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專題故事

Feature Stories





「豈獨善一身」， 與扶康人一起聚沙的足印

Looking Beyond Personal
Success: Gathering Sand With
Fu Hong Society

黃光耀先生 MH 致力在工作的同時
幫助社會上有需要的人
Mr. Ricky Wong, MH has dedicated
himself to helping those in need despite
his demanding work commitments



黃光耀先生 MH，會德豐地產（香港）有限公司副主席兼常務董事，我們從不同的媒體也可以輕易地看到他的踪影，他工作之忙碌實在不難想像。雖然工作忙碌，但他亦同時選擇了另一條道路，致力在工作的同時幫助社會上有需要的人士，實踐現今企業提倡的 ESG 精神。

Cutting a familiar figure in many media reports, the busy schedule of Mr. Ricky Wong, MH is unmistakable. Despite his demanding work commitments, the Vice Chairman and Managing Director of Wheelock Properties (Hong Kong) Limited has dedicated himself to the concomitant cause of helping those in need, advocating Environmental, Social and Governance (ESG) principles in practice.

然而，黃先生對 ESG 的灼見別樹一格。他的公司不但在 E（Environmental 環境）和 G（Governance 管治）上有著非一般的成就，如：榮獲綠建環評的金級和鉑金級獎項，有效而具質素的風險管理措施等；而且他在一般人所說的 S（Social 社會）方面，有著獨到的見解。在黃先生眼中的 S，是 Stakeholders（持份者），因為他深信，不論是什麼項目，只要有不同的持份者投入參與，項目便能持續發展，而且更可以正面地影響其他的項目。

過去，黃先生參與了不少的義務工作，而參與扶康會的義務工作更是他最喜歡和最投入之一。正如黃先生對促進持份者參與的信念，他對本會的支持，不只於他個人在金錢和時間上的付出，他更會把握他在工作上的機會，讓本會的服務使用者參與其中，讓更多人看到殘疾人士的能力和作熱誠。

While those principles are generally espoused by the businesses of today, Mr. Wong's take is somewhat different. This is because in addition to his company's exceptional track record in the Environmental and Governance domains as proven by the platinum and gold ratings awarded by BEAM Plus, and its implementation of exemplary risk management protocols, Mr. Wong has a special interpretation of the Social pillar. To him, the 'S' in ESG stands for 'Stakeholders'. He believes that the sustainability of any project and the positive impact on other projects depend on the commitment and participation of different stakeholders.

Mr. Wong himself has been actively involved in a range of voluntary work. In particular, he has found great joy and has been most enthusiastic in his work at Fu Hong Society. True to his belief in keeping stakeholders engaged, his own support for the Society extends beyond time and money. He taps into opportunities in his line of work so that our service users can demonstrate their competencies and passion as persons with disabilities in a professional setting.



支持本會慈善義賣活動
Support the charity sale activity of the Society





黃先生曾經邀請本會的社會企業旗下餐廳——康姨小廚提供到會服務，讓他在主持午餐會議的同時，也可以讓與會者分享康姨小廚的美食和服務，進而協助推廣本會的社會企業，讓更多的殘疾人士獲得就業機會。又如在其公司樓盤的展銷活動中，他會在會場內預留空間給本會的服務使用者，展銷服務使用者所製造的產品，不論是曲奇或是藝術作品，均可在預留的位置供其顧客欣賞和購買，更可讓服務使用者與他們的顧客交流，締造雙贏的契機。此外，黃先生更會為本會配對他個人的義務工作，讓服務使用者有更廣闊的維度與不同的社區人士接觸。例如：黃先生特意安排本會到其「學校起動」計劃的伙伴學校，為學生播放本會四十五周年的微電影，讓這群中學生與我們的服務使用者交流，藉此播下服務弱勢社群的種籽。

Mr. Wong had once invited Madam Hong Restaurant, a Chinese restaurant operated by the Society's social enterprises, to cater for a luncheon he hosted. That created an opportunity for the attendees to have a taste of the restaurant's delicious offerings and services. It also helped to promote our social enterprises, creating more employment opportunities for persons with disabilities. At his company's property sales events, he designated space for our service users to display and sell Madam Hong's cookies and art pieces they made. Those were opportunities for our service users to interact with the event's attendees, leading to the potential for 'win-win' outcomes. Mr. Wong also takes it upon himself to create synergy between his voluntary work opportunities and this has translated into broader social exposure for our service users. For example, Mr. Wong arranged for the Society to visit and to hold private screening of our 45th anniversary microfilm for the students of schools participating in the Project WeCan. That presented opportunities for the secondary school students to interact with our service users, so as to plant the seeds of desire to serve vulnerable groups in their hearts.



與本會管理層員工分享參與義務工作的點滴
*Sharing his experiences of participating in
voluntary work with our management staff*



連繫「學校起動」計劃的伙伴學校，於校內播放本會四十五周年誌慶微電影
Liaised with the partner school in the Project WeCan and held private screening of our 45th anniversary microfilm there

從以上鳳毛麟角的事例，可見黃先生不遺餘力地與扶康人一起為殘疾人士製造更多的機會，讓他們的潛能得以發揮，以獲取更多社會人士認同。黃先生非常認同扶康會的工作，也欣賞扶康人為弱勢社群的貢獻，所以黃先生視扶康會為 MVP (Most Valuable Partner 重要價值伙伴)，一起創建 LTV (Long Term Value 為社會創造長遠價值)。

黃先生深信，當我們專注自己的同時，也要顧及身邊的人；這樣不但是幫助了別人，也同時是幫助了自己。黃先生在工作上的成就，讓他相信伙伴的重要性，事情的成功關鍵在於各持份者的投入，而個人的成功關鍵則在於機會的擁有。因此，黃先生委身工作的同時，也同時走上一條扶持弱勢社群的道路；縱使只是一點一滴，但仍希望能與扶康人共同以聚沙成塔的方式，為殘疾人士一起鋪設社會共融的道路。

Evidently, Mr. Wong has been making an impact in every way he can and working with the Society to create diverse opportunities for persons with disabilities so that they realise their potential and gain social recognition. Mr. Wong strongly agrees with the Society's work and appreciates our contributions to the vulnerable community. Hence, Mr. Wong sees Fu Hong Society as an 'MVP', his 'Most Valuable Partner', that creates long term value for society.

Mr. Wong believes that even as we focus on ourselves, we should also care about people around us because to help others is to help ourselves. His career achievements convinced him the importance of partners. The key to success lies in the commitment of all stakeholders, while the key to personal success lies in the possession of opportunities. For that reason, even as Mr. Wong dedicates to his career, he has concurrently devoted himself to helping the vulnerable community. His hope is to help persons with disabilities pave the way for an inclusive society, even if it is one step at a time, quite like gathering sand to build a sandcastle.

*Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.
"The Road Not Taken", Robert Frost*



與「最佳老友」結伴行

Best Buddies as Best Companions

Pauline 和 Chris 長期參與
扶康會的義工服務
Pauline and Chris have been
participating in Fu Hong Society's
volunteer services for a long time



捷和實業有限公司長期支持扶康會的義工服務，早於 2012 年與本會樂華成人訓練中心協作，成為扶康會「香港最佳老友」運動首間的企業分社，推動建立智障老友與非智障人士之間的友誼。企業義工經常跟老友外出，增加他們接觸社區人士的機會，讓他們體驗一般人的生活，並透過一起參與各式各樣的活動逐漸建立友誼，亦陪伴和支持殘疾人士走過人生最後一段路，使老友不會感到孤單。

Chiaphua Industries Limited is a long-time supporter of voluntary services at Fu Hong Society. Its collaboration with our Lok Wah Adult Training Centre started early in 2012. It was the first corporate chapter of the 'BEST BUDDIES HONG KONG' Movement and its role has been to nurture friendship between persons with and without intellectual disabilities. The company's volunteers often accompany their Best Buddies on outings to help them gain exposure to people and regular life in the community. By taking part in various activities, the volunteers bond with the Best Buddies. They also provide company and support to persons with disabilities in their final journey in life so that they know they are not alone.

於捷和實業有限公司任職的鍾喜清女士，在一位社工朋友介紹下認識扶康會。自此公司與樂華成人訓練中心建立起長遠的關係，及後更成為扶康會「香港最佳老友」運動的分社。她認為建立一對一友誼對殘疾人士甚有裨益，不但讓他們感受到關愛與支持，更可豐富他們的生活，提升他們的生活質素，並促進傷建共融，社會更添和諧。

喜清回想起與老友交往的點滴，難忘在一次外出活動中，選擇與老友乘搭公共交通工具。在渡海小輪上結伴欣賞維港景色，讓殘疾人士親身感受社區的環境和設施，擴闊眼界，增加生活經驗；而另一方面，社區人士也可從接觸殘疾人士中提升對他們的了解和接納。為了給殘疾人士更多不同的體驗，喜清安排老友擔任義工，一起到安老院舍探訪長者，「除了體力和言語能力稍遜外，他們都可以當上稱職的義工」喜清高興地說。

Ms. Pauline Chung, who is employed at Chiaphua Industries Limited, got to know about Fu Hong Society from her social worker friend. Since then, the company has maintained a long-term relationship with Lok Wah Adult Training Centre and later became a chapter of the 'BEST BUDDIES HONG KONG' Movement. She believes that it is beneficial for persons with disabilities to build one-to-one friendships, as that provides care and support, and enriches their lives. Apart from raising their quality of life, such friendships also promote inclusivity and social harmony.

One of Pauline's most vivid memories of the Best Buddies is a time when she took public transport with them. She accompanied them on a ferry ride while they took in the sights of Victoria Harbour. Such opportunities allow persons with disabilities to come into contact with the community and its amenities, broaden their horizons and enrich their life experiences. On the other hand, people in the community can also improve their understanding and acceptance of persons with disabilities through such interactions. To expose persons with disabilities to more diverse experiences, Pauline arranged for Best Buddies to be volunteers at a nursing home. They spent time with the seniors there, and she was happy to note that "apart from a slight lack of physical strength and language ability, they were pretty much competent volunteers"!



與老友合力製作生果串
Making fruit skewers with buddies





參加生命教育活動，了解生老病死
Participated in life education activity to learn about life and death

此外，喜清更陪伴老友走過生老病死。她配對的老友不幸患上癌症，眼見老友飽受病魔折磨，喜清感到十分痛心。除陪伴和探望外，喜清亦不斷鼓勵老友堅強面對，為她打氣。然而相關的治療未能奏效，喜清無奈地在醫院陪伴老友走完人生最後一程。到出席喪禮時，喜清不時安慰她的家人。在老友臨終前拍攝的影像分享中，特意感謝了喜清的幫助和陪伴。言談間喜清仍流露出絲絲不捨和惋惜……

來自同一公司的劉嘉倫先生亦積極參與「香港最佳老友」運動，漸漸地，他與配對的老友建立了深厚的情誼，更曾經跟老友到澳門出席兩日一夜的交流活動。他坦言在出發前感到有些擔心，因未嘗與老友共住，而且需要照顧老友的起居飲食。不過，由於他倆已熟悉對方，老友對他十分信任，整個旅程就在愉快的氣氛中順利完成。後來嘉倫發覺原來藉著愛與關懷，一切困難也能輕鬆渡過。

Pauline has also provided her companionship in a buddy's final stage of life. When one Best Buddy assigned to her was diagnosed with cancer and tormented by the illness, she was heartbroken. Apart from providing companionship, she continuously cheered her on by encouraging her to be strong. Unfortunately, medication and treatment did not cure her. Pauline had to say her final goodbye to this old friend of hers at the hospital. At the funeral, she comforted her bereaved family members. The Best Buddy recorded a video in her final days and in it, she specially thanked Pauline for her help and companionship. Pauline's longing for her old friend was evident as she recounted this incident.

Mr. Chris Lau, who is employed at the same company as Pauline, is also an active participant in the 'BEST BUDDIES HONG KONG' Movement. Gradually, he has built a firm friendship with his assigned Best Buddy. He even accompanied him to Macau for an exchange programme that lasted two days. He explained candidly that he was somewhat worried before the trip, as he had never stayed with his Best Buddy for such a long period of time that required him to take care of his living and dietary needs. The arrangement worked out well eventually because they were familiar with each other and the Best Buddy trusted him. Chris's takeaway is that, with love and compassion, all difficulties can be overcome.



經過這麼多年來與老友相處，喜清和嘉倫體會到「快樂其實可以好簡單」，與殘疾人士同行不僅是付出，也是得著，為彼此的生命添上色彩，賦予更大的意義和價值。

每個人都需要朋友，殘疾人士也不例外。朋友是點亮生命的星星，從喜清和嘉倫的分享，正好看到天上這兩顆星星。

All these years of spending time with their Best Buddies has taught Pauline and Chris one thing: "It doesn't take much to be happy." They realise that even as they have sacrificed their time to accompany their buddies, they have also been rewarded with a more fulfilling life, making these interactions especially meaningful and valuable.

Everyone needs friends. Persons with disabilities are no exception. Friends are stars that light up our lives and based on the stories they have shared, Pauline and Chris are certainly two of those stars.

Chris 與老友一起到澳門交流
Chris accompanied his buddy to
Macau for an exchange programme



拋圈圈 — 寓訓練於遊戲中，充滿樂趣！
It is fun to conduct training through
interesting games!

快樂之義

The Meaning of Happiness

Stella 與服務使用者建立了珍貴的友誼
Stella has forged precious friendship
with service user



與扶康會結緣近四分之一個世紀的義工麥蔡業瑛女士，一直秉持著「齊齊做義工、健康又輕鬆」的信念，多年來從不間斷地到扶康會參與不同的義務工作。在各服務單位和活動上，總會見到她的身影。

As a volunteer at Fu Hong Society for close to 25 years, Mrs. Stella Mak has always believed that voluntary work is a healthy and collaborative activity. For years, she has been consistently involved in different forms of voluntary work at the Society, which makes her a familiar face at various service units and events.



透過參與義工活動擴闊社交圈子
Widening social network by participating
in volunteer activities

回想最初，她參與其所屬公司的義工隊活動，負責協調和聯絡的工作。自此，她便與本會建立了深厚的緣份。她積極參與本會的義工活動，除了大型籌款活動外，她的足跡亦遍佈不同的服務單位，包括到服務單位探訪、與服務使用者外出參觀遊覽，以至協助處理服務單位事務等。此外，她組織了「織頸巾小隊」，安排不便離家的義工編織「溫暖牌」頸巾送贈予服務使用者。

談及做義工的原因，這源於母親的身教。小時候業瑛的家境並不富裕，但母親即使身兼多份工作，仍熱衷於做義工。在耳濡目染下，她也追隨母親的步伐，持續做義工回饋社會。她認為做義工不但可以放眼世界，接觸社區的新事物，還可以擴闊社交圈子。退休後，她成為全職義工，她表示「日子過得充實，身心靈富足，人都健康些，變得精神飽滿起來。」

不但如此，業瑛亦擔當橋樑的角色，讓服務使用者聯繫社區。大眾未必十分了解殘疾人士，她藉著陪同服務使用者外出活動，希望加深公眾對他們的認識。有次外出活動，有公眾人士遇見服務使用者時馬上走開，業瑛隨即友善地告知他們殘疾人士是沒有攻擊性的，致力提升公眾對殘疾人士的了解和接納。

Her journey as a volunteer began with her company's voluntary project for which she managed coordination and liaison work. Since then, she has built a firm relationship with the Society, as she actively participates in events such as major fundraising events and visits to our service units. She also accompanies service users on sightseeing tours and even helps out with work at the service units. She has formed a team of scarf-knitters so that volunteers who need to stay at home can do their part by making scarves for service users as a warm gesture.

Stella's interest in voluntary work has everything to do with the example her mother set. As a child, Stella's family was not particularly well-off but that did not stop her mother from being a passionate volunteer despite having multiple jobs. Stella followed in her mother's footsteps and started to give back to society by volunteering regularly. She finds that volunteering broadens her horizons, exposes her to new things in the community and helps her expand her social circle. Since entering retirement, she has become a full-time volunteer. This energises her, as she finds herself getting healthier and leading a fulfilling life of abundance.

Stella has been building bridges, allowing service users to connect with the community, as not everyone has a good understanding of persons with disabilities. By accompanying service users on outings, Stella hopes to deepen the public's understanding of them. During one outing, a member of the public immediately walked away upon seeing the service users. Stella was quick to point out, in a friendly manner, that persons with disabilities were not aggressive. She hopes that such exposure can help raise public awareness and acceptance of persons with disabilities.



熱心支持慈善義賣的工作
Enthusiastic in supporting the
charity sale



做義工除了帶來快樂和滿足感，也帶來很多美好的回憶。令業瑛最印象深刻的一次，是陪同服務使用者到赤柱遊玩——一個他們從未到過的地方，當他們欣賞到美麗的海景時真的「開心到跳起」呢！

她認為義工不單是參與活動，而是在過程中建立珍貴的友誼，見證服務使用者學懂表達自己、彼此分享、互相照顧。而服務使用者感受到她真誠對待，會信任她，與她分享心事。看見服務使用者主動向她打招呼、關心問候；天氣轉冷時，又提醒她穿上足夠禦寒衣物，這都讓業瑛感到開心和窩心。這份開心就是她做義工的最大收穫。

「義工是一份永不言休的工作，透過做義工見到服務使用者開心，自己也十分欣慰。」業瑛與我們分享。

Apart from bringing joy and satisfaction, volunteering also brings many beautiful memories. In particular, Stella remembers very well a trip to Stanley. She was accompanying service users who were visiting Stanley for the first time, and they were so excited at the sea view that they jumped with joy!

To Stella, volunteering is not just about taking part in activities. It is meaningful because she gets to forge precious friendships, and witness how service users learn to express themselves, share their thoughts and care for one another. The service users sense her sincerity and in turn, they trust her and share their feelings with her. Seeing service users initiating greetings warmly and reminding her to put on thicker clothes when temperatures drop are really heartwarming. Such joy is her greatest reward.

Stella tells us, "Volunteering is a job that never ends. The joy of service users always rubs off on me."



與朋友一起做義工，事情變得更有意義
It is so meaningful to volunteering with friends

一切從「心」出發

Doing It From
the Heart

偉綸最需要的是來自父母的關愛
Wai Lun's greatest need is the love
from his parents



作為父母最牽掛的莫過於子女的福祉。為子女安排理想的生活，為他們爭取應有的權益，成為了扶康會興華成人訓練中心服務使用者李偉綸父母參與中心家長工作的最大動力。李先生回想起九十年代，當時社會人士普遍對智障人士認識不多，存在不少誤解和成見，甚至對他們的父母冷言冷語。於1992年，政府建議在東頭邨內興建智障人士宿舍的計劃，引起了邨民強烈的回響。有見及此，李先生即跟隨當年香港弱智人士家長聯會的代表向居民進行游說和解說。李先生和太太都深刻體會到智障人士是沈默的一群，不懂得為自己謀取福利，所以他們必須站出來，透過積極參與不同的家長組織，勇敢地為他們發聲。

The biggest concern on parents' minds is their children's well-being. For service user Lee Wai Lun's parents, their greatest motivation for getting involved in parental work at Fu Hong Society's Hing Wah Adult Training Centre is to ensure their child's rights and access to an ideal life. As a father, Mr. Lee recalls that back in the 1990s, societal awareness of persons with intellectual disabilities was lacking, and there were many misperceptions and biases. Even attitudes towards the parents were cold and unsympathetic. In 1992, the government's plan to build a hostel for persons with intellectual disabilities in Tung Tau Estate met with an angry backlash from the local community, Mr. Lee promptly joined the representatives from the Hong Kong Joint Council of Parents of the Mentally Handicapped to speak with the residents and seek their support. Both Mr. Lee and his wife are acutely aware that persons with disabilities are a silent group because they do not know how to secure their own well-being. That is why they have to step up as parents and be their children's advocates by actively participating in various parental groups.

「偉倫是需要特別照顧和教導的孩子，即使政府提供更好的資源，但偉倫最需要的還是來自父母的關愛」。李太悉心打點偉倫的起居飲食，每項細節都流露出對他的貼心呵護。她憶述偉倫從前抗拒剪髮，於是巧花心思先準備他喜愛的小吃，讓他安靜下來後，便在愉快的氣氛中由李先生給他剪理頭髮。李太清楚記得醫生對她說過：「一定要對偉倫好，他生活得好，你自己便會生活得好」。李太認為每位智障人士各有不同性格和特質，身為父母需要了解他們出現各種行為背後的原因，幫助他們在身心靈上持續成長。

發自內心的動力驅使李先生熱衷參與中心家長組織的義工活動，其中替智障人士剪髮更是他的「專長」。此外，李先生亦協助中心的維修工作和巡查環境等，在助人之餘亦能發揮所長。李先生表示「中心為家長們提供了相聚的機會，這是最重要的」。李先生十分重視與其他家長的交流，而中心亦特意安排一個切合家長的開會時間，並給他們講解參與會議的好處，以鼓勵家長們更踴躍出席會議。在中心的大力推動下，參與會議的家長已日漸增多。與此同時，李先生和太太亦建議中心舉辦更多家長活動，讓他們暫且放下照顧子女的重擔，輕鬆享受屬於自己的時刻，舒緩心情。

“Wai Lun is a child that requires special care and guidance. Even if the government provides the best resources, Wai Lun’s greatest need would still be his parents’ care and concern,” says Mrs. Lee. Mrs. Lee’s meticulous planning of Wai Lun’s daily routine and diet exemplify that. In the past, Wai Lun simply refused to sit down for a haircut. To calm him down, Mrs. Lee thoughtfully prepared his favourite snacks and after happy vibes were established, Mr. Lee would start cutting Wai Lun’s hair. Mrs. Lee remembers a doctor’s advice well: “Treat Wai Lun well. If he has a good life, you’ll have a good life.” Mrs. Lee believes that every person with disabilities has their own personality and traits. Parents need to figure out the reasons behind their behaviours in order to help them grow physically, mentally and spiritually.

Driven by motivations from the heart, Mr. Lee has been an enthusiastic volunteer in the Society’s parental work. His specialty is giving haircuts to persons with intellectual disabilities. He also contributes his talent by assisting in maintenance work and inspection of the premises. Mr. Lee says, “The Society has provided the opportunity for parents to come together and that has been most important.” Mr. Lee believes in the relevance of interaction with other parents. The Society has provided a suitable time for parents to hold meetings and also explains the benefits of joining these parental meetings. With the Society’s encouragement, turnout at these meetings has been improving steadily. Meanwhile, Mr. Lee and his wife suggest that the Society organise more activities for parents so that they can be temporarily relieved of caregiving responsibilities and have a moment to recharge.



中心為家長們提供了
相聚和交流的機會
The centre provides
opportunities for parents
to meet and communicate
with each other



李先生偕太太積極參與家長組織為智障人士發聲
Mr. Lee and his wife actively participate in parental groups to speak out for persons with intellectual disabilities

「舐犢情深」向來是父母對子女無限慈愛的寫照，李先生和太太為智障人士所付出的一切，皆源於他們對偉倫的愛，對智障人士的關心和對推動服務的熱誠。只要大眾齊心，所有智障人士也可以和偉倫一樣，更好、更有尊嚴地活出精彩的人生。

The love parents have for their children is unconditional. What the Lees are doing for persons with disabilities stems from their love for Wai Lun, as well as from their concern for persons with disabilities and their passion to drive services forward. The story of Wai Lun has shown us that as long as all quarters of society work together, all persons with disabilities can lead a better life, with fulfilment and dignity.

