. Ho Tai Hei (Staff of Ngai Shing Workshop) (scored the highest marks among the three logos and was therefore awarded as "The Best Designed Logo")

THE "DISABLED GROUP": Ms. Li Wai Ching (Service user of Lok Wah Adult Training Centre)

THE "CHAPTER GROUP": Ms. Ivy Leung Hui Lam (Buddy of Chiaphua Industries Limited Chapter)

