

Newsletter

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開設牽蝶康兒中心 提供新服務

Service Kick-off Ceremony of Hin Dip Hong Yee Centre

有見輪候學前康復服務需時，為免有特殊需要（如自閉症、專注力不足、發展遲緩等）的兒童因缺乏適切服務而錯過學習的最佳時機，本會積極拓展學前支援服務至九龍區，開設「牽蝶康兒中心」提供新服務，並在2015年11月7日（星期六）於西九龍中心舉行服務開展禮。

活動榮幸邀得社會福利署深水埗區福利專員郭李夢儀女士、葵涌扶輪社社長陳俊不先生、本會董事局主席郭鍵勳博士BBS, JP、本會義務秘書王林小玲女士MH、本會董事局委員盧鴻業先生及星級嘉賓楊婉儀女士蒞臨主禮。本會亦感謝林祖輝先生擔任星級主持。

當日除有楊婉儀女士分享育兒心得外，一眾嘉賓亦在「跨越成長中的障礙專題分享會」中分享特殊學習需要兒童的特徵、行為處理技巧、家長壓力調適等等，希望加深公眾人士對他們的了解。

牽蝶康兒中心現已正式提供服務，歡迎聯絡本會查詢服務詳情。

服務內容：

- 評估服務
- 臨床心理服務
- 感覺統合及職業治療服務
- 密集式小組訓練（全方位成長路）
- 物理治療服務
- 言語治療服務

牽蝶康兒中心

Hin Dip Hong Yee Centre

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It was our honour to have Mrs. KWOK Li Mung-ye, Helen, District Social Welfare Officer, Sham Shui Po; Mr. Frank CHAN, President of Rotary Club of Kwai Chung; Dr. KWOK Kin-fun, Joseph, BBS, JP, President of Fu Hong Society; Mrs. WONG Lam-Siu-ling, Cecilia, MH, Hon. Secretary of Fu Hong Society; Mr. LO Hung-yip, Council Member of Fu Hong Society; and Ms. YOUNG Yuen-ye, Winnie as the officiating guests. Furthermore, we would like to express our gratitude to Mr. LAM Cho-fai, Thomas for being our celebrity host for the event.

During the Ceremony, Ms. YOUNG Yuen-ye, Winnie shared her experiences in nurturing children. In addition, at the seminar of "Overcoming the Obstacles in Growth", the guests discussed characteristics of kids with special needs, shared the techniques used to deal with certain behaviours of children and talked about how parents could handle pressure, etc. It was hoped that the public could obtain a deeper understanding of children with special needs.

Hin Dip Hong Yee Centre is in operation now. You are welcome to contact our Society for more details of our services.

Services:

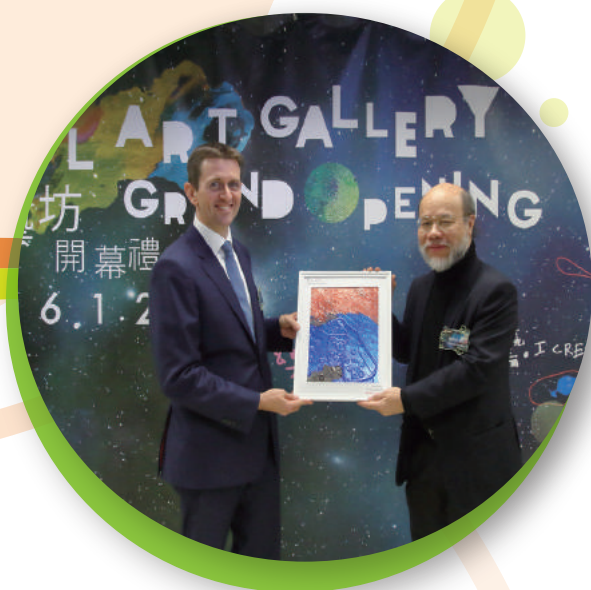
- Assessment
- Clinical Psychological Service
- Sensory Integration and Occupational Therapy
- Intensive Group Training (All-round Support Programme)
- Physiotherapy Service
- Speech Therapy Service

「緊Art你手」共融計劃

扶康會憑著「生而平等，人人皆擁有無限生命力與創造力」的信念，在2015年獲嘉民集團資助80萬元，展開為期兩年的「緊Art你手」共融計劃。扶康會深信人人生而平等，縱然智力、傷健程度或存有差異，但每個人亦該享有相同的社會及文化權利，不應因為任何個人特質而受到限制。智障人士及精神康復者均可透過計劃學習相處技巧及不同方面的藝術知識，並向社會傳遞共融訊息。

為了實踐「緊Art你手」共融計劃，樂融展藝坊於去年8月試業，並於10月展開第一期的藝術工作坊及義工培訓，第一季主題為「紙藝創繽紛」。經過三個月的試業，樂融展藝坊於2016年1月22日舉行開幕典禮，並設小型展覽及手作體驗，讓嘉賓及公眾人士參與其中。

在「紙藝創繽紛」主題下，參加者以紙糊方式，創作不同的展品，包括不倒娃娃、自畫像、立體紙花、手掌畫、人型公仔及樂器等。不同系列的作品均於樂融展藝坊展出，歡迎市民前來參觀。樂融展藝坊由試業至今，已經累積超過三百名的訪客，反應熱烈。



「樂融展藝坊」成平台 推展藝術創共融

我們會繼續於樂融展藝坊舉辦工作坊，令義工以「協作者」的身份輔助服務使用者，一同探索藝術創作的樂趣。另外，為了引發服務使用者的想像力，展藝坊利用不同的材料和媒體，進行平面以至立體的創作。參觀者從作品可體驗出參加者對空間、比例、色彩，相互配合的獨特效果。

同時，為了加強與社區的聯繫，樂融展藝坊將會提供場地，用以培訓學生成為社會共融的宣傳大使，推動校內接納和共融的風氣。學生會透過不同藝術，如話劇、舞蹈及視覺藝術等的交流活動，讓學生與智障人士及精神病康復者互相認識，增加對他們的了解，達致社區共融。

“Let's Art Together” Inclusion Project

Believing that “everyone is born equal and possesses infinite vitality and the power to create”, Fu Hong Society was honoured to receive a sponsorship of around \$800,000 from Goodman Group in 2015 to kick start the “Let's Art Together” Inclusion Project, which was to last for 2 years. Fu Hong Society truly believes that there might be variations in the levels of intelligence and physical abilities, yet everyone should be provided the same social and cultural rights and not to be constrained by their personal qualities. By learning interaction skills and knowledge of different areas of art through the Project, a message of inclusion can be sent to the community.

To put into practice the “Let's Art Together” Inclusion Project, Joyful Art Gallery scheduled a soft opening in August last year and started the first Art Workshop and volunteer training in October. The first quarterly theme was “Create a Colourful World with Paper Art”. After three months of soft opening, an opening ceremony took place on 22 January 2016. During the ceremony, a small-scale exhibition was held. All guests and the public were also offered the opportunity to experience art creation themselves.

Since the theme is “Create a Colourful World with Paper Art”, participants make use of paper mache and create exhibits of all kinds, including roly-poly dolls, portraits, 3D paper flowers, finger paintings, plush dolls and musical instruments, etc. Various collection of art creations are on display at the Joyful Art Gallery. All are welcome to come and enjoy the exhibition. From the soft opening until now, the reception of the exhibition at the Joyful Art Gallery has been overwhelming — it has accumulated a total of over 300 visitors.



“Joyful Art Gallery” Serves as a Platform to Promote Social Inclusion through Art

We would continue operate workshops at Joyful Art Gallery. Volunteers would assist service users as “facilitators” and together they would explore the fun in creating art. On the other side, to trigger the imagination of service users, the Art Gallery makes use of different materials and medium to guide service users in creating art which range from graphics to 3D. Through the process, participants can learn and experience how space, ratios and colors can be used together to generate special effects.

At the same time, to enhance communication with the community, the Joyful Art Gallery is going to provide venues to train up students to become ambassadors of social inclusion, who would then help to promote acceptance and inclusion at school. Through different forms of arts and exchange programmes, for example, drama, dance and visual arts, the student ambassadors would strive to achieve social inclusion by introducing students, persons with intellectual disabilities and psychiatric disabilities to one another and enhancing students' understanding towards persons with disabilities.





傳媒午宴

扶康會於去年舉辦一年一度的傳媒午宴。會上分享「自閉症成人表現行為與父母的親職態度、應對策略及壓力之間的關係」的研究結果及「中途宿舍精神康復者運動參與程度和得益」問卷調查，並介紹鼓勵更多精神康復者享受運動的新書《始於足下》。

研究以深度訪談形式蒐集資料，了解自閉症成人的家長所面對的壓力，並找出方法，以幫助自閉症患者更早接觸社會。育有一名20歲患有輕度智障兼自閉症兒子的陳太指部分社會人士不明白自閉症患者的行為，故會害怕與他們接觸。她希望大眾多了解自閉症，幫助他們融入社會。

有見及此，本會積極拓展適切服務予有特殊需要人士，新服務中心—牽蝶康兒中心已正式於去年十月投入服務。中心以有特殊需要的兒童及其家庭為主要對象，並以「家庭為本」的理念提供支援服務。

當日的傳媒午宴吸引了十多間傳媒機構到場採訪，場面熱鬧。



Media Lunch

Fu Hong Society organized the annual media lunch last year. We shared the result of explorative study on "The relationship between the behavior of adults with autism and the attitude of parents, coping strategies and the stress" and survey on "Exercise and Gain of Service Users of Halfway House". Moreover, we introduced our new book which is named "It All Begins with a Single Step", hoping to encourage more persons with psychiatric disabilities to enjoy the benefits of exercise.

In-depth interviews, which the research method we used, could have better understanding of the stress of parents of adults with autism facing and help persons with autism to connect with the community easily. Mrs. Chan, who has a 20-year-old son with autism and mild intellectual disabilities, pointed that some people did not understand the behavior of persons with autism, thus they might scare of them. She hoped that the majority could understand more about autism and help them integrate into society.

In view of this, we develop our services to persons with special needs actively. The new service center — Hin Dip Hong Yee Centre was officially put into service in October last year. The centre mainly serves children with special needs and their families, and implements the concept of "family-oriented".

More than 10 media have attended and interviewed our representatives, reporting our innovative services that meet the needs of community.





▶ 左起：慈善籌款晚宴籌委會主席施家殷先生、勞工及福利局常任秘書長譚賴蘭小姐，JP、扶康會會長葉恩明先生，JP、總幹事陸慧妍女士

From left: Mr. Kyran SZE, Chairman of Charity Dinner Organizing Committee, Miss. Annie TAM, JP, Permanent Secretary for Labour and Welfare, Dr. IP Yan-ming, JP, President and Ms. Becky LUK, Executive Director



慈善籌款晚宴

本會首次在2015年8月21日舉辦慈善籌款晚宴，於尖沙咀The One煌府筵開40席，為非資助特殊需要人士服務籌款。承蒙來自商界、不同機構、扶輪社、聖堂及家長等各界支持，是次活動共籌得逾80萬元善款，將主要用於發展專為特殊需要人士服務而新開設的「牽蝶康兒中心」。

當晚節目豐富，首先由天水圍地區支援中心、石圍角工場及輔助就業的服務使用者演奏音樂，然後長沙灣成人訓練中心和毅信之家的服務使用者穿上懷舊服飾「行天橋」，專業演出令在座賓客擊節讚賞。服務使用者們克服緊張的心情，出色地完成表演，更獲得大家的欣賞及認同，令他們倍感快樂。接着，勞工及福利局常任秘書長譚賴蘭小姐，JP、扶康會慈善晚宴籌委會主席施家殷先生和扶康會會長葉恩明醫生，JP先後致辭，為晚宴正式展開序幕。本會亦非常感謝義務司儀李志剛先生及表演嘉賓一著名魔術師李澤邦先生，他們的精彩表現令現場氣氛更加熱鬧。當晚又設無聲拍賣及慈善抽獎券義賣，更推出自家品牌「康姨曲奇」的新產品「甲等曲奇」即場義賣，供不應求下全部售罄，為是次籌款晚宴錦上添花。

鳴謝

- **主要贊助**
施家殷先生
尊榮控股有限公司
- **鑽石贊助**
創奇思、香港葵涌扶輪社
- **白金贊助**
寶發實業有限公司
- **黃金贊助及禮品贊助**
捷和實業有限公司、樓東俊安資源（中國）控股有限公司、永耀集團控股有限公司、上海商業銀行、萬福珠寶

Vote of thanks

- **Main Sponsor**
Mr. Kyran Sze
Regal Holdings Corporation Ltd
- **Diamond Sponsor**
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Rotary Club of Kwai Chung
- **Silver Sponsor**
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- **Gold Sponsor & Gift Sponsor**
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Holdings Ltd, Evershine Group
Holdings Ltd, Shanghai Commercial
Bank, Man Fook Jewellery

Charity Dinner

A charity dinner of 40 tables was held at Palace Wedding Banquet Specialist, The One in Tsim Sha Tsui on 21 August 2015 by Fu Hong Society to raise funds to help persons with special needs. Thanks to the support of corporations, organizations, the Rotary Club, churches, and parents, over \$800,000 was raised for Hin Dip Hong Yee Centre to develop services for persons with special needs.

The program on that evening was wonderful. It began with a musical performance presented by service users of Tin Shui Wai District Support Centre, Shek Wai Kok Workshop and Supported Employment. Then, service users of Cheung Sha Wan Adult Training Centre and Ngai Shun Home presented a "catwalk show" in vintage clothing and earned big applause from guests for their professional performance. Service users felt exceptionally happy as they overcame stage fright and earned the appreciation and recognition of audience for their successful performance. The dinner officially began after the address of Miss. Annie TAM, JP, Permanent Secretary for Labour and Welfare; Mr. Kyran SZE, Chairman of Fu Hong Society Charity Dinner Organizing Committee; and Dr. IP Yan-ming, JP, President of Fu Hong Society. Special thanks should be given to Mr. LEE Chi-kwong, Alex, the master of ceremonies, and famous magician Mr. Bond LEE for his wonderful performance. Beside silent auction and lucky draw ticket sale, "Little Ladybug Cookies", a new product from Madam Hong's Bakery, was also launched for the charity sale. All stock was sold out, bringing a happy ending to the charity dinner.





第十二屆「甜蜜心連心」步行籌款

第十二屆「甜蜜心連心」步行籌款已於2015年12月12日（星期六）順利舉行，今屆首次移師至白石角海濱長廊，吸引接近1,000位傷健人士參與這項極具意義的活動。

本會感謝各界人士的鼎力支持，藉此活動為智障人士、精神康復者及自閉症人士的服務籌募經費。本會亦感謝支持是次步行籌款活動的贊助機構。今屆「最陣容鼎盛隊伍獎」為港基物業管理有限公司，共有107位義工參加。



The FHS 12th Charity Walkathon

Our 12th Charity Walkathon was organized on 12 December 2015 (Saturday) at Pak Shek Kok Promenade which attracted about 1,000 participants with and without disabilities joined this meaningful event.

We would also like to express our heartfelt gratitude to the generous support from different sectors and the general public to raise funds for our services for persons with intellectual disabilities, psychiatric disabilities and autism. Our thanks also go to the sponsors. "The Biggest Team Award" belonged to Citybase Property Management Limited this year. Their Company had 107 volunteers to join the walkathon.



全港賣旗日2015

扶康會獲社會福利署批准，在2015年10月24日（星期六）舉行全港賣旗日，為智障人士、精神康復者及自閉症人士服務籌募經費。當日天清氣朗，超過4,000名義工參與賣旗，不遺餘力。本會主席郭鍵勳博士BBS, JP、義務秘書王林小玲女士，MH、神師方叔華神父PIME、董事局委員李春霖先生及盧鴻業先生、總幹事陸慧妍女士及助理總幹事徐群燕女士則組成兩組打氣團，跨區為義工打氣。在各界鼎力相助下，今屆賣旗日得以順利完成。

Flag Day 2015

Social Welfare Department has authorized Fu Hong Society to hold a Flag Day on 24 October 2015 (Saturday) in Hong Kong Island, Kowloon and New Territories. The aim of the Flag Day is to raise fund for services for persons with intellectual disabilities, psychiatric disabilities and autism. Over 4,000 volunteers helped us on that day and the weather was excellent. Two cheering teams were formed, members including Dr. Joseph KWOK, BBS, JP, Chairman of Fu Hong Society, Mrs. Cecilia WONG LAM, MH, Hon Secretary, Fr Giosuè BONZI, PIME, Spiritual Adviser, Mr. John LEE and Mr. LO Hung-yip, Council Members, Ms. Becky LUK, Executive Director and Ms. Frankie TSUI, Assistant Executive Director, to support the volunteers. With all the support, our Flag Day has been completed successfully.





國際廚師日2015

扶康會很榮幸獲香港廚師協會邀請，再次成為「國際廚師日」的受惠機構。近400位服務使用者於2015年10月21日到訪香港迪士尼樂園酒店，品嚐由數十位大廚製作的高質素自助午餐。

香港廚師協會當日派出數十位於高級食府工作的大廚坐陣，連同迪士尼義工隊合共逾百人，場面宏大，藉此傳遞他們對殘疾人士及智障人士的愛與關懷。本會感謝他們對本會服務的認同和肯定。

著名魔術師Harry哥哥（王者匡先生）、歌手龍小茵小姐、藝人林祖輝先生及姚嘉妮小姐亦到場支持。Harry哥哥及龍小茵小姐分別為服務使用者表演魔術和獻唱。而林祖輝先生及姚嘉妮小姐則與各參加者玩遊戲及派禮物，增添不少歡樂氣氛。除此之外，迪士尼義工隊與各參加者一起拍攝照片、繪畫及玩遊戲，令氣氛更加熱鬧。

活動完結前，香港廚師協會與迪士尼義工預備了禮物送給各參加者，令大家十分驚喜，度過了一個十分美滿的下午。



International Chefs Day 2015

Fu Hong Society was honorably invited by the Hong Kong Chefs Association to be a beneficiary of the "International Chefs Day" again. On 21 October 2015, nearly 400 service users went to Hong Kong Disneyland Hotel. They enjoyed a high quality buffet lunch and professional services of the chefs.

Hong Kong Chefs Association continued their spirit of serving community. More than 50 chefs from high-class restaurants and Disney VoluntEARS joined this great activity and showed their love and concern for those service users. We were thankful for their recognition and support to our services.

Mr. Harry WONG, renowned magician, Ms. LUNG Siu-kwan, singer, Mr. Thomas LAM and Ms. Claire YIU, artists also supported this event. Mr. Harry WONG and Ms. Lung Siu-kwan performed magic and sang respectively. While Mr. Thomas LAM and Ms. Claire YIU played games with and gave gifts to the participants, which brought lots of fun and joy. Besides, Disney VoluntEARS took photos, arranged drawings and games for the participants, making a more cheerful and mirthful atmosphere.

Towards the end of the event, the service users received souvenirs from the Hong Kong Chefs Association and Disney VoluntEARS. They all had an enjoyable afternoon full of surprises.



「說死談生」教育計劃

扶康會早前成功申請由香港電台及南華早報合辦的年度籌款活動《愛心聖誕大行動》，獲批98萬多元，開展「說死談生」教育計劃。計劃將於2016年4月開展，為本會的智障服務使用者推行生死教育，為期兩年。

衰老是人生必經的過程，但智障人士的衰老遠較一般人急速。當他們到達40歲時，已被視為進入高齡階段。本會800多位住宿服務使用者中，接近百分之七十已年過40。在過去大半年，亦已有多位服務使用者因高齡或疾病而逝世。

多年來，舍友們共處同一屋簷下，一同用膳，一起訓練，共同分享快樂和悲傷。他們雖來自不同的家庭，但手足情深，一旦有服務使用者遽然離世，會為他們帶來悲傷。此計劃透過一系列的工作坊、墳場遊覽、病友探訪及喪禮安排等活動，希望協助服務使用者及其家人明白死亡的意義、對死亡過程確立正面的認識、協助服務使用者走過人生最後的一段旅程；其他服務使用者則對生命有更積極的態度。



"Dialogue between Life and Death" Education Project

Fu Hong Society has successfully applied for a grant of \$980,000 from "Operation Santa Claus" established by the Radio Television Hong Kong and South China Morning Post to promote life and death education to our service users with intellectual disabilities. The project will last for two years and will be kicked off in April 2016.

Aging is a process that no one can escape from. However, the aging process of persons with intellectual disabilities happens much quicker than that of the normal people. When they reach the age of 40, they are considered as having entered the stage of old age. Our Society has more than 800 users of residential services and above 70% of them are over 40 years old. In the past half-year, a number of service users had passed away because of old age or sickness.

All these years, the residents have lived under the same roof, dined meals in the company of each other, trained together and shared their happiness and grief. They may not be related in blood, yet they are as close as brothers and sisters. The sudden death of one of the service users would bring the rest of them uneasiness and sorrow. Through a series of workshops, tours to cemeteries, visits to their sick friends and activities such as arranging funerals, etc., this project aims to help service users and their families understand the meaning of death and help them establish a positive mind towards the process of dying. By assisting service users who are facing death in walking through the last bit of their life journeys, other service users might as well develop a more positive attitude towards life.

康融膳食服務進駐大華銀行



為支持殘疾人士就業及促進傷健共融，扶康會的社會企業—康融服務有限公司（康融）轄下的康姨咖啡室於2015年6月起，為大華銀行香港分行位於中環花園道的辦事處的員工用膳區提供早餐服務。此舉既可支持殘疾人士就業，亦促進銀行員工與殘疾人士的共融，並為他們提供優良的工作環境。同時員工亦可享用質優味美的膳食，實屬「三贏」之協作模式。

由於反應非常良好，大華銀行於去年9月21日起，更進一步邀請康融延長服務時段至中午，為銀行員工提供午餐服務，令更多員工可以參與這項社區共融的合作計劃。

這項「三贏」服務，先後為四名殘疾人士創造就業機會。同時，以上服務可以為接受培訓及裝備待業的殘疾人士提供一個穩定的環境。感謝大華銀行為社區共融作出的努力，讓他們日後投身就業市場，奠定良好的基礎。



Hong Yung Catering Service Stationing at the United Overseas Bank

To help persons with disabilities gain employment and promote inclusion between persons with and without disabilities, Madam Hong Café, a cafeteria belonging to Fu Hong Society's social enterprise - Hong Yung Services Limited (Hong Yung), started providing breakfast at the staff canteen of the United Overseas Bank's (United Bank) Hong Kong branch office at Garden Road, Central since June of 2015. Not only does help persons with disabilities gain employment, it also encourages the staff of the bank and persons with disabilities to get along and at the same time allows the staff of the Bank to enjoy high-quality food. This is a "win-win-win" mode of co-operation.

Since the service of Madam Hong Café was highly welcomed, the Bank further invited Hong Yung to extend its serving hours until noon time and to serve lunch to the staff starting from 21 September 2015. More staff are therefore able to participate in this partnership programme which promotes social inclusion.

This "win-win-win" service is able to create job opportunities for four persons with disabilities. It also provides a stable environment to train and equip persons with disabilities who are not yet employed, so that they can be thoroughly prepared when they enter the employment market in the future.



UPS積極支持康姨餅房

扶康會得到UPS基金的支持，於2009年成立康姨餅房，由殘疾人士負責製作手製曲奇。成立至今，康姨餅房一直口碑不絕，生產量更於2012年突破35萬塊。在2013-14年度，康姨餅房的營業額達到60多萬元，佔工場收入的百分之四十，足証康姨餅房發展迅速，越來越受外界的歡迎。

2015年，扶康會向UPS基金再度申請贊助，讓康姨餅房擴充業務。感謝UPS一直以來對本會及殘疾人士服務的支持，並撥出23萬多元，讓康姨餅房有額外的資源，研發曲奇的新包裝及相關新產品、購置器材增加產量、並拓展曲奇零售服務及增設網上訂購服務。這些計劃令康姨餅房變得更專業、產量更多、產品更多元化，並為殘疾人士帶來更多不同訓練機會。

UPS不但在金錢上支持本會，更會藉著每年的「全球義工月」到本會進行義工活動。UPS義工隊於2015年10月3日到訪康復中心，與康姨餅房的工友一起製作曲奇，並和他們一起將製成品送贈予思諾及怡諾成人訓練中心。義工和本會服務使用者共度快樂而有意義的一天。



UPS' Enthusiastic Support towards Madam Hong's Bakery

Madam Hong's Bakery, which sells handmade cookies that are produced by persons with disabilities, was set up in 2009 by Fu Hong Society with the support of The UPS Foundation. Since its opening, Madam Hong's Bakery has gained great popularity. In 2012, the number of cookies produced reached 350,000. In 2013-14, the turnover of Madam Hong's Bakery exceeded \$600,000 and contributed to 40% of the workshop's income. All these prove that Madam Hong's Bakery is experiencing a rapid growth and is gaining more popularity.

In 2015, with the intention to expand the business of Madam Hong's Bakery, Fu Hong Society once again applied for The UPS Foundation's sponsorship. We would like to express our gratitude to UPS for showing continuous support to our Society and our service. The sponsorship of more than \$230,000 allowed Madam Hong's Bakery to look into new packaging, develop relevant new products, increase the production through purchasing new equipment, expand the retail service of cookies and extend the ordering service to the Internet.

These plans have made Madam Hong's Bakery more professional, more high-yielding and more diversified in products. They have also brought along more training opportunities to persons with disabilities.

UPS offers more than simply financial support to our Society, they organize volunteer events at our Society during the Global Volunteer Month every year. On 3 October 2015, the UPS Volunteer Team visited the Rehabilitation Centre and joined the workmates at Madam Hong's Bakery in making cookies. After that, they gave out their products to Si Lok Adult Training Centre and Yi Lok Adult Training Centre. The volunteers spent a happy and meaningful day with the service users.



自閉症人士訓練 – 「圖片交換」助溝通

自閉症服務使用者在溝通上有不同程度的障礙，對於一些沒有語言能力的自閉症患者，他們要表達個人需要就更見困難。現時康復界已使用不同的介入手法來增強他們的溝通能力，「圖片交換溝通系統」便是其中一套有效及實證為本的方法。

「圖片交換溝通系統」是一套由Frost & Bondy (1994) 發展的溝通訓練手法。這套訓練手法是利用圖片來進行交換式的溝通系統，其主要目的為誘發服務使用者的溝通動機及為服務使用者提供有效的溝通途徑。

「圖片交換溝通系統」之六個階段如下：

- 第一階段 – 建立以物換物的概念
- 第二階段 – 增加溝通的自發性
- 第三階段 – 辨認圖貼
- 第四階段 – 學習句式結構
- 第五階段 – 學習利用圖卡回應「你要什麼？」
- 第六階段 – 學習回答評論性的問題及表達意見

扶康會致力為每位自閉症服務使用者提供適切的訓練，我們期望透過「圖片交換溝通系統」，可增強自閉症服務使用者主動溝通能力，減少因溝通障礙而引致之挑戰性行為及增強其社交能力。職員亦可更了解他們的需要，從而設計更適切的訓練，進一步提升自閉症服務使用者的生活質素。



Training for Service Users with Autism - Picture Exchange Communication System

Service users with autism face a variety of communication challenges. For some persons with autism who are unable to speak, it would be even harder for them to express personal needs. Different approaches have been developed by the rehabilitation field to strengthen service users' communication skills over the years. Picture Exchange Communication System (PECS) is one of the evidence-based methods that proves to be effective.

Picture Exchange Communication System (PECS), developed by Frost & Bondy (1994), is a set of methods designed to train up communication skills. These training methods utilize pictures to construct a communication system that is interactive. The principal objectives are to induce service users to communicate and provide an effective communication channel for service users.

The six phases of PECS are as follows :

- Phase 1 – Establish the concept of "item-exchange"
- Phase 2 – Initiate spontaneous communication
- Phase 3 – Identify picture cards
- Phase 4 – Learn to structure sentences
- Phase 5 – Learn to respond to the prompt - "What do you want?" by using picture cards
- Phase 6 – Learn to respond to questions and make comments

Fu Hong Society strives to provide suitable training to each service user with autism. With the PECS, it is hoped that service users with autism would be able to strengthen self-initiated communication skills, reduce challenging behaviours caused by communication barriers and enhance social communication abilities. Our staff would also be able to understand more about their needs and hence design more suitable training programmes for service users. This would further enhance the living standards of service users with autism.

服務特色 服務亮點

SERVICE HIGHLIGHT
SERVICE ACHIEVEMENT



國際會議交流分享康復服務

第三屆亞洲太平洋社區為本康復服務會議於2015年9月在東京舉行。會議有500多位來自46個國家的參加者，並有超過60位義工協助舉辦。本會亦特別派出6位員工參與，以擴闊員工眼界及促進服務交流。

本會十分榮幸在會議上發佈兩篇關於精神康復服務和職業康復服務的文章，題目分別為「Non Handicapped Environment」及「Disability Inclusive Business」。而本會的海報亦成功於會上展出，題為「Community-based Programs for Empowering People with Psychosocial Disabilities」。不少參加者對本會發佈的文章及海報展覽均深感興趣，紛紛跟本會員工交流及分享服務經驗。

會議後，部分代表團成員更前往由日本政府營運的國立殘疾人康復中心（NRCPD）參觀。當中先進的康復技術和人性化設備，使成員大開眼界，獲益良多。

代表團成員回港後與本會其他同工分享所見所聞，共同優化本會服務，幫助更多殘疾人士。



Sharing of Rehabilitation Service at International Congress



The 3rd Asia Pacific Community-Based Rehabilitation Congress (CBR) was held in Tokyo in September 2015. Over 500 people from 46 countries participated. There were also more than 60 volunteers assisting in the organization of the Congress. Our Society sent 6 staff as representatives, hoping to expand their horizons and promote the exchange of service.

It was our Society's honour to have presented two articles that were related to mental health rehabilitation service and vocational rehabilitation service at the Congress. The titles of the articles were "Non Handicapped Environment" and "Disability Inclusive Business". Posters of our Society were also exhibited at the Congress under the theme - "Community-based Programs for Empowering People with Psychosocial Disabilities". Quite a number of participants had expressed interest in our poster exhibition and also in the articles we published. They were eager to exchange and share experiences about service with our staff.

After the Congress, some of the delegation members visited The National Rehabilitation Center for Persons with Disabilities (NRCPD) operated by the Japanese government. The advanced rehabilitation technologies and the user-friendly facilities were eye-opening to the members. It was a fruitful visit.

Members of the delegation concluded the experience of participating with other staff, hoping to improve the quality of our Society's service and extending helping hands to more persons with disabilities.

警察知多啲 認識殘疾人士

鑑於社會大眾對精神上無行為能力的人士認識不深，特別是與智障及自閉症人士溝通存有極大困難。本會近年先後向傳媒發表有關議題之新聞稿及向公眾人士提供相關講座。香港警察學院亦於去年7月至8月期間，邀請本會為警務人員提供培訓，由本會臨床心理學家和資深社工講授，讓他們理解精神上無行為能力人士的特質、情緒及行為表現，讓他們在執行職務時能較易辨識及掌握溝通的方法。

由於反應良好，警察學院與本會進一步協作，除繼續邀請本會提供培訓講座外，還安排該學院學員到訪本會位於香港仔的康復中心，與本會的服務使用者互動交流，以增加了解。在2015年10月至2016年1月期間安排了3次培訓探訪，共有超過100名警察學院學員參加。

本會和警察學院近期的協作效果非常顯著，不但提升警務人員對智障及自閉症人士的認識和學習到更有效與他們溝通的方法和技巧，本會的服務使用者也因為透過和他們的接觸，也減少了對警務人員的恐懼，並有機會學習較自然的溝通和表達，達致雙贏的效果。本會期望與香港警察學院持續協作，締造社會和諧的氣氛。



◀ 本會臨床心理學家梁凱琪女士到黃竹坑香港警察學院講解與自閉症及智障人士溝通之技巧

Ms. LEUNG Hoi-ki, Sharon, Clinical Psychologist of our Society, was invited to share the techniques on how to communicate with persons with autism and persons with intellectual disabilities in the Hong Kong Police College at Wong Chuk Hang.

▶ 本會服務總監（中區及南區）王健安先生於康復中心介紹復康服務

Mr. WONG Kin-on, Leo, Service Director (Central and Southern), gave an introduction of our Society's rehabilitation service in our Rehabilitation Centre.

Knowing More about Persons with Disabilities – Hong Kong Police College

In view that the public generally knew little about Mentally Incapacitated Persons and found it especially difficult to communicate with persons with intellectual disabilities and persons with autism, our Society began in recent years to release relevant press releases and give talks to the public. In July and August last year, the Hong Kong Police College invited our Society to provide trainings to police officers. The trainings were conducted by Clinical Psychologists and social workers of our Society and aimed to provide police officers a way to understand the characteristics, emotions and behaviors of Mentally Incapacitated Persons, so that the police officers may be able to differentiate such persons when they were on duty and handle the communications properly.

Since the trainings had received favorable feedback, the Police College arranged for further co-operation with our Society. Apart from inviting us to provide training seminars, the Police College also arranged for the students to visit our Rehabilitation Centre at Aberdeen, so as to enhance their understanding through communicating and interacting with our service users. Three training visits were coordinated between October 2015 and January 2016. More than 100 students from the Police College had participated.

Not only is the recent co-operation between the Police College and our Society smooth and pleasant, it is also extremely meaningful. It has enhanced the understanding of police officers towards persons with intellectual disabilities and persons with autism, and has taught the officers how to use the appropriate ways and skills to achieve effective communication with them. At the same time, through spending time with the police officers, our service users have also become less intimidated by them. In addition, our service users are offered the chance to learn how to communicate with others and express themselves in a more natural way. This is a win-win mode of co-operation. We anticipate a continuous partnership with the Hong Kong Police College and hope to build a harmonious society together.



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).



跑出運動復康路－蘇培潔

「在2013年秋天，我參加了宿舍的跑步班，開始接受有系統的訓練。」自此之後，培潔與運動就結下了不解之緣。

培潔是本會中途宿舍舍友，一直受肩膊痛的困擾。後來有職員建議她可以利用運動來舒緩痛楚，培潔便開始接觸不同的運動，「中途宿舍舉辦過的游泳堂、行山活動和健步小組，我都參加過。」其中培潔特別對跑步和行山情有獨鍾。

但對於「跑步初哥」的培潔而言，最擔心是體能難以應付，「開始時，不要說跑步，只是快行兩個圈，已經令我喘氣連連。」隨著不停的訓練，培潔漸漸掌握跑步的節奏和顫門，「後來我每次上跑步班時，我的體力好了很多，可以連續慢跑十多個圈，之後我更順利完成連續十星期的跑步班。」

跑步不但舒緩了培潔的肩膊痛，更重要是令她重拾對生活的信心，「除了學到運動的知識外，跑步令我更肯定自己，一步步嘗試克服困難，面對自己的生命。而每次運動過後，我都有放下心頭大石的輕鬆快感。運動減輕了我生活上的心理壓力。」



突破自我挑戰12公里

養成了練跑及行山的習慣後，培潔便開始參與3公里跑步比賽。近年她更不斷地將目標推高，「在去年，我參加了10公里跑步比賽及12公里山路賽。」對於一般人而言，3公里或10公里可能並非一段很長的距離，但對於精神康復者的培潔而言，卻有不同意義，「我相信自己成功，當中包含了很多原因，包括自己對改善體型和體質的決心、開放的態度和同伴及職員的鼓勵。」精神病的負面徵狀會令患者集中力減低，而藥物也會令身體出現肥胖及較易疲倦的副作用，但培潔都將這些不利條件一一克服。

運動令培潔樂於面對生活上的挑戰，今年已經是她在同一社企工作的第四個年頭。她在工作崗位上學到不少新知識，例如電腦使用，並找到自己的價值。最近她更買了一部智能電話，與時並進，擴闊自己的社交圈子，希望可以更好地融入社會。培潔在疾病及環境的限制下，仍活出有希望的生活方式，成功演活了復元的精神。

Run for Rehabilitation — SO Pui Ying

"I joined the Halfway House's running class in the autumn of 2013 and began receiving systematic training." Since then, Pui Ying has developed a deep bond with sports.

Pui Ying is the resident of our Halfway House and has long been suffering from shoulder pain. A staff later suggested to her that she could try easing pain by doing sports. That was when Pui Ying started trying different kinds of sports. "I have joined all the swimming classes, hiking activities and jogging groups organized by the Halfway House." Among all these sports, Pui Ying enjoys running and hiking the most.

However, as a "running beginner", she found the hardest to catch up on. "When I first started, I couldn't stop gasping after simply fast-walking for two laps — let alone running." After continuous practices, Pui Ying was gradually able to pick up the rhythm of running and the key to it. "My fitness condition had improved a lot afterwards. Every time during class, I was able to jog for more than 10 laps without taking a break. I was even able to complete the entire running course which lasted for 10 weeks."

Not only does running ease the pain of Pui Ying's shoulders, most importantly, it helps her regain confidence in life. "Apart from learning more about sports, running allows me to build up more faith in myself. I have also learnt how to attempt in tackling problems one at a time and to face my own life. Every time after exercising, I feel relaxed and delighted, as if weight has been lifted off my shoulders. Sports also diminish the psychological pressure I experience in life."



A breakthrough — The 12km Challenge

Having developed the habit of running and hiking, Pui Ying started to join the 3km race. She even raised her targets these years. "Last year, I joined the 10km race and the 12km cross-country race." 3km or 10km may not be a long distance for normal people, but for persons with psychiatric disabilities such as Pui Ying, they mean something different. "I believe I can do it. There are several driving factors, for example, the determination to get in shape and improve my health, my open-minded attitude and encouragements from friends and staff." The negative symptoms of mental illnesses include lowering the ability to concentrate and the side effects of medication include obesity and being tired easily. Pui Ying overcame these adverse conditions one by one.

Sports have transformed Pui Ying into a person who is willing to face challenges in life. This year marks the fourth year of Pui Ying working in the same social enterprise. She has acquired some new knowledge from work, for instance, computer usage. She has also come to realize her values. To catch up with technology, she has recently purchased a smart phone, hoping to expand her social boundaries and fit into society better. Though illnesses and the environment have placed constraints on her, Pui Ying is still able to live the way she desires. She has soundly displayed the spirit of recovery.



扶康會及康融服務有限公司再度獲頒「十八區關愛僱主獎」

「2015國際復康日開幕典禮」已於2015年12月5日舉行。大會今年繼續舉辦「十八區關愛僱主」嘉許禮及新增「十八區關愛僱主連續五年大獎」，表揚社區內聘用殘疾人士的僱主，提高社會大眾對殘疾人士工作能力的認識。

扶康會本年獲頒「十八區關愛僱主連續五年大獎」，以嘉許本會持續聘用殘疾人士就業。而旗下的社會企業一康融服務有限公司，亦再度獲頒「十八區關愛僱主獎」，表揚本社企鼓勵殘疾人士投入社區工作。

本會將繼續聘用不同類別的殘疾人士，並按他們的能力及需要，安排合適的工作、提供配套設施、培訓及指導，讓他們能在工作間發揮所長，藉以促進殘疾人士平等就業。



Fu Hong Society and Hong Yung Services Limited were awarded "18 Districts Caring Employers Award" again

The opening ceremony of "International Day of Disabled Persons 2015" was completed on 5 December 2015. "18 Districts Caring Employers Award" cum "Special Award for being awarded for 5 consecutive years or above" were presented this year, in order to praise employers in the community hiring persons with disabilities and enhance the awareness of the public about their working ability.

Fu Hong Society was awarded "18 Districts Caring Employers Special Award for being awarded for 5 consecutive years or above" for employing persons with disabilities actively. Additionally, the social enterprise of the Society, Hong Yung Services Limited, was also awarded "18 Districts Caring Employers Award" again due to encouraging persons with disabilities to work in the community.

The Society will continue to hire a variety of persons with disabilities and arrange them to suitable jobs according to their abilities, offering them supplementary facilities, training and guidance. We believed that they can show their talents in the jobs so as to enhance equal employment opportunity for persons with disabilities.

嘉許及獲獎

RECOGNITIONS AND AWARDS

「快樂工作間」頒獎典禮 暨 「創業展才能社企」嘉許禮

社會福利署
Social Welfare Department



「康姨咖啡室」及「香城茶室」榮獲獎項

扶康會社會企業—康融服務有限公司（康融）轄下的「康姨咖啡室」及「香城茶室」分別獲頒十大「快樂工作間」及「愛心社企」獎項。

社會福利署於早前舉辦「快樂工作間」頒獎典禮暨「創業展才能社企」嘉許禮，「康姨咖啡室」憑第二高票，成功獲選為十大「快樂工作間」之一。康姨咖啡室員工李倩瑩表示，當咖啡室繁忙的時候，店內的員工都會互相合作，非常團結，工作氣氛融洽。而「香城茶室」則憑著聘請最多殘疾人士的食肆，獲頒「愛心社企」。康融董事會主席李百灝先生MBE, JP及康融董事會委員郭鍵勳博士BBS, JP代表出席頒獎典禮，指扶康會將繼續為殘疾人士創造更多快樂就業機會。

「香城茶室」除了獲獎外，亦獲香港社會企業總會頒發的「社企認證」。「社企認證」是社企品質的保證。康融很榮幸可以在香港500多間社企當中，成為其中51個認證項目的社企之一。

「快樂工作間」頒獎典禮 暨 「創業展才能社企」嘉許禮



Awards Given to "Madam Hong Café" and "City Café"

"Madam Hong Café" and "City Café", the two cafeterias of Fu Hong Society's social enterprise — Hong Yung Services Limited (Hong Kong), were awarded the "Happy Work Place" Award and "Caring Social Enterprise" Award respectively.

At the "Happy Work Place" cum "Social Enterprise Award Presentation" Ceremony organized by the Social Welfare Department earlier, "Madam Hong Café" was chosen to be one of the "Happy Work Places" with the second highest number of votes. According to Lee Sin Ying who works at Madam Hong Café, staff of the Café always help each other out during the busy hours, displaying a strong sense of team spirit. The Café has a harmonious working environment. As the restaurant has hired the most persons with disabilities, "City Café" was awarded the "Caring Social Enterprise" Award. Mr. Simon LI, MBE, JP, Chairman of Hong Yung Council and Dr. Joseph KWOK, BBS, JP, member of Hong Yung Council, attended the Ceremony and promised that Fu Hong Society would strive to continue creating more joyful employment opportunities for persons with disabilities.

Apart from receiving the Award, "City Café" was also being presented the Social Enterprise Endorsement (SEE) Mark by the Hong Kong General Chamber of Social Enterprises, which guaranteed the quality of a social enterprise. It is an honour for Hong Yung, among a total of more than 500 social enterprises in Hong Kong, to become one of the 51 social enterprises projects, recognized with the Chamber.

永旺第七期「幸福的黃色小票」活動

永旺（香港）百貨有限公司（永旺）在2015年8月至2016年1月期間，舉行第七期「幸福的黃色小票活動」。於每月11日，顧客購物付款後會得到一張黃色的購物小票，只要將該小票投入支持的團體的投票箱便可。永旺計算每個團體獲得的小票金額，然後將該團體所得金額的1%以物品形式捐贈予該團體。扶康會有幸繼續成為其中一間受惠機構，感謝各位踴躍支持本會！

The 7th phase AEON "Yellow Receipt Campaign"

AEON Stores (Hong Kong) Co., Limited (AEON) organized the 7th phase "Yellow Receipt Campaign" from August 2015 to January 2016. On every 11th day of the month, customers would get a yellow receipt after payment, they could put the receipt into the box of a preferred organization. AEON would calculate the total amount of the receipt each organization got, and donate in kind same as 1% of the total amount. Fu Hong Society was glad to be one of the beneficiaries again, thanks for supporting us.

放置扶康會捐款箱

扶康會得到永旺（香港）百貨有限公司、大家樂集團和中國石油化工股份有限公司支持，於去年分別在門市、旗下部分食肆（一粥麵、米線陣和米線營）及41個油站放置扶康會的捐款箱。

Donation box for Donation

Fu Hong Society was supported by AEON Stores (Hong Kong) Co., Café de Coral Group and Sinopec Corp, thus we could place the donation box in stores, some of its restaurants (Super Super Congee & Noodles, Mixian Sense and Mixian Site) and 41 petrol stations respectively.



第12屆扶康會「香港最佳老友」運動電能烹飪比賽

一年一度的電能烹飪比賽又來了！這個由社區人士與智障人士一起合作烹飪的比賽將於2016年5月21至22日（初賽）及6月26日（決賽）舉行，有興趣的參加者請到本會網頁www.fuhong.org下載表格報名。

The 12th FHS "Best Buddies Hong Kong" Electric Cooking Competition

The annual Electric Cooking Competition comes again! The competition in which people in the community can cook with persons with intellectual disabilities will be held on 21-22 May 2016 (Heat) and 26 June 2016 (Final). Please download the registration form from our website www.fuhong.org if you are interested to join.





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Donation 捐款



我樂意支持殘疾人士自力更生！
I would like to help persons with disabilities
lead dignified and independent lives!

- ☐ HK\$200 ☐ HK\$500 ☐ HK\$1,000
- ☐ 其他 Other Amount
(捐款港幣100元以上可憑收據申請扣減稅項
Donation of HK\$100 or above is tax deductible
with a receipt)

捐款方法 Donation Methods

- ☐ 現金 - 請把捐款直接存入本會滙豐銀行戶口 **119-290005-838**
Cash - Direct pay-in to our HSBC account **119-290005-838**
(請把銀行存款收據連同本表格寄回本會
Please send the bank pay-in-slip together with this form to our Society)
- ☐ 劃線支票 - 抬頭請寫「扶康會」
Crossed Cheque - Payable to "Fu Hong Society"
- ☐ 按月自動轉賬 (自動轉賬表格將隨後寄上)
Monthly Autopay (We will forward the autopay form to you)
- ☐ 信用卡 Credit Card
- ☐ VISA Card ☐ Master Card
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Cardholder's Name _____
- 信用卡號碼
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Expiry Date _____
- 持卡人簽署
Cardholder's Signature _____ 日期
Date _____
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7-ELEVEN / 繳費靈 PPS (商戶編號 Merchant Code: 9380)
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Credit Card donation can be made by faxing this slip to **2786 4097**

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Name / Company _____ Mr/Miss/Ms) Telephone _____

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Email _____ Date _____

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請寄回填妥之表格 Please send this form back to:

扶康會 Fu Hong Society
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Fu Hong Society would like to assure that all information will be treated in strictest confidence and for internal use only. For access to or correction of your personal data, please feel free to contact our Society.

多謝您的支持！
Thank you for your support!

Charity listed on

Wise giving 慈善機構