社區教育及共融先導計劃
Community Education and Inclusion Pilot Projects
FHS' BEST BUDDIES HONG KONG' Movement - Jockey Club Social Inclusion Project

'BEST BUDDIES' was founded by Mr. Anthony Kennedy Shriver, a member of the Kennedy clan in the United States which established Best Buddies International in 1989 to promote one-to-one friendships for persons with and without intellectual disabilities. Under his dedication, the Best Buddies programmes have been launched in 54 countries and territories around the world.

In 2004, Fu Hong Society was invited by Best Buddies International and was authorised as the sole organisation in Hong Kong to promote 'BEST BUDDIES HONG KONG' Movement. In the past 17 years, we have striven to connect persons with and without intellectual disabilities, providing the Buddies with opportunities to interact, learn and share with each other, in order to cultivate friendship among them and foster social inclusion through diversified activities.

Despite the impact of the pandemic in the past year, we made good use of information technology to consistently launch online friendship programmes to strengthen their connection between the Buddies. When the epidemic eased slightly, face-to-face buddy programmes were relaunched while complying with social distancing rules, so as to maintain the service users' social contacts, and enhance their wellness and holistic health.
The annual "Best Buddy Storytelling Competition" was held successfully last year with the use of information technology. It was also the first time a BBHK picture book was published. We invited Auntie Van Van, a famous picture book author, to write for the picture book based on the theme of social inclusion. This book allows children to understand concepts such as equality, acceptance and care, aiming to create an inclusive society together.

During the fifth wave of the epidemic in Hong Kong, to help buddies deal with the challenges, the Jockey Club granted HK$50,000 for FHS' "BEST BUDDIES HONG KONG" Movement to implement the "Together Buddies Fight Against the Virus" programme. More than 500 Buddies benefited from anti-vaccination supplies such as face masks, rapid antigen tests and oximeters.
「正向人生·樂頤年」教育計劃
‘Positive Mindset · Active Ageing’
Education Project

本會自2016年開始已連續六年為本會長者提供生死教育，致力協助他們在人生不同階段面對「生死」的挑戰。由2021年至今，以「正向人生·樂頤年」為主題開展正向思維生死教育計劃，希望藉著正向心理學五大元素，幫助服務使用者及其家人以正面態度面對生死及年老的各種身心變化，推動殘疾人士建立積極的正向人生觀。

Since 2016, Fu Hong Society has provided life and death education for persons with disabilities with the aims of supporting service users to face difficulties in different life stages and enhancing the understanding of life and death concepts among persons with disabilities. Last year, we implemented the ‘Positive Mindset · Active Ageing’ Life and Death Education Project to equip persons with disabilities and their families with positive attitudes when facing life and death issues, support them when they confront physical and mental changes, and assist them in maintaining confidence about positive ageing.

過去一年，我們繼續在會內開辦生死教育活動—「樂頤年」正向思維生死教育小組，共有五十位長者參與，反映本會對生死教育的熱切聲音。小組內容以學員的日常生活為基礎，以遊戲、小活動、短片、故事分享和小組討論形式，對生死進行正面思維。小組內容包括：生命的意义和價值、死亡的哲學思考，以及對生死的態度。我們將會繼續提供生死教育的服務，並且會不斷改善和提升服務的質量。

We continued to organise the ‘Positive Mindset · Active Ageing’ Life and Death Education group activities last year. So far, 55 persons with mild, moderate or severe intellectual disabilities have joined the group. The content of their group work and the research report will be compiled as learning materials, for sharing with the public.

此外，由於本會有逾半服務使用者患有不同程度的精神或腦領域困難，本會邀請治療師積極在會內推廣正念活動，及配合他們的工作。本年度「樂頤年」工作小組舉辦了一系列以正念為主題的活動，包括員工減壓訓練、科學減壓工作坊及正念食療設計比賽，旨在讓參加者學習製作簡易食療、理解準備食療的技巧和營養概念，以及認識健康文化。更重要的是為有精神或腦領域困難的服務使用者提供多樣化的飲食選擇，以提高生活質量及提供更多生存選擇。

Besides, since more than half of our service users suffer from chewing or swallowing difficulties to varying degrees, our speech therapists have actively promoted the use of special soft meals at the Society. In order to aid their work, we held a series of soft meals activities this year, including the Staff Soft Meal Training Course, Caregiver Soft Meal Workshop and Soft Meal Recipe Design Competition to enable participants to learn how to make simple soft meals, understand the skills and nutritional concepts of preparing soft meals, and understand the soft meal culture. It is important to provide diversified soft meals for service users that cater for their particular needs which could be chewing or swallowing difficulties. This helps to improve their quality of life and provide more meal options.
The Staff Soft Meal Training Course drew the participation of 27 staff members. The participating staff held five ‘Delicious Ageing’ Caregiver Soft Meal Workshops in their respective regions. A total of 120 staff members, volunteers, and caregivers attended. The on-site atmosphere at the events was lively, and the participants improved their understanding of soft meals.

Given the warm reception, the ‘Life and Death Education’ working group and ‘Active Ageing of Persons with Intellectual Disabilities’ working group jointly organised the ‘Delicious Ageing’ Soft Meal Recipe Design Competition, which attracted many staff members, volunteers, caregivers and caregivers to participate either individually or in teams. The competition was very intense. A total of 35 creative recipes were submitted by our staff, caregivers, and volunteers. After a keen competition, a caregiver from Father Tapella Home emerged as the champion. We compiled the winning recipes into e-recipes for free access by the public.

In the new normal, let us continue to pay attention to the swallowing and health problems of ageing service users. We hope that the series of soft meal activities will bring new inspiration and promote new initiatives for the development of soft meals in the Society!
Inclusive Arts Project

The Inclusive Arts Project provides service users with opportunities to participate in the arts. The project inspires their motivation, imparts various art skills and unleashes the artistic potential of talented service users. It also allows members of the community and service users to achieve the goal of social inclusion through collaborative activities.

New Normal in Art Activities

In view of the continued severe pandemic situation of COVID-19 in the past year, the inclusive arts project flexibly applied online and in physical formats to organise art activities to explore the opportunities of participation and unleashing potential of service users. We held 197 sessions of visual arts activities and 474 music sessions which drew 1,165 and 3,180 participants respectively. Owing to the pandemic, art instructors held art workshops in small groups, one-to-one or online. In addition, to seize more opportunities for art creation, we also liaised with other service units to search for venues suitable for wall painting. One place we found was the outer wall at Yau Chong Home. With the support of the Queen Elizabeth Foundation for the Mentally Handicapped, we organised 23 dance groups for eight persons in the “Dance with Love” project to provide dance training and experience for service users from 16 service units to open up different opportunities for their artistic development.

Promoting Social Inclusion through Arts

Through promoting social inclusion was one of the key missions of our activities. With the leadership of a renowned artist Marco Chiu, the project “Promoting Social Inclusion through Arts” provided service users with opportunities to participate in art activities, thus promoting social inclusion through art activities. These activities include painting, Pottery, and so on. There is also a competition for the best artistic piece created by service users, which aims to encourage service users to learn to explore their artistic minds and also to relish the joy of making art pieces. Such activities also gained a lot of positive feedback from our visitor.
為了讓公衆人士肯定和認識殘疾人士的藝術潛能，本會去年與香港藝術中心合作，把本會展能藝術家的創作轉錄於區文華小姐的詩集中，並於香港藝術中心展覽廳展出，為期一個月。展能藝術家運用繽紛色彩和生動多變的構圖創作，展現出殘疾人士樂觀純真的性格和藝術創造力，亦喚動社會大眾很多要慶祝欣賞殘疾人士。

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To earn public recognition and understanding of the artistic potential of persons with disabilities, we partnered Hong Kong Arts Centre to include the drawings of our artists with disabilities in the poems of Ms. Michelle Ling Alcock. The drawings were also exhibited at the Exhibition Hall of Hong Kong Arts Centre for one month. The use of vibrant colours and versatility, engaging compositions in the artistic creations not only showed optimism and creativity, but also increased public awareness of the capacity of persons with disabilities.
賽馬會「樂在照顧」計劃
— 扶康會家庭支援服務
Jockey Club C · Care Programme - Fu Hong Society Family Support Service

家庭是每個人成長的重要支柱，良好的家庭關係和互動對智障人士的成長十分重要。本會
累積了相關服務經驗後，向香港賽馬會慈善信託基金申請，獲資助於2021年10月開展為期
三年的「賽馬會「樂在照顧」計劃 — 扶康會家庭支援服務」，服務以「家庭為本」的介入
模式，為特殊學校智障畢業生之家庭提供多元化的服務，包括畢業生探訪小組、網上資訊
平台、家庭康樂活動、個案及家庭輔導、興趣小組等。此外，本會亦繼續為「特殊需要信託
計劃機構顧客」的申請人提供諮詢服務。

Support from family is crucial to the growth and development of an individual. Positive
family relationships and communication can facilitate the growth of persons with
intellectual disabilities. With relevant experience under its belt, the Society set up the
three-year pilot known as ‘Jockey Club C · Care Programme – Fu Hong Society Family
Support Service’ (FSS) in October 2021 under the sponsorship of the Hong Kong
Jockey Club Charities Trust. Through a ‘Family-centric’ intervention model, FSS
provides diversified services to support special school graduates with intellectual
disabilities and their families. Its scope includes educational workshops, an informative
e-platform, buddy matching programmes, individual and family counselling, and
leisure groups. In addition, the Society continues to provide advisory services to
applicants for ‘Institution Carer Services Supporting Special Need Trust’.

在疫情的挑戰下，服務透過線上及到戶的形式為家庭會員提供多項服務，包括手工藝小組、節日慶祝活動和職
業治療訓練等服務，以舒緩照顧者壓力、提升照顧技巧，及強化家庭成員的正向互動，並為有需要的家庭會員
提供心理輔導。此外，家庭支援服務積極銜接社區資源，如安排香港社會服務聯會與香港醫學組織聯合推出的
「疫苗」家庭支援計劃，為居家未能自行前往接種疫苗的會員提供免費門診接種服務，並安排送藥防疫
物資以助家庭應對疫情。

In response to the challenges arising from COVID-19, FSS delivered services both online and on-site. FSS
organised interest groups, festive activities and occupational therapy training for families so as to alleviate
carer stress and enhance the parents’ caregiving skills. FSS also provided counselling services to families
to help strengthen family ties and improve interactions. FSS played an active role in coordinating social
resources to support families during the pandemic too. It referred service users to the ‘Door-to-Door
Vaccination Service’ rolled out by the Hong Kong Council of Social Service and the Federation of Medical
Societies of Hong Kong. Its staff also distributed anti-epidemic care packs to households to help maintain
their wellness during the pandemic.
The ‘Joyful Place’ Inclusive Housing Pilot Project is the first project of its kind in Hong Kong where persons in psychiatric recovery and members of the community are housed together. By providing an ideal home that addresses their housing needs and allows them to interact with one another, this project is an important step forward in promoting social inclusion.

The Society organises inclusive activities for the residents of ‘Joyful Place’ every month to create opportunities for interaction and build the spirit of mutual support. Such activities help to raise the residents’ awareness of mental health, and encourage them to help one another and self-help. Each month features themes such as understanding one’s emotions, loving oneself and others, sharing of smart living tips, stories of individuals and so on. The activities also include festive celebrations such as gatherings during the Mid-Autumn Festival, Christmas and Lunar New Year decorative activities. Every event is attended by a mix of persons in psychiatric recovery and members of the community. All residents who attend participate equally, and by getting to know, engaging and sharing with one another, they are able to deepen their understanding of one another and build friendships.

While social activity was constrained by the fifth wave of the COVID-19 pandemic early this year, it did not affect the spirit of inclusion and mutual help at ‘Joyful Place’. From February to March this year, the activities originally scheduled had to be called off. However, volunteers from the Society’s Sunrise Centre delivered daily and anti-epidemic necessities to households that needed them. The residents themselves helped neighbours in need to buy and replenish their resources too. The spirit of inclusion and mutual help shone through the pandemic.