



扶輪扶康親子共融日

Rotary Club and Fu Hong Society Family Inclusive Day

為紓緩照顧者緊繃的生活節奏，扶康會與九龍塘扶輪社於2月8日假沙田突破青年新村聯會舉辦「扶輪扶康親子共融日」。活動主要透過多元而療癒的活動，在義工陪伴下，讓服務使用者和照顧者享受難得的紓壓時光，重拾身心平衡。

是次共融活動邀請了60位來自扶康會天水圍地區支援中心的服務使用者及照顧者，連同30位九龍塘扶輪社扶少團香港布廠商會朱石麟中學義工一同參與。活動內容包括 Museek Studio 的音樂治療工作坊，以沉浸式體驗為特色，讓參與者環繞演奏者而坐，透過頌鉢和非洲鼓等樂器，感受音樂穿透身心的獨特效果，探索自己的內心世界。

而潔緣原始點健康促進協會就為參加者帶來「原始點健康講座及痛症體驗」，由專業導師即席示範簡易的穴位按摩技巧，並以互動式教學形式提供生活上實用的健康知識，紓緩身體的疲憊和痛症。

扶少團的同學亦有於當日擔任義工，與服務使用者和照顧者一同參加摺紙飛機比賽，渡過愉快療癒的一天，共同釋放生活中的壓力！

To alleviate the stress of caregivers, Fu Hong Society and Rotary Club of Kowloon Tong jointly organized the "Rotary Club and Fu Hong Society Family Inclusive Day" on 8 February at Sha Tin Breakthrough Youth Village. The event aimed to provide service users and caregivers with a rare opportunity to unwind and restore their physical and mental balance through diverse and therapeutic activities, accompanied by volunteers.

This inclusive event invited 60 service users and caregivers from Fu Hong Society's Tin Shui Wai District Support Centre, along with 30 volunteers from the Rotary Club of Kowloon Tong and Interact Club of HKWMA Chu Shek Lun Secondary School. Activities included a music therapy workshop by Museek Studio, featuring an immersive experience where participants sat surrounding the performers. Through instruments like singing bowls and African drums, they were able to feel the music's unique effects penetrating their bodies and minds, exploring their inner worlds.

Kit Yuan Yuanshidian Health Association conducted a session on "Yuanshidian Health Talk and Pain Experience," where professional instructors demonstrated simple acupressure techniques and offered practical health knowledge in an interactive way to relieve physical fatigue and discomfort.

Students of the Interact Club, volunteered on the day, participating in a paper airplane competition with service users and caregivers, enjoying a delightful and therapeutic day together to release the pressures of daily life!

