

服務特色 特色活動

SERVICE HIGHLIGHT
FEATURE ACTIVITIES



《始於足下》新書發布暨分享會



對精神康復者來說，復元過程就好像遠足路線一樣，既充滿未知的起伏，路途亦總是崎嶇不平，若能克服難關，往往能尋獲美景。本會結合兩者理念，積極向康復者推廣遠足的好處，更承蒙平等機會委員會支持出版《「始於足下」復元路上故事彙篇》，描繪了康復者的復元路途，並於2015年12月4日於本會康復中心舉辦經驗分享會，與大家分享他們的復元故事。

當日偉信、培潔、兆麟三位康復者不約而同表示，只要認定目標，向前望，不輕言放棄，就會忘記當下的辛苦；每當跨越了障礙，回頭再看就會有更大的動力再上路。大會當日更邀請了攀山專家鍾建民先生分享攀山的樂趣。鍾先生表示攀山雖然有很多危險，但只要目標和計劃，多難的山峰都能征服。鍾先生憑著攀山技術和信念，終於攀上世界七大高峰，他的故事為在場人士帶來很大的鼓舞。

本會相信遠足有助促進精神健康，因此於2016年3月19日（星期六）舉行第三屆「行出健康」遠足比賽活動。

Book Launching and Sharing Event - "It All Begins with a Single Step"

To persons with psychiatric disabilities, the path to recovery resembles a hiking path. Though it is always rocky, rough and filled with uncertain ups and downs, a spectacular view will always be there waiting if they overcome the obstacles. Our Society integrates the two ideas and promotes the benefits of hiking to persons with psychiatric disabilities. With the support of the Equal Opportunities Commission, a book that illustrates the recovery process of persons with psychiatric disabilities – "It All Begins with a Single Step – Along the Path to Recovery", was published. A Sharing Session was held on 4 December 2015 at our Rehabilitation Centre, where persons with psychiatric disabilities shared their stories of recovery.

During the Event, Wai-shun, Pui-ho and Shiu-lun said in unison that if people focused on the target, looked straight forward and never gave up, he would be able to set aside the miserable moments at the time. When he got past the hurdle and then looked back, there would be a stronger motivation for him to set off on the journey again. Mountaineer Mr. CHUNG King-man was also invited to share joyful stories from his mountaineering experience. According to Mr. CHUNG, mountaineering was a dangerous sport. However, with a target and a plan, even the highest mountain could be conquered. With exceptional mountaineering skills and faith in him, Mr. CHUNG managed to climb the Seven Summits. His story was very inspiring and uplifting to the audience.



As we believe that hiking is good for mental health, our Society organized the 3rd "Hike for Health" Hiking Competition on 19 March 2016 (Saturday).