

### 「扶康·愛自然」啟動禮

扶康會為了增加服務使用者體驗戶外園藝活動的機會，特別推出「扶康·愛自然」計劃。啟動禮已於本年4月1日舉行，象徵計劃正式推展。

啟動禮當天共有30多人參與，翻土禮及撒種禮由扶康會義務秘書王林小玲女士MH、董事局委員袁國榮先生、總幹事陸慧妍女士及家長代表黃婉霞主持。本會更為當日的參加者預備手製紙杯蛋糕及有機菜沙律，並一同大唱田園歌。當日活動在熱鬧氣氛下圓滿結束。

本會於元朗開心農場租用六塊農田，供各單位預約使用。本會希望以園藝活動，讓服務使用者體會照顧生命的責任，了解自己與自然的關係，經歷接受植物凋萎的失望，增強生命的挫折容忍力，並透過這個園藝過程，訓練職業技能（操作器具的能力）、溝通能力、社交技巧、情緒管理等。

從10月起，其中四塊田將會用作研究，嘗試以園藝活動效益的導入，為自閉症人士提供另一種治療方式，以增強他們的生活適應能力，幫助他們改善生理及心理功能。這個研究項目由臨床心理學家、園藝治療師及社工合作，研究結果將於明年公佈。



### “Fu Hong · Love the Nature” Kick-Off Ceremony

In order to encourage our service users experiencing the gardening events, Fu Hong Society carry out the “Fu Hong · Love the Nature” project. The kick-off ceremony was held on 1 April and the project was started after the ceremony.

Over 30 people participated in the kick-off ceremony. Officiating guests included Mrs. Cecilia WONG LAM MH, Honorary Secretary, Mr. Kevin YUEN, Council Member, Becky LUK, Executive Director and Mrs. WONG WONG Yuen Ha, parent representative joined the plowing and sow ritual ceremony. We provided the hand-made cupcakes and organic vegetable salad to the participants. Also, all the participants sang together and the activities ended in the lively atmosphere.

Our Society has rented six pieces of farmlands in Happy Farm located at Yeung Long and the farmlands can be booked by different service units. We want to take advantages on the gardening activities to let our service users experience the plants' living process and understand their relationship with nature. We hope that our service users can learn vocational skills training (operation of the appliance), communication skills, social skills and emotion management.

From October, four fields will be used for research. We attempt to provide another way for persons with autism to enhance their adaptability of life and also their development of physical and mental function. The research project will involve clinical psychologist, horticultural therapists and social workers. The preliminary study results will be published next year.

