

服務特色 - 社會支持

SERVICE HIGHLIGHT - COMMUNITY SUPPORT

港鐵「鐵路人 鐵路心」義工計劃

MTR's "More Time Reaching Community" Scheme

鐵路人 鐵路心

More Time Reaching Community

心繫社區行動
Community Care Action



扶康會積極與各界機構合作推廣義工服務，港鐵公司（港鐵）的義工許嘉怡 (Cary) 透過「鐵路人 鐵路心」計劃，多年來一直支持本會各項活動，身體力行地推動傷健共融的訊息。

「鐵路人 鐵路心」計劃今年踏入十周年，港鐵鼓勵員工善用公餘時間，因應自己關心的範疇自發組織義工活動，並為義工隊提供活動經費和支援。Cary 由一個宣傳廣告開始關注扶康會，在過去 7 年持續為本會的服務使用者籌辦多元化的義工活動。Cary 表示：「我參加了『鐵路人 鐵路心』計劃下，以員工為骨幹的導航組，將自己在義務工作的經驗與其他同事分享。公司也十分支持我們在義務工作方面的理念。」

今年已是 Cary 第 5 次參加「香港最佳老友」運動電能烹飪比賽，與智障服務使用者組隊展示廚藝，她說：「做義工令我感到快樂，透過做義工親身接觸智障人士和精神康復者，了解到他們很容易滿足，我與他們的相處如朋友般給予慰問和支持。」

助人，其實很簡單！



Fu Hong Society actively cooperates with different organizations in promoting volunteer service. Cary Hui, a MTR volunteer, has supported Fu Hong Society's activities and helped promote social inclusion for a number of years through the "More Time Reaching Community" Scheme (the Scheme).

This year celebrates the 10th anniversary of the Scheme. MTR staff are encouraged to initiate and organise volunteer activities in their personal time based on their areas of concern, with funding and support provided by the company. Cary showed interest to Fu Hong Society's services from reading an advertisement which then started her journey in organising volunteer activities of diverse nature for the Society in the past 7 years. "I have joined the Enabling Group of the Scheme, which comprises MTR volunteers, that I can share my volunteer experience with other colleagues. My company is very supportive to our volunteer initiatives," said Cary.

Cary participated in the "Best Buddies Hong Kong" Movement Electric Cooking Competition for the fifth time this year and teamed up with a service user with intellectual disability to demonstrate their cooking skill. "Doing volunteer work makes me happy. Through providing volunteer service to persons with intellectual and psychiatric disabilities, you will find that they are in fact easy to feel fulfilled. I care and support them like friends," said Cary.

Helping others is just that simple!