



## EDITOR'S NOTE 編者的話

**根**據香港中文大學於 2020 年發佈之「全港精神健康指數調查」，香港市民精神健康平均分為歷年最低，近四成市民指「新型冠狀病毒病」疫情對精神健康造成較大的負面影響。今期通訊以「精神健康」為主題，希望大家即使面對生活壓力，亦要關注自己的精神健康。本會早於 1997 年提供中途宿舍服務予精神復元人士，並於 2010 年開展社區精神健康服務，提供以社區為本的一站式精神健康服務，為懷疑有情緒及精神健康困擾的人士提供支援，促進社區人士認識和關注精神健康，以及鼓勵他們與精神復元人士接觸，增加了解和接納，建立共融關愛社區。通訊內文將講解「復元」概念及如何將其應用在本會的精神健康服務上；此外，本會臨床心理學家亦提供抗疫小貼士，帮助大家調節情緒，面對「疫境」。

為回應社會的需要，本期通訊將介紹本會新開展的精神健康計劃 – 「無憂寶·健園」和「兩個女人一個墟」；以及為輕中度智障人士及其家庭開展的「共生平台」。而本期人物故事由兩位精神健康服務的朋輩支援員分享他們如何以「過來人」的身份，給予其他精神復元人士支持與鼓勵，傳達「復元」概念。上期新增的「扶康·良品」專欄反應熱烈，本期繼續為大家介紹另一批扶康良品 – 香薰驅蚊磚及皮革製品，歡迎訂購。此外，本期通訊亦剪輯了「扶康會賽馬會石圍角工場」命名典禮的花絮，內容精彩，萬勿錯過！

# 精神健康



**A**ccording to the "Hong Kong Mental Health Index" released in 2020 by The Chinese

University of Hong Kong, the average mental health score of people in Hong Kong has hit an all-time low, nearly 40% of interviewees has named the COVID-19 pandemic to be the key or detrimental factor affecting their mental health. The theme of this issue is "Mental Health". Despite the pressure of everyday life, the Society hopes that everyone will be more aware of one's own mental health. The Society operated halfway houses for persons in recovery as early as 1997 and began its community mental health services in 2010. Our aim is to raise public awareness on the importance of mental wellness and to promote better understanding of person in recovery through the connection with residents of the serving district. The ultimate goal of the Society is to eliminate the stigma and discrimination against persons with disabilities, and build an inclusive community for all. We shall explain the concept of "Recovery", and its application on the Society's mental health services. Meanwhile, mental health tips on facing the challenges of the pandemic will be shared by our clinical psychologists.

# Mental Health

In response to the changing service needs, this issue highlights two new mental health initiatives of the Society, namely "Kids' Kit Garden" and "WOMATE's Campaign"; additionally, another newly launched project - "COCO-Living Platform" aims to provide support for persons with mild and moderate intellectual disabilities and their families. Furthermore, two Peer Support Workers of mental health services will share their lived experiences with other persons in recovery as a means to provide support and encouragement. The newly added column - "Fu Hong · Ichiban" in the previous issue received overwhelming response, therefore, we will continue to introduce handmade products of our service users, including Mosquito Repellent Bricks and Handmade Leather Products, please feel free to place your order. Last but not least, the precious moments of the "Naming Ceremony of Fu Hong Society Jockey Club Shek Wai Kok Workshop" will be snapshoted in the column of Service Highlight of this issue; don't miss out on all of the exciting content!



## The Practice of "Recovery" in our Community Mental Health Services

# 「復元」概念 在社區精神健康服務的應用

### 社區精神健康服務

本會 3 間中途宿舍於 1997 年投入服務，其後精神健康綜合社區中心亦於 2010 年開展，每年為 1,500 名精神復元人士提供多元化的精神健康服務。

### 推動復元文化

自 80 年代開始，歐美國家開始將「復元」(Recovery) 概念應用在精神健康服務上，並將「希望」、「個人自主」、「朋輩支援」、「優勢為本」等視為提供精神健康服務的原則。近年，美國物質濫用和精神健康服務管理局 (SAMHSA) 更將「復元」視為健康照顧服務的基本目標。

本著與時並進的理念，本會於多年前開始在社區精神健康服務中實踐「復元」概念，並於 2020 年將精神健康服務使用者統一稱為「精神復元人士」，深化員工對精神復元文化的認識，減低社會大眾對他們的標籤。

### Community Mental Health Services (CMHS)

The Society operated 3 Halfway Houses in 1997 and started to deliver community mental health services since 2010, we serve around 1,500 persons in recovery each year in our 3 Halfway Houses and Integrated Community Centre for Mental Wellness (ICCMW).

### Promotion of "Recovery"

Since 1980s, the concept of "Recovery" has been introduced to the mental health services of many western countries. "Hope", "Person-driven", "Peer Support" and "Strength Perspective"... etc. are considered as the principles in mental health practice. In recent year, the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) has emphasized that "Recovery" is a primary goal for community health care services.

CMHS of the Society develops with the times and started to incorporate the concept of "Recovery" in our services years ago. In 2020, the Society adopted the appellation of the mental health service users as "Persons in Recovery" (PIRs), to intensify the "Recovery" culture in our practice, and eliminate the stigmatization induced to our service users.

### 在服務中實踐復元理念

**身心培育：**強健的身體與精神健康的關係密不可分。透過遠足運動、扒龍舟和舞獅等，鍛鍊精神復元人士的意志，以克服生活中遇到的困難。運動同時培養出團隊精神和合作性，改善精神復元人士的人際關係。

**發展潛能、展現優勢：**「每個人都有其長處」是服務的基本信念。音樂和藝術不但協助精神復元人士抒發情緒和展現潛能，還可以藉著才藝表演和藝術展覽，將他們的能力展現人前。具潛質的精神復元人士更會被發掘成為導師，將知識和技藝傳授予他人。

**自主自決：**精神復元人士可自主自決，為自己復元承擔責任。中途宿舍的服務使用者積極參與房間事務的管理，並自發籌備各種不同類形的活動。本會精神健康綜合社區中心 - 康晴天地自助小組「連友 club」同樣由精神復元人士組成，除了服務康晴天地的會員外，亦透過籌辦義工活動關懷區內長者。此外，各服務單位可選出代表成為區域小組委員會成員，參與服務的監察，並為服務發展給予意見。

**創新服務、回應需要：**回應社會的變遷，本會積極參與精神健康倡導和教育的工作，並同時開展新服務計劃以回應不同的服務需要。兩名參與「賽馬會社工創新力量」的社工先後開展先導計劃，以创新的手法服務患有抑鬱症的母親和婦女。在康晴天地開設的「貓廬」利用動物輔導治療的概念，協助精神復元人士舒緩情緒，而「青·Mind」計劃和「康晴小幫手」分別為年青的精神復元人士和精神復元人士的子女提供服務。

### "Recovery" in Practice

**Physical Fitness and Mental Wellness:** A person's physical fitness and mental wellness are closely related. CMHS makes use of sport activities such as hiking, dragon boat rowing, and lion dancing to develop the volition of PIRs. Sport activities can also promote the spirit of solidarity and cooperation, improve social skills and interpersonal relationship of "PIRs".

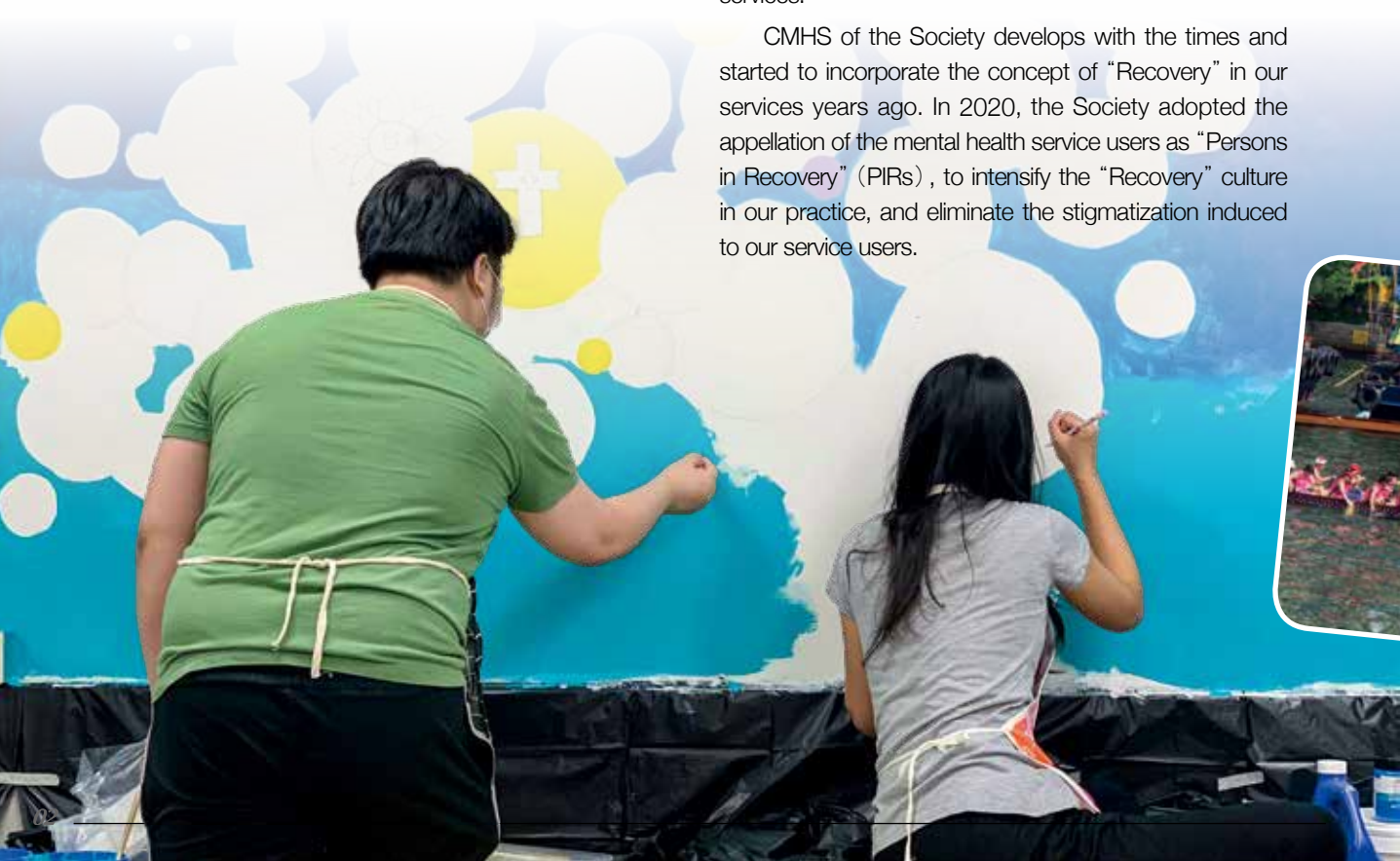
**Unleash the Potential and Develop the Strengths:** "Everyone has the strengths". Through art and music activities, the potential of PIRs will be unleashed and their strengths will be well demonstrated in the talent show and art exhibition. PIRs with high potential are invited to be the instructors sharing their knowledge and skills to other people.

**Self Direction:** PIRs are able to be responsible for their own recovery journey. Service users of halfway houses actively participate in the room management and organize their self-initiated activities. The members of the self-help group, the "Link Club" in ICCMW serves its members as well as the elderly in the community by organizing various activities and voluntary programs. Besides, each service unit can choose a representative to become members of Regional Sub-committee, contribute in service monitoring and give comments in service development.

**Innovative Programs:** the Society actively participates in community education and advocacy work. New service projects are launched to responding to the emerging service needs. Two pilot projects were launched by our InnoPower@JC fellows, intending to respond to the needs of women and mothers with depressive disorders in innovative ways. The "Cat Hub" in ICCMW adopts the perspective of animal-assisted therapy to smoothen the emotion of PIRs. The "Youth Mind" and "Little Sunrise Helper" projects are tailor-made for young PIRs as well as children of PIRs.

參考文獻 Reference :

Davidson, L & White, W. (2007). The concept of recovery as an organizing principle for integrating mental health and addiction services. Journal of Behavioral Health Services and Research, 34(2), 1094-3412.





## Tips for maintaining psychological health under the pandemic

# 疫情下保持心理健康的小貼士

轉眼間，「新型冠狀病毒病」已影響全球超過一年了。疫情之下，為了減少社交接觸，服務使用者、職員以及家人，都少不免改變以往的生活模式，例如暫停外出和回家度假等安排，大家的情緒必然會受到一定程度的影響。面對這場疫症，我們除了要保持身體健康之外，注意心靈的健康亦十分重要。

以下是本會臨床心理學家提供的「F.A.C.E」抗疫小貼士，有助大家調節自己的情緒：

In the blink of an eye, COVID-19 has already affected the world for over a year. To reduce social contact, service users, staff and family members have to make inevitable changes to their past ways of life as a response to the pandemic, such as remaining indoors or suspension of home leave. Our emotions are bound to be affected to a certain extent. Apart from physical health, mental health is also extremely important when we come face-to-face with this pandemic.

Our clinical psychologist suggests the 'F.A.C.E' tips which may help you manage your emotions brought by the pandemic:

## F – Focus

### 專注在可控制的事情上

我們不能夠控制疫情何時會過去，更不能控制其他人面對疫情的反應和態度。與其望天打卦，終日為不可預知的未來擔憂，不如專注於我們在此時此刻可以做到的事吧。

### Focus on things that are controllable

We cannot control when the pandemic will pass, as well as the other's reactions and attitudes towards the pandemic. Rather than worrying about a future that cannot be predicted, let's focus on the things that can be done right here and right now.

## A – Accept

### 接納自己的情緒和想法

在疫情下，大家難免會感到恐懼、擔心、緊張、焦慮及孤獨等等，其實這些都是正常的心理反應。嘗試不批判這些想法和感受，學會與它們共處，接納它們是你的一部分。

### Accept your own emotions and thoughts

Under the pandemic, it is natural to be scared, worried, nervous, anxious, lonely, and so on. These are all normal psychological reactions. Try not to criticise these thoughts and feelings, learn to live with them and accept that they are a part of you.

## C – Connect

### 保持聯繫

雖然未能與家人和朋友經常見面，但一個電話，一個 WhatsApp，也可表達你對他們的關心和支持。

### Keep connections

Even though we cannot meet our friends and family regularly, a phone call and a WhatsApp message can express your care and support to them.

## 幫助服務使用者面對疫情帶來的挑戰：

至於服務使用者，我們亦可以透過不同的方法，包括圖像、照片和社交故事等等，讓他們明白疫情是什麼，預先了解被隔離時會有什麼狀況出現，更可透過獎勵法鼓勵他們遵守防疫措施，包括勤洗手、戴口罩等等。

## E – Engage

### 投入當下的生活

維持有規律的日常生活作息，注意飲食均衡，有足夠休息，在家中可以做一些讓人放鬆和有意義的活動。你會畫一幅畫，讀一本好書，還是看一場精彩的電影？緊記保持活躍的生活方式，留在家中，也可過得寫意和充實。

### Engage with your everyday life

Maintain a regular daily routine, make sure your diet is balanced and you are getting enough rest; also, do activities that are relaxing and meaningful while at home. When you have a moment to spare, have you ever considered painting a picture, reading an engrossing book, or watch a captivating movie? Remember to maintain a positive lifestyle. You can still live a relaxing and fulfilling life even if you stay at home.

## Helping our service users to face the challenges brought on by the pandemic:

As for our service users, we can let them understand the pandemic through multiple ways, including images, pictures and stories, etc., so that they will know what to expect in case they need to be quarantined. They can be encouraged to follow pandemic prevention measures, such as regular hand-washing, mask wearing, etc, through rewards.





# Kids' Kit Garden 無憂寶·健園

親子互動小組  
Interactive based program



資訊教育 Information based program



世界衛生組織（2017年3月）指出，抑鬱症每年為全球帶來經濟的損失達一萬億美元，抑鬱症已成為現今社會不能忽視的社會問題。由於母愛的天性，即使是患有抑鬱症的媽媽，亦抱著極大的意願去照顧她們的嬰幼兒，但她們受到情緒變化的影響，沒有足夠的敏感度和精力去察覺嬰幼兒的需要，在照顧上作出相關的回應。

因應上述服務需要，本會獲得「賽馬會社工創新力量」的支持，開展「無憂寶·健園」計劃，以0-6歲學前兒童及其患有抑鬱症的媽媽為對象，以幼童的需要為中心，並同時為媽媽提供精神健康教育，讓雙方察覺自己的情緒並處理情感的需要，重建良好的親子關係，減少抑鬱症對下一代造成的負面影響。初步的服務評估顯示計劃有助提升學前兒童的情緒表達能力，並能增進親子之間的親密度。

The World Health Organization (March 2017) reported that depressive disorders account for the financial loss of US \$1 trillion, the impact of depressive disorders in modern society cannot be undermined. Mothers with depressive disorder have enormous willpower in taking care of their children due to natural bonding, but their maternal sensitivity and responsiveness to the child's needs are usually affected by their instable mood.

In response to the above mentioned needs, with the support of InnoPower@JC, a "Kids' Kit Garden" Project was launched to support young children (0-6 years old) and their mothers with depressive disorders by focusing on children's needs. Through mental health education, the mothers and children could develop mutual understandings and respond to their emotion needs. With a view to re-building the intimate mother-child connection, it is hoped that the intervention can minimize the negative influence induced by depressive disorder to the next generation. Initial evaluation indicated that the project can effectively enhance the children's capacity in expressing their emotion, and strengthen the mother-child intimacy.



親子身體遊樂場 Expressive based program

參考資料 Reference :

World Health Organizations ( 2017, March) "Depression: let's talk" says WHO, as depression tops list of causes of ill health. Retrieved from <https://www.who.int/news/item/30-03-2017--depression-let-s-talk-says-who-as-depression-tops-list-of-causes-of-ill-health>

## 賽馬會社工創新力量

「賽馬會社工創新力量」(計劃)由「香港賽馬會慈善信託基金」(賽馬會)策劃，以培育社工人才為目的，鼓勵社工以創新意念及具體行動回應服務需要，對社福界作出長遠的貢獻。過去兩年，本會先後有三名社工，包括「愛·共行」家庭支援先導計劃的蔡嘉琪姑娘、「康晴天地」的李嘉儀姑娘及「悅行之家」的劉正源姑娘，經賽馬會嚴格的遴選後，入選成為創新社工夥伴；幾位社

工與其夥伴團隊獲安排參與10星期本地及海外的退修學習，提升工作、解難及領導能力，並獲資助經費，已開展其中2個創新計劃。

## InnoPower@JC : Fellowship for Social Workers

"InnoPower@JC: Fellowship for Social Workers" (the Project) is organized by "The Hong Kong

# WOMATE's Campaign 兩個女人 一個墟

「我無朋友架，根本識唔到！」  
"I have no friend at all!"

「我嘅朋友咪係社工和社康護士囉！」  
"The social worker and the community psychiatric nurse are my only friends!"

英國一項調查指 (Rachel, 2011) 當地 84% 精神復元人士感到被社會孤立，而 87% 的精神復元人士指自己的朋友數目是「零」。香港的精神復元人士在社交上亦面對同樣的問題，當中以患有抑鬱症的女性精神復元人士更為嚴重。她們在社會文化、女性角色定型及生理因素的影響下，情緒狀態容易受到影響，而高低起伏的情緒讓她們難以與人建立友誼。

## 「結交朋友，改善生活。」

我們相信任何人都有結交朋友的權利，精神復元人士也不例外，特別是患有抑鬱症的女士，更需要一個能互訴苦樂的「伴」，在面對壓力時與同路人傾訴，彼此扶持，面對生活上的挑戰。

在「賽馬會社工創新力量」的支持下，開展了「賽馬會社工創新力量：兩個女人一個墟」計劃。計劃參考了外地 "Befriending Scheme" 的模式，讓社區人士認識抑鬱症女患者的需要，與她們建立友誼。計劃亦會邀請意見領袖 (KOL) 和社區人士，跟患有抑鬱症的女士一同體驗日常生活，如買菜、照顧子女等等，共同探討女性的角色和家庭崗位所帶來的壓力，從而彼此鼓勵和學習以積極的態度面對人生的挑戰。

A UK study (Rachel, 2011) reported that 84% of local persons in recovery experienced social isolation, and 87% of them reported to have "Zero" friend. In the local context, persons in recovery, especially women with depressive disorders, also have difficulty in developing social network. The emotions of women may be influenced by the social circumstances, gender stereotypes and physiological factors. The swinging moods of women with depressive disorders become the major obstacle for them to develop friendship with others.



## "Making friends, changing lives."

We believed that everyone has the right to enjoy friendship, particular women with depressive disorders, they need friends for mutual support when facing life challenges.

Realizing the importance of friendship in maintaining the mental health of women, the Society echoes with the "Befriending Scheme" of western countries to set up "The InnoPower@JC: WOMATE's Campaign" with the support of InnoPower@JC, which aims at enhancing the public's understanding about the needs of women with depressive disorders. It involves the development of one-to-one friendship between volunteers and women with depressive disorder to reduce the feelings of social isolation and loneliness. Meanwhile, Key Opinion Leader (KOL), community members and women with depressive disorders will be invited to share their activities of daily living, such as preparing meals or bringing children, and probe into the pressure coming from the feminine role and stereotyping for developing the mutual support and positive thinking when facing difficulties.

Jockey Club Charities Trust" (HKJC), aims to equip social workers with innovative and implementation capacity responding to the emerging social needs, leading to long term contribution to the social welfare sector. In the past 2 years, three social workers of Fu Hong Society, namely Ms. Chaki CHOI of "By your side" Family Support Pilot Project, Ms. Julie LEE of "Sunrise Centre", and Ms. Phoebe LAU of "Yuet Hang

Home", were selected by the judging panel of the Project as Innovative Social Worker Fellows. The selected social workers and their buddy teams had attended a 10-week local and overseas training to enhance their problem-solving abilities and leadership capabilities. With the financial support of the Project, 2 out of 3 innovative programs have been operating to meet the service needs.



賽馬會社工創新力量  
InnoPower@JC

# COCO-Living Platform 共生平台



社會大眾普遍認為智障人士需要受到保護，沒有能力在社區過獨立的生活。這種想法或許由於社會大眾對智障人士的誤解，而智障人士及其家人對於在社區生活的信心及支援亦不足夠。

有見及此，「愛·共行」家庭支援服務獲「賽馬會社工創新力量」資助經費，於會內開展「賽馬會社工創新力量：共生平台」項目。「共生平台」在2020年8月推出，時值「新型冠狀病毒病」肆虐，因應防疫考慮及社交距離限制，項目採用線上及線下同步發展的方法，設立了臉書專頁，以推廣輕至中度智障人士及其家庭提升生活技能／生活品味／生命連結為主題，透過網上及實體聚會活動、資訊速遞、解難貼士分享、智障人士意見領袖（KOL）及家屬攻略課程等，聯繫智障人士、家屬和社區人士，鼓勵智障人士建立自主和自決的生活模式，讓智障人士家屬增加對智障人士在社區內生活的信心，由萬分擔心，變得「安心·放心」。

任何人亦可以成為「共生平台」的一份子，為社區打造共融和共享的空間而一起努力。歡迎讚好及分享「共生平台」臉書專頁，謝謝。



「共生平台」  
COCO-Living Platform  
facebook

It is a general perception that persons with intellectual disabilities (PIDs) should be protected and are without independent living capability. General public may underestimate the abilities of PIDs and such a stereotype is being reinforced while PIDs and their families are hesitated to explore the possibility of independent living.

The "COCO-Living Platform" (the Platform) was launched by "By your side" Family Support Service with the funding support from InnoPower@JC in August 2020 under the COVID-19 Pandemic. Concerning the infection control measures, the Platform has adopted "online and offline" hybrid approach. Facebook page has also been created, which emphasizes the enhancement of life skills, life taste and life connection, for the persons with mild and moderate intellectual disabilities and their families. Through the social interaction, and diversified life exposures online and offline, such as gathering activities, information sharing, troubleshooting tips, Key Opinion Leader (KOL) with intellectual disability and parenting guide etc., PIDs and families are encouraged to establish an independent and self-determined life model. Families of PIDs increase their confidence in the capability of PIDs living in the community, their "extremely worry" have become "worry free".

Everyone is welcomed to be part of the "COCO-Living Platform", and together we can create an inclusive and sharing platform for our community. Please like and share our Facebook Page. Thank you!



## Mental Health Month 精神健康月活動 Care for Mental Health 精神健康齊關注

「精神健康月」是一項全港性的精神健康公眾教育活動，由勞工及福利局聯同多個政府部門、教育團體和社福機構聯合舉辦，旨在向市民宣傳精神健康的重要，並提高市民對精神復元人士的認識及接納。

扶康會去年獲邀擔任地區工作小組召集機構，聯同教育局及友好社福機構一同舉辦了多項推廣精神健康的活動，照顧不同年齡層的精神健康需要。大會特別為年青人度身訂造多次講座，教導223名中小學老師識別青少年學生情緒需要的方法。大會亦舉辦精神健康KOL訓練，培訓了46位來自12間中學及大學之年青領袖，成為推廣精神健康的新動力。大會同時透過創意大賽，收集由大眾提供的點子，拍攝成宣傳短片，推廣精神健康的重要。

大會亦關注家長的精神健康需要，舉辦了3場孩子的心聲家長座談會，由本會臨床心理學家聯同新生精神康復會的教育心理學家，與335位家長分享育兒心得，疏解照顧子女的壓力。

長者的精神健康也不能忽視，工作小組邀請了不同長者，在衣、食、住、行四方面分享樂活老齡的心得，並拍攝短片，將訊息傳遞到社區內的長者。



"Mental Health Month" is a territory-wide mental health education campaign led by the Labor and Welfare Bureau. Through the collaborations with government departments, education bodies and social welfare organizations, the campaign aims to enhance public's awareness about the importance of mental wellness, and promote the understanding and acceptance of persons in recovery.

Fu Hong Society was invited to convene the District Working Group of the campaign last year. The Society worked together with the Education Bureau and social welfare organizations to organize a series of education programs in responding to the diversified needs of different age groups in the community. In the public lecture, knowledge in identifying the emotional needs of the students was delivered to 223 teachers from primary and secondary schools. Meanwhile, the Key Opinion Leader (KOL) training program equipped with the skills in promoting mental wellness for 46 students from 12 secondary schools and universities were also held. Some innovative ideas coming from a competition were collected for the production of promotion video for public education purpose.

Concerning the caring stress of the parents, our clinical psychologist and the education psychologist of New Life Psychiatric Rehabilitation Association jointly held 3 seminars for 335 parents. During the 3 seminars, tips in building intimate relationships with their children and skills for relieving caregiver stress were shared.

To deliver the messages of mental wellness to the aged group, the working group invited some senior citizens to share the ideas of active ageing by means of video clips under the scopes of dressing, dining, living and travelling.





# 朋輩支援員 精神健康互相伴

## Peer Support Workers — Your Partners Toward Better Mental Health

早前香港中文大學調查指出近六成受訪港人精神健康不合格，是六年以來最差，精神健康成為港人近年關注的課題。本會轄下的精神健康綜合社區中心「康晴天地」的兩名朋輩支援員子傑和敏姑娘希望以「過來人」的寶貴經驗，可以在復元路上給予同路人支持與鼓勵，相互陪伴。

### 復元路上重拾自信

曾經受精神病困擾的敏姑娘五年前入職「康晴天地」，成為朋輩支援員，「當時我生完第二個BB，產後抑鬱復發，好難專注工作，所以辭咗職。而我奶奶就負責照顧小朋友，我覺得自己好似一無是處，個人無晒目標，搵唔到出路咁。好彩後來認識咗康晴天地，佢哋問我有無興趣試吓做朋輩支援員，了解咗工作性質後，自己都想試吓。」而子傑則因成長背景而引發精神病，同樣因成為朋輩支援員而重拾自信，「最初由分享復元嘅經歷開始，之後覺得好有意義，所以就入職做埋朋輩支援員。」

A recent study from the Chinese University of Hong Kong indicated that close to 60% of people in Hong Kong have reported to be in a state of sub-standard mental health, which is the worst outcome of the study in the past six years. Mental health has become a topic to be concerned. Kit and Man, two Peer Support Workers from the Society's Integrated Community Centre for Mental Wellness - Sunrise Centre have made use of their own valuable experiences to support, encourage and accompany those who are in need on their journey to recovery.



### Regaining confidence on the road to recovery

Man, who has once suffered from mental challenge, joined Sunrise Centre as a Peer Support Worker five years ago. "I had just given birth to my second child at the time being, and suffered from postpartum depression. It became difficult for me to concentrate on my work, so I quit my job. My mother-in-law took care of the baby, I felt as if I was useless. I lost my personal goal, and I couldn't find a way out. Luckily, I joined Sunrise Centre soon afterwards, and I was asked if I was interested in becoming a Peer Support Worker. After learning about its job nature, I thought I might try." Kit suffered from mental illness because of his unhappy development during childhood, and he has also regained his confidence through becoming a Peer Support Worker. "When I first shared my path of recovery, I thought that it was meaningful. That was why I later joined as a Peer Support Worker."



### 分享經驗同路互助

在復元路上，有一個理解自己的人非常重要，子傑表示曾經用自身經歷鼓勵一名服務使用者，「佢同我一樣都係單親家庭，從小就無乜得到其他人嘅讚賞，讀書成績唔好，所以一直自信心過低，情緒受到困擾。但同我的家庭背景相近，經歷亦好似，會考0分，我同佢分享自己經過努力之後最終考到碩士學位，鼓勵佢唔好放棄。」敏姑娘則表示在你幫助他們的同時，他們其實都很關心你，「唔好以為係你幫緊佢哋，佢哋成日都會問我兩個小朋友乖唔乖，又會關心我嘅近況，其實我哋係互相守護。」

### 聆聽的重要

作為過來人，敏姑娘及子傑都不約而同地說，「聆聽」是復元的「良藥」，「有啲人會話唔好諗咁多啦，又或者開心啲啦，但問題係外人唔明白我哋未必控制得到，所以如果大家身邊有朋友有情緒困擾，試吓唔好咁快俾意見，我哋靜靜地聽吓佢分享佢嘅想法，成為佢情緒上面嘅『出口』。其實佢哋好多時都係想搵人傾吓，講咗出嚟就會舒服好多。」朋輩支援員正正就是擔任「聆聽者」的角色，他們均希望可以給予支持與鼓勵予更多的同路人。

### Helping each other by sharing similar experiences

It is important to have someone who understands you well on the path of recovery. Kit mentioned that he has once used his own experiences to encourage a service user. "He was also from a single-parent family like me. Because he has received very little recognition during childhood, and his academic results were unsatisfactory. That is why he suffered from emotional distress and low self-esteem. We had a similar family background and experiences. Both of us got a "Zero" at the Hong Kong Certificate of Education Examination. I encouraged him not to give up with my experience of obtaining a Master's degree after my hard work." Man added that though it seems you are the one offering help, you will also receive care from the service users. "Don't think that it's only you who's helping others. They concerned my kids' well-being. In fact, we help each other."

### The importance of active listening

As someone who has had similar experiences, Man and Kit both mentioned that active "listening" is the best "dosage" for recovery. "Some may suggest you to stop over-thinking, or just to be happier, but the problem is that outsiders don't understand that it is out of our control. If you have friends who are under emotion distress, try not to give advice immediately. We need to be the 'outlets' of their emotions, and allow them to share their thoughts. Actually, a lot of times they just wanted someone to talk with, and they often feel much better after voicing out their feelings." Peer Support Workers often play the role of a "listener". Both Man and Kit hope that they can provide support and encouragement to more people through similar experiences in the future.







# Naming Ceremony of the Fu Hong Society Jockey Club 扶康會賽馬會 石圍角工場 命名典禮

**本**會石圍角工場承蒙香港賽馬會慈善信託基金（賽馬會）慷慨撥款港幣一千一百多萬元，進行現代化工程，以回應不同服務使用者的訓練需要及應對職業康復服務的未來發展趨勢。因此，本會將石圍角工場正式命名為「扶康會賽馬會石圍角工場」（工場），以答謝賽馬會的捐助。

為隆重其事，工場於2021年1月19日（星期二）舉行命名典禮。典禮邀得已故社會福利署副署長（服務）林嘉泰先生，JP、荃灣區議會主席陳琬琛先生、連同本會主席施家殷先生，MH擔任主禮嘉賓。雖然香港賽馬會慈善事務部主管應鳳秀女士因公務未能親臨主禮，亦特別錄製了勉辭於典禮播放，以示支持。由於疫情關係，典禮安排網上同步直播，共有一百多名嘉賓參與，一同見證工場進入新里程。

工場現代化後，電力供應、通風及網絡系統等硬件均得到改善，從而提升了防疫效能及工作效率。此外，工場空間亦重新規劃，在善用空間的大前提下，得以增加十個「職業康復延展計劃」服務名額，惠及更多殘疾人士，亦回應了服務使用者高齡化的問題。另一方面，更重置原本較隱蔽及陰暗的正門，變得更加開闊明亮，有助與社區接觸，促進社會共融。

在訓練方面，工場新增或優化了4個訓練區域，包括：升級再造工房、水耕種植室、訓練廚房及體適能間，為服務使用者提供多元化訓練，以回應他們的訓練需要及市場需要。



升級再造工房 Upcycling Workshop



水耕種植室 Hydroponics Room



體適能間 Fitness Room



訓練廚房 Training Kitchen



The naming ceremony was held on 19 January 2021 (Tuesday) in the Workshop to mark the occasion. The Ceremony was officiated by Mr. LAM Ka-tai, JP, the late Deputy Director (Services) of the Social Welfare Department, Mr. Sumly CHAN Yuen-sum, Chairman of the Tsuen Wan District Council, together with Mr. Kyran SZE, MH, Chairman of the Society's Council. Though Ms. Winnie YING, Head of Charities (Grant Making) of Jockey Club was unable to attend the Ceremony in person due to other engagement, a recorded speech was played during the event as a token of support. In view of the pandemic, the Ceremony was broadcast live simultaneously. More than a hundred guests were joined to witness the new era of the Workshop.

With enhanced hardware such as electric supply, ventilation and network systems, the modernised Workshop is now better protected against the pandemic and more efficient. Other than that, the Workshop was redesigned with the aim of a better use of space. Ten more service quotas are added to the "Work Extension Programme", which benefits more persons with disabilities and addresses the problem of aging of service users. The Workshop's front door used to be relatively hidden and in the shade, is now relocated and illuminated, making it more welcoming to the community, and more conducive to its purpose of social inclusion.

In terms of training, the Workshop has added or enhanced four new training areas, including an upcycling workshop, a hydroponics room, a training kitchen, and a fitness room. They are going to provide the service users with diversified training programmes that respond to their training needs and market demands.



**因**應服務使用者的興趣與能力，並配合市場需要，本會轄下庇護工場及綜合職業康復服務中心不斷嘗試開發自家生產的項目，讓服務使用者接觸不同的工種，從而發展自己的興趣及技能，並賺取收入。其中皮革製品及香薰驅蚊磚等都是葵興職業發展中心自家生產的熱賣產品。

## 皮革製品 Handmade Leather Products

服務使用者以工匠的精神全心全意，以雙手打製每一件皮革製品，一針一線、一釘一鉗為客人製作既精緻又實用的皮革製品。客戶或公司更可透過來稿，訂製專屬的客製產品，讓每件產品更具個人特色及更富紀念意義。

Made with the spirit of artisans, each of these leather products are created stitch-by-stitch, nail-by-nail, by our service users. These items are exquisite yet practical, and they are handmade with the utmost sincerity for our customers. We can provide tailor-made products for customers.



### 產品特色

#### • 採用全真皮材料

• **100% 全人手製作**  
裁樣 > 植鞣 > 打磨  
> 鑿孔 > 縫線  
堅持以全人手製作

#### • 客製紀念品服務

歡迎來稿訂製專屬壓印、燙金圖案，如公司徽號、學校徽章、特色圖案等。

#### • 款式多元化

輕便皮革套  
鎖匙皮包  
束線皮帶  
咖啡杯杯套  
來稿訂製專屬項目



### Product highlights

#### • Made of real leather

• **100% handmade Pattern**  
cutting>Tanning>Polishing>  
Drilling>Stitching  
Stick to hand-made.

#### • Custom-made souvenirs

You are welcome to provide your own designs, such as company logos, school emblems and custom patterns for embossing or foil stamping.

#### • Comes in a variety of styles

Handy leather card holder  
Leather key Pouch  
Leather wire harness  
Leather coffee cup holders  
Tailor-made designs



## 香薰驅蚊磚 Mosquito Repellent Bricks

手工香薰驅蚊磚採用天然草本精油、天宮蜜蠟及棕櫚硬脂酸為材料，由服務使用者為客戶用心製作。

Our handmade Mosquito Repellent Bricks are crafted with natural herbal essential oil, Tiangong wax and palm stearic acid. Each Mosquito Repellent Brick is made with care by our service users.



### 產品特色 Product highlights

• 採用天然材料  
• 產品方便攜帶  
• 可重複多次使用  
• 多種香味可供選擇  
• 款式造型眾多

• Natural ingredients  
• Handy  
• Reusable and long lasting  
• Variety of flavors  
• Variety of styles

### 訂購 / 訂造 Ordering ready-made / Custom items

• 歡迎訂製 (數量不拘)  
• 如訂購客製化項目，數量最少 20 個  
• 按顧客提供圖案大小、款式再議定價格  
• 製作一般需時約 2 至 3 星期 (需視乎產品種類、款式、大小及數量而定)

• Welcome to order (without minimum order)  
• Minimum 20 pieces for customized items  
• Price will be quoted upon request  
• Production lead time is around 2 to 3 weeks (depends on type, style, size and quantity)

### 訂購查詢 Enquiries

☎ 2426 1514 / 葵興職業發展中心  
Kwai Hing Vocational Development Centre

## 本會榮獲“Classified Post HR Appreciation Awards 2020” (非政府機構類別) 優秀大獎殊榮

Awarded as the Grand Winner of the “Classified Post HR Appreciation Awards 2020” (NGO)

**為**表揚人力資源部門對公司發展及僱員福利的付出和貢獻，南華早報特別舉辦全港性公開比賽“Classified Post HR Appreciation Awards”。本會有幸獲得 2020 年度特設之「COVID-19 特別獎 (非政府機構類別)」中最高榮譽的優秀大獎殊榮，以表揚本會於 2020 年 7 月，得悉潔康之家有職員確診「新型冠狀病毒」後的卓越協調安排和人事管理，透過推行 TECC 應變措施，實際支援 (Tangible support)、心理支援 (Emotional support)、表揚方案 (Commendations) 和持續支援 (Continuous support) 這四方面的介入，讓職員能團結地、有效地堅守崗位，繼續為服務使用者提供優質的照顧服務。此外，本會培訓部之「扶康傳承：人材儲備及培訓計劃」，亦同時獲得大會頒發「培訓及發展」大獎。頒獎典禮於 2021 年 3 月 30 日舉行，本會主席施家殷先生，MH、總幹事徐群燕女士、時任屯門及元朗區服務總監胡志活博士及服務總監 (社區精神健康服務) 方富輝博士等一同出席。

To acknowledge the tremendous efforts made by HR professionals, Classified Post is therefore proud to present the “Classified Post HR Appreciation Awards 2020”. The Society is honoured to be selected as the Grand Winner of the “COVID-19 Special Award (NGO)”,



which is a special award for the year 2020. The Society was awarded of the grandest prize for our excellent coordination and management of human resources after an employee of Kit Hong Home tested positive for COVID-19 in July 2020. Through executing the TECC (Tangible support, Emotional support, Commendations and Continuous support) contingency plan right away shortly, all of the staff members remained committed,

solidarity and efficiency during this critical period and continue to provide excellent caring services for the service users. In addition, the “Succession for a Brighter Tomorrow – Management Staff Development Program” held by the Society’s Training Department was selected as the winner in the category of “Training and Development”. Mr. Kyran SZE, MH, Chairman of the Society’s Council, Ms. Frankie TSUI, Chief Executive Officer, Dr. WOO Chi-wood, the then Service Director (Tuen Mun and Yuen Long) and Dr. Steve FONG, Service Director (Community Mental Health Services) representing the Society to attend the award ceremony held on the 30 March 2021.

## 「香港最佳老友」運動社工榮獲「新秀社工」獎項

Social Worker of “Best Buddies Hong Kong” Movement being awarded of “Outstanding Junior Social Worker Award”

**本**會「香港最佳老友運動·賽馬會社會共融計劃」(BBHK) 社工陳嫻聰小姐 (Fiona) 早前獲得由「香港社會工作人員協會」舉辦的「第三十屆 優秀社工選舉 2020 - 2021」選為「新秀社工」，並透過公眾網上投票獲選「最有啟發助人歷程獎」，嘉許其出色表現。Fiona 早於大學時代已參加 BBHK，與智障人士做朋友，並決意於畢業後入職扶康會成為扶康人，由參加者變成負責推動智障人士與非智障人士建立一對一友誼的社工。

## 扶康通訊

督印人	總幹事徐群燕女士
編輯小組	副總幹事 (能力發展) 麥潤芸女士、傳訊及資源發展部經理黎詠儀女士、傳訊及資源發展部主任黎千銘先生及陸芷瑩小姐
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Publication Date	30 <sup>th</sup> Apr 2021
No. of publication	1,500 pcs



**H**urray! The outstanding performance of Ms. Fiona CHAN, the social worker of the Society's “Best Buddies Hong Kong” Movement • Jockey Club Social Inclusion Project (BBHK) was being recognized and awarded of “Outstanding Junior Social Worker Award” under “The 30th Outstanding Social Workers Award 2020 -2021” and “The Most Inspiring and Helping Journey Award” by public polling held by the Hong Kong Social Workers Association. Fiona enrolled and committed in the BBHK and made friends with persons with intellectual disability while she was a University student. After graduation, Fiona became social worker of BBHK to promote one-to-one friendship between persons with and without intellectual disability instead of a buddy.



# 齊建共融社會

*Together We Build a Society for All*

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## 優惠級

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lead dignified and independent lives!

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can be made by faxing this slip to **2361 2053**

### 捐款人資料 Donor Information

姓名 / 機構 Name/Company \_\_\_\_\_

地址 Address \_\_\_\_\_

電話 Telephone \_\_\_\_\_ 日期 Date \_\_\_\_\_

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

扶康會傳訊及資源發展部 新界荃灣石圍角邨二號停車場地下  
Fu Hong Society Communications & Resources Development Department  
G/F, Car Park Block No.2, Shek Wai Kok Estate, Tsuen Wan, N.T.

電話 Tel : 27454214

傳真 Fax : 23612053

電郵 Email : comms@fuhong.org

網址 Website : www.fuhong.org

#### 扶康會《收集個人資料聲明》

##### Fu Hong Society Personal Information Collection Statement

扶康會 (以下簡稱「本機構」) 會按照《私隱政策聲明》的規定處理及儲存您的個人資料，絕不會向第三方出售及/或提供您的個人資料。本機構擬使用您的個人資料 (包括：姓名、地址、電話、電郵及傳真等等) 為日後向您提供有關本機構最新動向、服務推廣、招募義工及籌募活動資訊，以及用作收集意見等用途。如您不同意，請在以下空格內加上「✓」號。您有權隨時向本機構查詢、更改或要求停止使用您的個人資料作上述推廣用途，請於辦公時間致電 2745 4214 與傳訊及資源發展部傳訊主任聯絡。

Fu Hong Society (hereinafter referred to as "the Society") shall comply with the Privacy Policy Statement in handling and keeping your personal data. The Society will not sell and/or provide your personal data to any third party. The Society intends to use your personal data (including name, address, telephone no., email and fax no., etc) for future correspondences, promotional activities, volunteer recruitment and fund-raising appeals, and feedback collection purposes. If you do not agree to the use of your personal data for the above purposes, please indicate by putting "✓" in the box below. You have the right to access, correct and request the Society to stop using your personal data for the above purposes at any time, please contact our Communications and Resources Development Officer by phone 2745 4214 during office hours.

如您不同意上述有關本機構使用個人資料的安排，請於後方空格加「✓」，然後簽署。  
If you disagree on the proposed use of your personal data as stated above, please put "✓" in the box and then sign.

☐ 本人不同意上述有關使用個人資料的安排  
I object to the use of my personal data as stated above.

簽署 / Signature : \_\_\_\_\_

本人已閱讀、了解及接納本機構有關收集、使用及提供個人資料的通知。  
I have read, understood and accepted the statement regarding the collection, use and provision of personal data by the Society.

本機構《收集個人資料聲明》及《私隱政策聲明》詳見本機構網頁 [https://www.fuhong.org/important\\_notice.aspx](https://www.fuhong.org/important_notice.aspx)  
Visit the Society's site [https://www.fuhong.org/important\\_notice.aspx](https://www.fuhong.org/important_notice.aspx) for full context of the Society's Personal Information Collection Statement and Privacy Policy Statement.

*Thank you for your support!*  
**多謝您們的支持!**