

A hand is shown whisking a thick, white, creamy mixture in a silver metal bowl. The bowl is placed on a dark purple cloth. In the background, there are several brown eggs, some whole and some cracked, on a wooden surface. The overall scene is set on a light-colored wooden table.

4

專題故事 — 「天生我才」

FEATURE

Stories

“Born with a Talent”

就業
EMPLOYMENT



Taste 1
旅途再出發
take to
The 'Road' Again

黎偉信 LAI Wai-shun ●● 康晴天地朋輩支援工作員
Peer Supporter at Sunrise Centre

60g 勇敢
Bravery

250ml 分享、鼓勵他人
Share and encourage others

100°C 了解自己
Know yourself

常說人生如一段漫長的旅程

旅途上會有快樂的事情，亦會遇上難以估計的障礙。偉信對自己的旅途亦有深刻的感受和體會。

People always say life is like a very long journey

On the journey of life, one finds happiness but also encounters unexpected obstacles. Wai-shun has very memorable experience and profound feelings towards the 'road' that he has travelled so far.

偉信是一位二十多歲的年青人。身為家中獨子的他，理所當然成為父母的寵兒，所有專注力都投放在他的身上。可是，久而久之，父母的期望卻變成一種無形的壓力，令他凡事都要做到最好。最終他亦達成完成大學課程的目標。這對偉信及他的父母都是一件引以為傲的事情。

畢業後，拿著這張「社會入場券」，偉信進入不同的公司，甚至大企業裡工作。無奈這一切的光環，沒有為偉信減輕壓力；相反地，他因過大的工作壓力而又無法排解，結果患上了精神分裂症，需要入院治療八個多月。雖然偉信的病情慢慢穩定下來，但每當想到日後如何重投社會的問題，難免有種種擔憂。



Wai-shun shares his personal experience with service users, encouraging them to rejoin the society

離開醫院之後，偉信轉介至中途宿舍接受康復訓練，沒想到這正是他人生旅途上的轉捩點。在宿舍期間，偉信除了接受康復訓練外，還認識了不少「同路人」，經常分享彼此的故事。他漸漸發覺自己很喜歡與人交往，不單走出以往自我封閉的日子，而且對重投社會多了一份自信心。

其後，在中途宿舍職員的鼓勵下，偉信嘗試擔任「朋輩支援員」一職，以過來人的身份鼓勵「同路人」重新出發，融入社會，再次尋找人生目標。作為扶康會康晴天地的朋輩支援工作員。偉信期望藉著自己的復元經驗幫助更多有需要的「同路人」，協助他們在康復路途上脫離孤獨。



作為朋輩支援工作員，偉信用心聆聽服務使用者的故事，並關心他們的感受
As a Peer Supporter, Wai-shun listens to the stories of service users, caring about their feelings

Wai-shun is a twenty-year-old young man. As the only child in his family, he was the apple of his parents' eyes and they paid all their attention to him. This had become unspeakable pressure that pushed him to attain the best in every aspect. Finally, he completed university and obtained a degree, which made his parents and himself very proud.

With the graduate certificate, an 'admission ticket to society', Wai-shun worked in various companies, including big corporations. However, this kind of glory and splendour did not help Wai-shun relieve his stress. The pressure from work simply got growing. Consequently, Wai-shun was diagnosed with schizophrenia and had to be hospitalised for eight months. Even though his condition had gradually been stable and better, whenever Wai-shun thought about his return to the society, he could not help feeling anxious.

Upon discharge from the hospital, Wai-shun was referred to a halfway house for rehabilitation training, which became an unexpected turning point in his life journey. Apart from receiving rehabilitation training, Wai-shun made friends with some peers with similar experience on the road to recovery. They shared their own stories with each other, which gradually made Wai-shun realise that he actually enjoyed being with other people. Wai-shun was able to step away from his days of seclusion and became more confident about rejoining the society.

Later, under the encouragement from the staff of the halfway house, Wai-shun took the challenge of becoming a Peer Supporter. With his own story, he has encouraged persons with similar experience to rejoin the society, seek and strive for their life goals. As a Peer Supporter of Sunrise Centre, Wai-shun looks forward to helping more persons with similar experience through sharing his recovery experience with them and assisting them in breaking away from the solitude of the recovery.



Taste 2 理想成真 A dream COME TRUE

何潔瑩 HO Kit-ying ●● 康融服務有限公司職員
Staff Member of Hong Yung Services Limited

熱心參與社區活動
30g Enthusiastic participation
in community activities

5ml 積極
Proactiveness

100g 自信開朗
Confidence & cheerfulness

何潔瑩，今年二十八歲

潔瑩，今年二十八歲，智力程度屬於邊緣水平。她一直與祖母及姑姐同住，可是祖母離世後，潔瑩便需要自行照顧自己及煮食。

Ho Kit-ying twenty eight year old

Kit-ying, aged 28, was diagnosed with borderline intellectual functioning. She grew up and lived with her grandmother and aunt. However, after her grandmother had passed away, she had to take care of and cook for herself.

潔瑩每天均盡心盡力，
為大華銀行的職員提供餐飲服務

Kit-ying is always dedicated
to her work, providing catering
services to staff members of
United Overseas Bank



雖然潔瑩一直於主流學校就讀，但成績欠佳，畢業後只可從事包裝散工或餐飲兼職工作，收入微薄，僅能應付個人開支及交通費，加上缺乏祖母的零用錢補貼，需要節衣縮食。因此，她一直希望擁有一份全職的工作，不斷地努力耕耘。

即使生活窮困及不如意，潔瑩仍然熱心參與社區活動。某次參與本會活動時，本會職員鼓勵她嘗試到本會社企康姨咖啡室工作。因潔瑩從主流學校畢業後，一直未曾接受正規的就業訓練，所以職員亦向她介紹在職培訓服務；再經評估後，加入了在職培訓服務，全面地跟進她的職業復康需要。

實現理想的過程總會遇到一些阻礙。潔瑩自加入康姨咖啡室工作後，雖然態度積極，但工作習慣及技巧仍有待改善。因此她會因經常忘記重要工序而感到緊張及壓力。幸好得到在職培訓服務及社企職員的支持下，潔瑩的工作技能漸漸提升。

轉眼間，潔瑩已加入本會社企近一年，工作技能上的進步及穩定收入令她比從前更自信開朗。只要有適當的支援網絡和大眾的支持作為後盾，不單止是潔瑩，人人均可在適合的位置上展現所長。

Although Kit-ying received education at mainstream schools, her grades were never good. After graduation, the only jobs she could find were packaging work or part-time jobs at restaurants. She earned a meagre income that could barely cover her personal expenses and transportation fares. With no more pocket money from her grandmother, she had to live on a very tight budget.

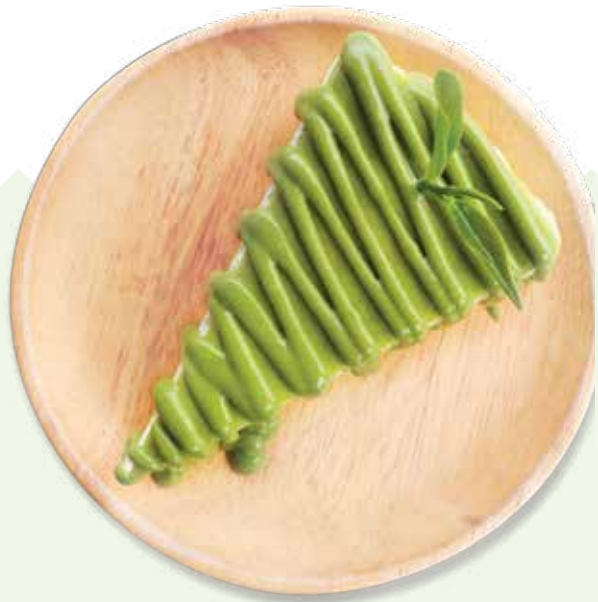
Although life was hard, Kit-ying was very active in participating in community activities. In an activity organised by the Society, a staff member recommended her for a job at Madam Hong Cafe, one of the Society's social enterprise. Because she never received official vocational training, staff members also introduce the on-the-job training services to her. Upon the assessment, Kit-ying was enrolled in on-the-job training and given support thoroughly on vocational rehabilitation.



在康融服務有限公司與大華銀行的合作計劃下，
潔瑩有機會找到一份穩定的工作，亦令生活得到改善
Under the collaboration of Hong Yung Services Limited and
United Overseas Bank, Kit-ying is able to secure a stable
employment and improve her living standard

It is necessary and inevitable in encountering obstacles when pursuing a dream. After joining Madam Hong Cafe, Kit-ying had shown great enthusiasm towards work. However, she sometimes forgot about important work procedures, which caused her anxiety and pressure. Her work habits and abilities still have had a room of improvement. Fortunately, receiving the great support from the staff members and on-the-job training services, Kit-ying's work abilities have improved gradually.

Time flies, Kit-ying has joined Madam Hong Cafe for almost a year. The improved work abilities and stable income have made her become more confident and cheerful. With a suitable support network and support from the public, not only Kit-ying, everyone can show a talent in a right position.

培訓
TRAINING

Taste 3 舞動夢想 CHASE THE Dancing Dream

黎金明 LAI Kam-ming ●● 秦石成人訓練中心及禾輦成人訓練中心服務使用者
Service User of Chun Shek Adult Training Centre and
Wo Che Adult Training Centre

70g 熱愛學習
Passion on learning

5ml 勤奮
Diligentness

100g 誠懇
Sincerity

黎金明今年四十四歲

不少人都收藏著一個夢想，金明也不例外。自2008年起便分別在扶康會秦石成人訓練中心接受日間訓練及禾輦成人訓練中心接受住宿服務。他圓嘟嘟的臉上戴著厚厚的眼鏡，經常流露純真的笑容，所以深受職員及舍友歡迎。

Lai Kam-ming is 44 years old

Many people have an untold dream in their heart. So does Kam-ming. He has been receiving day training from Chun Shek Adult Training Centre and residential service from Wo Che Adult Training Centre since 2008. With a pair of thick glasses on his chubby face, he always wears an innocent smile and is popular with staff members and other service users.

在每天早上，金明都會拿著禾輦成人訓練中心的手提行李箱，協助送遞文件及藥物等到秦石成人訓練中心。當到達中心後，他會拿起紙巾，一絲不苟地鋪在櫃面上，再放上行李箱。週末時分，他更會協助宿舍做家務，其認真程度毫不遜色於任何一位職員。

憑著金明對學習的熱誠及認真的態度，秦石成人訓練中心便安排他參加由香港展能藝術會舉辦的「創藝自強」活動，讓他一嘗學習舞蹈的樂趣。經過數月來的排練；金明的技巧亦漸趨純熟，更獲得導師的賞識，推薦他參加進階課程；但對服務單位而言，出外參加進階課程卻是一項挑戰。首先這不再是一個集體參與的課程，所以服務單位需要每星期派出一位職員，以一對一的形式帶金明出外上課，並於課程完畢後帶他返回宿舍；而且，這個課程需要收費，所以社工需要聯絡家人，希望他們同意為金明繳付學費，讓他繼續學習。



追夢之路總會遇上一些困難，幸運的是金明得到家人、義工和職員們的支持，令他每星期能有一個晚上出外上課。在數個月的定期訓練下，金明每次聽到音樂，就會隨音樂節拍擺動身體。他能獨立地在舞台上把練習好的舞步表演出來，不再只單純地模仿其他人的動作，更創造出自己的風格，於舞台上展現獨有的光芒。

每次看著金明逐漸的進步和轉變，尤其是那個發自內心的享受表情，便深深體會到協助他追夢絕對是值得的。金明只是單純地希望擁有自己的夢想，即使他遇上困難，仍認真練習舞蹈，活在當下的態度令他總帶著笑容，更感染身邊每一個人。這份難能可貴的堅持，亦正是每位追夢者需要的成功元素。

Every morning, Kam-ming carries a hand luggage from Wo Che Adult Training Centre and helps deliver documents and medication to Chun Shek Adult Training Centre. On arrival to the Centre, he then places a sheet of tissue on the cabinet meticulously and put the hand luggage on top. On weekends, he also helps with the housework at the hostel. He is serious about work just like any other staff members.

In view of Kam-ming's genuine and enthusiastic attitude towards learning, Chun Shek Adult Training Centre arranged him to participate in the 'Creativity to Independence' project organised by the Arts with the Disabled Association Hong Kong, letting him to find joy through learning dancing. After months of training and practice, Kam-ming not only demonstrated progressive improvement in dance skills, but he was also recommended by his dance teacher to enroll in an advanced class. However, taking Kam-ming out for the advanced class was a challenge to the service unit. First, this was not a class for collective participation, meaning that the service unit had to assign a staff member to particularly travel back and forth with Kam-ming between the classroom and the service unit. Moreover, as it was a paid course, social workers had to contact Kam-ming's family, hoping that they would be willing to pay the tuition fee, so that Kam-ming could continue to learn dancing.

在舞蹈課期間，與導師和同學們的互動提升了金明的協調性和溝通能力

The interaction with the teacher and classmates in the dance class enhances Kam-ming's coordination and communication abilities

It is inevitable to encounter difficulties in the pursuit of dreams. Fortunately, Kam-ming received much support from his family as well as volunteers and the staff members at the service unit. He was able to leave the service unit and attend the class for one night every week. After regular training for a few months, Kam-ming is now able to move his body with the beat whenever he hears music. No longer just copying others' dance moves, he is now able to independently perform the dance that he has practised in his own style and shines on the stage.

Looking at Kam-ming's gradual improvement and transformation, especially that look of enjoyment from the bottom of his heart, everyone at the service unit feels that it is totally worth helping him chase his dream. Kam-ming follows his dream simply. Even facing difficulties, he insists in practising dancing with sincere manner. His seize-the-day attitude enables him to wear a smile all the time and inspire people around him. This precious perseverant personality is exactly the key to success for every dream-chaser.

經過不斷的訓練，金明不但可以揮灑自如地在台上表演自己的部分，更與舞隊友配合，完成舞蹈匯演

Having continuous training and practice, Kam-ming is able to perform his own part of dance effortlessly and coordinate with teammates in the dance show



培訓
TRAINING

Taste 4

踏出新天地

adult

Training

張家振 CHEUNG Ka-chun ● 祖堯成人訓練中心服務使用者
Service User of Cho Yiu Adult Training Centre

200ml 主動參與運動
Active participation
in sports

44g 堅毅
Persistence

50ml 自信心
Self-confidence

看似沉默寡言，但也有好動的一面

亞振是一名自閉症人士，有著高大個子的他平常看似沉默寡言，但原來也有好動的一面。為了培養亞振在不同領域的興趣，中心也特別讓他嘗試參與體育活動，發掘出他鮮為人知的潛能。

He looks taciturn but he also has his energetic side

Ah-chun is a service user with autism spectrum disorders (ASDs). He is tall and might look taciturn, but he has his energetic side. In an attempt to develop and discover Ah-chun's interest and talent in various aspects, Cho Yiu Adult Training Centre arranged him to participate in sports activities.

中心安排亞振學習踏單車。在中心職員陪同下，亞振到達單車場，戴上安全帽、護膝及護肘等保護物品後，便初次參與踏單車活動。對於第一次接觸踏單車這項運動，亞振亦需要一些時間才學懂掌握技巧。在職員的鼓勵及協助下，他屢敗屢試，坐上單車不久，最終他也能控制自如地騎著單車馳騁。亞振亦十分享受踏單車的樂趣。雖然他看似冷靜，臉上依然沒有絲毫興奮的表情，也沒有用說話表達內心喜悅，但他的雙腿卻不停地踏單車，直至身體疲倦為止。亞振的行為明顯地表達出他已迷上踏單車了。活動時，職員與亞振利用圖片交換溝通系統交談有關踏單車的話題，他亦表示喜歡，更想繼續參與。當看見亞振踏單車時那一臉悠然自得及無拘無束的樣子，便更相信他已找到箇中樂趣。

有些自閉症人士於視覺藝術或音樂領域上表現出色，亦有些則能在體育方面發揮所長。從踏單車中，除了培訓亞振的耐性及控制力，他還有機會參加踏單車的比賽，發展其潛能，提升自信心，讓他繼續享受這片「新天地」。



踏單車幫助亞振發展運動潛能，提升自信心，讓他繼續享受這片「新天地」。

Cycling helps Ah-chun unleash his potential in sports and boost his confidence to let him further explore this new world.



亞振的平衡力十分良好，他一坐上單車，便能熟練地駕駛單車。

Ah-chun has a very good sense of balance. After getting on a bicycle, he can ride skillfully.

With the arrangement and accompanying by staff members, Ah-chun started learning cycling. Upon arriving at the cycling ground, Ah-chun put on protective gears, such as safety helmets, knee pads and elbow pads, and then started cycling. As a beginner, Ah-chun, took some time to master the skills. Having the assistance and encouragement of our staff members, he was finally able to ride a bicycle after trial and error. Ah-chun might look calm and quiet, not showing much on his face, but his great interest in this sport was shown as he would never stop cycling until he was exhausted. During cycling, our staff members communicated with Ah-chun using Picture Exchange Communication System, and Ah-chun expressed that he enjoyed cycling a lot and would like to keep practising. When we saw the carefree and contented look on Ah-chun's face while cycling, we knew that he had found enjoyment in it.

Persons with ASDs have potential and interests on diversified aspects. Some of them are particularly good at art or music, while some have a lot of potential in sport. Cycling not only trained Ah-chun to become more patient and have a better sense of control, but it also helped develop his talent and boost his confidence. He also has chances to participate in cycling competitions, and further explore and enjoy this new world.



Taste 5

一輩子的好友
BUDDIES — OF A
Lifetime

霍志豪 FOK Chi-ho ● 柔莊之家服務使用者
Service User of Yau Chong Home

300ml 體貼
Considerateness

10g 友善
Kindness

50g 友誼
Friendship

「香港最佳老友」大使的霍志豪現年四十歲

居於扶康會的輔助家舍柔莊之家，日間於商場做全職清潔工人。雖然他經常身處於熙來攘往的商場中工作，而且亦與一群舍友在家舍一同生活，但是他自言自己的生活圈子很狹窄。除了工作外，他甚少與社會和其他人接觸，令他感到生活有一點孤單。

Best Buddies Hong Kong BBHK ambassador FOK Chi ho aged 40

He resides in Yau Chong Home, a supported hostel under the Society. During the day, Chi-ho has a full-time cleaning job in a shopping mall. Though he works in a busy shopping mall always full of people and lives together with other service users in the hostel, he used to say that he had a very small social circle. Apart from work, he rarely had interaction with other community members and felt a bit lonely.

在2012年，志豪透過家舍職員參與了「香港最佳老友」運動，機緣下認識了一位社區老友—馮伯堅，更配對成為了「最佳老友」。自此之後，志豪的生活就產生了極大的轉變。他們一起到過伯堅的菜田收割蔬菜、一起到黃金海岸的遊艇會開放日參觀、一起參加「香港最佳老友」運動的電能烹飪比賽、一起參加跑步比賽等等。最令二人深刻的事件就是於2013年參加「香港最佳老友」運動舉辦的澳門交流團。這是他們第一次一起外遊及同住，令彼此了解加深及有更多話題。

「香港最佳老友」運動除了為志豪擴闊生活圈子，互流的機會亦令他增廣見聞

The 'Best Buddies Hong Kong' Movement not only widens Chi-ho's social circle, but also offers him exchange opportunities to see more of the world

因伯堅居住在志豪的家舍附近，所以他亦會抽空到家舍探望志豪。在志豪的眼中，伯堅很隨和及願意抽空與自己相處，令他十分重視伯堅這位好朋友。在得到這份友誼後，擴闊了志豪的眼界和生活圈子，亦學習到如何關心和考慮別人。好像有一次，志豪因考慮到伯堅獨自吃早餐或會感到孤單，所以即使自己在家舍享用過一次早餐，亦不介意陪伴伯堅在餐廳裡吃多一次。伯堅認為志豪是個有信心、樂觀、愛關心別人及能率直講心底話的人，又認為「香港最佳老友」運動讓他明白及重新思考真摯友誼的意義。

在2015年間，志豪參加了「香港最佳老友」大使訓練計劃，更學習公開演講技巧，成為首名「香港最佳老友」大使到美國參加領袖會議。在會議上，志豪分享自己參加「香港最佳老友」運動的感受和轉變，加上健談及樂於助人的性格，令他得到多個國家代表的熱烈歡迎和歡呼。

過去幾年間，志豪由一位生活和工作單調的老友，變成伯堅的朋友，獲得這份真摯的友誼；更於國際的平台與不同的人進行交流及分享個人的感受。朋友與社會的認同成為了他最強的支持，令他能帶著笑容，自信地向未來邁進。

In 2012, with the help from the staff members at the hostel, Chi-ho joined the 'Best Buddies Hong Kong' Movement and met a community buddy FUNG Pak-kin. Since then, Chi-ho's life has been greatly changed as he gained a lot of new life experience. Together they went to Pak-kin's farm to harvest vegetables, attended the open day of the Gold Coast Yacht & Country Club, took part in the BBHK Electric Cooking Competition, and participated in running races, etc. The most memorable activity they had together was joining the Macau Exchange Tour organised by BBHK in 2013. That was the first time they travelled and stayed together, which allowed them to know each other better and talk on a variety of topics.



As Pak-kin lives near the hostel where Chi-ho is residing, he visits Chi-ho when he has time. To Chi-ho, Pak-kin is very amiable and is willing to spend time with him, so he treasures their friendship very much. This friendship has broadened Chi-ho's horizons and social circle, and also taught him to be more caring and considerate. For example, Chi-ho did not want Pak-kin to feel lonely having breakfast alone, he accompanied Pak-kin to have breakfast at a restaurant even though he had had one already. To Pak-kin, Chi-ho is confident, optimistic and caring and a friend he can share his personal thoughts with. He thinks that the 'Best Buddies Hong Kong' Movement let him understand and rethink the meaning of true friendship.

In 2015, Chi-ho joined the BBHK ambassador training programme. He learnt public speaking skills and became the first BBHK ambassador to attend the Leadership Conference in the USA. At the Conference, Chi-ho shared his experience of joining BBHK and his transformation. His chatty, friendly and helpful characters let him earn much acclaim from representatives of many other countries.

Within a few years, Chi-ho have transformed from someone with a monotonous job and a quiet life, to an active buddy in a true friendship with Pak-kin, and a speaker who shared personal experience and feelings on an international platform. Recognition from friends and the society is his strongest support, encouraging him to move forward confidently with a smile.

志豪(左)與伯堅成為「最佳老友」後，首次一同往澳門旅遊，藉此加深彼此友誼

Chi-ho (left) and Pak-kin became 'Best Buddies' and travelled to Macau together, which strengthened their friendship



Taste 6 「家」中的大哥哥 the big BROTHER at 'HOME'

廖君榮 LIU Kwan-wing ●● 超瑩軒家庭成員
Family Member of Radiance (Casa Famiglia)

20g 樂於助人
Helpful

10ml 重視工作
Attach importance
to the work

70g 毅力和勇氣
Perseverance and courage

給人一種樂天知命的印象

個子高大、臉圓圓的君榮臉上總掛著一副孩子臉。從少與他相依為命的母親於2010年逝世後，十九歲的君榮便在社工的協助下接受扶康家庭服務，於同年11月正式入住扶康家庭——超瑩軒。

He gives people a carefree and optimistic impression

Kwan-wing is a tall fellow with a chubby and innocent face. His mother, also his only companion in life, passed away in 2010. When he was 19 years old, he started receiving services from Casa Famiglia with the assistance from social workers. He officially moved into Radiance in November of the same year.

活於社區
LIVING WITH
COMMUNITY



君榮喜歡與超瑩軒的
家庭成員一同參與
藝術活動

Kwan-wing likes
participating in
art activities with
family members of
Radiance

縱使至親離世，但得到扶康家庭成員的悉心照料和支持，君榮慢慢適應生活上的轉變，一步一步畫出生命的彩虹。君榮曾於觀塘展亮技能發展中心學習不同技能，並在導師的安排下於社企餐廳做清潔實習生。由於表現理想，君榮於2013年6月開始在香港迪士尼樂園餐廳擔任為期九個月的清潔實習生。憑著一份毅力和勇氣，君榮順利面對工作中的各種挑戰，而且寓工作於娛樂。至2015年初，君榮身為樂園餐廳的「大哥哥」，成功獲美心集團旗下的餐廳聘用，證明智障人士也如普通人一樣，有能力及渴望尋覓心儀的工作，為社會作出貢獻。

其實在超瑩軒生活的君榮亦成為扶康家庭成員心中的「大哥哥」。他除了重視工作，亦十分享受扶康家庭的生活。即使下班後感到疲倦，君榮仍樂於分擔家姆的工作，照顧身邊的弟妹。本身是童軍的君榮，更會帶領扶康家庭成員和固定朋友一起參與社區活動如賣旗及義工探訪等，實踐日行一善的精神。每星期與兄長、家姆和家庭成員出席彌撒時，君榮也會做好「大哥哥」的本份，照料身旁的家庭成員。

若得到社會人士的接納和企業的大力支持，我們相信將有更多智障人士能成為如君榮一樣的「大哥哥」，在生活中展現才能，活出多姿多彩的人生！

Although his parents had passed away, with the care and support from family members of Casa Famiglia, Kwan-wing was able to adapt to the new environment and made the best of what life had given him gradually. Kwan-wing learnt a variety of skills at the Kwun Tong Shine Skills Centre and was enrolled as a cleaning intern in a social enterprise through the arrangement by his instructor. Since his performance was satisfactory, he was offered a 9-month cleaning internship at a restaurant in the Hong Kong Disneyland. With perseverance and courage, he overcame different challenges at work and found joy in it. In 2015, as the 'big brother' of the Disneyland restaurant, Kwan-wing was hired by a restaurant under the Maxim's Group. This proves that people with intellectual disabilities are just like any abled people, having desires and abilities to look for preferable jobs and contribute to society.

Indeed, Kwan-wing is also the 'big brother' of the family members at Radiance. Apart from working, he also values and enjoys his life at Casa Famiglia. Though he might be tired after work, he is always happy to share the workload of the housemothers and help take care of other weaker family members. As a boy scout with a charitable spirit, he also leads family members and regular friends to participate in social activities, such as Flag Day, volunteer visits, etc. Every week, when he attends the mass at the church with elder brothers, housemothers and other family members, Kwan-wing also takes on his 'big brother' role and helps take care of family members.

We believe that with the support from enterprises and the acceptance by community members, more persons with intellectual disabilities can become 'big brothers' like Kwan-wing to show their talents and have a brighter life.



Taste 7 鐵湯匙與我 a Tablespoon and Me

黃世傑 WONG Sai-kit ●● 良景成人訓練中心服務使用者
Service User of Leung King Adult Training Centre

22^g 藝術的熱情
An enthusiasm
towards visual art

30^{ml} 享受
Enjoyment

180^c 專注認真
Concentration &
Seriousness

世傑喜歡吃餐蛋麵，亦對「鐵湯匙」著迷不已

即使跟他相處只短短一段時間，不難發現他這獨特的喜好，總喜歡向著燈光，舉起鐵湯匙，細心觀賞燈光反射的變化。

Sai kit likes eating noodles with canned pork and pan fried eggs and enjoys appreciating tablespoons made of stainless steel

Anyone spending a bit of time with him would notice his unique interest. He likes holding the tablespoon against the light, attracting by the changes of the light reflection.

活動 ACTIVITIES



世傑在創作時非常投入及認真，
專心地把自己的創意注入作品之中
Sai-kit is very focused and serious with his creation,
putting creativity into his work without being distracted

Sai-kit is a person with moderate intellectual disabilities. He has been receiving services at Leung King Adult Training Centre since 1994 and has basic self-care and work abilities. Sai-kit enjoys appreciating tablespoons made of stainless steel. He likes holding the tablespoon against the light, attracting by the changes of the light reflection.

Until Sai-kit had participated in the art workshop, other people gradually understood his special interest. Sai-kit is particularly sensitive to light, hence he masters the chiaroscuro especially well. From the creation process to the composition of his work, Sai-kit has a unique understanding and interpretation of visual elements. His art creation is definitely one of a kind. With an enthusiasm towards visual arts, Sai-kit was very focused on creation when attending the workshop, which temporarily distracted him from the obsession of tablespoons. When the creation was completed, he would use a tablespoon to reflect rays of light onto the work, generating some big and small rings of light and adding some characteristics to the piece.

Sai-kit enjoys creating art pieces a lot. After learning about Sai-kit's situation, instructors at the workshop tried to infuse tablespoons into art and allowed him to use the tablespoon, his favourite tool, as his 'painting brush' to create art pieces. Besides being used for eating and reflecting light, a tablespoon can also be utilized to create unique and innovative art pieces. An ordinary tablespoon might not look any special but can be full of potential and possibilities, just like Sai-kit.

世傑對鐵湯匙有著特別的鍾愛，
不時拿著它專注地玩
Sai-kit is especially fond of tablespoons and
often plays the tablespoon when he has time



藝術彷彿打開了世傑的一扇窗，
不但發掘了他不多人知的藝術才華，亦讓
他的作品有機會向大眾展覽，令他感到自豪

Art is like a newly opened window to Sai-kit.
It not only helps unleash his artistic talents,
but also allows him to exhibit his works to the
public and be proud



Taste 8

細味甲等滋味

..... taste of

First-class

勞翠琮 LO Tsui-king • 毅誠工場服務使用者
Service User of Ngai Shing Workshop

30ml 信心
Confidence

180°C 不放棄
Never give-up

22g 創意
Creativity

積極行動就是面對逆境的最好方法

在2015年6月，毅誠工場的參賽工友、職員和打氣隊伍一共七人，抱著志在參與及開闊視野的心情，參加四年一度被譽為「殘疾人士技能奧運會」的香港展能節。而其中一位毅誠工場的參賽工友勞翠琮卻懷著一點緊張的心情，踏上比賽的舞台。

The best way to overcome adversity is to take action

In June 2015, a team which was comprised of seven members, including service users, staff members and a cheering team who aimed to widen their horizons by taking part in the Hong Kong Abilympics. It is a quadrennial event regarded as the 'Olympics of Abilities' for persons with disabilities. Tsui-king, a service user of Ngai Shing Workshop, was a bit nervous, as she was going to compete on stage.



翠琮回想起當初決定參賽時，她確實有些擔心，她心中不禁產生疑問，人們會喜歡她造的曲奇嗎？能否在限定時間完成呢？經導師從旁鼓勵後，並與翠琮一同面對，使她的信心建立起來。翠琮漸漸產生出自己的想法及期望，亦與工場導師一起研究討論，經過不斷的嘗試，翠琮終於把設計意念實現出來，烘焙出參賽的秘密武器——「甲蟲曲奇」。

比賽當日競爭相當激烈，每位參加者都竭盡所能投入比賽。幸好，翠琮終能放下緊張的心情，淡定地一步一步將所有預先準備的材料混合，完美地焗出理想中的製成品。當宣佈得獎者時，翠琮不負眾望，獨創的甲蟲曲奇在曲奇製作項目中勇奪一等獎，她臉上流露出自信和滿足的笑容，自己的努力終於得到成果！

在整個過程中，翠琮明白積極行動就是面對逆境的最好方法。她最後摒除別人對自己的看法，重新專注於自己的作品。當你品嚐這塊甲蟲曲奇的時候，同時也嘗試細味翠琮的心意，欣賞她的能力及積極的態度。

為了預備比賽，
翠琮（中間）不但親自設計曲奇，
亦努力練習，務求爭取佳績

To get prepared for the competition and achieve the best result, Tsui King (middle) does not just design the cookies herself, but also spend a lot of time and efforts on practising

Looking back when she first decided to join the Cookies Making Competition, Tsui-king was a bit worried. She could not help doubting about whether people would like her cookies or whether she could finish making them in the limited time. With the encouragement from her instructor, she became confident and was able to come up with her own ideas. After discussing with her instructor and attempting to execute the ideas continuously, Tsui-king finally realised her design concept and successfully created 'a secret weapon' for the competition, 'Beetle-shaped Cookies'.

On the day of the contest, the competition was fierce as all the contestants spared no effort in making cookies. Fortunately, Tsui-king was able to put her mind at ease. She calmly mixed the prepared ingredients together step by step, and finally baked her ideal cookies to perfection. When the result was announced, Tsui-king did not let anyone disappointed and won the first prize with her special 'Beetle-shaped Cookies'. She smiled confidently and contently as her hard work and efforts finally paid off.

In the whole process of preparation for and participation in the completion, Tsui-king has learnt that the best way to overcome adversity is to take action. She was finally able to brush away what others might think about her and focus on her creation. When you taste these first-class cookies, you may try to feel Tsui-king's efforts and appreciate her outstanding ability and positive attitude.

「甲蟲曲奇」是翠琮
首次設計的作品
'Beetle-shaped cookies'
are Tsui King's first product



Last Taste 品嚐成就 Cake Party

俾信期望藉著自己的
復元經驗幫助更多有需要的
「同路人」，協助他們在
康復路途上脫離孤獨。

Wai-shun looks forward to helping
more persons with similar experience
through sharing his recovery
experience with them and assisting
them in breaking away from the
solitude of the recovery.

黎偉信
LAI Wai-shun

朋友與社會的認同
成為了志豪最強的支持，
令他帶著笑容，
自信地向未來邁進。

Recognition from friends
and the society is Chi-ho's
strongest support,
encouraging him to move
forward confidently
with a smile.

霍志豪
FOK Chi-ho

只要有適當的支持
網絡和公眾的支持
作為後盾，不單只

是潔瑩，各人均可在
適合的位置展現所長。

With a suitable support network
and support from the public,
not only Kit-ying, everyone can
show a talent in a right position

何潔瑩
HO Kit-ying

因得到社會的接
納及支持，
讓君榮能在生活
中展現才能，
活出精彩人生。

With the acceptance and
support from society,
Kwan-wing enables
to show his talents and
have a brighter life.

廖君榮
LIU Kwan-wing

金明只是單純地
希望擁有自己夢想，
即使他遇上困難，
仍認真練習舞蹈。

Kam-ming follows his
dream simply. Even
facing difficulties, he
insists in practising
dancing with sincere
manner.

黎金明
LAI Kam-ming

黃世傑
WONG Sai-kit

這一支看似平平
無奇的鐵湯匙，
就恰如世傑本人一樣，
充滿無限的才華與可能性。

An ordinary tablespoon might
not look any special but can be full of
potential and possibilities, just like Sai-kit.

踏單車幫助亞振發展運動潛
能，提升自信心，讓他繼續
享受這片「新天地」。

Cycling helps Ah-chun
unlash his potential in
sports and boost his
confidence to
let him further
explore this
new world.

張家振
CHEUNG Ka-chun

勞翠琼
LO Tsui-king

翠琼明白積極行動
就是面對逆境的
最好方法。

Tsui-king has learnt that
the best way to overcome
adversity is to take action.