

## 起動樂 Let's Get Moving

EDITOR'S NOTE  
編者的話

做運動的好處多不勝數，不但可減低患病機會，亦可放鬆心情，有助減壓。今期通訊以「起動樂」作主題，分享運動如何協助服務使用者達致身心健康。扶康會因應服務使用者的能力和身體情況等因素，制訂合適的訓練，安排參與不同運動項目，鍛煉體能。其他內容包括：天水圍地區支援中心硬地滾球小組的組員，以及由精神復元人士組成的龍舟隊伍，透過參與運動建立自信的過程。

另外，不得不提本會最新動向，包括葵興職業發展中心已完成現代化工程；以及將於第二季投入服務的古洞成人訓練中心與古洞之家。

本會一直致力發展服務使用者不同的潛能。充滿藝術細胞的展能藝術家——世傑，首度與本地藝術家合作，於柏寧酒店舉辦《超越界限的藝術》藝術聯展。此外，今期外間聯繫會介紹由朋輩支援服務推行的「真人圖書館」以及不同的企業展銷活動。最後，今期「扶康·良品」會介紹山景成人訓練中心服務使用者製作的手工藝品；有關社會各界的支持請留意今期通訊內文，當中包括本會榮獲香港人力資源管理學會頒發「卓越人力資源獎」中的「ESG 措施獎」銀獎（非牟利組織類別）。

From fortifying your health against illnesses to stress relief, exercise brings a wealth of benefits. With "Let's Get Moving" as our theme, we'll share how service users attain better physical and mental well-being through exercise. Based on the abilities and physical conditions of our service users, we tailor-made exercise routines and arrange different sport activities for them to improve their strength. In this issue, we shall cover the stories of how the members of Tin Shui Wai District Support Centre's boccia team, and the persons in recovery who joined the dragon boat teams can



build self-confidence through participating in sports.

Another unmissable news from the Society is the completion of renovation works at Kwai Hing Vocational Development Centre, and the service launch of the Kwu Tung Adult Training Centre and Kwu Tung Home in the second quarter.

The Society believes that each service user is imbued with unique talents. Sai Kit, a gifted artist with disability has collaborated with a local artist for the first time for a joint exhibition "Art Beyond Boundaries" at The Park Lane Hong Kong, a Pullman Hotel. In addition, the section of "External Connection" introduces the "Human Library" which is promoted by peer support service, and shares the news of corporate trade fair. Moreover, In this issue's "Fu Hong · ICHIBAN" will feature the craft products handmade by service users of Shan King Adult Training Centre. Last but not least, for the support from all walks of life, please find out more in this issue of newsletter, including the Society has been awarded the Elite Award of "ESG Initiatives Award" (NGO category) at the "HR Excellence Awards" organised by the Hong Kong Institute of Human Resource Management.