



## Relationship Building

“Best Buddies Hong Kong” Movement helps us form relationship

# 建立關係

## 「香港最佳老友」運動使我們建立關係



### 每人都需要朋友

朋友是每個人生命中不可缺少，本會時任總幹事徐群燕女士 (Frankie) 一直見證「香港最佳老友」運動 (BBHK) 的發展，她深信每個人都需要朋友，盼望更多人認識智障人士與常人一樣，都需要與人建立關係，更需要朋友；而參加了「香港最佳老友」運動的嘉琪和穎珊，就展現了友誼的珍貴。

在扶康會服務超過 31 年的 Frankie 見證 BBHK 的發展，她直言對智障人士而言，建立友誼同樣重要，智障人士及社區人士可透過 BBHK，彼此增加了解和信任，互相學習對方的優點，學會克服困難。

她舉例殘疾人士不會基於身體困難而放棄，值得年青人學習，有部分也會參與藝術創作，突破智力限制，表達自己的內心世界。

智障人士需要的不止家人和社工，亦需要互相扶持的朋友。「孤獨是不開心的來源，人是群體動物，智障人士也需要朋友。」

「BBHK 不會稱呼參加者為義工，而是老友，雙方可互相扶持、學習，建立長期關係，而不是義工單方面、單次性提供協助、幫助。」而 BBHK 獨特之處在於學生、社區人士、工商業機構，甚至是離職或已退休的扶康會員工，都可以成為老友。

她最印象深刻的，就是有已離職的員工轉換「身份」一以社區老友身份回到服務單位與服務使用者保持關係，繼續關懷、關心對方，不因身份關係不同而疏離。

### 繼續做好朋友

穎珊和嘉琪這對老友已相識八年，即使經歷嘉琪大學畢業離開原有的 BBHK 分社，以及新型冠狀病毒病疫情，都無阻兩人深厚情誼，她們仍然常常記掛對方是否安好，見面時仍一見如故呢！穎珊表示「好開心透過 BBHK 認識嘉琪，之後會繼續與嘉琪做好朋友！」

穎珊是葵興職業發展中心患有輕度智障的服務使用者。她與嘉琪的緣份始於 2014 年，當時就讀社會工作學系的嘉琪，未接觸過智障人士，自然就參加了大學的 BBHK 活動。

自此兩人一同參加了眾多活動，包括遊船河、聖誕派對以及澳門交流團...等，穎珊就形容每項活動都好難忘和開心。二人在 2016 年參加第一屆「老友鬼鬼」共融故事演講比賽，到第三屆比賽時，即使嘉琪沒有參加，都親身到場支持穎珊。嘉琪目前已投身工作，但仍無放棄參加 BBHK。

嘉琪認為兩人是關係平等的老友，會互相幫助，又從對方身上學會要「大膽」，並且要願意嘗試。「穎珊會常常與人打招呼，我有時與陌生人打招呼都會有考量，她的個性勉勵我，我不會考慮這麼多。」她認為參加 BBHK 的最大得著，是認識到穎珊這位好朋友。

穎珊指透過 BBHK 可互相分享和關心，以前會以電話訊息鼓勵嘉琪考試加油，平時又會透過電話聯絡。

### 關於「香港最佳老友」運動

「最佳老友」(Best Buddies) 是源自美國的一項國際性友誼運動，目的是透過建立智障人士與非智障人士一對一的友誼，提高智障人士的生活質素，促進社會共融。2004 年，扶康會獲 Best Buddies International 邀請及授權，於香港成立「香港最佳老友」運動，是香港唯一認可推動此項有意義運動的機構。

### Everybody needs friends

Friends are indispensable to everybody's lives. Ms. TSUI Frankie, the then Chief Executive Officer of the Society, has all along witnessed the development of the “Best Buddies Hong Kong” Movement (BBHK). She deeply believes that everybody needs friends, and hopes that more people will realize that persons with intellectual disabilities are no different from ordinary people in that they need to form relationships, and more importantly, friendships. The story of Ka Ki and Wing Shan, participants of BBHK, demonstrated the preciousness of friendship.

Having served at Fu Hong Society for over 31 years, Frankie has witnessed the development of BBHK. She stated that the establishment of friendships is just as important for persons with intellectual disabilities and that through taking part in the BBHK, persons with intellectual disabilities and community members can mutually increase understanding and trust, learn from each other's strengths and overcome difficulties.

Frankie gave the example that physical difficulties will not cause persons with disabilities to give up, a trait that young people can stand to learn from. They also will participate in art creation so as to break through their intellectual limitations and express their inner worlds.

Persons with intellectual disabilities not only needs family and social workers, but also mutually support friends whom they can rely on. “Solitude is the source of unhappiness. Humans are social creatures, and persons with intellectual disabilities also need friends.”

“BBHK does not refer to its participants as volunteers, but rather as “buddies” where both parties can rely on each other for support, learning, and the forming of long-term relationships.

It is not the one-sided giving of support and assistance by the volunteer party.” What makes BBHK unique is that students, community members, industrial and commercial institutions, and even former or retired Fu Hong Society staff can all become buddies with our service users.

Her deepest impression was once when a former staff changed “identity” and returned to the service unit as one of the community buddy to maintain her relationship with the service user, continue to care for each other, and not let their change in identity drive their relationship apart.

### Continue to be “Buddy”

“Best Buddies” - Wing Shan and Ka Ki have known each other for eight years. Although Ka Ki has graduated and left her original BBHK chapter and despite the COVID-19 pandemic, their friendship has not been affected. They still often check up on each other's well-being, and still feel just like old friends! Wing Shan expressed, “I am very happy to have gotten to know Ka Ki. I will continue being the best buddy with her!”

Wing Shan is a service user of Kwai Hing Vocational Development Centre who suffers from mild intellectual disability. Her relationship with Ka Ki began in 2014. At the time Ka Ki was a student of the social work department who had never come into contact with a person with intellectual disabilities before, thus naturally joined the university's BBHK activity.

Since then, they have together participated in many activities, including boat trip, Christmas parties, and Macao exchange tour, etc. Wing Shan expressed that each activity was an unforgettable and happy experience. The two participated in the BBHK's first storytelling competition in 2016. By the time the third competition was held, Ka Ki could not participate but she still there to support Wing Shan. Ka Ki currently devotes her time to her job; but has not ceased her participation in BBHK.

Ka Ki believes that they share an equal relationship and mutually support each other. She has learned to be daring and be willing to take risks from Wing Shan. “Wing Shan often greet people. Sometimes I will wonder whether or not it is okay to greet strangers, but her personality encourages me not to be over-thinking.” She believes that her greatest benefit from participating in BBHK is her meeting her “best buddy” Wing Shan.

Wing Shan mentioned her participation in BBHK allows for the mutual sharing of experiences and support. She used to tell Ka Ki to add oil on her exams through phone messages, and they would regularly contact each other on their phones.

### About “Best Buddies Hong Kong” Movement

“Best Buddies” is an international organization that found in the U.S. and dedicated to enhancing the lives of persons with intellectual disabilities by providing opportunities for one-to-one friendships between those with and without intellectual disabilities. In 2004, the Society was invited by the headquarters of “Best Buddies International” in the U.S. and was authorized to be the sole organization for setting up the “Best Buddies” Movement in Hong Kong.