



## 樂建共融「Walk·In」綠色市集暨步行籌款

步行籌款是扶康會年度的重點共融活動，深受企業伙伴、義工、殘疾人士及家長歡迎，每年也吸引逾千名傷健人士參與。今年，本會首次將「步行籌款」和「綠色市集」合併舉行，並命名為「樂建共融『Walk·In』綠色市集暨步行籌款」簡稱「Walk·In」；Walk 是步行的意思，In 是 Inclusion 即是共融，我們希望透過活動，推動社會大眾與我們「同心齊舉步，邁進共融路」。



活動已於 2019 年 1 月 20 日 (星期日) 假尖東市政局百週年紀念公園順利舉行。當日邀得立法局黃國健議員, SBS, JP、梁志祥議員, SBS, MH, JP、梁繼昌議員、麥美娟議員, BBS, JP、郭家麒議員、張華峰議員, SBS, JP、黃碧雲議員、邵家臻議員、陳沛然議員、本會會長葉恩明醫生, JP、副會長蕭偉強先生, GBS, JP 及董事會主席施家殷先生, MH 作主禮嘉賓，為活動揭開序幕。

今年有超過三十個工商機構、學校及團體組隊參加步行籌款，與本會服務使用者一同由尖東市政局百週年紀念公園出發，經由尖東海濱長廊，步行至紅磡碼頭折返，全程約三公里，沿途大家一邊欣賞維多利亞港海景，一邊「邁進共融路」。

“Walk·In” 綠色市集設置多個與環保有關的攤位遊戲及表演項目，慈善二手賣物攤位更得到多個大型屋苑及知名企業包括 UNIQLO、JOYCE 支持，合共捐贈及回收 500 箱物品，超過三萬件全新及二手物品用作賣物用途。綠色市集吸引超過二千人參與，不少參加者都滿載而歸、樂而忘返。兩部分所得收益將分別用作優化職業康復服務及發展本會的社會企業 (康融服務有限公司)，以協助更多殘疾人士就業。







## “Walk·In” Inclusive Green Bazaar cum Charity Walkathon

Walkathon is our most significant event to promote social inclusion, and supported by our corporate partners, volunteers, persons with disabilities and their families. This annual key event attracted approximate 1000 participants with and without disabilities to join every year. For the first time, the Society has jointly organized “Walkathon” and “Green Bazaar”, named “Walk · In” Inclusive Green Bazaar cum Charity Walkathon. “Walk · In” implies WALK together on the path to Inclusion.

“Walk · In” Inclusive Green Bazaar cum Charity Walkathon had been successfully held on 20 January 2019 (Sunday) at The Urban Council Garden, Tsim Sha Tsui East. It was our honour to have invited nine Legislative Council members, including The Hon Wong Kwok-kin, SBS, JP, Hon LEUNG Che-cheung, SBS, MH, JP, Hon Kenneth LEUNG, Hon Alice MAK Mei-kuen, BBS, JP, Dr Hon KWOK Ka-ki, Hon Christoper CHEUNG Wah-fung, SBS, JP, Dr Hon Helena WONG Pik-wan, Hon SHIU Ka-chun, Dr Hon Pierre CHAN, Dr IP Yan-ming, JP, President of Fu Hong Society, Mr Stephen SUI, GBS, JP, Vice President of Fu Hong Society and Mr. Kyran SZE, MH, Council Chairman of Fu Hong Society to officiate the kick-off ceremony.

Walkathon had attracted over 30 corporations, schools and organizations to join. All participants started from The Urban Council Centenary Garden, Tsim Sha Tsui East, via Tsim Sha Tsui Promenade and turn at Hung Hom Promenade, total distance is approximately 3 kilometers. The participants have demonstrated the spirit of social inclusion while enjoying the view of the Victoria Harbor.

The Inclusive Green Bazaar included environment friendly related game booths and performances. Numbers of large housing estates and corporations including UNIQLO and JOYCE

had donated and recycled 500 cartons of items, which more than 30,000 brand-new and second-hand items, for the charity sale. The Green Bazaar attracted more than 2,000 people to join. All funds raised from the Walkathon and the Green Bazaar will be used on improving our Vocational Rehabilitation Services and on our social enterprises for enhancing employment opportunities for the persons with disabilities.



## 傳媒午宴 2019 - 提倡政府考慮增建小型成人智障家舍

扶康會於 2019 年 1 月 10 日 (星期四) 在本會轄下的社企餐廳「康姨小廚」舉行傳媒午宴。公佈「扶康關愛家庭的社會共融研究」結果，並參考了小型家舍於海外的發展趨勢及相關法例，建議政府應就設立小型智障成人家舍展開研究，考慮在本港增建小型智障成人家舍，以協助智障人士融入社區及提升生活質素。

為了讓孤兒或父母年老而無能力照顧的智障成人享有家庭生活，本會自 1997 年起以自負盈虧方式先後建立了四所「關愛家庭」，包括何文田「邂逅軒」、沙田「和諧軒」(已暫停服務) 及位於觀塘的「婉明軒」和「超瑩軒」。

綜合「扶康關愛家庭的社會共融研究」及外國推行小型家舍的成效，扶康會建議政府著力研究發展小型家舍服務及資助方法，積極考慮在本港增建小型智障成人宿舍。在設立這些宿舍時，應考慮選址、服務對象及營運規模三方面。首先，小型家舍應設於就近市區的位置，這有助智障家庭成員在得到適當的支援下，擁有平等使用社區設施的權利和參與日常活動的機會。這類家舍適宜服務輕度至中度的智障人士，目標是達致外國推行小型家舍的成效—培養他們獨立生活的技能及相互連繫的凝聚力。本會亦建議小型家舍應容納不多於 8 位成員，在不影響服務質素的前提下，以平衡財政的可行性及個別照顧的需要。

午宴吸引了十多間傳媒機構到場採訪，期望透過媒體報導，從而獲得社會人士的關注，及促請政府接納增建小型成人智障家舍的建議。



## Media Lunch 2019 - "The Society advocates the Hong Kong Government increases the number of Small Family Care Homes"

Our Media Lunch 2019 was held on 10 January (Thursday) at Madam Hong Restaurant, which is operated by our social enterprise. Representatives of our Society released the findings of "A Study of Volunteers' Social Inclusion in Family Care Homes". This study included overseas trends and relevant law as reference, and suggested the Hong Kong Government to consider developing more Family Care Homes for adults with intellectual disabilities so as to promote social inclusion and enhance their quality of life.

Fu Hong Society firmly believes that persons with intellectual disabilities should enjoy equal opportunity and free choice, just like other members of the community, and in particular the right to enjoy family life. We have gradually launched four self-financing Family Care Homes: Encounter Family (Homantin), Concordia Family (Shatin-currently suspended), Splendor Family and Radiance Family (Kwun Tong) since 1997.

Based on this study and the effectiveness of Family Care Homes in foreign countries, we urge the Hong Kong Government to develop Family Care Homes and provide relevant financial assistance. We also suggest an increase in the number of small dormitories for adults with intellectual disabilities while three aspects, i.e. site selection, the beneficiaries and the operational scale, should be considered when setting up these dormitories. Family Care Homes should be located near urban areas to help the families members to more easily access community facilities and participate in daily activities with appropriate support. Family Care Homes are suitable for persons with mild to moderate intellectual disabilities, and the goal is to develop their independent life skills and their mutual cohesion within their family group in the Home. It is also recommended that Family Care Homes accommodate no more than eight persons in order to balance the financial viability and personal care responsibilities of those in the Home without compromising service quality.

Quite a number of media organisations came to our media lunch 2019 and published relevant articles about it. The Society wishes to gain the community's attention on this issue and urge the Hong Kong Government to consider increasing the number of small dormitories for adults with intellectual disabilities.



## 「才藝」閃亮你我他

本會澤安成人訓練中心、長沙灣成人訓練中心及上李屋成人訓練中心，聯同深水埗區五間社會服務機構及中學，包括九龍工業學校、工業福音團契鄰舍關懷中心、耆色園主辦可澤耆英鄰舍中心、香港善導會深康匯和耆鼓相噏，喜獲深水埗區議會撥款八萬八千多元，與深水埗區議會一長者及康復服務工作小組合辦了《「才藝」閃亮你我他》計劃，全系列活動包括「才藝訓練班」、「送暖顯關懷」、「共融閃亮 Show」、「愛心微電影」和「分享會」等五個部份。



在過去半年，計劃聯繫了中學生、長者、婦女和社區義工，夥拍智障服務使用者學習新才藝和參與義務工作。在十二節中國轉碟技藝、中國鼓樂和非洲鼓樂的課堂上，他們一同學習、合作和互相幫助，衝破障礙，實踐傷健共融的精神，他們更將學習的成果以街頭表演方式於元洲邨圓形廣場展現出來，與街坊齊齊互動，打成一片，歡樂的共融氣氛感染在場的每位參與人士。

## Shining Talents in Shamshuipo

The “Shining Talents in Shamshuipo” was jointly organized by our Chak On, Cheung Sha Wan and Sheung Li Uk Adult Training Centres together with five social service organizations and secondary schools in Sham Shui Po District, including: Kowloon Technical School, Labour Caring Centre of Industrial Evangelistic Fellowship Ltd., Ho Chak Neighbourhood Centre for Senior Citizens (sponsored by Sik Sik Yuen), Society of Rehabilitation and Crime Prevention Hong Kong (Sham Shui Po Revival Hub) and the ‘Joy of Drum’ from Jade Club. The Sham Shui Po District Council allocated over \$88,000 for Elderly and Rehabilitation Services working group to launch the programme. The range of activities covered five areas: ‘Talent Training Classes’, ‘Visit with Warm and Care’, ‘Shining Talents Show’, ‘Mini-film with Love’ and ‘Sharing Session’.



In the six months of the programme, connections between secondary school students, senior citizens, women and community volunteers were nurtured as they accompanied our service users with intellectual disabilities to discover new talents and participate in voluntary work. In the twelve talent training classes, they learnt Chinese rotating disc skills, Chinese drumming and African drumming. As they learnt new skills, they cooperated and helped each other break through barriers and practiced the spirit of acceptance and inclusion. They showed off the results of their learning in street performances at the Circus of Un Chau Estate, interacting with the neighborhood there. Everybody was touched by the atmosphere of inclusive happiness.



## 扶康會 Facebook 及 Instagram 專頁面世了！

歡迎大家讚好及分享本會 Facebook (FB) 專頁及 / 或跟蹤本會 Instagram (IG) 專頁。請用以下方法搜尋扶康會 FB/IG 專頁，隨時隨地知悉本會最新動向、觀看活動現場直播和有關相片。

請大家分享給親朋好友，在網絡世界及社交媒體上繼續宣揚「愛與關懷」的訊息，推廣傷健共融的精神。

## Fu Hong Society's Facebook & Instagram page is here!

Please Like and Share the Society's Facebook (FB) page and/or Follow the Society's Instagram (IG) page. You may search for our FB and/or IG page by the three methods below. Keep track of our most up-to-date activities, watch events by LIVE video and view our photographs.

Please share this news with your family and friends. Let's join hands to spread the message of “Love and Care” and promote the spirit of social inclusion through internet and social media.

方法 1) 掃描以下行動條碼

Option 1) Scan QR Code



方法 2) 用 IG 相機掃描以下名牌 (只適用於 IG)

Option 2) Scan code with IG camera (for IG only)



方法 3) 在 FB 搜尋 扶康會 或 IG 搜尋 fuhong\_society

Option 3) search Fu Hong Society on FB or search fuhong\_society on IG

## 「Affordable Art Like」 — 小克二次油畫展

本地著名藝術插畫家，有「聾貓爸爸」之稱的小克一直支持扶康會，曾多次為本會設計活動海報及義賣籌款，即使在他這次舉辦的首個油畫展中亦不忘義賣油畫為扶康會籌款。畫展於 2018 年 12 月 19 日至 2019 年 1 月 6 日假「海港城 • 美術館」舉行，展出小克一系列以「何謂藝術」為創作主題的「二次創作」油畫作品，小克更特意於展覽中挑選了一幅油畫作慈善義賣用途，所得款項已全數捐贈予扶康會。

### “Affordable Art Like” Re-creation Oil Paintings Exhibition by Siu Hak

Siu Hak, a well-known local art illustrator, has always supported the Society. He designs posters for our events and has donated items for our charity sale. We are grateful for his support during this first exhibition of his oil paintings as well. The “Affordable Art Like” Re-creation Oil Paintings Exhibition was held from 19 December 2018 to 6 January 2019 at the Gallery by the Harbour. Siu Hak's famous “Father of Panda-a-Panda” series of oil paintings and “Re-creations” with the theme of “What is Art?” were exhibited. He especially chose one painting for our charity sale and the funds raised were donated to the Society.



## 水墨畫家阿虫告別後首次虫畫展覽 — 「阿虫的算術人生路」

香港著名禪意水墨畫家阿虫的作品一貫筆墨簡單淋漓，畫中有話，蘊含生活哲理，閱後令人豁然開朗；是次「阿虫的算術人生路」展出 50 多幅阿虫畫作，當中包括 8 幅經典原作，透過作品演繹新一代的生活智慧文化。

展覽以「阿虫的算術人生路」為主題，於 2019 年 2 月 1 日至 3 月 3 日舉辦禪意水墨畫家阿虫離世後的首個展覽，與大家一同細味阿虫與他的算術人生觀。

阿虫為大家留下的除了水墨畫作，還有畫中流露對生命滿滿的愛和熱誠。主辦機構南豐紗廠希望傳承這份美意，是次展覽邀得專為長期病患者及老人度身設計日常服裝的製衣團隊「睿程」合作，展覽期間發售阿虫畫作明信片的所得收益，將全數捐贈予「睿程」製作圍裙之用，而製成品會送給阿虫一直支持的扶康會，為有需要的人士送上祝福。展覽後畫作亦會捐贈本會日後作慈善義賣。

### “Ah Chung and His Arithmetic Exhibition”

Welcome to Ah Chung's world: different from the materialism of our world.

Well known, graphic designer turned ink painter, Ah Chung measures success not by possessions but by happiness. The exhibition “Ah Chung and His Arithmetic” organized by The Mills and Artware Limited, showed over fifty of his masterpieces during 1 February to 3 March 2019. Ah Chung gave us his art but he also gave us his love and passion for life.

To pass on his kindness, The Mills sold postcards during the exhibition period and all proceeds were donated to RHYS (a professional apparel team which tailor-make clothing & accessories for seniors). They sewed aprons for Fu Hong Society service users, as a way to send blessings to persons with disabilities. After the exhibition, the artworks have been donated to the Society for charity sale.





### 康姨餅房擴建 — 促進高增值訓練

促進殘疾人士的向上流動能力向來是職業康復服務的主要目標。唯近年社會各界紛紛批評庇護工場的設備落後，未能安排有效促進服務使用者與市場接軌的高增值訓練。然而，康姨餅房不但為服務使用者提供運用先進器材的機會，更訓練他們獨立烘焙餅乾的能力，協助他們與市場接軌。

我們發現在康姨餅房接受訓練的服務使用者在自信心、獨立能力、向上流動能力等各方面都有顯著的提升，他們部分更成為了餅師並獲得較高的訓練津貼。在發展到瓶頸時刻，我們有幸獲得 UPS 的基金支持擴建康姨餅房。餅房於 2018 年 7 月完成擴建後，接受此高增值訓練的服務使用者比以往增加近兩倍。擴建後的餅房不但讓服務使用者享有更寬趟的空間工作，更容許餅房放置更多先進的烘焙機，大大提升生產效率。

根據最新統計，餅房現時所接的訂單比擴建前增加近兩倍，大大提升了餅房的收入和服務使用者的訓練津貼。此外，在更寬趟的空間下，餅房成功舉辦了數場共融曲奇班，不但促進服務使用者與社區人士的關係建立，更讓服務使用者充分發揮他們的潛能，進一步提升他們的自信心。很多社區人士參與活動後紛紛讚揚服務使用者的工作態度、禮貌和能力，打破了他們對殘疾人士的刻板形象。種種成果都離不開餅房的擴建，因此我們衷心感謝 UPS 基金的支持，讓服務使用者的職業康復道路更加平坦。



### Extension of Madam Hong's Bakery — Facilitating High-value Added Vocational Training

Facilitating the upward mobility of persons with disabilities has long been the key objective in vocational rehabilitation service. Nevertheless, sheltered workshops have been criticized by different sectors for being behind in terms of technology, and has failed to deliver high-value added vocational training for the service users to re-integrate into the competitive labor market in recent decade.

Whereas, Madam Hong's Bakery offers service users the opportunity to utilize advanced technology equipment, hence strengthening their independence capacity in cookie manufacturing and facilitate their re-integration into the market.

It is observed that the service users who have received the training in Madam Hong's Bakery demonstrated significant improvement in terms of self-esteem, independence capacity, capability in upward mobility, etc., with some becoming baker/roaster who earn a higher training allowance. In light of these beneficial effects towards service users' vocational rehabilitation, we, therefore, coordinated with UPS and requested for additional funding to extend the bakery. With the financial support from UPS Foundation, Madam Hong's Bakery completed its expansion in July 2018, and have recruited a double of service users to receive this high-value added vocational training thereafter. In addition to the provision of a spacious working area for the service users, the expansion enables the bakery to purchase and place more advanced bakers/roasters, which enhance the working efficiency among the service users.



participants the opportunity to break their stereotype, most of them appreciated our service users regarding their working attitude, courtesy, and capacity. We, therefore, would like to express our sincere gratitude to UPS for their generosity, which has facilitated the vocational rehabilitation of our service users.





## 第四屆行出健康遠足比賽

本會「第四屆行出健康遠足比賽」已於2019年3月30日，在香港仔漁光道石排灣村一號遊樂場及香港仔郊野公園順利舉行。本會自2010年起，成功舉辦第一屆行出健康遠足比賽，成效理想，其後分別於2013年及2016年再度舉辦，活動目的為促進傷健共融，讓復康機構的服務使用者與社區人士於體驗遠足運動的樂趣之餘，有彼此認識和結伴同行的機會。

在活動典禮上，本會十分榮幸邀得社會福利署中西南及離島區福利專員葉小明女士、南區民政事務處民政事務專員馬周佩芬太平紳士、醫院管理局港島西聯網臨床服務統籌（精神健康）瑪麗醫院精神科部門主管陳國齡顧問醫生、香港攀山專家鍾建民先生、MH、扶康會董士局主席施家殷先生、MH、扶康會社區精神健康服務顧問小組主席徐慕菁醫生蒞臨擔任主禮嘉賓。

比賽吸引了450名健兒參與及120名社區義工協助活動進行。當日在宜人的天氣和環境下，一眾參與人士心情舒暢，最大的祝福是所有參賽健兒都在結伴者一起同行下，平安完成自己所選擇的遠足路段，帶出「行出健康」的意義。

當日除了三個組別，包括挑戰組（9公里）、健行組（5公里）和優悠組（2公里）的賽事外，在終點還設有三個主題攤位，包括精神健康服務介紹、遠足樂趣及拉筋鬆一鬆，藉此增加參與人士對運動及精神健康的認識。

「行出健康遠足比賽」得以順利推行，實有賴一眾義工團體及康復機構同工的積極推動，和社區人士的鼎力支持，期望這些成功的經驗，能為服務使用者和家屬，以及社區人士注入正能量，同時也為我們的工作注入更大的動力。



## The 4th "Hiking for Health" Competition



The 4th "Hiking for Health" Competition was held on 30 March 2019 at No. 1 Playground Shek Pai Wan Estate, Aberdeen and at Aberdeen Country Park. Since its inauguration in 2010, this activity was held twice in 2013 and 2016 respectively. The purpose of the competition is to enable service users of rehabilitation organizations and the wider community to enjoy hiking together while promoting the idea of companionship and social inclusion.

The Society was honored by the presence of Ms. IP Siu Ming, District Social Welfare Officer (Central Western, Southern and Islands); Mrs. Dorothy MA, JP, District Officer (Southern); Dr. CHAN Kwok Ling, Chief of Service, Department of Psychiatry, Queen Mary Hospital, Hong Kong West Cluster, Hospital Authority; Mr. Chung Kin Man, MH, Hong Kong Mountaineering Expert; Mr. Kyran SZE, MH, Chairman of Fu Hong Society and Dr. CHUI Mo Ching, Chairman of Advisory Panel on Community Mental Health Services of Fu Hong Society to officiate at the kick-off ceremony.

The event attracted 450 athlete participants and 120 community volunteers as assistants. That day's pleasant weather and environs allowed participants to relax and ease their minds. The biggest blessing was that all athlete participants successfully completed their choice of hiking trails safely with their companions, thereby realizing the meaning of hiking for health.

In addition to the three categories: the Challenge Group (9 km), the Hiking Group (5 km) and the Experiential Group (2 km), three themed booths about mental health services, hiking fun and stretching exercises were set at the finishing line to provide information and knowledge on exercise and mental health.

The smooth implementation of this event was due to the concerted drive of all volunteer organizations, rehabilitation organizations and the support of community members. We hope that this success will inject positive energy into our service users / their family and members of the community, and motivate them to take more part in healthy sport activities and increase their interest in our work.



## 服務特色 服務亮點

SERVICE HIGHLIGHT  
SERVICE ACHIEVEMENT



## 殘疾人士的藝術 — 將「不可能」變為「可能」

服務使用者因不同的原因出現身心障礙，需要別人的支持和協助。然而，我們深信人生而平等，殘疾人士（包括智障人士和精神康復人士）都擁有無限的創造力和生命力，可以獨立自主創作，在藝術活動過程中享受樂趣。

因著這個信念，我們一直堅信只要服務使用者對藝術有興趣，不論殘障程度，也可以體驗和享受藝術活動，發揮潛能，把看似「不可能」的，變為「可能」。為此，扶康會聘請了藝術工作員，推行兩年先導計劃，與港島南區的服務單位協作，提升服務使用者參與展藝活動的能力。

### 視覺藝術

為發揮服務使用者的藝術才能，在視覺藝術工作員的支援下，導師們為服務使用者進行各類視覺藝術訓練。透過使用不同的輔助工具和創作方法，協助他們尋找個人的風格，即使身體有殘缺，亦可以在導師簡單的協助下，獨立自主地創作，享受藝術活動的樂趣。

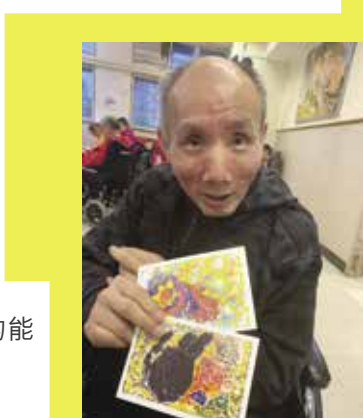
為了讓更多人欣賞到服務使用者的藝術創作，我們在各服務單位和康復中心大堂展示了他們的藝術作品。早前更在康復中心禮堂舉辦了一連數天的「南區共融藝術展暨藝術活動工作坊」，讓社區人士、職員、服務使用者及家人，一同欣賞服務使用者的藝術創作。展出作品包括玻璃製作、創意繪畫、陶泥、木刻創作及手繪布袋等，服務使用者參與藝術活動的能力在展覽中得到肯定。

怡諾成人訓練中心更將服務使用者的藝術創作印製成明信片進行展銷，讓更多人認識他們的藝術才華，促進共融。此外，又把明信片用作心意卡送給服務單位的家長，當看見子女的明信片時，家長都感到難以置信，驚歎他們出色的藝術天分。

### 音樂

音樂工作員為各服務單位提供多元化音樂活動，包括敲擊樂班、聲樂班、唱歌班等，更為有音樂潛能的服務使用者提供個別樂器訓練，如彈奏鋼琴和敲打彩虹鐘，增加他們對音樂的知識和興趣。部份服務使用者更多次參與公開表演，他們表現輕鬆自如，獲得台下不少掌聲和鼓勵，肯定了他們的音樂才能；他們透過演出的經驗，漸漸建立了自信，有的更相信自己已成為一位演奏家，將大家本以為「不可能」的，變成「可能」。

其中服務使用者黎傑在音樂導師的指導下，對演奏電子琴產生了濃厚的興趣，幾位服務使用者在聽到黎傑的演奏後，亦主動表示希望參與樂器表演。而容易操作的彩虹鐘便成為他們最投入練習的樂器，並多次在社區活動中伴著黎傑美妙的電子琴作出精彩的合奏，讓社區人士進一步認識他們的才華和熱情。





### 其他藝術體驗

除了視覺藝術和音樂外，服務單位亦聘請外間的藝術導師進行其他藝術培訓，其中包括邀請了「黑暗劇場」的導師，為服務使用者和義工進行戲劇和肢體形態的培訓，智障服務使用者不需背誦對白，只需透過肢體表達或面部表情，便可以體驗戲劇的樂趣。

藝術是無界限的。殘疾人士的「能」與「不能」，視乎我們用什麼角度去看。只要透過合適的方法引導他們發揮優勢和潛能，便可將「不可能」變為「可能」，有我們一起推動和支持，殘疾人士絕對可以成為藝術家。

## The Art of People with Disabilities: Turning the “Impossible” into “Possible”

Our service users facing various physical and mental challenges need the support and assistance of others. Fu Hong Society firmly believes that everyone is equal, and that people with disabilities (including intellectual disabilities and psychiatric disabilities), like everyone else, also possess unlimited creativity and vitality. They can create independently and enjoy themselves through the process of artistic activities.

Society have always insisted that our service users who are interested in art, regardless of their degree of disability, may also experience and enjoy art and realise their potential; turning the “impossible” into the “possible”. With this in mind, We employed art instructors to implement a two-year pilot scheme to collaborate with our service units in Southern District, Hong Kong Island. The aim was to enhance the artistic abilities of our service users.

### Visual Arts

With the support of our workers, visual arts instructors conducted various training sessions to release the artistic talents of our service users. Through the use of different auxiliary tools and creative methods, our service users were guided to find their own creative styles. Physically disabled service users, with some help from instructors, created art independently, and immersed themselves in the joy of artistic activities.

In order to allow more people to appreciate the artistic creations of our service users, we displayed their works in our service units and the lobby of our rehabilitation centre. “The Southern District Inclusive Art Exhibition cum Art Activity Workshop” was held in the auditorium of our rehabilitation centre in Aberdeen. This allowed the community, our staff, our service users and their families to admire these artistic creations. The works included glass making, creative painting, clay art, woodcuts and hand-painted bags. The artistic abilities of our service users were affirmed by the creations on display.

Our Yi Lok Adult Training Centre printed postcards of these artistic works. The purpose was to sell the postcards, and also have them for exhibition; thus allowing more people to acknowledge the artistic talents of our service users and to promote social inclusion. In addition, these postcards were turned into greeting cards and given to the incredulous parents who marveled at the artistic talents of their children.

### Music

Music instructors provided diversified musical activities for various service units. These included percussion, vocal and singing classes with individual training for those who showed talent, such as playing the piano and the colour chime. The aim was to increase their knowledge and interest in music. Some of our service users participated in public performances on several occasions.

They performed with ease, receiving a lot of applause and encouragement from the audience who celebrated these newfound musical talents. Self-confidence was gradually built up and some of our service users felt that in performing, the “impossible” turned into the “possible”.

One of our service users, Mr. Li Jie, showed aptitude in electronic keyboard. Under the guidance of his music tutor, he was able to give musical performances and afterwards several other service users also wished to participate in musical performances too. The user friendly, colour chime became the most engaging instrument for this purpose and has been used many times in our community activities, often accompanying the wonderful electronic music of Li Jie; thus facilitating more awareness of the enthusiastic talents of our service users.

### Other Art Experiences

In addition, our service units also hired contracted instructors in other arts, such as drama. “Theater in the Dark” was invited to provide training in acting and mime to our service users and volunteers. Our service users did not need to memorise any dialogue. Expression was purely through their body movements or facial expressions. Thus, they too could experience the fun of drama.

Art is boundless. The “can” or “can’t” of people with disabilities depends on our perspective. As long as we use the right methods to develop their strengths and potentials, we can turn the “impossible” into “possible”. With our encouragement and support, people with disabilities can definitely enjoy art and become artists.



## 服務特色 服務亮點

SERVICE HIGHLIGHT  
SERVICE ACHIEVEMENT



### 《淪落人》慈善電影優先場 2019

《淪落人》慈善電影優先場已於 2019 年 3 月 31 日 (星期日) 假九龍塘又一城 MCL Festival Grand Cinema 完滿舉行。活動合共籌得超過 14 萬元善款，所籌得的款項將全數用於發展及營運非資助項目，繼續為殘疾人士提供適切的服務及不同的學習機會，讓他們發揮潛能，融入社會。

活動首先由本會董事局主席施家殷先生, MH 致歡迎詞，並致送紀念品予主要贊助團體。電影播放後，戲中男主角黃秋生先生及演員黃定謙先生更親身到場與觀眾分享拍攝點滴，為出席的善長仁翁、殘疾人士及他們的家屬帶來驚喜。本會亦衷心感謝贊助服務使用者及家屬觀賞電影的善長。希望藉著電影《淪落人》，讓公眾了解殘疾人士及其家人和照顧者在生活上面對的各種挑戰，促進互相了解和包容，傳遞傷健共融的訊息。



### “Still Human” Charity Preview Screening 2019

A preview screening of the film “Still Human” was successfully held on 31 March 2019 (Sunday) at MCL Festival Grand in Kowloon Tong. Thanks to the generosity of all our donors, the Society raised over \$140,000 from this event. All funds raised will support the continuous development and operation of our non-subservent services, to provide different opportunities for persons with disabilities.



Mr. Kyran SZE, MH, Council Chairman of Fu Hong Society expressed his appreciation to all our generous donors and presented souvenirs to the major sponsors. After the screening, we were greatly honored and thank the main characters of the film, Mr. Anthony PERRY Chau-sang and Mr. Himmy WONG for sharing their interesting moments in the making of the movie. The society would also like to thank all those who sponsored tickets for our service users and their families to enjoy the movie.

The Society hopes that after watching “Still Human”, members of the public will understand the challenges of persons with disabilities, their families and caregivers and be more willing to build an inclusive community together.





### 友誼跨越界限 「最佳老友」結伴闖美

在很多人眼中，智障人士往往難於表達自己，所以難以與健全人士建立友誼。「香港最佳老友」運動藉著舉辦不同活動，為傷健人士建立「一對一」的友誼，希望智障人士可以找到他們的「固定朋友」，香港教育大學生歐芷芊就透過「最佳老友」活動認識了她的「固定朋友」—才俊學校老友大使劉思思，兩人一見如故，不但合力設計校內的聖誕攤位，更一同到美國參加「最佳老友」的活動，為彼此增添難忘回憶。

#### 初次接觸 投契成「最佳老友」

歐芷芊憶述在一次機緣下參加了「香港最佳老友」運動，「那時大學剛巧有宣傳，推廣與智障人士做朋友，想想之前沒有接觸過智障人士，所以就透過這個機會，看看有什麼義工活動可以參與。」雖然「香港最佳老友」運動主張一對一的友誼配對，但芷芊與思思事前並沒有經過刻意配對，「因為我們比較年輕，所以能否成為朋友，真的要看性格『夾唔夾』，所以我們在探訪時都是自由選擇朋友的。經過了幾次探訪後，交談多了，接觸多了，不經不覺就成為了朋友。」

#### 「最佳拍檔」迎接不同挑戰

思思雖然是一位輕度智障人士，但芷芊說她的性格比自己還要冷靜，「思思性格並不像一個小朋友，她很會照顧身邊的人，我很喜歡和她相處，因為她很喜歡笑。」的確，在訪問中，思思每每談不上三句話，臉上便出現笑容。當被問到和芷芊相處的感覺時，思思有點難為情地說，「開心囉！」兩人去年拍檔為「老友鬼鬼」第三屆共融故事演繹比賽決賽擔任司儀，芷芊笑言思思的表現比她更淡定，「我很怕比賽中的『過場』時間太長，不知道要講些什麼，但思思卻總不會詞窮，有她在，我就會覺得很安心。」



### 香港「最佳老友」闖花旗國

除了擔任活動司儀外，她們去年更不約而同被選成為「香港最佳老友」的代表，遠赴美國出席 2018「國際最佳老友」領袖會議。當芷芊知道和思思一同出席這個會議時，她感到非常高興，「很捧！感覺就是和一個很熟的朋友去旅行一樣。」除了跟世界各地的代表交流外，思思更要在會議分享她參與「最佳老友」的感想，「事前有點緊張，但練習後就對自己有信心了，分享完畢後更收到來自其他地方代表所寫的鼓勵卡，令我感到非常鼓舞。」芷芊和思思倆都認為參與「香港最佳老友」計劃，不但令她們成長不少，同時亦結識了一位要好的朋友。



## 服務特色 人物故事

SERVICE HIGHLIGHT  
PEOPLE STORY



### Friendship beyond the Boundaries - “Best Buddies” Enjoy US Trip Together

Many people think that it is difficult to be friends with persons with intellectual disabilities because they have difficulty in expressing themselves to ordinary people. The “Best Buddies Hong Kong” Movement hopes that persons with intellectual disabilities can make “regular friendships” with ordinary people through organized “one-on-one” friendship activities. Through such activities, Au Chi Qian from the Education University of Hong Kong met Lau Si Si, the Best Buddies ambassador of Choi Jun School. They soon became acquainted with each other and not only designed the Christmas booth on Chi Qian’s campus together, but they also went to the United States to participate in “Best Buddies” activities there, giving each other unforgettable memories.

#### Became “Best Buddies” on First Meeting

Au Chi Qian recalled that it was by chance, she participated in the “Best Buddies Hong Kong” Movement. “The university just happened to have a campaign to promote making friends with persons with intellectual disabilities, and I had never been in contact with such persons before, so I took the opportunity to volunteer for the activities.” Although the “Hong Kong Best Buddies” Movement advocates one-on-one friendships, there was no deliberate matchmaking between Chi Qian and Si Si. “Because we are young, whether we become friends or not, really depends on our characters and whether we have a common language. We were free to choose who to approach during the visits and we imperceptibly drew closer over several visits.”

#### “Best Buddies” Meet Different Challenges

Although Si Si is a person with mild intellectual disabilities, she is calmer in temperament than Chi Qian. “Her character is not like a child. She will take care of the people around her. I like to be with her because she is always laughing.” Indeed, during the interview, a smile was never far from Si Si’s face. When we asked how she felt about getting along with her new friend, Si Si said, a little embarrassed, “I am happy!” The two served as joint Masters of Ceremonies for the “3rd Story Telling Competition” last year. Chi Qian said that Si Si’s performance was better because of her equanimity. “I’m afraid that the interlude was too long and I didn’t know what to say, but Si Si kept on going eloquently. I feel at ease when she is there.”

#### Hong Kong “Best Buddies” Advanced to US

In addition to serving as joint Masters of Ceremonies at that event, they were also selected as representatives of “Best Buddies Hong Kong” to attend the “Best Buddies International” Leadership Conference 2018 held in the United States. Chi Qian felt very happy when she knew she would attend the conference with Si Si. “I feel great, just like traveling with a familiar friend.” Besides exchanging experiences with representatives from all over the world, Si Si had to share her impressions of joining “Best Buddies Hong Kong” at the conference. “I was a little nervous at first but I gained confidence after some practice. I even received cards with encouraging words from representatives of other places after the speech, which made me happy.” Both Chi Qian and Si Si agreed that “Best Buddies Hong Kong” Movement not only made them grow up and become more mature, but also gave them each a good friend.



## 嘉許及獲獎 RECOGNITIONS AND AWARDS

### 榮獲 ARC 國際年報比賽獎項

本會 2016/17 年度年報獲得第三十二屆 ARC 國際年報比賽（非牟利機構—殘疾人士倡導 / 支援組別）的「文字編撰」銀獎及「整體報告」銅獎。本會將繼續優化年報內容，讓公眾更清晰了解本會的服務、機構管治和發展前景。

### International ARC Awards

The Society's 2016/17 Annual Report won the Silver Award (Written Text) and the Bronze Award (Overall Presentation) at the 32nd International Annual Report Competition (ARC) Awards under the category "Non-profit Organisation: Disabilities Advocate / Assistance". The Society will continue to refine and improve the content of our annual reports, to provide the most up-to-date information to stakeholders and the general public, in order to provide a better understanding of the Society's services, corporate governance and development prospects.



### 護理精神大獎 2018

《護理精神大獎 2018 頒獎典禮》於 2019 年 3 月 27 日假尖沙咀 The One 東海薈拉斐特舉行，此計劃由《Classified Post》、cpjobs.com 及《招職》主辦，香港護士協會、香港社會服務聯會、香港理工大學、香港公開大學、明愛專上學院及東華三院支持的第二屆護理精神大獎，旨在表彰業界的卓越服務和出色貢獻，並向用心服務人群的護理從業員致敬。

天耀之家護理團隊榮獲《護士/護理員（團隊）精神獎》，表揚團隊衷誠合作，互有交流、並運用專業知識及透過團隊培訓，改善工作環境，提升團隊士氣、精神及服務水平，為服務使用者提供無微不至的護理服務。此外，怡諾成人訓練中心護理員李莉女士，及保健員談乃華女士獲頒護理員精神優異獎，以嘉許她們細心照顧服務使用者，展現出專業的態度及對工作的熱忱。

### Healthcare Spirit Awards 2018

The "Healthcare Spirit Awards 2018 Award Ceremony" held on 27 March 2019 at The One East Ocean, Lafayette, Tsim Sha Tsui is the second Healthcare Spirit Awards organised by SCMP "Classified Post", cpjobs.com and "Jiu Jik", and supported by Association of Hong Kong Nursing Staff, Hong Kong Council of Social Service, Hong Kong Polytechnic University, Open University of Hong Kong, Caritas Institute of Higher Education and Tung Wah Group of Hospitals. These awards recognize excellence and dedication in the healthcare industry and salute the extraordinary efforts of health personnel to serve well the Hong Kong public.

Our Tin Yiu Home won the "Spirit in Nursing/ Care Work (Team Award)" in recognition of their communication and cooperation among team members who use their professional knowledge and training to improve the working environment. They raise team morale, and their level of service to provide meticulous care for our service users.



Care worker, Ms. LEE Li and health worker, Ms. TAM Na Wah of our Yi Lok Adult Training Centre won the Certificate of Recognition "Spirit in Care Work" for their attentive care of our service users and their professionalism and passion for their work.

## 外間聯繫 義工活動

EXTERNAL CONNECTION  
VOLUNTEER ACTIVITIES

### 社區教育講座

葵興職業發展中心應聖公會聖三一堂中學邀請，於 2018 年 12 月 4 日到校為師生介紹扶康會和本會為殘疾人士而設的職業康復服務，同時講解與殘疾人士的相處以及宣傳傷健共融的精神。葵興職業發展中心兩位社工，連同職業康復服務使用者與在座師生輕鬆分享，師生們積極參與，熱烈互動。

#### Community Education Talk

On 4 December 2018, two social workers from Kwai Hing Vocational Development Centre and a service user of our vocational rehabilitation service, visited S.K.H. Holy Trinity Church Secondary School and gave a community education talk to their students and teachers. They introduced our Society and the vocational rehabilitation services we developed for persons with disabilities. They also shared experiences of getting along with persons with disabilities in the spirit of social inclusion. The students and teachers enjoyed the talk and interacting with our service user.



### 探訪上李屋成人訓練中心

於 2019 年 3 月 12 日，聖公會聖三一堂中學的中五級學生，分別到訪本會 5 個不同的服務單位，當中約 20 位學生到訪上李屋成人訓練中心。學生們特為服務使用者構思了合適的集體遊戲，並帶領他們一起參與，此外，學生還與服務使用者攜手為圖案塗上七彩繽紛的色彩，彼此愉快地渡過了一個充滿笑聲的下午。

#### Visiting Sheung Li Uk Adult Training Centre

On 12 March 2019, the F.5 students of S.K.H. Holy Trinity Church Secondary School visited five different adult training centres of the Society. Twenty students visited our Sheung Li Uk Adult Training Centre. The students designed group games and led our service users to play them; they also colored drawings together with colorful paints. Both service users and students thoroughly enjoyed their time with each other.



### 曲奇餅製作班

UPS 國際義工團一行 25 人於 2019 年 3 月 14 日到訪毅誠工場，除了解工場運作及參觀由 UPS 捐款增設的設施—康姨餅房及智能貨倉外，更與服務使用者進行交流活動。雖然義工成員與服務使用者語言不通，但大家仍以笑容及關愛，衝破了語言障礙。當日任職於康姨餅房的服務使用者還親自示範及教導義工成員製作巧克力曲奇餅，並於烤焗曲奇餅期間，與他們一同繪製畫作。活動完結後，義工成員們帶著與服務使用者一同製作的曲奇餅及畫作回國作為紀念。有服務使用者表示，希望下次 UPS 義工團再次探訪時，可以直接向 UPS 的職員感謝他們的捐款，能讓更多服務使用者於康姨餅房裡工作。

#### Cookie Making Class

Twenty five volunteers from UPS International visited Ngai Shing Workshop on 14 March 2019. They learned about the operation of our facilities which had been sponsored by UPS, such as Madam Hong's Bakery and SMART Warehouse and they also communicated with our service users. Even though the volunteers and service users did not share a common language, they broke barriers with their smiles and care. The service users employed by Madam Hong's Bakery demonstrated and taught the volunteers how to make cookies then created paintings with them while the cookies were being baked. The UPS volunteers brought these handmade cookies and paintings home with them as souvenirs. One of our service users was moved to express her deep gratitude because with UPS's generous support, we could extend our bakery and employ and train more bakers.





30-12-2018 & 23-01-2019 「Walk · In」綠色市集暨步行籌款報導 Report of "Walk · In" Inclusive Green Bazaar cum Charity Walkathon

都市日報  
Metro Daily  
東方日報  
Oriental Daily



10-01-2019「傳媒午宴」2019  
Media Lunch 2019

文匯報 Wen Wei Po  
大公報 Ta Kung Pao  
東方日報 Oriental Daily  
都市日報 Metro Daily  
am730  
香港 01 HK01



## 與義工做家人 智障者感安心

【本報專訊】「助康·文匯」扶康會日前有3名「關愛家庭」，以小組形式與智障人士及其家屬，連同輔成入學堂學生、義工及傳媒人士，於該會舉行「扶康會關愛家庭」小組活動。該活動旨在為智障人士及其家屬提供一個交流、分享及學習的機會，並加強他們對社會的歸屬感。活動中，智障人士及其家屬分享了他們的經歷和感受，並與義工進行了交流。活動還包括了一個小組遊戲，旨在幫助智障人士及其家屬建立聯繫和信任。活動在一個溫馨的氛圍中進行，智障人士及其家屬表示，他們感到安心和被關愛。



## 團體倡增建小型家舍照顧智障者

【本報專訊】「助康·文匯」扶康會日前有3名「關愛家庭」，以小組形式與智障人士及其家屬，連同輔成入學堂學生、義工及傳媒人士，於該會舉行「扶康會關愛家庭」小組活動。該活動旨在為智障人士及其家屬提供一個交流、分享及學習的機會，並加強他們對社會的歸屬感。活動中，智障人士及其家屬分享了他們的經歷和感受，並與義工進行了交流。活動還包括了一個小組遊戲，旨在幫助智障人士及其家屬建立聯繫和信任。活動在一個溫馨的氛圍中進行，智障人士及其家屬表示，他們感到安心和被關愛。

16-01-2019職業康復及發展服務報導  
Report of Vocational Rehabilitation  
& Development Services

03-03-2019 社會企業報導  
Report of Social Enterprise

07-03-2019 扶康會簡介  
Introduce Fu Hong Society



香港電台第一台 RTHK1



蘋果日報 & 飲食男女  
Apple Daily & Eat and Travel Weekly



商業電台叱吒  
903 & 雷霆 881  
「有誰共鳴」  
CR903 & 881  
「有誰共鳴」

# 齊建共融社會 Together We Build a Society for all



地址 Address: 九龍深水埗樂年花園保安道二號 A 地下  
G/F., No. 2A Po On Road, Cronin Garden, Shamshuipo, Kowloon,  
Hong Kong.  
電話 Tel: 27450424 傳真 Fax: 27864097  
電郵 Email: fhs@fuhong.org



優惠級  
Bulk Economy  
出版數量 No. of publication: 1,500

## Donation 捐款



我樂意支持他們自力更生！

I would like to help them lead  
dignified and independent lives!

☐ HK\$200 ☐ HK\$500 ☐ HK\$1,000

☐ 其他 Other Amount

(捐款港幣 100 以上可憑收據申請扣減稅項  
Donation of HK\$100 or above is tax deductible  
with receipt)

### 捐款方法 Donation Methods

- ☐ 現金 - 請把捐款直接存入本會匯豐銀行戶口 **119-290005-838**  
Cash — Direct pay-in to our HSBC account **119-290005-838**  
(請把銀行存款收據連同本表寄回本會)  
Please send the bank-in-slip together with this form to our society)
- ☐ 劃線支票 - 抬頭請寫「扶康會」  
Crossed Cheque — payable to “Fu Hong Society”
- ☐ 按月自動轉帳 (自動轉帳表格隨後寄上)  
Monthly Autopay (We will forward the autopay form to you)
- ☐ 信用卡 Credit Card
- ☐ VISA Card ☐ Master Card
- 持卡人姓名  
Cardholder's Name \_\_\_\_\_
- 信用卡號碼 \_\_\_\_\_ 有效期至  
Card No. \_\_\_\_\_ Expiry Date \_\_\_\_\_
- 持卡人簽署 \_\_\_\_\_ 日期  
Cardholder's Signature \_\_\_\_\_ Date \_\_\_\_\_
- 其他方法 other method
- 7-ELEVEN/ 繳費靈 PPS( 商戶編號 Merchant Code: 9380)
- 信用卡捐款可傳真至 **27864097**  
Credit card donation can be made by faxing this slip to **27864097**

### 捐款人資料 Donor Information

姓名 / 機構  
Name/Company \_\_\_\_\_

地址  
Address: \_\_\_\_\_

電話  
Telephone: \_\_\_\_\_

日期  
Date: \_\_\_\_\_

請寄回填妥之表格 Please send this form back to:

扶康會傳訊及資源發展部  
Fu Hong Society Communications & Resources Develop Department  
新界荃灣石圍角邨二號停車場  
G/F, Car Park Block No.2, Shek Wai Kok Estate, Tsuen Wan, N.T.  
電話 Tel: 27454214 傳真 Fax: 23612053  
電郵 Email: comms@fuhong.org 網址 Website: www.fuhong.org

本會謹向閣下保證，閣下提供之所有資料謹作本會內部使用，如有查詢或欲更正閣下之個人資料，歡迎與本會聯絡。

Fu Hong Society would like to assure that all information will be treated in strictest confidence and for internal use only. For access to or correction of your personal data, please feel free to contact our Society.

多謝您們的支持！

Thank you for your support!