

3

# 專題故事

## Feature Stories



# 以愛同行， 締造無限可能

Walk Together with  
Love to Create Infinite  
Possibilities

廖寶儀女士  
Ms. Joan LIU

謝加利先生  
Mr. Gary TSE

港基物業管理有限公司助理總經理（會所）鼓勵員工利用空餘時間參與公益活動，攜手建構更和諧美好的社會  
Assistant General Manager (Clubhouse) of Citybase Property Management Limited, encourages her team to help build a harmonious and inclusive society by making time for community work in their personal lives.

港基物業管理有限公司總經理致力推廣 ESG 理念，促進永續發展  
General Manager of Citybase Property Management Limited, is dedicated to promoting environmental, social and governance principles and sustainable development.

港基物業與扶康會一直保持緊密的慈善伙伴關係，謝先生認為，雙方在「社會責任」與「社區共融」方面理念一致，令推動共融社會的工作更為順利。作為提供優質物業及設施管理服務的企業，港基物業憑藉專業與豐富經驗，為業戶營造安全舒適、充滿「家」的感覺的生活環境。與此同時，扶康會亦致力為殘疾人士提供專業、貼心，並以「家庭為本」為核心的支援服務，讓服務使用者獲得適切照顧。雙方理念契合，促成了長遠穩固的合作關係。

Citybase Property Management Limited has been a close, long-standing charity partner of Fu Hong Society (FHS). Mr. Tse believes that the two organisations' shared commitment towards social responsibility and community inclusion has facilitated their collaboration towards social inclusion. With its extensive professional experience, Citybase offers quality property and facility management services that provide its customers with a safe, comfortable and homely living environment. Meanwhile, FHS is devoted to offering specialised and thoughtful support services to persons with disabilities. It ensures its service users receive appropriate care by being centred on its family-oriented approach. This shared vision is essential for the strong and lasting partnership between Citybase and FHS.



於本會步行籌款活動中獲「最陣容鼎盛隊伍獎」  
Receiving The Biggest Team Award in the Society's walkathon fundraiser

談及企業公民責任，港基物業早於 2005 年便成立港基「愛心義工隊」。謝加利先生表示，公司一直鼓勵員工積極參與義工活動，期望發揮互助關愛的精神，凝聚社會和諧氛圍。「愛心義工隊」多年來多次參與扶康會的步行籌款活動，並屢獲「最陣容鼎盛隊伍獎」，足證雙方多年來攜手為傷建共融的努力與成果。2007 年，港基更創立首支小義工隊，培養下一代助人為樂、貢獻社會的精神，展現對 ESG 中的「社會」（Social）層面的承擔，並朝向可持續發展的目標邁進。

As a part of its corporate social responsibility efforts, Citybase established its Citybase Volunteer Team in 2005. According to Mr. Tse, the company has always encouraged its employees to participate actively in volunteer work and demonstrate the spirit of mutual support and compassion in the creation of a cohesive and harmonious society. Over the years, the Citybase Volunteer Team has participated in numerous fundraising walkathons organised by FHS, garnering The Biggest Team Award on many occasions. These efforts attest to the long-term cooperation between Citybase and FHS in building an inclusive society. In 2007, Citybase went a step further by setting up its first Kid Volunteer Team to cultivate the spirit of helping others and contributing to society in the next generation, aptly demonstrating its work in the 'social' pillar of the environmental, social and governance (ESG) framework and pursuit of sustainability.



親子義工支持本會賣旗日  
Parent-child volunteers supported our flag day





展能藝術家世傑的巡迴藝術展  
The roving art exhibition of Sai Kit,  
our artist with disability

除義工服務，港基與扶康會合辦的巡迴藝術展亦成為去年的焦點活動之一。展覽以嘉湖鄉村俱樂部為首站，巡迴十五個屋苑展出展能藝術家世傑的十幅畫作，讓更多社區人士有機會近距離欣賞殘疾人士的藝術潛能。謝先生指出，藝術與體育對殘疾人士的發展意義深遠，他們的作品與表現能讓公眾看見其能力，打破對殘疾的刻板印象和偏見，促進身心復健與自信重建。他期望透過展覽提升住戶的文化體驗，同時為扶康會服務使用者提供展示平台，喚起社會對殘疾人士的關注。展覽期間，港基收到不少業戶對世傑作品的讚賞，更有業戶購買畫作以示支持及鼓勵。企業亦樂見活動透過藝術文化促進社會包容，發揮正面影響。

謝先生最後表示，港基物業將繼續秉持 ESG 理念，推動可持續發展，並期望透過與扶康會及其他非牟利機構的合作，在物業管理服務上融入更多共融元素，共同促進社區的包容與和諧。

Beyond volunteer efforts, one highlight last year was a travelling art exhibition co-organised by Citybase and FHS. With Kingswood Country Club as its first stop, the exhibition toured 15 residential properties and featured 10 artworks by Sai Kit@Art Hub, providing the broader community with the opportunity to appreciate the potential of persons with disabilities. Mr. Tse notes that art and sports have a profound impact on the development of persons with disabilities, as their creative work and athletic achievements show the public what they are capable of, challenging stereotypes and biases while supporting their own physical and psychological rehabilitation, and rebuilding their confidence. He hopes that such exhibitions not only enrich residents' cultural experience, but also serve as a platform to showcase the talent of FHS service users and raise public awareness of disability inclusion. During the exhibition, Sai Kit's artworks received positive feedback from the residents, some of whom even purchased his works as a show of support and encouragement. Citybase also welcomed the opportunity for events that demonstrate how art and culture can positively impact the promotion of social inclusion.

Looking ahead, Mr. Tse affirms the company's commitment to ESG principles. As it continues to drive sustainable development, Citybase will continue to integrate inclusive practices into its property management services by working with FHS and other non-profit organisations to foster community inclusion and harmony.



愛心小義工到本會賽馬會石圍角工場參與義工活動  
Kid volunteers came to our Jockey Club Shek Wai Kok  
Workshop to take part in volunteer activities

## 硬地滾球 - 「滾」出精彩人生 Boccia - Rolling Towards an Exciting Life



中心服務主管陳綺敏與香港硬地滾球代表隊「大師兄」梁育榮先生  
Ms. CHAN Yee Man, Service-in-charge of the Centre, with Mr. LEUNG Yuk Wing,  
the 'Big Brother' of the Hong Kong boccia team

作為扶康會天水圍地區支援中心（下稱「中心」）的服務主管，我一直以來最大的心願，是為會員安排多元化的活動，讓他們從中學習、成長、發展潛能，邁向更美好的人生。這份使命感驅使我不懈努力，盡心服務。

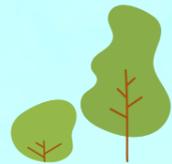
As the Service-in-charge of Fu Hong Society's Tin Shui Wai District Support Centre, my greatest wish has always been to offer diverse activities for our members. I hope they learn, grow and realise their full potential as they journey towards a more fulfilling life through such activities. This sense of purpose continues to drive my unwavering commitment to serve with all my heart.



中心會員參加硬地滾球訓練班  
Centre members attend boccia training class

在眾多活動中，康體運動佔有重要一席。運動不僅有益身心，更能磨練意志、提升自信。數年前，中心有幸邀請到香港硬地滾球代表隊成員梁育榮先生到訪，與會員分享他對硬地滾球的熱情與經歷。其後，在他的牽線下，一群來自「自強協會」<sup>(1)</sup>的輪椅朋友加入成為中心會員，並開展了硬地滾球訓練班。

自訓練班成立以來，會員在專業教練的指導下，技術日益純熟，成績亦漸見佳績。他們的堅持與進步，與梁育榮先生的啟發密不可分。梁先生自幼被診斷患有先天性多發性關節彎曲，六歲入讀特殊學校時，首次接觸硬地滾球，從此改變了人生軌跡。這項運動讓他變得更大膽、外向，結識了許多朋友，亦擴闊了視野。



家長會員全神貫注聆聽教練指導硬地滾球的技巧  
Parent members listening attentively to the coach's instructions on boccia techniques

Sport is an important component among the varied activities we offer. Beyond its benefits for physical and mental well-being, sport fosters resilience and builds self-confidence. A few years ago, the Centre was privileged to invite Mr. LEUNG Yuk Wing, a member of the Hong Kong boccia team, to share his passion and personal journey in the sport. He even helped to facilitate a group of wheelchair users from 1st Step Association<sup>(1)</sup> to join the Centre as it set up its own boccia training programme.

Since the programme's inception, our members have made steady progress in their skills and performance outcomes under the guidance of professional coaching. Notably, their dedication and achievements have very much been inspired by Mr. Leung. Diagnosed with congenital arthrogyrosis multiplex as a child, Mr. Leung was introduced to boccia when he enrolled in a special school at six years old. That marked a turning point in his life, as boccia made him more confident and outgoing. It also helped him make new friends and broaden his horizons.



(1) 自強協會：成立於1999年，由社工、醫生、律師及工傷工友組成的非牟利互助團體，主要服務因工傷或其他原因導致嚴重殘障的人士及其家屬。

1st Step Association is a non-profit mutual aid organisation set up in 1999 by a group of social workers, doctors, lawyers and workers with occupational injuries. It mainly supports individuals with severe disabilities caused by work-related injuries or other circumstances, as well as their families.

如今，梁先生已是全職運動員，並獲評為香港甲+級精英運動員<sup>(2)</sup>，在國際賽場屢創佳績，六度出戰殘疾人奧林匹克運動會。2024年巴黎殘奧中，香港硬地滾球代表隊勇奪三金兩銀，成為全城熱話，而梁先生作為「大師兄」，一直帶領港隊勇往直前，為港爭光！

梁育榮先生的故事啟示我們：只要找到合適的舞台，每個人都能發光發亮。本會一直積極推廣硬地滾球運動，先後於2014年、2018年及2023年舉辦「硬地滾球錦標賽」、「屯門及元朗區硬地滾球錦標賽」及「硬地滾球挑戰盃」，吸引越來越多殘疾人士及社區人士參與。



梁先生展示金牌級的球技，快、狠、準，令人讚嘆不已！  
Mr. Leung demonstrating gold medal-level skills - swift, fierce and precise - leaving everyone in awe!

Today, Mr. Leung is a Tier A+ elite athlete<sup>(2)</sup> who pursues sports full-time. He has earned numerous accolades on the international stage and competed in the Paralympic Games six times. In 2024, Hong Kong boccia team made waves with its haul of three gold medals and two silver medals at the Paris Paralympics. As a senior member of the broader team, Mr. Leung has long played a part in leading the team towards this victory for our city.

Mr. Leung's story is a powerful reminder that everyone can shine given the right platform. FHS has long been committed to promoting the sport of boccia. We organised the Boccia Championship, Tuen Mun and Yuen Long District Boccia Championship, and Boccia Challenge Cup in 2014, 2018 and 2023 respectively. These events have drawn the participation of growing numbers of persons with disabilities and the community at large.



(2) 香港體育學院根據運動員比賽成績及「精英訓練資助評核」準則，審批運動員資格。甲+級精英運動員可獲訓練資助及宿舍安排。

The Hong Kong Sports Institute assesses the eligibility of all athletes based on their competition results and the 'Elite Training Grant Criteria'. Tier A+ elite athletes receive training grants and hostel accommodation.



天水圍地區支援中心代表隊出戰「台灣地板滾球（硬地滾球）運動邀請賽」  
Tin Shui Wai District Support Centre team competing in the Taiwan Boccia (Hard Court) Invitational Tournament

2019年，中心更派出肢體傷殘會員組成代表隊，參加「台灣地板滾球（硬地滾球）運動邀請賽」，與來自日本、台灣的選手同場競技，並勇奪多項殊榮，包括BC1組別單人賽冠軍及BC5組別雙人賽冠軍，成績斐然，會員的努力獲得肯定。正如梁先生所言：「只要真心喜歡，不忘初心，便可以一直堅持下去！」

展望未來，中心將繼續秉持本會推動硬地滾球發展的方向，持續培育精英會員，讓他們盡展潛能，同時推動殘疾人士與社區人士「平等參與」，攜手建構傷健共融的社會。

In 2019, the Centre formed a team among our members with physical disabilities to take part in the Taiwan Boccia (Hard Court) Invitational Tournament. The team played against representatives from Japan and Taiwan, emerging with several awards that affirmed their hard work, including the individual title in the BC1 category championship and the doubles title in the BC5 category championship. As Mr. Leung says, "As long as you truly love what you do and stay true to your purpose, you will persevere!"

The Centre will remain steadfast in its commitment to promoting boccia and continue to nurture talent in the sport. We will support our members in manifesting their potential while fostering inclusive participation of persons with disabilities and the community. We strive to build a society where persons with and without disabilities can thrive together.



## 當精神健康服務 遇上龍舟隊

### When Mental Health Services and Dragon Boating Intersect



本會社區精神健康服務於2018年成立龍舟隊，由精神復元人士、職員及犀利龍體育會義工攜手組成，以行動實踐多元共融。在並肩訓練的歲月裡，隊員們不僅全情投入，更透過默契與協作，激勵彼此突破成長。每一次划槳揚起的不只是水花，更是精神復元人士跨越自我框架的勇氣，以及社區接納與連結的建立。

In 2018, true to its values of diversity and inclusion, Community Mental Health Services at Fu Hong Society (FHS) formed a dragon boat team comprising persons in mental recovery, FHS staff and volunteers from the Wonderful Dragon Sports Association. Over the years, the team has shown immense dedication. Its members foster rapport and synergy as they train shoulder to shoulder, encouraging one another to paddle beyond their personal limits to reach new heights. More than just making ripples, each paddle stroke embodies the courage of our members in mental recovery challenging self-perceptions, and symbolises the forging of community bonds and acceptance.



這兩艘龍舟載著更多可能……  
四年來，龍舟載著他們划過——

- 100 小時風雨同行的集訓
- 50 場集訓及比賽中的歡呼
- 數不清的 1,2,1,2,1,2 繼續加油！支持住……

Infinite potential embodied in two dragon boats...  
Over the past four years, the dragon boats saw the team through:

- 100 hours of team training, rain or shine
- 50 sessions of intensive training and cheering during races
- Countless chants of "1,2! 1,2!", and shouts of mutual encouragement and support

### 顧國偉 (職員) 攜手共創復元之路

阿偉作為社區精神健康服務綜合運動計劃的統籌者，平日主要負責組織和推動各項運動活動。當開始接觸划龍舟這運動時，他坦言自己對這項傳統水上活動未有太多經驗。然而秉持著「與服務使用者共同經歷及成長」的信念，他與服務使用者訓練時共建了許多彼此的珍貴回憶。關係更密切，話題越熟絡。

透過十多週的訓練，阿偉見證著服務使用者的認真與投入。從划槳姿勢生疏到團隊節奏契合的蛻變過程中，他注意到有社交焦慮的成員開始與隊友溝通，沉默寡言的逐漸開口表達感受。當看到成員在參與活動後有進步和正面的改變時，所有籌備期間的困難與挑戰，都化作推動復元工作的養分，一切辛勞都是值得的。他希望透過鼓勵服務使用者參與運動，幫助他們慢慢養成持續運動的習慣，因為這對復元過程有著莫大幫助。



### Mr. KOO Kwok Wai (Staff) Co-Creating the Journey of Recovery

As the coordinator of the integrated sport programme at Community Mental Health Services, Kwok Wai is responsible for organising and executing various sport activities. Even though he says he did not have much experience with the traditional sport of dragon boating to begin with, he believed strongly in growing together with service users through shared experiences. And indeed, the team co-created many precious memories while training together. As the connection grew, so did the energy of their conversations.

In the more than ten weeks of training, Kwok Wai witnessed the service users' commitment and dedication. In the transformation from awkward paddling to seamless coordination, he noticed that members with social anxiety began to interact with others in the team and those who were more reserved also began to open up. Such progress and positive transformations inspire Kwok Wai to press on in his work to facilitate recovery and make all the challenges of organising the activities worthwhile. His hope is that the service users will cultivate the good habit of regular exercise through these activities, as that would be most beneficial to their recovery.

阿偉 (左)、家良 (中) 與本會董事局成員推動龍舟運動不遺餘力  
Kwok Wai (left) and Ka Leung (middle), alongside our Board member, are fully committed to promoting the sport of dragon boating



完成賽事，各隊友仍然士氣高昂！  
Even after finishing the competition, the whole team kept their morale sky-high!

### 彭家良 (義工) 從初遇到相知

家良作為犀利龍體育會義工隊成員，長期擔任扶康會的遠足義工和龍舟教練，深受服務使用者的愛戴。

在成為本會義工初期，從未接觸過精神復元人士的他難免有些忐忑。然而隨著共同訓練的機會及接觸增加，他在相處的過程中逐漸發現這些夥伴的優勢，包括用心學習和堅持不懈的精神。在一次次的並肩前行中，真誠的互動累積成深厚的信任，彼此之間有如朋友一般。這份珍貴的信任與友誼，正是家良持續投入義工服務的力量泉源，讓他始終如一地陪伴著精神復元人士的成長旅程。

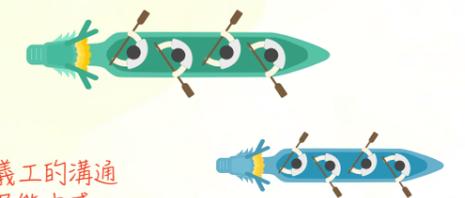


透過團隊活動增加與義工的溝通和互動，提升自信心及能力感，展現精神復元人士的正面形象  
Our team activities foster volunteer engagement, build confidence and empowerment, and demonstrate the positive capabilities of persons in mental recovery

### Mr. PANG Ka Leung (Volunteer) From Strangers to Soulmates

As a volunteer from Wonderful Dragon Sports Association, Ka Leung has long supported FHS hiking activities and served as our dragon boating coach, earning deep appreciation from the service users.

Having never worked with persons in mental recovery previously meant that Ka Leung had some initial reservations about volunteering with FHS. However, as he had more opportunities to interact with the service users and conduct joint training, he discovered their strengths, including their commitment and grit to learn. As he journeyed with them, the authentic interactions grew into deep trust and bonds. Such precious trust and friendship are what motivate Ka Leung as he continues to volunteer and journey with persons progressing in mental recovery.



**劉敏婷 (服務使用者)  
從龍舟中獲得啟發**

在職員的積極邀請下，敏婷抱著改善體能的初衷加入龍舟訓練行列。初次接觸這項傳統水上活動時，生疏的划槳動作與船身的晃動為她帶來短暫不安，但在義工耐心的指導與鼓勵下，敏婷很快便掌握了划槳的技巧。對於能參與龍舟比賽，她忍不住驚嘆是一個眼界大開的體驗。

這段旅程對敏婷而言意義非凡。她深刻體會到團隊合作的價值和重要性，也在比賽中學會了永不放棄的精神。這份堅持更延伸到她在持續進修的動力上，成為她面對挑戰時的重要支柱。

敏婷參加龍舟練習後自信滿滿  
After participating in dragon boat training, Man Teng is brimming with confidence



**Ms. LAU Man Teng (Service User)  
Finding Inspiration Through Dragon Boating**

With persistent urging from the staff, Man Teng joined the dragon boat training in hopes of improving her physical fitness. Unfamiliar with the paddling strokes and the sway of the boat initially, Man Teng felt uneasy about what she was getting into but this proved momentary. Very quickly, patient guidance and encouragement from the volunteers helped her grasp the paddling techniques. She went on to participate in races that proved to be an eye-opening experience for her.

This journey holds deep meaning for Man Teng. From it, she learnt the value and importance of teamwork. Her experience in the races taught her the spirit of resilience. These qualities motivate her to pursue further studies and are a pillar of strength as she navigates challenges.

**鄭嘉政 (服務使用者)  
從焦慮到連結**

阿政面對陌生環境和接觸陌生人時，常會感到焦慮不安。起初，社工特意陪伴阿政參加龍舟訓練，並介紹一些隨和的隊友與他認識，以營造一個安全的環境，幫助他提升安全感。

隨著團體訓練的推進，阿政慢慢打開了心扉，逐漸突破心理防線，與隊友的互動也多起來了，並在過程中分享彼此的喜與樂，感受到更多支持和鼓勵，還累積了不少成功經驗。這段龍舟經歷讓阿政衝破了焦慮，在安全距離內逐步建構他的社交舒適圈，感受到與他人連結的力量。

阿政放下焦慮，享受划龍舟的樂趣  
Ka Ching put aside his worries and found joy in dragon boat paddling



**Mr. CHENG Ka Ching (Service User)  
From Anxiety to Connection**

Ka Ching tended to experience anxiety in unfamiliar settings and when meeting new people. Initially, a social worker would accompany him to dragon boat training and introduce him to friendly teammates, helping to create a safe environment that made him feel more secure.

As the group training progressed, Ka Ching gradually opened up and interacted more with the rest of the team. He began to share the moments of joy, and connect with the support and encouragement he was receiving, gaining many positive experiences in the process. His dragon boating experience helped him break away from his anxieties as he built a comfortable social circle within a safe environment, allowing him to feel the power of connecting with people.

**朱偉明 (服務使用者)  
突破自我，迎接挑戰**

對於朱仔而言，參與龍舟運動是人生重要的突破。長期缺乏運動的他，經過工作人員多次鼓勵下，終於鼓起勇氣接受挑戰。儘管訓練初期難以掌握划槳技巧，但在義工耐心指導與工作人員持續打氣下，他逐漸掌握節奏感，並與隊友培養出默契。這種團隊協作的成就感，成為推動他堅持的重要動力。

透過系統化訓練後，朱仔除了手臂力量得到提升外，如今上樓梯亦不再氣喘，睡眠質素也有改善。更重要的是，他在反覆練習中磨練出堅持不懈的精神，這份意志力已自然融入日常生活當中。過去在工作中遇到技術問題時，他往往選擇逃避放棄；現在則會積極面對並尋求解決方案。龍舟訓練不只是划槳，更發展出面對生活逆流的勇氣。

**Mr. CHU Wai Ming (Service User)  
Making Breakthroughs and Embracing Challenges**

For Wai Ming, participating in dragon boating was a breakthrough in itself. He mustered the courage to start exercising by joining the sport after much persuasion from our staff. Even through it was challenging for him to learn the paddling techniques initially, he gradually acquired a sense of rhythm and team dynamics with patient coaching from the volunteers and encouragement from the staff. The sense of accomplishment he got from working in a team became a powerful motivator for him.

The structured training not only helped Wai Ming improve his arm strength but also enabled him to go up the stairs without panting. His sleep quality also improved. More importantly, he has developed a quality of perseverance that has naturally become a part of his life. While he used to run from technical difficulties at work, he would now tackle them head-on and attempt to seek solutions. Dragon boat training is not just paddling; it is about developing the courage to face headwinds in life.

朱仔享受龍舟訓練的過程  
Wai Ming having a great time during dragon boat practice



鼓起練槳奮爭先，  
汗雨飛揚意志堅，  
逆浪千鈞齊衝破，  
舟中情誼逐化龍。

Paddle with strength and strive to lead  
Rain and sweat forge our will  
Against all odds we advance  
Out of the bonds forged in the boat, a dragon emerges



# 藝術無界限 · 讓服務使用者探索藝術世界

## Art Knows No Bounds - Enabling Service Users to Explore the World of Art



為服務使用者進行評估，根據其專長協助發展藝術創作之路  
*Conducting assessments for service users and assisting them to develop their artistic paths based on their strengths*

本會致力推動藝術發展，讓服務使用者得以探索藝術的無限可能。透過專業藝術導師的介入，為服務使用者開啟了通往藝術世界的大門。在過程中，擁有藝術天分的服務使用者得以發揮潛能，他們的創作更於公開場合展出，讓社會各界感受到這些作品的獨特魅力。

Fu Hong Society (FHS) is dedicated to promoting artistic development and supporting service users to explore the infinite possibilities of art. In particular, the intervention of professional art instructors has opened doors for service users to the world of art. Those with artistic potential are discovered and their creations are exhibited publicly, allowing society to appreciate the unique charm of their works.



給服務使用者隨喜好選擇顏料，讓他們透過藝術表達內心充滿色彩的世界  
*Allowing service users to choose colours according to their preferences enables them to express their colourful inner world through art*

### 引導服務使用者探索藝術世界

自2018年起，張可怡投身於機構的藝術培訓工作中，透過推行藝術小組，發掘服務使用者的藝術潛能。她對服務使用者進行個人化的評估，並根據其專長提供個別化的指導，助他們在藝術創作的道路上找到自己的方向。

可怡深信「人人生而平等」，認為無論是否有殘疾，每個人都可擁有自己的興趣和夢想，也都應有機會參與自己喜歡的活動與創作。她認為，殘疾不應成為限制藝術潛能的障礙，每個人都應有權追逐自己的夢想。在她眼中，藝術沒有界限。它不僅幫助服務使用者展示自身的潛能，還為他們帶來肯定和認同感，同時透過展示他們的作品，打破社會對殘疾人士的刻板印象，讓更多人看到他們獨有的潛能。

在指導藝術創作的過程中，可怡靈活調整教學方式，根據服務使用者的身體狀況與能力，設計合適的創作方法。即使服務使用者手部功能不靈活，她也會利用各種工具，如海綿印、保鮮紙和錫紙等作為輔助，讓他們能更輕鬆地參與其中，開啟屬於自己的藝術世界。

### Guiding Service Users to Explore the World of Art

Karen Cheung has devoted herself to the area of art training at FHS since 2018. By forming art groups, she has helped to discover the artistic potential of service users. She conducts personalised assessments for service users and provides customised guidance based on their individual strengths, helping them find their niche in artistic creation.

Karen firmly believes that 'everyone is born equal' and that every individual, with or without disabilities, has the right to having their own interests and dreams. In her view, everyone should have the opportunity to participate in activities and creative work that they enjoy. She does not believe that disability should in any way be a barrier to artistic potential, as everyone has the right to pursue their dreams. In Karen's eyes, art has no boundaries. It not only helps our service users demonstrate their potential, but also gives them a sense of affirmation and identity. By showcasing their works, Karen hopes to debunk stereotypes society has of persons with disabilities and allow more people to see their unique potential.

When guiding service users to create art, Karen makes flexible adjustments to her teaching methodology and devises creative approaches as appropriate to the specific physical conditions and abilities of each service user. Even when service users have limited use of their hands, she would utilise various tools such as sponge stamps, cling film, and aluminium foil to facilitate their participation and help them discover their own artistic worlds.



透過不同的工具協助服務使用者創作  
*Assisting service users to create art using various tools*



## 照亮服務使用者的成長旅程

可怡在藝術導師的工作上曾遇到一位精神復元人士，起初這位精神復元人士防衛心較強，顯得嚴肅，亦對自己的繪畫能力毫無信心。可怡耐心地指導繪畫技巧，不斷鼓勵她，漸漸地，那位復元人士的繪畫技術有了顯著提升，也逐漸建立起自信。一年後，她甚至舉辦了自己的個人畫展。這位復元人士分享繪畫讓她的生活有了巨大的改變，為她原本灰暗的生活蘸上了繽紛的色彩。她的家人也十分欣賞她的能力，關係因此有所改善。

另一位是肢體傷殘的服務使用者，一般人看到他的殘疾，會先入為主地認為他不可能繪畫。但可怡利用不同的工具，協助他進行創作，並在過程中給予鼓勵。最終，他的一幅作品獲選參加公開展覽。展覽當日，服務使用者的家人都到場支持他。最感人的一幕是在活動結束後，他年幼的姪兒表示：「我要告訴其他人，我的叔叔很厲害！」這種對服務使用者的認同與賞識是珍貴及無價的。



藝術世界好廣闊，完成作品好滿足  
The world of art is vast and the satisfaction of completing a creation is immense

## Illuminating the Growth Journey of Service Users

In her work as an art coach, Karen encountered a person in mental recovery who initially appeared to be very wary and serious. She also seemed to lack confidence in her ability to draw. Karen patiently taught her drawing techniques and never stopped encouraging her. Gradually, this person's drawing skills improved significantly and she began to gain more confidence. A year later, she even held her own solo exhibition. According to her, art brought tremendous change to her life, as it added vibrant colours to her previously dull life. Her family also came to appreciate her abilities, which helped their relationships to improve.

Another service user faced scepticism from others who thought it was impossible for him to draw given his physical disabilities. However, Karen was able to introduce various tools that helped him create art. She also encouraged him throughout the process. Eventually, one of his works was selected for a public exhibition. On the day of the exhibition, the service user's family members came to support him. A most touching moment was when his young nephew declared after the exhibition, "I want to tell others that my uncle is amazing!" To our service users, such moments of recognition and appreciation are priceless.

能為服務使用者舉行作品展而感到開心，是對服務使用者努力的肯定，也會成為他們珍貴的回憶

I am excited to hold an exhibition for the service users, as it affirms their hard work and will become a much-cherished memory for them



可怡看到服務使用者的改變而感到無比滿足，亦推動她繼續為殘疾人士發展藝術潛能。對於未來，可怡希望能有更多的平台展示服務使用者的作品，讓更多人看到他們的藝術才能。她也期望能帶領服務使用者親自欣賞他們自己的藝術展覽，這不僅是對服務使用者努力的肯定，也會成為他們美好的回憶。

Karen feels immense satisfaction upon seeing the transformation in our service users, which motivates her to continue developing the artistic potential of persons with disabilities. Looking ahead, Karen hopes for more platforms to showcase the service users' work so that more people can see their artistic talent. She also envisions taking service users to exhibitions where their own creations are displayed, as that would affirm their efforts and leave them with much-cherished memories.



Karen 與服務使用者透過藝術而連結起來，為生活增添色彩  
Karen connects with service users through art, adding colour to their lives

## 後語

機構未來將致力於打造一個跨越界限的藝術平台，透過舉辦多元化的藝術活動、展覽及交流，推動藝術在社區中的普及與融合。同時，機構計劃培養具有代表性的藝術家，充分展現機構的藝術成就，並進一步加強社區聯繫與共融精神。

## Conclusion

FHS aims to create an art platform that transcends boundaries while promoting access to and integration of art in the community through diverse artistic activities, exhibitions and exchanges. In addition, FHS also plans to groom artists that can keep its flag flying with artistic achievements, as well as further strengthen community bonds and the spirit of inclusion.