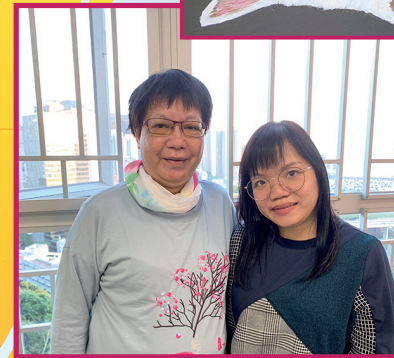




畫出彩虹

Painting a way out

走出情緒高山低谷



一幅畫，每個觀賞者看着都會有不同的感覺，但對創作者英儀而言，則是她平復情緒的良藥。英儀於2017年因為工作壓力而患上妄想症，繼而入住本會中途宿舍－悅行之家。入住中途宿舍後，一次機緣巧合下接觸繪畫，雖然初時不太感興趣，但及後漸漸感受到在繪畫的過程中能夠平復情緒，成為她情緒的出口。在銅鑼灣“Beyond Coffee and Bar”東主Johnson夫婦贊助場地及藝術導師Karen的鼓勵下，英儀更於去年九月份於咖啡店內舉辦了她的首個公開畫展，她直言事前真的「不敢想像」！是次畫展一共展出英儀9幅以風景和植物為主題的作品，英儀更慷慨捐出該批畫作作慈善競投，收益將按其意願撥給本會悅行之家及殘疾人士藝術發展之用，幫助更多同路人。

患上精神病 人生陷谷底

「我好記得，喺食團年飯前一日，我因為公司嘅無理解僱，所以我精神好似崩潰咁，最後被送入醫院。」英儀結結巴巴地說出入院的經過。經過治療後，英儀沒有回到原來的家，而是入住扶康會中途宿舍－悅行之家，「最初唔係派呢度（悅行之家）㗎，但第一間（中途宿舍）個空間太細我無去，最後嚟咗呢度。」英儀指入住悅行之家後，情緒有明顯改善，「住宿舍比住醫院自由好多，可以出街剪頭髮，去吓圖書館咁，壓抑感少咗好多。」

Each painting communicates a different feeling to each viewer. Yet to artist Ms. CHAN Ying Yee, it is an emotion ventilation outlet. In 2017, Ying Yee suffered from paranoia due to stress from work, she was then being referred and admitted to our halfway house – Yuet Hang Home. She came into contact with painting by chance while living in the halfway house. At the very beginning, she was not all that interested in it, but the painting process gradually became her emotional outlet. With the venue sponsorship of Mr. and Mrs. WONG Johnson, owners of the “Beyond Coffee and Bar” at Causeway Bay, and the encouragement of her art instructor Karen, her first ever public exhibition was held in the cafe last September. Ying Yee said that this is truly unbelievable! The exhibition presented nine landscapes and plant-themed paintings created by Ying Yee. She has even generously donated those paintings for charity auction. Upon her wish, the proceeds of the auction will be donated to our Yuet Hang Home and utilised in the artistic development of the persons with disabilities, so as to support those with similar experiences.

Suffering from mental illness Hitting rock-bottom

“I remember distinctly that I was fired without justifications on the day before the Lunar New Year reunion dinner. I felt as if I was going through a breakdown, and I was sent to the hospital,” stammered Ying Yee as she recounted her experience of being hospitalised. After her treatment, Ying Yee was admitted to the Society’s halfway house – Yuet Hang Home. “At first I wasn’t on the waiting list for the placement here (Yuet Hang Home), but the first one (halfway house) was too small, so I have chosen to stay in this one instead.” Ying Yee pointed out that after she moved in Yuet Hang Home, she recovered remarkably. “Compared to the hospital, there was a greater sense of freedom when living in halfway house. I could head outside to get a haircut and visit the library, I felt much less suppressed.”

接觸繪畫 情緒避風港

英儀於2018年初接觸繪畫，「因為無聊，諗住打發時間，所以咪畫下囉。初時其實（興趣）一般，之後我參加咗一個『夢想成真』計劃，贏咗幾千蚊去學畫畫，越畫越有興趣。」「『夢想成真』計劃是扶康會一個鼓勵服務使用者追夢的計劃，英儀在這個計劃支持下，開始接觸不同的畫風，例如水彩畫、水墨畫及粉彩畫等等。在繪畫的過程中，英儀亦為自己世界貼上色彩，「以前睇乜都負面，無顏色嘅，但而家可以話係色彩繽紛。」

遇上伯樂 首辦個人畫展

本會的藝術導師Karen是英儀第二個繪畫導師，英儀指在Karen的教導下自己繪畫的技術進步非常顯著，「初時覺得Karen好嚴厲，但慢慢見到自己嘅進步，開始相信佢教嘅嘢，建立咗信任嘅關係。」Karen則指也用了一些時間才和英儀開始「熟落」，「初時佢比較少講嘢，需要啲時間認識，到後期，感覺到真實嘅佢。」Karen指英儀很有天份，去年九月更迎來人生第一個公開畫展，英儀直言之前從未想過會有自己的畫展，「之前諗都唔敢諗，但又真係發生咗。覺得自己嘅能力都有人認同。」回想由患病到舉辦畫展，英儀指很慶幸自己有接觸到繪畫，「喺繪畫過程中，我覺得好平靜，學識咗放低執著，就好似唔好太執著最後畫成點，享受過程先最重要。」

Reaching an emotional safe haven through getting in touch with painting

Ying Yee has first become acquainted with painting in early 2018, “I was bored, and I wanted to kill time, so I thought I might as well paint. Actually, in the beginning, I felt pretty average about it (interest). Then I participated in the ‘Dreams Come True’ Project, and won a few thousand dollars to learn painting. That’s when I became more and more interested in painting.” The “Dreams Come True” Project was developed by the Society and to encourage service users to follow their dreams. With the support of this project, Ying Yee got in touch with different artistic styles, such as water colour, ink painting, and pastel. Through painting,

Ying Yee introduced colour into her world, “I used to be negative about everything, and everything was colourless, but now I can say that things are vibrant.”

Meeting her talent-spotter Her first solo exhibition

The Society’s art instructor Karen is Ying Yee’s second painting instructor. Ying Yee expressed that her painting techniques have achieved remarkable improvement under Karen’s guidance, “At first I felt that Karen was too serious, but slowly I saw my improvement, and I began to accept what she has taught, that was how we established a relationship of trust.” Karen also mentioned that it took her some time to become acquainted with Ying Yee, “she was quite quiet at first. It took a while to get to know her, but later on I have gotten to know her real self.” Karen affirmed that Ying Yee is very talented. Having held her very first public exhibition last September, Ying Yee admitted that she could never imagine having her very own exhibition, “I wouldn’t ever dare to dream of it in the past, but it had really happened. I felt as if my abilities have been affirmed.” Looking back on her journey from being ill to having her exhibition, Ying Yee is glad that she was exposed to painting, “I felt peaceful through the process of painting, I learnt to lay down my preoccupations, such as to not be obsessed about how a painting might turn out after it’s finished. It is the enjoyment of the process that is the most important.”

