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服務

Services







住宿服務 Residential Services

本會現時有二十三所不同照顧程度的資助宿舍，為超過一千名不同程度的智障人士及復元人士提供家居化的住宿服務。而本會位於古洞北康復大樓的成人訓練中心暨宿舍「古洞成人訓練中心」及護理院舍「古洞之家」已於2024年第三季投入服務。

服務使用者學習烹調技能之餘，亦一起享受成果
Service users enjoy the food while learning cooking skills



勤運動、身體好
Do exercise frequently for keeping good health



宿舍為服務使用者慶祝生辰
Hostel held the birthday party for service user

優質家庭生活

本會在住宿服務推行「優質家庭生活服務模式」，其中包括正向互動、培育成長、情感福祉、身體和物質福祉，及個人支援五大元素，除了提供安全的住宿環境和適切的護理照顧以保持服務使用者身體健康外，同時亦關注服務使用者在情感上的需要，積極促進更多的正向互動，讓服務使用者得以持續成長。

Quality Family Life

The residential service units continued to promote the 'Quality Family Life Service Model' to enhance the life quality of our service users. The concept of Quality Family Life emphasises five key elements: positive interactions, nurturing personal growth, emotional wellness, physical and material well-being, and individual support. Apart from providing a safe living environment and appropriate nursing care to keep the service users in good health, we are also concerned about their emotional needs and actively foster more positive interactions to enhance the growth and development of service users.



透過種植活動讓服務使用者培養責任感及學習新技巧
Help service users develop a sense of responsibility and learn new skills through planting activities

Currently, the Society has 23 subsidised hostels to serve over 1,000 persons with intellectual disabilities of different degrees and persons in recovery, striving to provide accommodations that simulate a home-like environment. The Society's new day activities centre cum hostel 'Kwu Tung Adult Training Centre' and care and attention home for severely disabled persons 'Kwu Tung Home' located at Kwu Tung North Multi-Welfare Service Complex has commenced its service by the third quarter of 2024.



藉音樂活動發揮服務使用者的潛能
Unleash service users' potential through musical activities

訓練和活動

現時住宿服務超過六成的服務使用者已年逾四十。面對老齡化，宿舍利用「樂齡及康復創科應用基金」採購合適的樂齡科技產品以提升服務使用者的生活質素，及緩減他們身體老化的情況。此外，宿舍亦繼續推行藝術活動，鼓勵服務使用者參與，發展他們的潛能。



藝術活動不但加強服務使用者的溝通技巧，也提升他們的自尊和自信
Service users gain many advantages from arts activities, ranging from improving communication skills to boosting self-esteem and confidence



協助製作房間壁報除可鍛煉小肌肉功能外，也增加服務使用者的歸屬感
Assisting in making of room poster not only strengthen fine motor functions, but also enhance the sense of belonging



服務使用者參與藝術活動，專注投入
Service users participated in arts activities intently

Training Activities

At present, over 60% of the residential service users are over 40. Faced with the ageing issue, the Society has utilised the 'Innovation and Technology Fund for Application in Elderly and Rehabilitation Care' to procure suitable gerontechnology products to enhance the life quality of aged service users and slow the deterioration of their physical functions. The Society also continuously promoted artistic activities to encourage service users' participation and develop their potential.

社會共融

令宿舍服務使用者最開心的莫過於參與社區活動，為此，各宿舍均積極舉辦不同類型和形式的外出活動，讓服務使用者可以與公眾接觸和體驗不同的社區設施。而本會及宿舍亦透過與不同團體協作，舉辦各式各樣的共融活動，讓服務使用者認識更多新朋友，實踐傷健共融。



到商場購買心頭好
Shopping at the mall to buy their favourites



參與社區嘉年華遊戲攤位，與眾同樂
Service users had fun in the game booths of a community carnival

Social Inclusion

It is no secret that the residential service users really enjoy community outings. Participating in outing activities organised by hostels allows them to interact with the public and experience different community facilities through participating in outing activities organised by hostels. The Society and hostels also work with different stakeholders to organise a variety of social inclusion activities for service users to make more new friends.



參與社區活動學習減廢及分類概念
Participated in a community activity to learn waste reduction and separation



與節慶裝飾合照，感受節日氣氛
Service user was delighted of the photo shooting with festive decorations



扶康家庭服務

Casa Famiglia Services

扶康家庭是本會轄下的自負盈虧服務，為缺乏家人照顧或父母年邁的智障人士提供家庭生活模式服務，讓他們享有被尊重和關愛的權利。



成員家人帶備茶點到訪家舍一起享用
Members enjoyed the refreshments brought by a family member

Casa Famiglia, a unique self-financing service of the Society, is dedicated to providing family life services to individuals with disabilities who lack family care or have elderly parents. We ensure their rights are respected and they are cared for in a loving and supportive environment.

大家一起為家兄方叔華神父慶祝生日
Let's celebrate the birthday of our Elder brother Fr. Giosuè BONZI



過去一年，三所家舍為合共二十七位智障成員提供全面照顧，讓他們感受到溫馨的家庭氛圍。我們秉持愛與關懷的理念，為每位成員提供「身、心、社、靈」的全人關顧，細心照料他們的起居生活。同時按成員的個別需要，制定個性化的支援計劃。透過共同活動，增進成員間的情誼，建立平等互愛的關係。

Over the past year, our three homes have provided comprehensive care to a total of 27 members with intellectual disabilities. In this warm family atmosphere our members have not only received holistic psychosocial and spiritual care, but also experienced the joy of friendship and equality through shared activities. Our customised plans have been instrumental in meeting each member's unique needs.



成員學習製作月餅，樂在其中
Members had fun learning how to make mooncakes



義工自製小遊戲與成員共度快樂時光
Volunteers played a self-made game with members happily



國畫老師教授繪畫技巧，
成員都認真學習
Members concentrated on
learning the techniques of
traditional Chinese painting



成員專注投入，用心練習
A member was practicing
the painting intently



成員作品
Works of members



義工到訪家舍與成員一起跳舞
Volunteers danced with the members during a
visit to the home

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為幫助智障成員融入社區，家舍選址在民居區內，藉以鼓勵他們走進社區，參與各種康體活動、聚會和教會活動，與鄰里建立友好關係。家舍亦幸獲熱心義工協助陪伴成員外出，讓他們像其他社區人士一樣，享有多采多姿的生活。

To help the members with intellectual disabilities integrate into the community, homes are chosen in residential areas to encourage members to actively participate in various recreational activities, gatherings, and church activities and establish friendly relations with neighbours. Thanks to the enthusiastic volunteers who help accompany members when they go out and let them live a colourful life-like community members.



參與由方叔華神父主持的聖誕彌撒
Attended the Christmas Mass hosted by Fr. Giosuè BONZI

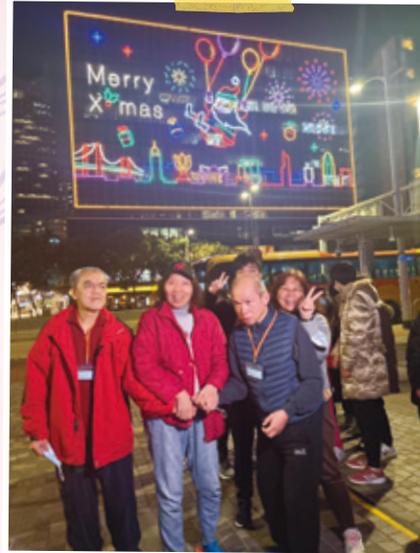


成員到酒樓品嚐各種美食感到開心
Members were delighted with the delicious dishes in
the restaurant





定期舉辦義工培訓，讓義工更了解扶康家庭服務
Regular trainings are held to enrich volunteers' understanding of Casa Famiglia Services



結伴欣賞聖誕燈飾！
Enjoyed the Christmas decorations outdoors together!



義工定期到家舍探訪
Volunteers visited the home regularly



展望未來，扶康家庭將繼續秉持關愛精神，為每位成員提供專業服務，讓智障人士享有平等對待和被接納的人權，共享社會資源。

Looking ahead to the future, the Casa Famiglia will continue upholding the spirit of love and care and providing professional services for each member to enable persons with intellectual disabilities to enjoy the human rights of equality and acceptance and share social resources.



言語治療師為成員進行評估
The speech therapist conducted an assessment with a member



家舍為成員提供中醫視像診症服務與中醫師直接對話
Receiving video consultation service and having direct dialogue with the Chinese medicine practitioner



日間訓練服務 Day Training Services

去年，社會走出疫情陰霾逐步復常，本會轄下的十三所日間中心亦全面恢復服務，繼續為輕度、中度以及嚴重智障人士提供日間訓練。為應對服務使用者老齡化及需關注行為等個案有所上升，本會制定了策略方向，包括「樂活老齡」模式和密集互動介入等。本會亦應用「國際功能、殘疾和健康分類系統」，與跨專業團隊協作，為中心服務使用者提供多元化的訓練和活動，如個別及小組訓練、義工探訪、添置資訊科技設施、藝術創作等，一方面提升智障人士身心靈健康，另一方面促進社會共融。



應對樂活老齡的需要，服務使用者透過參與不同運動及肌能訓練，強身健體、擴闊社交生活

In response to the Active Ageing Model, service users are encouraged to participate in different sports and muscle training to strengthen their physical health and broaden their social life



推動「樂活老齡」提升身心靈健康

本會致力於成人訓練中心推廣「樂活老齡」模式，應用健康管理、運動、預防受傷、社交聯繫與健康飲食共五個元素於日常訓練中，並積極推行有益身心健康的運動項目，例如舞蹈班、肌能健體組、硬地滾球等以減緩他們身體機能退化。此外，不少服務單位添置新科技產品，讓服務使用者在學習上更富趣味，同時鼓勵他們多做運動。



服務使用者在「2023 扶康會硬地滾球挑戰盃」中獲勝雀躍萬分，觀賽和打氣的亦十分投入
Service users were delighted to win in 'Fu Hong Society Boccia Cup 2023', while those who watched and cheered were also very involved



In the past year, Hong Kong gradually emerged from the haze of the pandemic and returned to normal. The Society's 13 day training centres also fully resumed services and continued to provide day training services for persons with mild, moderate, and severe intellectual disabilities. In response to the challenges of the upward trend of service users with ageing and concerned behaviours, strategic plans have been formulated, such as adopting intervention strategies including the 'Active Ageing' model and 'Intensive Interaction' etc. in the services. We also applied the 'International Classification of Functioning, Disability and Health' (ICF) to all service units. Under the collaboration amongst multi-disciplines staff, a variety of training services such as individual and group trainings, volunteer visits, and the acquisition of new technology facilities, artistic creations were provided. On one hand, the well-being of persons with intellectual disabilities was enhanced. On the other hand, we could promote social inclusion in the community.



Promote 'Active Ageing' for enhancing service users' well-being

Our adult training centres implemented the 'Active Ageing' service model to respond to the needs of ageing service users. We applied the five principles of this model, including health management, physical exercise, injury prevention, social contact, and healthy eating in the daily training programmes. The centres strived to promote different sports programmes such as dance classes, muscle fitness groups, Boccia, etc., to retarding the deterioration of the health condition of service users. We also purchased new technology products to make them more interested in learning and encourage them to exercise more.



應用科技產品讓服務使用者參與互動遊戲，感受多重感官和與他人互動的樂趣
Apply technological products to let service users participate in interactive games, experience multi-sensory fun, and interact with others



以藝術連繫社區

中心參與「香港最佳老友」運動，學生或社區義工到訪中心與他們的老友會面，互相表達關心，維繫珍貴友誼。此外，中心安排義工和服務使用者一起參與如繪畫、手工藝創作等藝術活動，並向社區人士展示服務使用者的藝術作品，除透過創作發揮智障人士的潛能外，公眾亦可藉此欣賞他們的才華，促進社會共融。



Links to the Community through the Arts

The adult training centres joined the 'BEST BUDDIES HONG KONG' Movement continuously. The student and community volunteers expressed concerns and maintained precious friendships with our service users during their visits. The volunteers could participate in activities such as painting and handicraft creation with service users. We also displayed the service users' artistic products to the community on different platforms. It aims to unleash the potential of the service users and promote social inclusion.



為服務使用者舉辦生日會，一起慶祝壽星生日快樂
Organising birthday parties for service users to celebrate their birthday

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透過參與繪畫，發揮服務使用者的藝術潛能，亦藉以連繫社區
Service users unleash their potential and connect with the community through painting activities



在運用拼貼藝術以四季為主題的創作過程中，讓服務使用者認識生命
Service users learn the message of life and death in the creative process with the theme of four seasons



多姿多采的戶外活動，享受藍天白雲下的悠閒
Various outdoor activities were held for our service users, they felt happy to enjoy the leisure time



義工與服務使用者外出享受美食，傳遞關愛、維繫友誼
Volunteers express care and maintain friendships with service users by enjoying delicious food together

「國際功能、殘疾和健康分類系統」(ICF) 拓展與深化

本年度工作小組的主要方向是加強與本地及海外（包括內地、澳門和台灣等）不同機構進行交流，了解他們應用 ICF 的情況，以拓展服務網絡。海外方面，在 2023 年 5 月，本會參加了由澳門扶康會舉辦的「二十周年展翅飛翔社會服務新思維 ICF 分享講座」，並在講座中分享扶康會在過往推行 ICF 的寶貴經驗。此外，在 2024 年 1 月，參加由香港社會服務聯會舉辦的台北 ICF 考察團，到訪當地不同的社福機構，了解 ICF 在政策以至個人層面的應用。同時，本會亦積極與不同機構進行有關 ICF 的培訓和分享會，對深化本會與其他本地服務團體的協作有極大的幫助。

ICF Development and Consolidation

The main objectives of the ICF working group this year was strengthening the connection and deepening the collaboration with local and overseas service agencies, respectively. In the overseas aspect, our agency was invited as a speaker in the talk on the 20th anniversary of Fuhong Society of Macau to share our practical wisdom of ICF. We also joined the 'Study Visit on Application of ICF in Rehabilitation Policy and Services Taiwan (Tai Pei)' to visit the local social services and understand their service operation. Meanwhile, our working group showed proactive efforts for providing training and sharing with different agencies to extend our strategic partnership with positive outcomes delivered.



本會獲邀參與澳門扶康會舉辦的研討會，並在講座中分享過往推行 ICF 的經驗
The Society was invited to attend the seminar organised by Fuhong Society of Macau and shared our practical wisdom of ICF in a talk

護理及專職醫療服務 Nursing and Allied Health Services

本會設有臨床心理服務、物理治療服務、職業治療服務、言語治療服務及護理照顧服務，為服務使用者提供專業訓練、治療服務及護理照顧，協助他們身心得到平衡發展，和應對老化帶來的身體機能衰退及吞嚥困難等問題。

The Society is always concerned about service users physical and mental development. Hence, the Society provides services ranging from Clinical Psychology and Physiotherapy to Occupational Therapy, Speech Therapy, and Health Care to train service users by applying professional knowledge for them to achieve balanced physical and mental development, and cope with ageing-related problems such as deterioration of physical faculties and swallowing difficulties.



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臨床心理服務 Clinical Psychological Services

臨床心理學家透過心理評估及心理治療，協助有需要人士預防及處理各種情緒、思想及行為上的困擾，透過以實證為本的正向行為支持策略，教導服務使用者學懂如何有效地處理自己的情緒。

Through psychological assessment and psychotherapy, clinical psychologists help people in need to prevent and deal with various emotional, cognitive, and behavioural disturbances. Clinical psychologists help service users effectively manage their emotions through evidence-based positive behaviour support strategies.

服務使用者介入策略 Intervention Approaches for Service Users

實證為本的訓練及介入手冊

臨床心理學家與其他相關的專業同工共同製作智障及自閉症人士訓練手冊，幫助員工提升相關知識，及使用以實證為本的介入策略，幫助服務使用者發展他們的潛能。

Evidence-based Training and Intervention Manual

Clinical psychologist and other professionals jointly produce a training manual for users with intellectual disabilities and autism spectrum disorders to equip the staff with the knowledge and evidence-based intervention strategies to develop the potential of service users.





應對服務使用者老齡化

透過培訓講座向員工介紹智障人士老齡化以及相關的介入策略，提升員工在此範疇的知識和技巧。

Responding to Ageing of Service Users

Introduce the ageing of persons with intellectual disabilities and related intervention strategies through training seminars to enhance staff's knowledge and skills in this area.

推廣早期介入的重要性

臨床心理學家與其他專業同工透過不同的途徑，包括傳媒訪問推廣早期介入，讓公眾認識特殊需要孩子早期訓練的重要性。

Promote the Importance of Early Intervention

To raise public awareness, clinical psychologists work with other professionals to promote early intervention through different channels, including media interviews.



舉辦社交小組幫助服務使用者學習社交技巧

臨床心理學家舉辦社交小組，幫助服務使用者透過遊戲的方式學習與朋輩相處的技巧。

Social Skills Group for Service Users

Clinical Psychologist helps our service users learn social skills through the fun of play.

身心靈健康 — 服務使用者、家長、員工及社區人士的情緒健康 Emotional Wellbeing of Service Users, Parents, Staff and Public

提升服務使用者的身心健康 Enhance the Physical and Mental Well-being of Service Users

〈睡得好工作坊〉

睡得好工作坊利用失眠的認知行為治療來幫助患有失眠症的參加者識別和改變導致失眠症狀的思想和行為模式，並推廣改善睡眠質素的方法。

'Sleeping Well Workshop'

A Sleeping Well Workshop was organised for service members who have insomnia. The group adopted Cognitive Behavioural Therapy for Insomnia to help participants identify and change their thought and behavioural patterns the contribute to insomnia symptoms. It also promoted adaptive ways to improve sleeping quality.



〈情緒·輪·流轉〉

工作坊透過製作情緒輪，讓參加者學會了解情緒背後的需要，並運用合適的方法處理。



‘Emotion Wheel’

The programme promoted awareness, understanding, and acceptance of emotions by creating an Emotion Wheel by each participant.



〈好好愛自己〉

工作坊透過製作願景板，讓參加者學會自我關愛和善待自己。

‘Be Kind to Yourself’

This programme was designed to promote self-kindness and compassion through the creation of a Vision Board by each participant.

家長 / 家庭成員情緒支援

透過個別輔導，臨床心理學家為服務使用者家屬提供情緒支援。

Emotional Support for Parents/Family Members

A clinical psychologist provided emotional support for service users' families.



透過靜觀幫助員工提升心理健康

臨床心理學家十分關注員工的心理健康，透過舉辦靜觀工作坊幫助前線員工紓緩工作壓力。

Promoting the Staff Psychological Well-being with Mindfulness Workshop

Clinical Psychologists care about the psychological well-being of our staff. Mindfulness workshops were delivered to ameliorate the working stress of the frontline staff.

養生·養心

KHN STAFF TRAINING 2023

靜觀 MINDFULNESS

· 有覺識地，不加批評地，覺察當下刻而升起的感觉

· 这份覺察力可以讓我們以開放及接納的態度與當下的經驗相處，並作出靈巧的回應和回應。

提升公眾對心理健康的認識

Increase the Awareness of Mental Health among General Public

信和酒店集團線上講座

為信和酒店集團舉辦了兩場線上公開講座，首場以提升其員工對心理健康的意識，及推廣社區資源為主題；次場講解現今青少年面對的壓力，和與他們正向溝通的方式。

Online Talk for SINO Hotel Group

Two online public talks were organised for the SINO hotel group to increase the awareness of mental health. The first talk was to increase mental health awareness and promote community resources among their hotel staff. The second talk was to educate parents regarding youth's mental health issues and ways of positive communication.



關愛推廣在華富

舉辦「關愛推廣在華富」教育活動，向華富邨居民提供助人自助與精神健康的公開講座，利用正向心理學的原理，提升社區人士的心理質素。

A Caring Community of Wah Fu

A public talk promoting the importance of mental health, helping others and self-help, using the concepts of Positive Psychology, was given to Wah Fu Estate residents to improve their mental health awareness.



物理治療服務 Physiotherapy Services

疫情過後社會逐漸恢復正常，為了提升服務使用者因防疫限制而受影響的體能狀態，讓他們重回疫情前的水平，本年度物理治療團隊的工作目標，放在重點加強服務使用者的身體機能上。

團隊今年積極地鼓勵服務使用者在戶外進行運動訓練，一方面可以讓他們享受久違了的日光浴；另一方面，透過戶外廣闊的空間及不同的社區運動設施，我們可以協助服務使用者進行運動強度較高的長距離步行或上落樓梯級訓練。這些訓練不但能進一步增強他們的下肢肌力和整體肌耐力，及改善他們的平衡力和協調能力，更可以協助他們發揮潛能，重新融入社區。

After the epidemic, society gradually returned to normal. This year, physiotherapy services aimed to strengthen service users' physical functions and bring them back to pre-pandemic levels.

Our team encouraged service users to exercise outdoors this year. On one hand, our service users could enjoy sunbathing after prolonged social isolation. On the other hand, we utilised the wide outdoor space and different community sports facilities to conduct long-distance walking or staircase climbing training for our service users. Those exercises could enhance their lower limb muscle strength and muscle endurance and improve their balance and coordination. It also helped them to unleash their potential and reintegrate into the community.

服務

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SERVICES



與服務使用者一起遊車河到觀塘海濱，物理治療師在戶外協助服務使用者進行訓練
Service users were being driven around to Kwun Tong Promenade, and the physiotherapist was able to do training with service users in an outdoor setting



物理治療系學生和物理治療師一起協助服務使用者在戶外進行步行訓練，以改善心肺功能
Physiotherapist students and our physiotherapist were assisting service users with walking training to improve cardiopulmonary function



服務使用者在戶外一面進行站立訓練，一面享受日光浴
Service user enjoyed sunbathing while standing training outdoors



透過跨專業的協作和溝通，我們除了掌握服務使用者的喜好和意願外，更明白到他們在身、心、社、靈上的各項需要。透過一系列針對性的復康訓練和指導，團隊在本年度見證到許多服務使用者在身體功能方面有明顯進展，讓他們逐漸重拾參與戶外活動的興趣和信心。

Through trans-disciplinary collaboration, we not only grasped the preferences and wishes of our service users but also understood their physical, mental, social, and spiritual needs. By implementing tailor-made rehabilitation training and guidance, we witnessed significant progress in physical function for many service users this year. They gradually regained their interest and confidence in participating in outdoor activities.

服務使用者正投入地參與新興的地壺球運動
Service user enjoyed playing the newly emerged sport 'Floor Curling'



為行走和平衡能力較好的服務使用者設計進階的訓練內容，以增強他們下肢的力量和平衡力，提高他們的參與度和自信心
Designed more advanced training for service users with better mobility to strengthen the service user's physical abilities while enhancing their engagement and confidence



服務使用者在聖誕節日期間繼續進行站立訓練
Service user continued to practice standing training during Christmas



安排服務使用者進行跑步機訓練以控制體重
Arranged service users to perform walking exercises on the treadmill for weight control training



服務使用者正在同時進行站立訓練及音樂節拍感訓練
Our service user was doing combined standing training and music rhythm training





物理治療師參與東華三院舉辦的「iRun - 香港賽馬會特殊馬拉松 2024」，鼓勵服務使用者鍛煉身體，並體現傷健共融
To join the 'iRun - The Hong Kong Jockey Club Special Marathon 2024' held by Tung Wah Group of Hospitals as a pair-up runner to encourage service users lead an active lifestyle

此外，為了加強服務使用者在社區上的聯繫，團隊積極與不同的社區組織和辦學團體如明愛長者中心，東華學院及香港都會大學合作，成功為服務使用者提供了更多參與社區活動和改善體能的機會（如參與「老有所為」計劃、「躍動人生智障人士運動推廣計劃」及進行其他戶外訓練等），從而為服務使用者建立更廣泛的社會網絡，實踐傷健共融。

Our team took a proactive approach to connect service users in the community. We actively collaborated with various community organisations and universities, such as Caritas Elderly Centre, Tung Wah College and Hong Kong Metropolitan University, These collaborations led to the successful implementation of projects like the 'Opportunities for the Elderly Project' and 'TWGHs "iRun" - The Hong Kong Jockey Club Special Marathon Research', providing more opportunities for our service users to participate in community activities and improving their physical fitness. This not only built a wider social network for them but also showcased our team's commitment to promoting social inclusion.



東華學院物理治療系學生利用各種吸引的聲音和視覺效果激發服務使用者主動參與伸展練習
Physiotherapy student utilised various sounds and visuals to motivate the service users to actively participate in reaching exercises



物理治療師教導實習學生瑜珈球的使用方法，以訓練服務使用者的腰腹力量，改善他們的坐姿和站姿
The physiotherapist was teaching the intern student how to use a yoga ball to train our service user's abdominal strength to improve their sitting and standing postures



扶康會硬地滾球挑戰盃於 2023 年 10 月 18 日假石硤尾公園體育館舉行，由總幹事（中）及管理層員工擔任主禮嘉賓並主持開球禮
FHS Cross Regions Boccia Competition was successfully held at Shek Kip Mei Park Sports Stadium on 18 October 2023. The Chief Executive Officer (centre) and managerial staff were officiating the kick-off ceremony



在學術研究方面，本年度物理治療團隊與東華學院合作，研發了一套專為智障人士而設計的運動影片套裝。研究發現，相比無慣常運動的對照組，利用此套運動影片進行訓練的參加者，經過八週的運動訓練後，腰圍減少了一厘米，骨骼肌重量顯著增加，而他們的體能表現亦有顯著改善。團隊在來年會繼續積極在會內推廣此運動影片，期望服務使用者的體能得以持續改善。

For academic research, our team collaborated with Tung Wah College to develop a sports video package tailor-made for persons with intellectual disabilities. The study found that participants who were trained with this set of exercise videos experienced a 1 cm reduction in waist circumference, a significant increase in skeletal muscle weight, and a substantial improvement in physical performance after 8 weeks of exercise training compared to the control group. In the coming year, our team will continue to promote and apply this sports video package to our service users, hoping it could further improve their physical fitness.



與明愛長者中心協作，推行為期八週的「老有所為活動計劃」，推動服務使用者與社區長者互相學習、發揮潛能

In collaboration with Caritas Elderly Centre, an 8-week 'Opportunities for the Elderly Project' was launched to promote mutual learning between service users and the elderly living in the community to unleash their potential



物理治療師正在教導不同程度的服務使用者跟隨「運動教學影片」做運動
Physiotherapists were teaching service users with different physical statuses to perform exercises shown on the exercise video clips

於 2023/24 年度，團隊成功為超過一千四百位服務使用者，提供超過二萬四千八百節的物理治療服務。展望未來，希望大家繼續支持本團隊的發展，共同營造一個更加包容和友善的環境，讓服務使用者享受運動為他們帶來的益處。

In 2023/24, our team successfully provided more than 24,800 sessions of physiotherapy services to more than 1,400 service users. Looking ahead, we seek your continuous support for our team's development. Let us work together to create a more inclusive and welcoming environment for our service users, where they can enjoy the benefits of sports.

職業治療服務 Occupational Therapy Services

職業治療師透過訓練強化大肌及小肌功能，以及利用輔助器材改善生活技能，讓服務使用者參與更多活動；同時改善認知、自我調節及溝通能力，促使他們能夠與外界交流，從而提升服務使用者的心身靈健康。

Occupational therapists (OTs) strengthen gross and fine motor functions through training and use assistive equipment to improve life skills, allowing service users to participate in more activities. Meanwhile, they can improve their cognition, self-regulation, and communication skills so that they can communicate with the community. Eventually, the mind-body wellness of service users is enhanced.

大肌肉及關節訓練

透過樂齡科技，鍛煉上肢活動幅度；又運用傳統重心轉移活動及體感平衡訓練系統，鍛煉核心肌群，改善坐姿及坐平衡的能力；服務使用者在職業治療師帶領下進行伸展運動，改善關節活動幅度，維持肌腱彈性。

Gross Motor Training

OTs implemented training in Range of Motion for service users using the interactive projectors training programme. OTs use traditional rehabilitation activities and interactive motion detect training devices to enhance the core muscle, ameliorate posture, and the sit balance capability of the service users. OTs conducted stretching exercise classes by using exercise videos which aimed at improving the range of motion of all the joints as well as the flexibility of soft tissue.



虛擬體感訓練活動，耀目繽紛
The visual effect of motion-detecting virtual reality system was splendid and glittery



抬抬腿、拉拉手，大家開心又精神
Having fun while service users stretched their upper and lower limbs



核心肌群齊鍛煉，
坐姿平衡好緊要
Core muscle training is crucial for postural control and sit balance. Traditional weight-shifting activity and motion-detecting balancing training system are effective

小肌肉協調及手功能訓練

職業治療師安排有趣簡單的泥膠小組，鍛煉手指靈活性及兩手協調，同時藉著模擬活動，提升操作食具及扣鈕等的手部功能。



左搓右搓，兩手搓搓，手功能進步心情好
Service users enjoyed themselves so much during the bilateral hands coordination training with putty



泥膠寶中尋，手指靈活做得到
Searching coins in putty and pulling the coins out were very effective in dexterity training



Fine Motor and Hand Function Training

OTs carried out training in dexterity and bilateral hand coordination through putty group exercises. Meanwhile, OTs arranged fascinating simulative activities to enhance hand function in feeding tools, manipulation tools, buttoning, etc.



扣扣鈕、舀舀飯，模擬訓練活動簡單又有趣
Practising buttoning and scooping via simulated activities were simple and fascinating

生活技能介入

職業治療師播放「自理操」影片，練習模擬生活技能的肌能動作；輔助器材方面，透過 3D 繪圖及打印技術製造各種輔助器材及輪椅配件；對於回家度假時遇上環境障礙的服務使用者，經評估及與持份者充分討論後，制定環境改裝建議，協助有關家庭申請家居改裝，務求減輕照顧者的辛勞，確保家居安全。



擦背、穿衣、穿褲子，自理運動不可少
ADL Dance was aimed at training motor skills via imitating self-care actions, like washing the back and putting on clothes

Daily Living Intervention

For Life Skills, OTs implemented Activities of Daily Living (ADL) motor skills training by playing a video of the ADL Dance, which simulated actions of self-care. Regarding assistive devices, OTs utilised 3D drawing software and printing technology to fabricate assistive gadgets and wheelchair parts. For daily living independence and home safety, OTs collaborated with the social workers in arranging home visits for service users who returned home regularly and encountered a range of environmental barriers during their home leave. After assessment and discussion with all stakeholders, OTs would formulate environmental solutions and assist the family to applying home modification by drafting a recommendation letter to the Housing Authority.



3D 工序好嚴謹，材料篩選至安全，專業創新人人讚
Professionals produced assistive devices via 3D printing technology with screened and safe materials, and received lots of compliments from staff and caregivers



生活技能要評估，家居安全最緊要
OTs carried out on-site assessments of life skills for service users and formulated modifications for tackling the environmental barriers





運用各種樂器跟隨節拍「兵鈴嘞鈴」齊合奏
Service users indulged themselves with the Musical Instrument Karaoke

認知及感知訓練



職業治療師利用親自拍攝的「樂器 Karaoke」影片，指導服務使用者以敲擊樂器按螢光幕指示演奏，以訓練聽覺及視覺專注力。

Cognition and Perception Training

OTs produced a music video featuring various musical instruments for the service users to follow and play along with the same percussion instrument in their hands, training both auditory and visual attention.

理解及表達介入

在介入方面，職業治療師採用結構化教學模式的「視覺策略」及「常規」，讓「聽不懂」的自閉症譜系服務使用者可以「看得懂」每日訓練流程及要求，同時自行選取訓練項目，鼓勵他們表達自己。而在訓練方面，利用桌面教材，口頭指示服務使用者拿取指定物品，並擺放至指定位置，進行「聆聽理解及執行功能」訓練。

Communication Intervention

OTs adopt 'Visual Structure' and 'Routine' of the Treatment and Education of Autistic and Related Communication Handicapped Children (TEACCH) to increase the understanding of service users with Autism Spectrum Disorders to the daily rundown and requirement of each task. They can select their favourite activity by picking corresponding photos, and this encourages them to express themselves. For communication training, visualised and tangible training materials will be used for them to pick up the appointed objects and place them to correct place according to verbal instruction.



結構化常規及視覺策略有助服務使用者表達及理解，學習上更專注穩定
Visual structure and routine of TEACCH were helpful to assist service users expressing themselves and kept them settled and concentrated in learning



服務使用者對食物圖卡最為熟悉
Service users were familiarised with food cards

情緒調節



職業治療師利用各種感官策略，調節學員情緒。

Emotional Regulation

OTs tackled the emotional issue of service users by using sensory strategies.



感官策略多樣化，總有一種幫到你
Multiple Sensory Strategies for selection after clinical assessment and weighing the practicability

藉着介紹上述六個職業治療針對發展障礙的工作範疇，希望有助各界人士了解職業治療師的工作。

By introducing the 6 domains of Occupational Therapy Services, we hope to facilitate understanding of the work of OTs in treating developmental dysfunction in adult service users.

多管齊下、整全介入

本會言語治療團隊致力改善殘疾人士的生活質量。在面對吞嚥障礙和哽塞風險時，團隊不單以評估結果為基礎建議餐膳安排，更善用「國際功能、殘疾和健康分類」框架的整全理念，充分考慮服務使用者的個別能力及喜好特質，並從環境及照顧方式著手，推動跨單位及跨專業協作，進一步提高服務使用者在活動及參與方面的可能性。

老齡化促使智障人士的認知能力進一步退化，言語治療師必須抓緊時間，替有一定認知、理解及學習能力的服務使用者進行針對性的訓練。除較基本易學的口肌運動，本年度特別加強吞嚥肌肉群組的鍛煉，讓服務使用者不單得以維持吞嚥能力，更有機會升級餐膳類別。

對於有能力但進食過急的服務使用者，外在的行為控制對減少哽塞風險十分重要。日間訓練中心及宿舍的員工在言語治療師的建議下，實施統一的行為管理，有助服務使用者建立良好的進食習慣。

要維持服務使用者的訓練動機，同時減少因行為問題而帶來的風險，持續教育不可或缺。言語治療師因應服務使用者的理解能力進行教育，期望深化介入的效果。



Taking a Comprehensive Approach towards Swallowing

Our speech therapy team is committed to improving the quality of life for persons with disabilities. When facing swallowing difficulties and choking risks, the team provides meal recommendations based on assessment results. It utilises the holistic concept of the 'International Classification of Functioning, Disability and Health' (ICF) framework. They consider the individual strengths and preferences of the service users while also addressing environmental factors and caregiving methods. By promoting collaboration across service units and professions, they seek to enhance the service users' level of activities and possibilities for participation.

Ageing can intensify the cognitive decline in individuals with intellectual disabilities. Our speech therapists understand the importance of prioritizing and customising treatment for those with sufficient cognitive, comprehension, and learning abilities to engage in active training. In addition to basic oro-motor exercises, this year's focus was on fortifying the swallowing muscles. This initiative went beyond the preservation of swallowing, offering an opportunity for dietary improvement.

External behaviour control is crucial in reducing the risk of choking for service users who may endanger their own safety by consuming a meal too quickly. Staff at the day training centres and hostels, guided by the speech therapist's recommendations, implement consistent behaviour management to help users establish good eating habits.

Continuous education is essential to maintaining users' training motivation and reducing the risks associated with behavioural issues. Speech therapists educate service users based on their comprehension abilities, aiming to deepen the effectiveness of intervention.

強化喉部肌肉運動不易掌握，但服務使用者做到了！經過一年多的努力後，餐膳類別更得以升級
Masako was not easy to learn but our service user did it! His efforts over the past year were rewarded with a diet upgrade

吞嚥肌肉訓練

Swallowing Muscle Training



- 強化喉部肌肉運動 Masako Maneuver

輕輕伸出舌頭，把舌尖固定在上下排牙齒間，然後吞嚥，吞嚥完成後才放開舌頭，重複五至十次。
Gently protrude the tongue between the upper and lower teeth. Swallow while keeping the tongue in that position until finishing a swallow. Repeat 5-10 times.

- 下顎內縮抗阻運動 CTAR (Chin Tuck Against Resistance)

把約十二厘米的軟球放在下巴下，持續用力向胸口擠壓，維持約三十秒，重複三次。
Place a 12-cm soft ball under the chin. Tuck in the chin to press the ball against the chest for 30 seconds. Repeat 3 times.



使用平板電腦和動畫解釋吞嚥風險，既容易理解又充滿趣味
Learning about choking risks with a video on a tablet was easy to understand and interesting



社區共融、齊撐照顧者

除了加強服務使用者自身的訓練外，言語治療團隊也致力為其照顧者（包括家庭成員及員工）提供相關的支援和培訓。

我們理解服務使用者與其照顧者之間的溝通相當重要，因為照顧者的一舉一動、一言一語都會影響到服務使用者的心情以及心理；同樣地，服務使用者的情緒及行為亦與照顧者的壓力息息相關；故此，有效且雙向的溝通有助減少誤會和衝突，維繫彼此之間良好的關係，有助雙方保持心境愉快，從而提升生活質量。

Connecting with the Community to Support Caregivers

In addition to active training for service users, our speech therapy team also emphasises offering relevant support and training to their caregivers, including family members and staff members.

We understand the pivotal role of communication between caregivers and service users. Every action or word from the caregiver can significantly influence the mood and overall mental well-being of the service user. Similarly, the service user's mood and behaviour are closely tied to the stress experienced by the caregivers. By fostering effective, efficient, and mutual communication, we can mitigate potential misunderstandings and conflicts, maintain a strong relationship between service users and caregivers, and enhance the mental well-being of both parties, thereby improving their overall quality of life.



言語治療師於扶康家長會的聚會上分享溝通技巧
Speech therapist shared on communication skills at a Fu Hong Parents' Association meeting



言語治療師於本年度扶康家長會的聚會中分享與有特殊溝通需要的服務使用者的溝通技巧及環境調適等支援策略。是次分享旨在提升照顧者應對有特殊溝通需要人士的技巧、認識輔助溝通系統並透過個別或小組溝通訓練幫助有特殊溝通需要人士，及建立與特殊溝通需要人士溝通時應有的態度。參與講座的照顧者表現相當投入，並積極參與相關議題的討論及分享經驗，互相扶持，有助鞏固照顧者支援網絡。

At a Fu Hong Parents' Association meeting earlier this year, our speech therapist also shared communication skills, environmental adjustments and other support strategies for service users with complex communication needs. The aim of this communication skills sharing session was to enhance caregivers' abilities to communicate with people with complex communication needs. It also aimed to help them grasp the benefits of augmentative and alternative communication systems, individual or group communication training for people with complex communication needs, and to demonstrate the appropriate attitude when communicating with them. The participating caregivers were highly engaged in the sharing session, actively participating in discussions on related topics and sharing their own experiences to provide mutual support. This session successfully fostered a network of mutual support among caregivers.

2023/24 年度成人言語治療服務統計 Annual Statistics of Speech Therapy Services for Adult (2023/24)

2	言語治療師人數 No. of speech therapists
20	服務單位數目 No. of service units covered
516	服務使用者人數 No. of service users
498	年度覆檢人數 No. of annual reviews conducted
1,658	評估 / 治療 / 諮詢節數 No. of assessment / treatment / consultation provided
29	員工培訓 / 講座次數 No. of training / educational programme provided



護理照顧服務 Health Care Services

本會一向致力提供優質的護理服務，重視檢測早期的健康問題作適當跟進及治理。當中眼睛疾病的早期篩查尤其重要，由於服務使用者可能無法有效地表達一些潛在的問題，而這些問題從外觀上也不容易察覺，因此，我們通過專業的眼底檢查以及早發現他們在視神經和視網膜的相關疾病。

我們與睛彩慈善基金合作，基金安排由醫生和義工組成的團隊，為服務使用者提供免費眼科檢查。經檢查後，有問題和需要跟進的個案將獲得轉介，確保他們得到適當治療。在熟悉的環境和員工的陪伴下，服務使用者均順利完成眼睛檢查。員工更因應服務使用者的喜好以不同方法，例如利用 iPad 和香蕉等吸引他們的注意，好讓他們耐心地完成檢查。

Our organisation is dedicated to delivering high-quality nursing services with a strong emphasis on the early detection of health issues. Early screening for ocular diseases holds particular significance, as service users may not effectively express certain conditions, which need to be more readily discernible through visual observation. Implementing fundus examinations can promptly identify optic nerve and retinal diseases by implementing fundus examinations.

Our organisation is proud to collaborate with the Eye Care Charitable Foundation, a partnership that allows us to offer complimentary eye screenings to our service users. This collaborative effort, led by a team of dedicated physicians and volunteers, ensures that our service users receive thorough assessments with necessary referrals for further medical follow-up. We strive to create a familiar and the supportive environment for our service users where they can successfully undergo their eye assessments. Using innovative methods like iPads and items like bananas, our staff accommodate service users' preferences, fostering an environment that encourages their patience and cooperation during the examination process.

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服務使用者在熟悉的環境和員工的陪伴下接受眼睛檢查
Service users underwent eye examination in a familiar environment with the accompaniment of staff members



員工以 iPad 和香蕉吸引服務使用者的注意，好讓他們耐心地完成檢查
Our staff using iPad and banana to attract service users' attention and kept them patient during the examination process





除了安排健康篩查，我們還與紅十字會合作，為工場的服務使用者提供急救講座和培訓。工場的服務使用者一般具有較高的理解和合作能力，因此急救培訓可以幫助他們提升對急救和健康的關注，保障生命安全。透過急救演練，他們還能增加對於急救的信心，不僅可以幫助自己，也能幫助身邊的人。我們相信，這項合作將為工場的服務使用者提供寶貴的技能 and 知識，使他們能夠應對潛在的緊急情況。



急救講座導師示範如何使用三角巾
The instructor demonstrated how to use a triangular bandage



紅十字會導師為工場的服務使用者提供急救講座和培訓
An instructor from the Red Cross delivered a first-aid lecture and conducted a training session for the service users in the workshop

Beyond facilitating health screenings, we partnered with the Red Cross to provide first-aid lectures and training to service users in the workshop. Since service users in workshop settings tend to exhibit heightened comprehension and cooperation, providing first aid training enhances their vigilance and attentiveness towards emergency care and overall well-being, effectively safeguarding lives. By engaging in first aid drills, they strengthen their self-reliance and become capable of assisting those in their immediate vicinity. This collaboration will equip the service users with invaluable skills and knowledge, enabling them to navigate potential emergencies effectively.



服務使用者於課堂上練習包紮技巧
Service users practiced bandaging techniques in the lecture



為服務使用者提供真實環境的餐飲服務及清潔訓練
Provide service users with catering services and
cleaning training in real environments

職業康復及發展服務 Vocational Rehabilitation and Development Services

本會職業康復及發展服務致力發掘服務使用者的潛能，透過提供多元化的訓練和就業機會，讓他們實現自己的職業目標，連繫社區及融入社會。此服務的範疇包括庇護工場、綜合職業康復服務中心、輔助就業訓練計劃和社會企業。我們秉持「以求為導、以愛同行」的精神，建立了一個能夠讓服務使用者在職業技能上不斷向上流動的員工康復訓練模式，根據他們的能力和意向，設計了一系列的訓練階梯，從庇護工場到社會企業，繼而輔助就業，最終目標是幫助他們成功地進入公開就業市場。



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扶康會賽馬會石圍角工場

工場提供餐飲訓練並與多家食店建立了合作夥伴關係，包括康姨小廚、康姨咖啡室、一念素食和活力素食等，給予服務使用者在真實環境中學習和實踐的機會。此外，工場亦提供製作環保再造產品的訓練，通過參與展銷會等社區活動，讓服務使用者與市民互動，同時提升社區人士對環保的認識，彰顯殘疾人士的潛能和價值。



透過參與展銷會等社區活動，讓服務使用者與市民互動
Service users interact with the public through participating in
community events such as trade fairs

Fu Hong Society Jockey Club Shek Wai Kok Workshop

The workshop provides catering training and has established partnerships with several restaurants, including Madam Hong Restaurant, Madam Hong Café, Bijas Vegetarian Restaurant, and TT Veggie. They provide opportunities for service users to learn and practice in a real environment. In addition, the workshop offers training in making recycled and upcycled products. By participating in community events such as trade fairs, service users can interact with the public, enhance environmental protection awareness, and showcase their potential and value.



升級再造產品
Upcycled products

Vocational Rehabilitation and Development Services is dedicated to unleashing service users' potential by providing diverse training and employment opportunities, enabling them to achieve their vocational goals and integrate into the community. The service units include

- Sheltered workshops
- Integrated vocational rehabilitation service centre
- Supported employment services and social enterprises.

To uphold the spirit of 'Your Need is the Lead, Walk together with Love', we have established a vocational rehabilitation training model allowing service users to continuously advance their vocational skills. Pathways to upward mobility have been designed based on service users' abilities and motivations of service users, starting from sheltered workshops to social enterprises and eventually to supported employment. The ultimate goal is to help them successfully enter the open employment market.



毅誠工場

工場在烘焙訓練方面已經走過近十五年的歷程，並贏得了良好的口碑。由服務使用者製作的曲奇已經廣泛流傳，客戶包括香港會議展覽中心、香港航空、會德豐地產、柏寧酒店及現代美容等機構。同時，烘焙訓練亦讓服務使用者成為社區的烘焙導師，透過教授烘焙技巧，他們與社區人士建立了深厚的聯繫。

Ngai Shing Workshop

With a rich fifteen-year history in baking training, the workshop has been a testament to the success of our services. The cookies made by our service users have not only gained wide popularity but have also been served at prestigious venues such as the Hong Kong Convention and Exhibition Centre, Hong Kong Airlines Ltd., Wheelock Properties (HK) Ltd., Park Lane Hong Kong and Modern Beauty Salon, etc. Our service users, who started their journey with us, have not only become baking instructors in the community but have also established strong connections with community members, demonstrating their potential and value. Their success stories are a beacon of hope, inspiring others to believe in their own potential.



共融曲奇製作班：與社區人士建立聯繫
Inclusive Cookie Making Class: Establish connection with community members





葵興職業發展中心於現代化工程後煥然一新
The new look of Kwai Hing Vocational Development Centre after the revamp

扶康會賽馬會葵興職業發展中心

中心去年獲得香港賽馬會資助超過一千四百萬港元進行全面的現代化計劃，有關工程已於 2024 年 2 月完成。優化後的設施更貼近服務需要和市場需求，包括重新規劃工場の間隔，增加治療室及護理室以照顧老齡化服務使用者，同時亦增加了共融空間，讓服務使用者可透過多元訓練與社區持份者一同交流，進一步促進社區共融。此外，中心亦將添置多項新設備，如鐳射切割機、立體打印機、UV 印刷機等，讓訓練更面向市場，與時並進。



Fu Hong Society Jockey Club Kwai Hing Vocational Development Centre

The centre received funding of over HKD14 million from the Hong Kong Jockey Club Charities Trust last year, allowing the centre to undertake a comprehensive modernisation project. The project was completed in February 2024, with new facilities tailored to service needs and market demands. This includes reconfiguring the workshop layout, adding a therapy room and nursing room to cater for the ageing service users, and creating inclusive spaces for service users to engage with community stakeholders. These efforts are crucial in promoting community integration. The Centre will also acquire new equipment such as laser cutting machines, 3D printer and UV printer so as to provide market-oriented training in line with the latest technology.

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殘疾人士輔助就業培訓

殘疾人士輔助就業培訓在連繫服務使用者和外間公司方面發揮了重要作用，除提供職前培訓讓服務使用者更快掌握所需技能外，更提供全方位的在職支援，加強他們公開就業的持續性。我們與二十四間公司建立了合作伙伴關係，為一百零七名服務使用者提供寶貴的就業機會。藉著與私營機構的合作搭建了服務使用者實現職業目標的橋樑，同時也促進了他們與社會的互動和融入。



學員獲聘任職收銀員
A trainee is employed as cashier

羽毛球活動讓學員舒展身心
Trainees feel relaxed in
joining the badminton activities



Supported Employment Training for Persons with Disabilities

Supported Employment Training for Persons with Disabilities connects service users with external companies. Pre-employment training enables trainees to equip themselves with necessary skills more efficiently. Our all-rounded on-the-job support can also strengthen the sustainability of their employment. We have established partnerships with 24 companies, providing valuable employment opportunities for 107 service users. Through collaboration with private organisations, we serve as a bridge for service users to achieve their vocational goals while facilitating their interaction and integration with society.

學員於香港西廚學院進行實習
A trainee has an internship at the
Hong Kong Culinary Academy



社會企業 Social Enterprises

本會於 2003 年成立社會企業「康融服務有限公司」(康融)，在這二十一年裡，康融致力與社區保持緊密聯繫，透過商業營運模式給予殘疾人士不同的工作機會，幫助他們融入社會。康融的業務範疇包括零售、餐飲、清潔及消毒防蟲等。在 2023/24 年度，康融貫徹成立的理念，僱用超過四十名殘疾人士，佔整體員工六成以上，以促進殘疾人士就業為目標。

Our organisation established the 'Hong Yung Services Limited' (HYSL) social enterprise in 2003. Over the past 21 years, HYSL has been closely connected to the community. It has provided diverse job opportunities for persons with disabilities through its business operations. The aim is to help them integrate into society. The business includes retail, food and beverage, cleaning, and disinfection services. In 2023/24, HYSL employed over forty persons with disabilities, more than 60% of the workforce. This aligned with the organisation's mission to promote employment for persons with disabilities.

康姨小廚

「康姨小廚」是由康融營運的社企餐廳之一，目的是幫助殘疾人士獲得餐飲業工作技能和就業機會。康姨小廚在 2023 年開拓商務午餐到會服務，為會德豐地產(香港)有限公司提供餐飲到會，促進殘疾人士與商界的互相認識。

為殘疾人士提供真實的訓練場地
Providing an authentic training environment
for persons with disabilities



Madam Hong Restaurant

'Madam Hong Restaurant' is one of the catering outlets of HYSL, which helps persons with disabilities gain work skills and employment opportunities in the food and beverage industry. In 2023, the restaurant expanded its catering services, including corporate lunch events, that were once provided to the Wheelock Properties (Hong Kong) Limited, facilitating interaction between persons with disabilities and the business sector.



為會德豐地產提供到會服務，促進殘疾人士與商界的互相認識
Provide catering service to Wheelock Properties to promote mutual
understanding between persons with disabilities and business sector

康姨咖啡室

位於香港海防博物館的「康姨咖啡室」獲社會福利署「創業展才能」計劃資助，於裝修後重開已超過一年。透過餐飲服務讓殘疾人士與來自各地的顧客彼此互動，把傷健共融的信息傳揚到世界各地。

Madam Hong Café

Located in the Hong Kong Museum of Coastal Defence, 'Madam Hong Café' is a catering project funded by the 'Enhancing Employment of People with Disabilities through Small Enterprise' Project of the Social Welfare Department. After its renovation, the Café has been re-opened for over a year. Through food and beverage services, persons with disabilities interact with customers from different backgrounds, promoting social inclusion worldwide.



在這裡工作，既愉快，又充實！
It is a happy place for working and learning!



殘疾員工於餐廳殷勤招待客人
Staff with disability serving skillfully at the café



康姨 Care

獲「伙伴倡自強」社區協作計劃撥款資助的社企項目「康姨 Care」，成立至今接近三年，為市民提供質優質的防疫消毒服務及護理清潔用品。與此同時，也為殘疾人士創造在職訓練機會，通過服務與社會建立關係。踏入 2024 年，「康融 Care」與社區開展了一個新合作模式，為元朗的私人屋苑蝶翠峰提供防蟲服務，除給殘疾人士帶來就業機會外，亦讓屋苑居民認識他們的能力，建立互信和深化彼此之間的連繫。

Madam Hong Care

'Madam Hong Care' is a social enterprise project funded by 'Enhancing Self-Reliance Through District Partnership Programme' and has operated for almost three years. It provides the community with high-quality disinfection services as well as household care and cleaning supplies and, at the same time, creates on-the-job training opportunities for persons with disabilities, which facilitates building relationships with the community. In 2024, Madam Hong Care developed a new collaboration model with the community, providing pest control services for private residential estates in Yuen Long, Sereno Verde, and not only offering employment opportunities for persons with disabilities but also allowing the estate residents to get to know them, establishing trust and creating deeper connections.

康姨 Care 店舖為殘疾人士提供學習和工作的共融平台
The Madam Hong Care Shop provides an inclusive platform for persons with disabilities to learn and work



為私人屋苑蝶翠峰提供防蟲服務
Providing pest control services to a private residential estate - Sereno Verde



殘疾員工於屋苑進行戶外滅蚊、滅蟲工作
Staff with disability carrying out outdoor mosquito and pest control work in the residential estate



清潔隊為香港大學賽馬會學生二期宿舍提供達十九年的清潔服務
 Our cleaning team has provided services to Jockey Club Student Village II of the University of Hong Kong for 19 years



康融清潔隊

自 2005 年起，清潔隊連續十九年為香港大學賽馬會第二期宿舍（包括李兆基堂、馬禮遜堂及孫志新堂）提供清潔服務。清潔隊向大學提供服務的同時，也讓殘疾人士走進大學，增加大學生與他們接觸的機會，促進共融。

HVSL Cleaning Team

The cleaning team has been providing cleaning services to the Jockey Club Student Village II (including Lee Shau Kee Hall, Morrison Hall, and Suen Chi Sun Hall) of the University of Hong Kong for 19 consecutive years. While serving the university, the cleaning team also let persons with disabilities enter the university, increasing opportunities for university students to interact with them and promoting inclusion.



清潔服務讓大學生認識殘疾人士的工作能力
 Let college students recognise the capabilities of persons with disabilities through cleaning services



家長和子女在疫情後一起乘坐高鐵到潮汕觀光旅遊
Parents and children took the high-speed rail and went sightseeing in Chaoshan after the pandemic



殘疾人士社區支援服務 Community Support Services for Persons with Disabilities

天水圍地區支援中心（下稱中心）以「地區為本」的策略，為居於區內的殘疾人士及其家庭提供一站式多元化服務，並透過不同方式讓殘疾人士得以展現潛能，從而與社區建立深厚連繫，促進社會共融。



家長和子女在員工帶領下於潮汕「潮」玩「潮」食，共享天倫之樂
Parents and children led by the staff enjoyed a happy stay and cherished family moments in Chaoshan



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為促進照顧者的連繫，中心於 2023 年 10 月舉辦了三年一屆的第三次「親子境外遊」，與五十六位家長和殘疾子女一同體驗乘坐高鐵前往潮汕，遊覽著名景點，品嚐當地美食，讓他們舒展身心，進一步鞏固家長之間的關係。同時，為提升社會對照顧者支援的關注，中心應元朗區福利辦事處邀請，分別於 2023 年 11 月及 2024 年 1 月與區內康復服務單位合辦「幸福築積」及「齊撐照顧者」行動——《抖抖氣微演唱會》，使他們輕鬆渡過一個愉快的週末。



著名的潮汕地道美食當前，大家吃得很高興！
Everyone was excited about the famous cuisine in Chaoshan!



一眾家長和子女興致勃勃地在潮汕古城四處觀光遊覽
Parents and children eagerly explored the sights and attractions of the ancient city of Chaoshan



中心的「天·亮」樂隊在「幸福築積」活動獻上精彩表演！
The 'Daybreak' Band of the Centre delivered a spectacular performance at the 'Build-up Happiness' activity!

Tin Shui Wai District Support Centre (here below 'the Centre') adopted a district-based one-stop support service for persons with disabilities and their families within the community. Through various means, the Centre enabled persons with disabilities to unleash their potential, thereby establishing solid connections with the community and promoting social inclusion.



To promote the connection among caregivers, the Centre organised the third 'Parent-Child Outing Aboard' in October 2023, which was held once every three years. Together with 56 parents and their children with disabilities, they had the opportunity to experience a high-speed rail trip to Chaoshan, visit famous attractions, and savour local cuisine. This trip allowed them to relax and bond further and strengthened the relationships among the parents. Additionally, to raise awareness and support for caregivers, the Centre responded to the Yuen Long District Social Welfare Office's invitation and collaborated with rehabilitation service units in the community to co-organise 'Build-up Happiness' and 'Care the Carers' campaign – 'Mini Concert for Relaxation' in November 2023 and January 2024 respectively. These activities provided the caregivers with a relaxed and enjoyable weekend.



中心的少數族裔家庭參與「幸福築積」，感受社會的關懷
The ethnic minority families of the Centre participated in 'Build-up Happiness' and experienced care from the community



《中年好聲音》歌手擔任「齊撐照顧者」行動 —
《抖抖氣微演唱會》壓軸嘉賓
A contestant from the TV show 'Midlife, Sing & Shine!' performed at the 'Mini Concert for Relaxation'



此外，為展現殘疾人士獨特的藝術才華，中心於2023年11月舉辦了第十一屆「互唱共融齊OK才藝大賽」。比賽吸引了眾多來自天水圍、元朗和屯門區的殘疾人士參與，精彩的演出讓市民感受傷健一家的互愛氛圍。

In addition, to unleash the unique talents of persons with disabilities, the Centre organised the 11th 'Inclusive Talent Competition' (referred to as the competition) in November 2023. The competition attracted enthusiastic participation of persons with disabilities from Tin Shui Wai, Yuen Long, and Tuen Mun. Their impressive performances let the community experience the atmosphere of love and unity.



會員和父親組隊展現歌藝，盡顯親情，更勇奪比賽冠軍獎項呢！

A member, together with his father, showcased their singing talents and won the championships in the competition!



肢體殘障會員表演輪椅舞，令觀眾歎為觀止。

The members with physical disabilities performed wheelchair dance impressed the audience a lot.



為回應社會對特殊學校離校生在支援上的迫切需求，中心自2023年10月起已配合《行政長官2023年施政報告》及社會福利署要求，提早籌備2024年4月成立的「特殊學校離校生專隊」，目的是確保他們順利從學校過渡到社區生活，並紓緩其照顧者的壓力。同時，中心繼續為自閉症會員提供日間訓練服務（啟亮坊及創亮坊），透過結構化教學法及圖卡交換溝通系統等，加強他們的情緒管理技巧及社交溝通能力，準備他們銜接將來展能中心的服務。

面對香港社會複雜轉變和挑戰，中心將繼續致力與各社會服務機構協作，推動社會共融，建立包容、接納和關愛的社區，讓殘疾人士及少數族裔人士得到平等對待，享有美好的社區生活。

In response to the pressing demand for support for special school leavers, since October 2023, following the 'Policy Address 2023' by the Chief Executive and the requirements of Social Welfare Department, the Centre has been actively preparing for the establishment of a 'Designated Team for Special School Leavers' starting from April 2024. The team's purpose is to ensure a smooth transition for the special school leavers from school to community and alleviate the burdens faced by their caregivers. Furthermore, the Centre continued to provide day training services (Enlighten Square) for members with autism. Through the Treatment and Education of Autistic and Communication-handicapped Children (TEACCH) and Picture Exchange Communication System (PECS), the members' emotional management skills and social communication abilities would be enhanced, which would be beneficial for their smooth transition to the Day Activity Centre's service in the future.

Faced with the complex transformations and challenges in Hong Kong society, the Centre will continue its dedication to collaborating with various social service organisations to promote social inclusion and establish an inclusive community that is accepting, and caring. Eventually, the persons with disabilities and ethnic minorities will receive equal treatment and have the opportunity to live fulfilling lives within the community.

自閉症及發展障礙 支援服務

Autism Spectrum Disorders and Developmental Disabilities Support Services

對於有特殊學習需要或感覺統合失調的服務使用者來說，他們有不同層面的需要，包括：認知訓練、言語訓練、感統訓練等。本會的牽蝶中心、牽蝶康兒中心及感覺統合治療中心因應以上各種需要，為服務使用者提供多元化的訓練活動。

Service users with special learning needs or sensory integration disorders have different training needs, including: cognitive training, speech training, sensory integration training, and so on. In response to the above needs, our Society's Hip Dip Centre, Hin Dip Hong Yee Centre, and Sensory Integration Therapy Centre provide service users with various training activities.

牽蝶中心及牽蝶康兒中心致力為兩歲至六歲有特殊需要的兒童提供適切的訓練及支援，本年度共有一百名有特殊需要的兒童接受專業服務。透過探索式學習和成果分享會，孩子們得以親身領略知識，並在遊戲中發現樂趣。同時，以室外活動作為社區融合學習的一部分，讓孩子們扮演不同的角色，促進公眾對有特殊需要兒童的了解和接納。課堂以外，教師和治療師亦與家長緊密合作，提供針對性的家居訓練建議及指導，並定期檢視孩子的學習進展。

Hin Dip Centre and Hin Dip Hong Yee Centre are dedicated to providing appropriate training and support for children aged 2 to 6 with special needs. This year, professional services were provided to 100 children with special needs. Through exploratory learning and sharing sessions, children can acquire knowledge firsthand and discover fun in games. As part of community-integrated learning, Outdoor activities allow children to play different roles and promote public understanding and acceptance of children with special needs. After class, teachers and therapists work closely with parents to provide targeted family training advice and guidance and regularly review children's learning progress.



社交技巧訓練班：利用社交遊戲訓練幼兒耐心輪候活動
Social Skills Training Class:
Using social games to train children to wait patiently for an activity



復活節密集班：幼兒輪流按鱷魚牙齒，訓練社交互動
Easter Intensive Class:
Children took turns pressing crocodile teeth to practice social interaction



密集班：幼兒扮演醫生，增加幼兒對不同職業的認識
Intensive Class: Roleplaying doctor to increase children's understanding of different



密集班：幼兒替玩具貓梳洗，改善自理能力
Intensive Class: Improve self-care ability by grooming toy cats



密集班：利用油漆滾輪製作地鐵畫廊作品，訓練觸感
Intensive Class: Provided sensory training by using paint rollers to create the artwork for the MTR Art Gallery



遊艇會同樂日：讓小朋友一同扮演消防員，增加與同輩社交的機會
Aberdeen Marina Club Fun Day: Let children play firefighters together to increase opportunities for socialising

中心今年新增了「親子 FUNNY TIME」及「親子鬆一鬆」活動，提升家長及兒童的家庭幸福感，並有效減輕照顧者的育兒壓力。而在教學環境方面，提供了結構化的學習體驗，從而提高他們的自我組織能力、專注力及學習成效，並透過制定個別化的教學計劃，確保他們獲得最佳的學習成果。同時，我們也積極利用現代科技工具來輔助教學，提供個性化的學習支援。

This year, we have introduced the 'Family FUNNY TIME' and 'Parent Relaxation' activities, designed to foster a sense of family happiness for parents and children. These activities have proven to be effective in reducing the caregivers' stress, making parenting a more enjoyable experience. The teaching environment provides a structured learning experience, enhancing their self-organisational abilities, focus, and learning effectiveness. Individualised teaching plans are developed to ensure they achieve the best learning outcomes. At the same time, we actively utilise modern technology tools to assist teaching and provide personalised learning support.



參觀超級市場：小朋友跟家長認識超級市場的貨品種類
Visiting Supermarket: Learnt about the product categories in the supermarket with parent





參觀郵局：家長與幼兒一同把信件放進郵筒內，增進親子感情
Visiting Post Office: Father and kid put letters into the mailbox together, enhancing parent-child relationship

親子 Funny Time — 壓花工作坊：家長與幼兒一起製作輕黏土花圃，增進親子合作
Family Funny Time - Flower Embossing Workshop: Mother and kid made light clay flower beds together, facilitating parent-child cooperation



此外，感覺統合治療中心為所有年齡層有感覺統合失調的人士提供專業評估及個別化治療和小組訓練。我們的服務不僅針對兒童，也特別關注成人的需要，為他們提供合適的專門治療方案。由於感覺統合失調會影響大腦處理感覺信息的能力，進而影響身體協調、注意力集中和社交等生活技能。因此透過治療，我們旨在提升他們的感覺調節能力，幫助他們有效應對學習、工作、社交互動等日常生活中的感覺挑戰，致力提高服務使用者的生活質素，讓他們更從容地生活。

In addition, the Sensory Integration Therapy Centre provides professional assessments, individualised treatments, and group training for people of all ages with sensory integration disorders. Our services are not limited to children, we also cater to adults, offering specialised treatment plans tailored to their unique needs. The sensory integration disorders affect the brain's ability to process sensory information, which can impact physical coordination, attention, and social skills in everyday life. Through our therapy, we aim to enhance their sensory regulation abilities, equipping them with the skills to effectively manage challenges in learning, work, and social interactions in their daily lives. Our commitment is to improve the quality of life for all our clients, empowering them to face life's challenges with greater ease.

與幼兒者進行核心肌肉訓練
Conducted core muscle training with children



與服務使用者進行訓練，以提升其覺醒度
Conducted training with service users to enhance their alertness

家庭支援服務

Family Support Services

賽馬會「樂在照顧」計劃 — 扶康會家庭支援服務以家庭為本的介入模式，與特殊學校智障畢業生之家庭同行及提供多元化的服務，包括個案及家庭輔導、臨床心理服務、職業治療服務、畢業生適應小組、家庭聯繫活動、網上資訊平台及興趣小組等。服務中心亦積極連結社區資源，促進服務使用者的社區參與及共融。此外，本會亦持續為「特殊需要信託」的申請人提供諮詢服務。



藉音樂促進彼此連繫
Promoted connection through music



唱出我心聲 - 音樂治療小組

照顧者憶起照顧智障家人過程的辛酸時彼此互勉，此錄音作品以愛和真誠的分享譜寫成一首樂曲，引發共鳴，鼓勵身邊的同路人。歌曲同時讓參與者和聽眾之間建立情感上的連繫，增進彼此的理解。

Singing My Heart Out - Music Therapy Group

Caregivers reflected on the hardships of caring for family members with intellectual disabilities, and they found strength and encouragement in each other. This recorded piece is a heartfelt musical composition born out of love and sincerity, aiming to resonate with listeners and inspire those on a similar journey. The song not only establishes an emotional connection between participants and listeners, but also enhances understanding among them.



爸媽 Staycation 暨子女訓練營

在美麗的營地進行 Staycation，讓親子共度美好時光，父母和子女透過一起參與各種活動和任務，加強家庭的凝聚力。活動亦加入生活技能訓練元素，提升子女的自理能力和獨立性。當中以 SMART 原則（包括明確的、可衡量的、可達成的、相關的及有時限的）制定目標，培養子女的規劃和執行能力。在培養子女自理能力時，父母亦能享受 Me Time，得到關愛自己的機會。

和最愛的爸媽一起 Staycation!
Staycation with my beloved parents!



The 'Jockey Club C · Care Programme – Fu Hong Society Family Support Service' aims to provide family support services to persons with disabilities and their family members, especially for those special school graduates. Using the Family-centred intervention model, diversified services are provided to support special school leavers with intellectual disabilities and their family members. The scope of services includes individual and family counseling, buddy matching programmes, educational workshops, an information e-platform as well as leisure groups. The service centre also actively connects service users with community resources to promote participation and social inclusion. In addition, the Society continues to provide consultation services to applicants of 'Special Needs Trust'.

Parent-child Staycation cum Training Camp

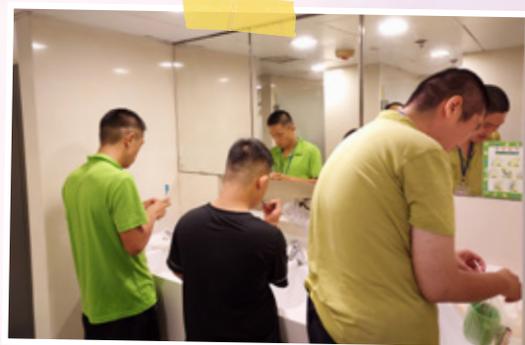
Families enjoyed a staycation at a beautiful campsite. Parents and children spent quality time together, participating in various activities and tasks that promoted teamwork and strengthened family bonds. This staycation incorporates training elements for children, focusing on developing self-care and independence while learning essential life skills. The activities follow the SMART principles (including Specific, Measurable, Achievable, Relevant, and Time-bound) to set goals to cultivate the children's planning and execution abilities. The programme also facilitates parents to have the opportunity to enjoy some 'Me Time'.



運用 SMART 原則規劃達成目標的方法
Followed the SMART principles for goal planning



獨立完成整理床鋪的任務
Completed the task of making the bed independently



自己刷牙無難度，提升自理能力
Brushing the teeth myself and enhancing self-care ability





素食健康廚房 烹調特色素菜

鼓勵照顧者探索素食的優點，讓他們透過品嚐不同的素食餐及研發嶄新食譜，提升他們對健康飲食的意識。最後他們成功合力烹調出特色素菜，在過程中除促進學習和交流外，亦建立一個互相支持和鼓勵的社群，照顧者們從中感受到彼此的關心，並享受到素食帶來的美味和健康。



齊齊化身美女素食健康廚師
Cooked healthy dishes like
vegetarian chefs



Vegetarian Healthy Kitchen - Cooking Unique Vegetarian Dishes

Caregivers are encouraged to explore the benefits of vegetarianism by trying different vegetarian meals and discovering innovative recipes, raising their awareness of healthy eating. In the end, they collaborated to cook special vegetarian dishes. The process promotes mutual learning and communication and establishes a supportive and encouraging community. Caregivers can feel the care and enjoy vegetarianism's deliciousness and healthiness.

多元親子活動 共享快樂時光

服務中心舉辦不同的親子活動，包括遊覽香港故宮文化博物館、到訪天際 100、參觀慈山寺，及保齡球活動、創意拉坯、藍染和甜品製作等，藉著多元化的親子活動提供了不同的體驗和學習機會，讓家庭成員可以一同探索和享受時光。這些活動不僅提供休閒娛樂，同時加強了家庭的凝聚力，促進家庭成員之間的互動和溝通。

Diverse Family Activities - Sharing Happy Moments

The service centre organises various family activities, including visiting the Hong Kong Palace Museum, enjoying a stay at the sky100, exploring Tsz Shan Monastery, bowling, participating in creative pottery workshops, experiencing indigo dyeing, and making desserts. These diverse family activities provide different experiences and learning opportunities, allowing family members to explore and enjoy quality time together. These activities offer leisure and entertainment and strengthen family bonds by fostering interaction and communication among family members.



到sky100欣賞壯麗的城市景色，一起創造美好回憶
It was unforgettable to enjoy the beautiful city views
at sky100 together



放鬆身心，「碌」出好心情
Felt relaxed and delighted in bowling game



親子拉坯製作，設計擁有自己家庭特色的杯碗
Parent and child produced creative pottery with their own family style



染色效果令家庭既期待又興奮
Looked forward to the dyeing effect was exciting

製作紙杯蛋糕，
一眾照顧者感受歡樂聖誕氣氛
Caregivers made cupcakes and shared the joy of Christmas



享受製作泡芙的親子時光，互相合作並享用美味成果
Enjoyed family time in puffs making with delicious snack together



親子扭氣球充滿樂趣，與手作的「水仙花盆景」
開心合影
Parent and child had fun in twisting balloons and took photos with the handmade 'narcissus bonsai' happily

社區精神健康服務

Community Mental Health Services

本會的社區精神健康服務包括三所中途宿舍（分別為悅群之家、悅智之家及悅行之家），和一所精神健康綜合社區中心（康晴天地）。中途宿舍提供以「社區為本」的住宿服務，透過多元化的介入方式，關顧復元人士的身心需要，並促進他們的社會參與，以實踐復元理念。而康晴天地則為港島中區及部分南區居民提供一站式精神健康及社區支援服務，同時積極推行公眾教育，加強居民對精神健康的關注。



到澳門扶康會怡樂軒交流，
了解服務運作
Visited Yee Lok Centre,
Fuhong Society of Macau, and
exchanged views about service
operations

團隊凝聚、專業成長

社區精神健康服務員工前往澳門進行兩天的交流活動，期間探訪了澳門營運的社區精神健康服務單位，包括澳門利民會、浸信會澳門愛羣社會服務處及澳門扶康會等，與專業同工交流，了解當地精神健康服務的現況和發展趨勢，這次活動除了提升團隊凝聚力外，亦達致知識共享和專業成長。

Team Cohesion Professional Growth

Community Mental Health Services conducted a two-day exchange activity with mental health service units in Macau, including Richmond Fellowship of Macau, and Baptista Oi Kwan Servico Social De Macau, and Fu Hong Society of Macau. Professional staff had better understood the current situation and development trends of mental health services there. This activity enhanced team cohesion and promoted knowledge sharing and professional growth.



澳門扶康會寶翠中心的一站式職業康復服務
One-stop vocational Rehabilitation Services at Pou Choi Centre,
Fuhong Society of Macau



The Society provides Community Mental Health Services through three halfway houses (Yuet Kwan Home, Yuet Chi Home, and Yuet Hang Home) and the Integrated Community Centre for Mental Wellness called Sunrise Centre. Halfway houses provide community-based residential services to persons in recovery, facilitating their reintegration into the community. Halfway houses have taken care of the physical and emotional needs of the persons in recovery through various activities and encourages social participation. Sunrise Centre serves the residents in the Central District and some parts of the Southern District and provides one-stop and district-based integrated community mental health support services. The centre also actively participates in community outreach to enhance public awareness of mental wellness.



中途宿舍 Halfway Houses



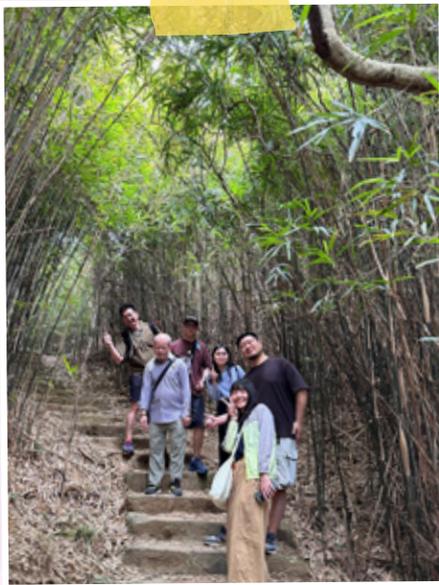
苗圃挑戰12小時慈善越野馬拉松2023：在義工和員工陪伴下，參加者於8小時完成26公里路程，盡展潛能
Sowers Action Challenging 12 Hours: Accompanied by volunteers and staff, participants completed the 26-kilometer journey in 8 hours and fully demonstrated their potential

釋放潛能、連結社區

社區精神健康服務積極推廣運動作為促進身心健康的媒介，其中遠足和龍舟競渡為重點發展的團體運動項目。遠足不僅能夠強身健體，也有助放鬆心靈。而龍舟競渡則是一項講求團隊精神的運動，參與者透過共同努力展現合作性和凝聚力，亦促進人際交往的發展。當中社區義工扮演著重要的角色，他們與服務使用者一同參與活動、訓練和公開比賽，與他們同行及建立友誼，促進社會共融。同時透過各項運動，服務使用者的潛能和才華得以發揮，在相應的培訓和支持下，參加者的健康狀況、個人自信及生活質量均有所提升。我們將繼續致力提供更多多元化的活動，以滿足不同服務使用者的需求，並建立更強大的社區支援網絡。

Unleashing Potential Connecting with the Community

The community mental health service actively promotes sports to facilitate physical and psychological well-being, with hiking and dragon boating being key group sports activities. Hiking not only enhances physical health but also helps relax the mind. Dragon boating is a sport that emphasises team spirit, where participants showcase cooperation and cohesion through collective efforts, promoting the development of interpersonal relationships. At the same time, community volunteers play an essential role as they participate in activities, training, and public competitions alongside service users, accompanying them and building friendships to promote social inclusion. Through these sports activities, service users' potential and talents have been unleashed. Together with the provision of appropriate training and support, participants have experienced improvements in their health condition, self-confidence, and quality of life. We will continue to provide more diversified sports programmes to meet the needs of different service users and establish a more robust community support network.



置身大自然，享受有益身心的遠足活動
Enjoyed a healthy hiking in the countryside

泰拳體驗：鍛煉身體、培養意志
Muay Thai Trial Class: Built muscular bodies
and steeled the willpower



經過賽前操練，大家齊心合力向目標進發！
After practicing before the race, everyone
tried his best to achieve the goal!



龍舟競賽 2023：這條船上無分你我，團結一致
Dragon Boat Race 2023: All participants united on the boat as a team



服務

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激發心靈、藝術的力量

藝術能啟發和發展服務使用者的創意和想像力，同時也成為他們表達情感和經驗的媒介，有助於情緒調節和心理療愈。近年，社區精神健康服務積極參與藝術領域的發展，為服務使用者提供更多選擇和參與機會。透過音樂、繪畫、手工藝等不同形式的藝術活動，以滿足不同人士的喜好和才能，讓他們以自己擅長的方式表達自己並發展潛能。同時，我們也非常重視服務使用者展示藝術成果的機會，透過舉辦藝術展、分享會等，讓更多人能欣賞他們的作品。這不僅提高了服務使用者的自信心，也讓他們感受到自己的價值和存在感，同時這些活動還促進了服務使用者與他人的聯繫和互動，有助建立更緊密的社區網絡。藝術是一種跨文化和跨社區的語言，它能夠打破界限，讓不同背景人士藉創作和欣賞相遇。我們將繼續推廣和發展藝術領域的活動，為服務使用者提供更多發掘和發展自身藝術潛能的契機。



於 Beyond Coffee & Bar 設相片展覽，提供新的角度認識復元人士
A photo exhibition was set up at Beyond Coffee & Bar to provide a new perspective on persons in recovery

Inspiration with the Power of Arts

Arts can inspire and develop creativity and imagination while also serving as a medium for expressing emotions and experiences, aiding in emotional regulation and psychological healing. In recent years, community mental health services have actively engaged in developing arts, providing service users with more choices and opportunities for participation. Through various forms of artistic activities such as music, painting, and handicrafts, we cater to different preferences and talents, allowing individuals to express themselves and develop their potential in ways they excel at. At the same time, we strive to create opportunities for service users to showcase their artistic achievements. By organising art exhibitions and other platforms for exchange and sharing, we enable more people to appreciate their works. This boosts service users' confidence and helps them feel a sense of value and belonging. These activities also facilitate connections and interactions among service users and others that promote social inclusion. Arts is a cross-cultural and cross-community language that can break barriers and unite people from diverse backgrounds in creation and appreciation. We will continue to promote and develop activities in the field of arts, providing service users with more opportunities to discover and develop their artistic potential.



星之花的心靈藝術有助安靜思緒，
尋回心中的希望

The Star Flower making brought peace
of mind and lighted up our hopes



服務使用者以義工身份協助攤位，展現才能，
宣傳關愛自己的訊息

Service users assisted in activity as volunteers
to showcase their talents and promote the
message of self-care



透過音樂傳遞心聲，觸動心弦

Sharing through music that warms our hearts





關顧身心靈、促進全人成長

中途宿舍透過多元化介入，關顧復元人士的身心需要，並促進社會參與，在服務中實踐復元理念。

Caring for the Body, Mind, and Spirit to Promote Holistic Growth

Through diverse interventions, the halfway house attends to the physical and mental needs of persons in recovery and promotes social participation, embodying the principles of recovery in its services.

在康復中心天台花園搭建棚架栽種植物，享受園藝樂趣
Planting in the rooftop garden of the Rehabilitation Centre and enjoyed the fun of gardening



在皮革DIY的過程中感到治癒
The leather DIY was really comforting



與舍友互相分享關愛自己的心得
Exchanging views on self-care with roommates



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支援照顧者、提升精神健康

為照顧者提供精神健康急救課程，提升他們關注自己及他人的精神健康，以及處理危機的意識；由香港心聆社區心活指南計劃的實習輔導員向照顧者介紹接納與承諾治療為本的早期心理健康支援。

Supporting Caregivers in Enhancing Mental Health

Providing caregivers with mental health first aid courses to enhance their awareness of their own and others' mental well-being, as well as crisis management skills. The intern counsellors from the Mind HK introduced the Acceptance and Commitment Therapy-based mental health support.





定期舉辦專題交流及聯誼會，為家屬和照顧者提供分享平台

Provided a sharing platform for family members and caregivers through regular sharing activities and social gatherings



讓照顧者認識社區支援心理健康的資訊
Let caregivers know the information about community support for mental health

康晴天地 Sunrise Centre

凝聚地區力量、推廣心理健康

康晴天地與地區伙伴包括長者中心、青少年中心和家庭服務中心合作，為不同年齡層的人士提供精神健康支援，促進社區整體的健康發展。此外，亦曾多次邀請不同團體到康晴天地參觀及參與活動，包括健康講座、社區互動攤位、藝術展覽等；通過凝聚地區力量，共同推廣精神健康的重要性。

童軍單位參觀康晴天地，讓青少年認識精神健康的重要
Scout unit visited Sunrise Centre and learnt about the importance of mental health



愛笑瑜伽活動讓社區人士學習正面情緒、減壓放鬆
Community members experienced positive emotions and relaxation by participating in Laughter Yoga activities

Uniting the Power of the Community to Promote Mental Health

Sunrise Centre collaborates with community partners, including the District Elderly Community Centre, Integrated Children and Youth Services Centre, and Integrated Family Service Centres, to provide mental health support to individuals of different age groups, promoting the overall health development of the community. We have invited various groups to visit and participate in our activities, including health seminars, community interactive booths, and art exhibitions. Through uniting the power of the community, we collectively advocate for the importance of mental health.



華富一邨舉辦關愛推廣活動，透過講座及攤位遊戲等，向區內居民傳揚關愛訊息
Delivered caring messages to residents in the district through talks and booth games in a promotional activity held at Wah Fu Estate (1)

境外遊體驗 - 感受生命的多彩

中心鼓勵會員參與多元化活動，豐富生活經驗。境外遊活動讓會員有機會離開香港，開展一段充滿驚喜的旅程，活動不僅開拓視野，更為生活資源相對貧乏的會員帶來難得的機會，為他們的生命增添豐富的色彩。

Overseas Travel Experience - Embracing the Colours of Life

We encourage members to participate in diverse activities to enrich their life experiences. Overseas travel activities provide members with the opportunity to leave Hong Kong and embark on a journey full of surprises. These activities not only broaden horizons but also offer opportunities for members with limited resources, adding vibrant colors to their lives.



會員與家人暢遊澳門，愉快滿足
Members and their families enjoyed a happy trip to Macau



清遠之旅讓參加者大開眼界，豐富生活經驗
The trip to Qingyuan broadened the horizons of participants and enriched their life experience



青·MIND 精神健康服務 - 專業支援，陪伴成長

為青少年及中學生提供專業的心理支援，幫助他們實現健康成長。中心透過多種方式提供支援，包括教師培訓工作坊，旨在提高教師識別有情緒需要學生的能力，以及早提供適切支援。同時通過舉辦校內推廣精神健康的講座及工作坊，讓更多青少年認識關於心理和情緒方面的知識，促進精神健康。

'Young MIND' Mental Health Service - Professional Support, Accompanying Growth

Providing professional psychological support for adolescents to aid them in achieving healthy growth, the Centre offers support through various means, including teacher training workshops aimed at enhancing teachers' ability to identify students with emotional needs and provide timely support. Additionally, by organising lectures and workshops promoting mental health in schools, more youngsters can gain knowledge about emotions, thereby promoting mental well-being.



舉辦中學校內推廣活動，齊齊關注精神健康
Enhanced the concern for mental health through organising promotional activities in secondary schools



教師培訓工作坊，提升識別精神健康需要的能力
Teacher training workshops were conducted to strengthen their abilities in identifying the needs of mental health



中學生情緒支援工作坊，
促進健康成長
Emotional support workshop for
secondary school students to
facilitate their healthy development



朋輩支援服務 - 同行共融

透過真人圖書館活動，為社區人士提供了一個接觸和了解精神復元人士的機會，讓他們對精神復元人士有正面的了解和認識，打破固有印象及消除偏見，促進社區共融。在社會福利署於 2024 年舉辦的中西南及離島區福利規劃研討會中，本機構朋輩支援員向與會者介紹朋輩支援服務內容，並分享自己的復元故事，實踐同行共融的理念。

Peer Support Service - Walking Together, Fostering Inclusion

Through the Human Library activity, community members can engage with and understand persons in mental recovery. Community members develop positive perceptions and knowledge about persons in mental recovery, breaking stereotypes and eliminating biases, and promoting community inclusion. During Social Welfare Planning Seminar 2024, our peer support workers introduced the services of peer support to the attendees. They shared their recovery stories, putting the concept of walking together and fostering inclusion into practice.

「真人圖書館」活動讓社區人士對精神復元人士有正面的了解和認識
'Human Library' activities allowed the members of the community to have a positive understanding of persons in mental recovery





於2024中西南及離島區福利規劃研討會上分享復元故事，當中體現「關愛·同行」的重要
 The sharing of recovery stories at the 2024 Central Western, Southern and Islands District Social Welfare Planning Seminar brought out the importance of 'Walk together with Love'



賽馬會樂齡同行計劃

康晴天地自2022年1月起參與由香港賽馬會慈善信託基金策劃及捐助的「賽馬會樂齡同行計劃」，以應對長者抑鬱情況。服務結合地區長者服務及社區精神健康服務，以逐步介入模式，根據風險程度、徵狀的嚴重程度等，為有抑鬱風險或抑鬱徵狀的長者提供適切的預防和介入服務，從而提升長者的心理健康。從2023年4月起，十位「朋輩支援大使」定期向有需要的個案表達關懷，並以自身經驗鼓勵受到情緒困擾的長者。



前往不同社區機構舉辦長者抑鬱症講座，並識別及跟進有服務需要的長者
 Organised talks on depression of the elderly in different community institutions, identified and followed up of the elderly in need

JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness

Since January 2022, Sunrise Centre has participated in a project planned and donated by the Hong Kong Jockey Club Charities Trust to deal with depression in the elderly. The service combines regional services for the elderly and community mental health services by using a stepped-care model with appropriate prevention and intervention services for the elderly who are at risk of depression or have symptoms of depression. Starting from April 2023, ten 'Peer Support Ambassadors' have been regularly providing care and encouragement to individuals in need, particularly elderly individuals experiencing emotional distress, based on their own experiences.



「慢慢步·深心呼吸」教育活動開幕典禮上，服務使用者表演粵曲與眾同樂
 At the opening ceremony of an educational activity, service users performed Cantonese opera for entertainment



十位「朋輩支援大使」以同路人經驗關顧受情緒困擾的長者
 Ten 'Peer Support Ambassadors' used their fellow travelers' experience to care for the elderly suffering from emotional distress



扶康會「香港最佳老友」 運動 · 屯天共融網絡

FHS 'BEST BUDDIES HONG KONG' Movement · Tuen Tin Inclusive Network

「最佳老友」的發起人 Mr. Anthony Kennedy Shriver 是美國甘迺迪家族成員之一，他於 1989 年創辦「國際最佳老友」，推動智障人士與非智障人士建立一對一的平等友誼。在他的積極推廣下，目前於全球四十五個國家及地區推行，提高智障人士的生活質素，促進社會共融。

在 2004 年，本會獲「國際最佳老友」總部邀請及授權本會成立「香港最佳老友」運動，成為香港唯一獲認可推動此項運動的機構。由 2022 年 4 月開始更獲社區投資共享基金資助「『香港最佳老友』運動 · 屯天共融網絡」的行政及活動開支，以舉辦多元化的活動，連繫智障人士與非智障人士，為老友們提供互動、學習與分享的機會，促進社會人士與智障人士的友誼，及凝聚社會資本。

Best Buddies International invited Fu Hong Society to be Hong Kong's authorised organisation to promote the 'BEST BUDDIES HONG KONG' Movement in 2004. Since April 2022, the Community Investment and Inclusion Fund has sponsored the Society to launch the 'BEST BUDDIES HONG KONG Movement - Tuen Tin Inclusive Network'. The Society provides diverse activities to connect persons with and without intellectual disabilities, enhancing opportunities to interact, learn, and share among Buddies, in order to cultivate their friendships and establish social capital.

'BEST BUDDIES' is a worldwide movement promoting one-to-one friendships between persons with and without intellectual disabilities. It was founded in 1989 by Mr. Anthony Kennedy Shriver, a member of the Kennedy clan in the United States. Owing to his efforts in promoting the Movement, Best Buddies programmes have been launched in 45 countries and territories worldwide.



學生老友與山景成人訓練中心老友遊覽美荷樓生活館，認識老香港
Student Buddies and Shan King Adult Training Centre Buddies visited the Heritage of Mei Ho House to know more about an old community



社區老友與柔莊之家老友在大口環根德公爵醫院協助義賣籌款
Citizen Buddies and Yau Chong Home Buddies participated in charity bazaar for fundraising in the Duchess of Kent Children's Hospital at Sandy Bay





社區老友與天耀之家老友一同創作酒精畫
Citizen Buddy and Tin Yiu Home Buddy
created Alcohol Ink Art together



香港樹仁大學學生老友與良景成人訓練中心老友一起欣賞聖誕節裝飾
Student Buddies from Hong Kong Shue Yan University hung out with Leung King Adult Training Centre Buddies to watch Christmas decorations



「香港最佳老友」運動結集不同界別的老友，傷健一家，透過不同類型活動，增加彼此互動的機會，提升智障人士的社交興趣及生活質素，促進社會共融。

The 'BEST BUDDIES HONG KONG' Movement brings Buddies from different sectors together, regardless of whether they have intellectual disabilities, through various activities to enhance their interaction. The programme also encourages community participation of persons with intellectual disabilities and fosters social inclusion.



捷和實業有限公司與樂華成人訓練中心老友在迪士尼樂園歡度週末
Chiaphua Industries Limited and Lok Wah Adult Training Centre Buddies had a joyful weekend in Hong Kong Disneyland



賽馬會義工隊老友和毅誠工場老友參觀屯門公眾騎術學校
Buddies from CARE@HKJC Volunteer Team and Ngai Shing Workshop visited Tuen Mun Public Riding School



老友們一起到戲院觀賞《白日之下》電影
Buddies enjoyed the movie 'In Broad Daylight' at a cinema





社區老友和葵興職業發展中心老友同遊粉嶺流水響及壁畫村
 Citizen Buddies and Kwai Hing Vocational Development Centre Buddies visited Lau Shui Heung and Mural Village at Fanling



本年度新增了兩個學校分社，分別為香港都會大學夥拍本會毅信之家，及香港浸會大學持續教育學院護理教育部夥拍本會柔莊之家，先後於 2023 年 5 月 17 日及 2023 年 7 月 8 日成立新分社。

Two School Chapters were newly set up this year, including the Hong Kong Metropolitan University partner with Ngai Shun Home of the Society, and the Division of Nursing Education, School of Continuing Education of Hong Kong Baptist University partner with Yau Chong Home of the Society, on 17 May 2023 and 8 July 2023 respectively.



香港都會大學夥拍毅信之家成立分社，推動共融
 Hong Kong Metropolitan University partner with Ngai Shun Home to set up a Chapter to promote social inclusion



香港都會大學學生老友和毅信之家老友結伴遊覽蝶豆花園
 Hong Kong Metropolitan University Student Buddies and Ngai
 Shun Home Buddies visited Butterfly Valley



香港浸會大學持續教育學院護理教育部
 柔莊之家分社成立，促進共融
 The Division of Nursing Education,
 School of Continuing Education of Hong Kong
 Baptist University. Yau Chong Home Chapter
 was set up to promote social inclusion



柔莊之家和香港浸會大學持續教育
 學院護理教育部老友遊覽菠蘿園
 Buddies from Yau Chong Home and
 Hong Kong Baptist University visited
 the Go Green Organic Farm

服務

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SERVICES



本會三位「香港最佳老友」運動代表前往美國參加於 2023 年 7 月 21 日至 24 日舉行的「國際最佳老友」領袖會議，其中毅誠工場的服務使用者擔任本年度的「香港最佳老友」大使，並在會議上與多個國家的代表進行交流。

Three representatives of the 'BEST BUDDIES HONG KONG' Movement went to the United States to participate in the 'Best Buddies International Leadership Conference' from 21 July to 24 July 2023. A service user of Ngai Shing Workshop was selected to be the ambassador of 'BEST BUDDIES HONG KONG' this year and exchanged her views with representatives from other countries during the conference.



在「國際最佳老友」領袖會議上認識來自不同國家的老友大使

Meeting Best Buddies Ambassadors from different countries in the 'Best Buddies International Leadership Conference'



毅誠工場的服務使用者擔任「香港最佳老友」大使出席會議
 The service user of Ngai Shing Workshop attended the meeting as the ambassador of 'BEST BUDDIES HONG KONG'

「藝與夢飛翔」計劃舞蹈小組
Dancing group of 'Fly with Your
Dream in Arts' Project

共融藝術計劃 Inclusive Arts Project

共融藝術計劃為服務使用者提供參與藝術活動的機會，啟發其參與動機及學習不同的藝術創作技巧，展示服務使用者的潛能。同時，致力以藝術連繫社區，讓社區人士與服務使用者透過共同參與藝術活動，促進傷健共融文化。



服務使用者以「舞」會友
Service users enjoyed dancing with friends



去年，本計劃得到不同企業伙伴和熱愛藝術的持份者支持，其中包括與畫廊 13A New Street Art Gallery 於柏寧酒店合辦《超越界限的藝術》花婆婆 x 世傑藝術聯展，展出本會展能藝術家世傑的多幅畫作。世傑更現場即席創作，繪畫他喜愛的金魚圖案，兩位藝術家的作品深深感動了到場人士。

Last year, the programme received support from various corporate partners and arts enthusiasts, including organising a joint exhibition, 'Art Beyond Boundaries' a collaborative exhibition featuring Fapopo and Sai Kit with 13A New Street Art Gallery at Park Lane Hong Kong. The exhibition displayed many artworks by Sai Kit, the artist with disability of the Society. He also created artwork on the spot, depicting his favourite goldfish pattern, which deeply moved the audience there.

The Inclusive Arts Project provides opportunities for service users to participate in artistic activities, inspiring their motivation to engage and learn different artistic creation techniques and showcasing their potential. At the same time, it is committed to connecting the community through arts, allowing community members and service users to promote inclusive culture through their shared participation in arts activities.



服務使用者隨著音樂節奏翩翩起舞
Service users were dancing to the
rhythm of music



世傑即場展示藝術創作過程
Sai Kit demonstrated the artistic creation process on the spot



世傑的畫作於柏寧酒店展出
The artworks of Sai Kit were displayed at Park Lane Hong Kong



此外，Beyond Coffee & Bar 一直支持藝術活動，並借出場地予本會舉辦了名為《動與靜》展能藝術家畫展暨分享會，展出精神健康服務展能藝術家的作品。有來自不同界別的合作夥伴出席了這個活動，從中進一步了解到繪畫對於紓緩壓力和提升服務使用者自信的重要性。

In addition, Beyond Coffee & Bar has been supporting arts activities and providing a venue for the Society to organise an exhibition cum sharing sessions there called the 'Still and Motion' Art Exhibition featuring artists with disabilities from our Mental Health Services. Partners from different sectors attended this event and further understood the importance of drawing and painting in relieving stress and boosting the self-confidence of service users.



《動與靜》展能藝術家畫展暨分享會，展出精神健康服務展能藝術家的作品
'Still and Motion' Art Exhibition cum sharing sessions featuring artists with disabilities from our Mental Health Services

共融藝術計劃去年還獲得「華人永遠墳場管理委員會」的資助，推行了《藝術生命歷程教育計劃》，把參與者的視覺藝術作品編製成一本名為《生命四季》的繪本，並派發予各區小學生，讓他們認識生死教育的同時，亦了解殘疾人士的潛能。

Last year, the Inclusive Arts Project also received funding from the Board of Management of the Chinese Permanent Cemeteries to implement the 'Life Education in Arts'. Participants' visual art pieces were compiled into a picture book called 'Four Seasons of Life' and distributed to primary school students in various districts. This allowed them to understand life and death education as well as recognise the potential of persons with disabilities.



「藝術生命歷程教育計劃」繪本
《生命四季》出版
Publishing of picture book
'Four Seasons of Life'



服務使用者用心製作藝術作品
Service users participating in
arts workshop



「藝由我創」計劃藝術小組
Arts group of 'Arts Create' Project

為體現社區共融，元朗屋苑「蝶翠峰」及本會麗瑤成人訓練中心分別邀請服務使用者為屋苑及訓練中心的牆身創作藝術壁畫，除美化環境外，也給予服務使用者展示藝術才能的機會，透過作品推動社區連繫。

A private housing estate 'Sereno Verde' in Yuen Long and our Lai Yiu Adult Training Centre invited service users to create artistic murals on their outer walls. This not only beautified the environment, but also provided opportunities for service users to exhibit their artistic talents, thereby establishing a connection with the community through their artworks.

麗瑤成人訓練中心外牆壁畫創作
Artistic mural on the outer wall of Lai Yiu Adult Training Centre

