

殘疾奧運追夢

Chasing the Paralympic Dream



相片提供 : 香港智障人士體育協會 Photo credit: Hong Kong Sports Association for Persons with Intellectual Disability

「我最欣賞英國殘奧泳手Jessica-Jane Applegate,她的游泳成績好而且待人有禮。」 "British Para swimmer, Jessica-Jane Applegate inspires me to do my best and be courteous like her."

「我喜歡游泳,在水裡有一種自由自在的感覺。」 去年首度代表香港參加東京殘奧的陳睿琳說。年僅 18歲的睿琳在8歲時跟隨家中的哥哥及姐姐報名 參加暑期游泳班,到了小四年級便加入匡智翠林晨 崗學校的游泳興趣班。陳老師說:「學校透過開辦 游泳班協助學生克服畏水的心理障礙,讓他們學習 多一項求生技能。」

睿琳代表學校參加特殊奧運會游泳比賽展現個人 實力。隨後,她更獲老師引薦參加特殊奧運游泳新 星選拔。「睿琳自小一開始入讀匡智翠林晨崗學校, 她是一位活潑好動而且學習能力強的學生。 她非常擅長游泳,我們嘗試為她開拓 不同機會,讓她可以發展游泳的潛 能。」陳老師補充說。睿琳成功 入選特殊奧運游泳新<u>星選拔</u> 之後,由最初加入C隊先學 習適應比賽氣氛,慢慢逐 步晉升至A隊與其他精英 泳手接受高強度的游泳訓 練。去年更脫穎而出獲取 東京殘奧參賽資格,代 表香港參加5個個人及 1個接力游泳項目。

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在多個游泳項目當中,睿琳 最擅長100米蝶泳,曾經在倫敦 2019世界殘疾人士游泳錦標賽 S14女子100米蝶泳

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比賽以1:06:45的成績 贏得銅牌,屬個人最佳成 績同時,更打破智障組 香港及亞洲紀錄,成 績斐然。蝶式講求身 體的協調節奏,相 對其他泳式技術層 面較高,體力消耗 又大,故此難學也 難精。為了在蝶泳賽 事中得到最佳發揮, 睿琳每星期需要進行6日 游泳及體能訓練。密集式的

訓練對睿琳的學業帶來一定程度 的影響,要同時兼顧學業及習泳,睿琳在學習上變 得更加主動,「我會上網搜集資料,遇上不明白的 地方便主動向老師及家人提問。」

"I like swimming because gliding through the water gives me a sense of freedom," said Chan Yui Lam, the eighteen-year-old Hong Kong swimmer who made her Paralympics debut in Tokyo last year. Yui Lam took up swimming at the age of 8. After her brother and sister took swimming classes during the summer holiday, her mother also enrolled her into the class. Yui Lam then started joining after school swimming lessons since primary 4. Miss Chan, the school teacher of Hong Chi Tsui Lam Morninghill School said, "By offering swimming lessons to our students, we hope they can overcome the fear of water and learn a new life skill at school.'

Yui Lam represented the school and displayed her prowess in the Special Olympics Hong Kong Swimming Competition. Soon after, she was recommended by her school teacher to take part in the Special Olympics Youth Swimming Squad Selection. "Yui Lam started studying at Hong Chi Tsui Lam Morninghill School since primary 1. She is lively, active and a quick learner, as well as a standout swimmer. We tried to explore different opportunities to develop her sporting talent," said Miss Chan. Yui Lam excelled herself in the race and was recruited to join the Special Olympics Youth Swimming team. She received training in Tier C category as a newcomer to get a feel for competitive swimming. Then she moved up to Tier A and received a more focused and intense training with elite-level swimmers. Her remarkable performance allowed her an entry ticket to compete in 5 individual and in 1 relay team races in the Tokyo Paralympics.

The Butterfly Que

Yui Lam is specialized in 100m butterfly stroke. She won a bronze medal in personal best time of 1:06:45 and set a new Hong Kong and Asian record in the S14 women's 100m

butterfly event at the London 2019 World Para Swimming Championships. Butterfly involves rhythmic and coordinated movements. It requires advanced technique as well as strong muscle which make it one of the most difficult strokes to master. To achieve peak performance in every race, Yui Lam has been receiving swimming and strength training six days a week. Spending a lot of time in the water is difficult for a student-swimmer to balance school and swimming. Yui Lam tries to adopt an active approach in school learning so that she can unite her passion for swimming and her focus on study, "I catch up on my own by doing online research. Furthermore, I ask for teachers' and family members' assistance if I get stuck in my study," said Yui Lam.

為殘疾奧運追夢

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相片提供:香港智障人士體育協會 Photo credit: Hong Kong Sports Association for Persons with Intellectual Disability

與此同時,為了讓睿琳可以趕上學習進度,老師 特別為睿琳安排學科上的輔導。陳老師說: 「由於睿琳經常要前往外地參加賽事,老師 會透過電郵與睿琳保持聯絡,除了提供學 習支援之外,老師也充當聆聽者的角色, 讓睿琳分享自己比賽的點滴及當中的感 受。」無論在學業或者情緒處理上,學校 老師也會給予適當的支援,讓睿琳可以 繼續學業同時,也可以專心發展自己的運 動抱負。

與壓力共存

日復日的游泳訓練, 睿琳也曾經想過放棄成為運動 員。「有段時間覺得自己的游泳成績停留在樽頸位 置,無論如何再努力下去也沒法進步,令我感到 擔心又失落。」 睿琳說。 加上疫情關係, 訓練及比賽 日程也受到影響,令原本已經訂好的計劃需要暫停 及延期。「疫情期間很難令身體維持最佳狀態, 感覺到自己比以前退步了不少,之後需要花 上一段時間才可以重拾昔日的表現。」 面對各種的壓力, 睿琳選擇聽節奏 輕快的電子音樂及英文歌幫助放鬆 心情,「最重要學習調整心態去面對 緊張情緒,明白享受比賽過程更為 重要。I

去年首度出征殘奧即打入決賽,學 校老師及同學攝製短片越洋為睿琳 加油打氣。雖然睿琳與獎牌擦身而 過,在主項100米蝶泳獲得「梗頸四」, 但無損睿琳的志氣,決志繼續衝擊殘奧獎 牌直至退役,「當我差不多30歲時,希望仍然可 以代表香港參加2032年布里斯班夏季奧運會,退役 之後成為游泳教練。」睿琳笑說。

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能夠參與全球矚目的體育盛事,除了靠個人天分 及努力之外,學校及教練的提攜,還有家人及泳隊 隊友的支持也同樣重要。睿琳說:「感謝家人默默 的支持,尤其是媽媽不辭勞苦接送我去不同地方接 受游泳訓練,還有游泳教練盡心盡力協助我提升表 現,令我不斷進步。很慶幸有一班互相扶持及鼓勵 的隊友,與我一起撐過艱苦訓練,讓我可以堅持走 到今天。最後,更要多謝學校給予空間及機會讓我 發展游泳潛能。」



「睿琳個性積極,面對刻苦訓練依然 堅持不放棄,令她發展游泳生涯的 路途上走得更遠。」陳老師說。 我們深信學生擁有不同才華, 只要給予適切的培訓及機會也可 以令人眼前一亮。我們期望未來 在更多的國際賽事中看見睿琳 站在頒獎台上,也祝願她在2024年 巴黎殘奧繼續大放異彩。



Meanwhile, her school teachers have specially tailored different supplementary lessons for Yui Lam to catch up on her studies. "Since Yui Lam has to take part in overseas races frequently, we keep using email to stay in touch with her. Apart from providing online academic support, Yui Lam can share the bits and pieces of her daily life with us while she is abroad," said Miss Chan. By providing academic and emotional support to Yui Lam, she can go down a pathway of continuing her study while pursuing her swimming career.

There are some moments when Yui Lam feels like giving up her dream as an athlete. "I feel worried and frustrated when I encounter bottlenecks in swimming games. No matter how hard I try, I cannot get to where I want to be," said Yui Lam. The series of COVID-19 waves have seriously affected her normal training routine. Nearly all scheduled training and competition have either been postponed or rescheduled. "It is difficult to keep myself in a peak

physical condition during the lockdown periods. I feel lagging behind when I returned to sports. I must work harder to get back in shape," she said. Listening to fast-paced electronic music and English songs are the most effective ways for Yui Lam to relieve stress. "Most importantly, I have to learn how to overcome my performance anxiety and enjoy myself in each and every race."

> School teachers and classmates made short videos to cheer up Yui Lam after she had entered the finals in the Tokyo Paralympics. Although she missed out on a medal narrowly by finishing fourth in the women's 100m butterfly, she never lost faith in herself. She will continue to flourish in the world of swimming and

pursue a Paralympic medal before her retirement. "I wish I can take part in the Brisbane 2032 Summer Olympics when I will be approaching the age of 30. After retiring from competing, I will turn my attentions to coaching," said Yui Lam.

Being Grateful, Being Thankful

Taking part in the world's foremost sports competition, not only does Yui Lam need to work hard in leveraging her skills, but she also gives credit to the school, swimming coach, and her family as well as teammates for providing guidance and support during her athletic journey. "I want to thank my family, especially my mom for driving me to different places in order to receive swimming training. I am grateful for my coach's dedication to helping me improve my

performance, and to my teammates for encouraging and supporting me during the high-pressure training. Last but not the least, I am thankful for having the school's support in developing my swimming potential and for giving me space to grow," said Yui Lam.

"Her positivity and resilience make her go further even though the training is tough and challenging," said Miss Chan. We strongly believe our students possess versatile talents. With appropriate education and training, they can develop to their fullest potential. We wish her all the best in her future endeavors and may she continue to shine in the Paris 2024 Paralympic Games.



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我們都是藝術家3.0 We Are Artists 3.0

匡智獅子會晨崗學校於6月28日至29日假學校禮堂舉行「我們都是 藝術家3.0」視藝作品展,是次展覽以「旅遊」為題,展出學生作品 超過150項,另設有電子繪圖及皮革工作坊。工作坊由學生親自 主持,參觀人士可即場拍照及自製照片,也可製作皮革匙扣作為 紀念。想欣賞更多學生作品,請瀏覽<u>bit.Jy/WeAreArtists2022</u>。

Hong Chi Lions Morninghill School organized the "We Are Artists 3.0" art exhibition themed "Travelling" on the 28-29th of June at their school hall. To showcase students' creativities and potentials, more than 150 pieces of artworks were exhibited. Apart from joining digital painting and leather workshops hosted by students, visitors also received photographs or leather keychains as souvenirs. To learn more about students' artworks, please visit *bit.ly/WeAreArtists2022*.



「逆境新常態· 校園顯關愛」優異獎

Merit Award of "New Normal in Adversity, Caring in School"

匡智元朗晨曦學校及匡智屯門晨輝學校雙雙榮獲2021年度關愛校 園獎勵計劃的「逆境新常態‧校園顯關愛」優異獎,獎項表揚學校 在疫情期間積極推動關愛文化,營造正向校園,讓學生在新常態 下繼續愉快學習和成長。

Hong Chi Morninglight School, Yuen Long and Hong Chi Morninghope School, Tuen Mun were honored to receive the merit award of the "New Normal in Adversity, Caring in School" in the Caring School Award Scheme 2021 for their devotion in promoting a caring culture and creating a positive school campus so that our students can grow healthily and happily during the challenging time.

「溝通易3.0」分享會 "Communication App 3.0" Sharing Session

「溝通易3.0」分享會於7月16日假香港青年協會大廈演講廳順利 舉行,當日本會的老師及專責人員除了解說研發「粵拼發聲鍵盤」 的緣由外,並與在場及網上參與約150位同工,分享教授學生粵語 拼音的經驗和心得。

為期兩年的「溝通易3.0」計劃接近尾聲,除推出了新版本的應用 程式外,也舉辦了逾30個培訓工作坊予業界同工、家長及大學學生 等。另外,「溝通易3.0」網站 *hcaac.mhs.edu.hk* 經已正式啟用,當中 上載了不少教學短片,以及《溝通易3.0—應用及分享》小冊子,讓 公眾可以了解應用程式的具體操作,和細閱教學團隊的撰文分享。

A hybrid sharing session of the "Communication App 3.0" was held on the 16th of July at the auditorium of The Hong Kong Federation of Youth Groups Building, attracting about 150 participants. Apart from introducing the "Jyutping sounding keyboard" and its origin, our autism working group and education psychologist also shared their experience in teaching Jyutping.

The sharing session marked the end of the 2-year App project. Besides the launch of the App 3.0, more than 30 training workshops were arranged for the counterparts, parents and university students, etc. Demonstration videos of the App and a booklet with case studies are also available for viewing by the public at our website: *hcaac.mhs.edu.hk*.



服務焦點 PROJECT FOCUS

匡 智 會 Hong Chi Association

推動環保生活 **Promote Green Lifestyle**



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雀巢香港與匡智會於2020年開始聯手展開「5號PP塑膠回收計劃」,設置超過50個回收點,共收集超 過2.000公斤塑膠。為了鼓勵學生實踐綠色環保生活,計劃於6月25日舉行「環保動能PP車設計比賽」 決賽,吸引共有9間小學及特殊學校組成19支參加隊伍,學生利用5號PP塑膠、太陽能、水力及 風力等元素製作環保動力車,讓學生身體力行將生活中的廢物循環再造。

Nestlé Hong Kong and Hong Chi Association have jointly launched the "Type 5 PP Plastics Recycling Campaign" since 2020. More than 50 collection points have been set up in different districts to collect over 2,000 kilos of recyclable polypropylene plastic. To encourage students to adopt a greener lifestyle, an "ECO Kinetic PP Car Final Competition" was held on the 25th of June which attracted a total of 19 teams from 9 primary schools and special schools to participate. By using type 5 PP plastics, students designed and built model cars that used kinetic energy to experience the fun of going green.

智閃亮生涯規劃 **Shining Road Life Planning Scheme**

承蒙青年發展委員會資助為期3年的「智閃亮生涯規劃」, 匡智會 6間特殊學校參與計劃並舉辦各項生涯規劃活動,旨在協助輕度 智障學生尋找工作路向,為將來投身社會工作做好準備。「智閃 亮生涯規劃」於今年6月25日舉辦「網上出路博覽暨成果分享會」, 並邀請九巴及DFI零售集團代表分享僱主聘請智障學員的經驗, 共有100位師生、家長、僱主及同工參與。由於活動反應良好, 規劃再次獲得3年資助以推行「智閃亮生涯規劃2.0」。

With funding support from The Youth Development Commission, 6 Hong Chi schools have participated in the 3-year "Shining Road Life Planning Scheme" and have organized a wide range of activities to assist students with mild intellectual disabilities in developing their awareness of career planning. An online sharing session was held on the 25th of June. KMB and DFI Retail Group representatives were



invited as guest speakers to share their experiences in providing job placements for trainees with intellectual disabilities. The event attracted 100 teachers, students, parents, employers and counterparts to attend. In view of positive feedback received, the scheme got additional 3-year funding support to launch its 2.0 version.

快線 Express

感謝九巴為匡智學員提供工作訓練的 平台,協助他們盡展所長,並且讓公眾人 士認識智障人士的工作能力,達致傷健 共融。本會於5月23日在屯門公路轉車站 (往九龍方向)的顧客服務中心試行「匡智 便利快線」學員零售訓練計劃,以便利店 形式售賣包裝食物、零食及飲品,讓學員 接受銷售及打理店舖等工作訓練,有助提 升學員日後公開就業機會。歡迎公眾人士 親身到場支持我們的「匡智便利快線」,給 予匡智學員更多肯定和鼓勵。



Our thanks go to KMB for providing a vocational training platform for Hong Chi trainees to strengthen their work skills. This also provides an opportunity for the general public to interact with our trainees and thereby have a better understanding of their work abilities, which ultimately promotes social integration. The Association has newly launched the "HC:Express", a convenience concept store at the KMB Customer Service Centre of Tuen Mun Road Bus-Bus Interchange (Kowloon-bound) since the 23rd of May. By selling packaged food, snacks and drinks, the retail training programme can sharpen our trainees' job skills so as to equip them well for open employment. Please come and visit our store. Your support and encouragement are invaluable to our

匡 智 會 Hong Chi Association

支持每月捐款計劃 **Support Monthly Donation Programme**

在抗疫的新常態下,匡智團隊堅守崗位竭力為學生及學員提供 服務,並且循序漸進拓展新服務,期望在充滿挑戰的困難時刻 繼續穩步向前,以支援我們的服務使用者的各種不同需要。你 的定期捐款能為本會服務提供持續而穩定的資源,讓智障人士 在人生不同階段也得到適時適切的支援,活出豐盛人生。與此 同時,我們更鼓勵大家與身邊至親分享我們的理念,一同加入 成為匡智會每月捐款者,讓更多智障人士受惠。

Despite facing many challenges, all staff members of the Hong Chi team are dedicated to providing quality services for students and trainees, and putting much effort in expanding our services under the new normal of the anti-epidemic period. Your monthly donation will provide stable and much-needed resources to support our work catering for the needs of people with intellectual disabilities throughout different stages of their lives. We sincerely invite you, your families and friends to sign up as our monthly donors and to share your blessings with people in need.





正式成為保單捐贈支持樹





本會自去年起成為香港人壽保險從業員協會慈善基金的其中一間保單捐贈 的支持機構,歡迎持有有效人壽保單的善心人士透過更改人壽保單受益人, 將部分百分比的投保金額捐贈予本會,將愛化為行動去支持本會匡扶智障 的工作,令更多有需要的智障人士及其家庭受惠。請掃二維碼了解更多捐贈 詳情。

The Association has become one of the beneficiary charities of the Policy Donation Programme under the LUA Foundation since last year. We welcome caring friends with valid life insurance policies to support our work by changing their policy beneficiaries and donating a percentage of their policy insured amounts to the Association. Your generous gift will bring warmth and blessings to people with intellectual disabilities and their families. Please scan the QR code for more details.

捐款箱計劃 **Donation Box Placement Programme**

感謝各界友好企業支 持,我們現於以下地 點設置損款箱,大家 外出享受購物時,也 請捐款支持匡智會, 協助我們匡扶智障的 工作。其他企業友好 如有興趣參與匡智會 的捐款箱計劃,請電 郵cfr@hongchi.org.hk 與我們聯絡。

Our sincere thanks to the caring corporates for joining our Donation



Box Placement Programme. Our donation boxes are now placed at the following locations to raise funds in support of the Association's work. For new corporate friends who are interested in participating in this programme, please contact us anytime at cfr@hongchi.org.hk.

匡智會捐款箱設置時段及地點 Hong Chi Association Donation Box Placement Periods & Locations

由即日起 Starting from now	Belgium Diamond House
	峻嶺戶外體育用品 Blue Mountain Sports
	慶鈺堂中醫診所 Ching Yu Tong
	海鑚天賦海灣會所 Clubhouse, The Graces Providence Bay
	大元邨牙科診所有限公司 Tai Yuen Estate Dental Clinic Ltd



緊急呼籲 URGENT APPEAL

請支持匡智慈善跑樓梯(線上) Please Support Hong Chi Climbathon (Online)

本會一年一度的慈善籌款活動「匡智慈善跑樓梯」 (線上)即將舉行,期望為智障人士及其家庭持續提 供優質服務籌募經費,歡迎所有年齡及能力的人士 一起參與,除了個人名義參加外,公司、機構及學 校亦可組隊參與。

匡智慈善跑樓梯(線上)分別設有2個活動組別— 個人及隊際。個人組別設有體驗組(目標:644級 或15,000步)及挑戰組(目標:1,688級或40,000步); 而2至4人組成的隊際組亦設有體驗組(每隊目標: 2.576級或60.000步) 及挑戰組(每隊目標: 6.752級 或160,000步),無論個人或隊際均需要在活動期內5日 完成指定目標。此外,今年更新增「踏步挑戰賽」, 個人或隊際需要在一分鐘內原地踏步,以步數最多 的首3名為勝出者。所有完成賽事的參賽者可獲獎 牌、電子證書及精美禮品包乙份。你亦可透過直接 捐款支持活動,與我們同步匡扶智障! 匡智慈善跑 樓梯(線上)將於11月接受報名,詳情請留意本會日 後公布。歡迎大家踴躍參加及捐款支持!

The once-a-year charity race "Hong Chi Climbathon" (Online) will be on again this year. Participants of all ages and all abilities are welcome to join this charity race on an individual basis, or by forming corporate, organization or school teams to run for a good cause.

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The Hong Chi Climbathon (Online) is divided into 2 categories including the Individual Category and Team Category. Individuals can join the Fun Run (target: 644 steps of stair climbing or 15,000 steps of running) or the Challenge Run (target: 1,688 steps of stair climbing or 40,000 steps of running); while participating team consists of 2 to 4 members to join the Fun Run (target: 2,576 steps of climbing or 60,000 steps of running) or Challenge Run (target: 6,752 steps of stair climbing or 160,000 steps of running) by completing the step goal on any 5 days within the activity period. In addition, individuals and teams are also welcome to take part in the brand-new "Step Up Challenge". The top 3 individuals and teams with the highest step count in 1 minute will receive an award. Participants will receive a finisher medal, an e-certificate and a finisher package as a token of appreciation. You can also make a direct donation in support of this meaningful event. Enrolments will be open in November, please stay tuned for more event updates.

活動日期 Activity Period: 14/11/2022 - 31/1/2023 報名截止日期 Enrolment Deadline: 16/1/2023 電郵 Email: cfr@hongchi.org.hk <u>WhatsApp: 9311 9651 (</u>短訊 text only) 查詢 Hotline: 2661 0709

回條 Reply Form 請在以下適當方格內填上 ✓號,並以正楷填寫。 Please ✓where appropriate and fill in the form in CAPITA 本人 / 機構願意捐款HK\$ 以作響應。(捐款港幣\$100或以上將獲發收據以作扣減和 // We would like to donate HK\$ in support of the event. (Official receipt will be issued for don 捐款方法 Donation Method	说項之用)
 網上捐款 By Online Donation 副線支票 By Crossed Cheque 支票號碼 Cheque No.: (新付:「匡智會」Payable to "Hong Chi Association") 信用卡捐款 By Credit Card (AMEX ○ Mastercard ○ Visa 持卡人姓名 Name of Cardholder: 信用卡號碼 Card No.: →→→ 前效日期至 Expiry Date: →→ 新格資料 Contact Information 	■ 銀行入賬 By Cash Deposit ● 匯豐銀行戶□ HSBC account: 002-318053-004 ● 中國銀行戶□ B0C account: 012-595-10202107 ● 東亞銀行戶□ BEA account: 015-514-68-02914-3 * 請於自動櫃員機轉賬通知書上清楚寫上姓名及「捐助跑樓梯」 Please write your name and "donate to Climbathon" on the ATM Customer Advice Form 一 繳費靈 By PPS (付款編號 Payment Reference No.:) · 總費靈編號 Merchant Code: 9145 · 捐款人編號: 請參看郵遞標籤 Donor's Reference No.: Please refer to our mailing label ● 電子捐款 Digital Donation * 請在備註中寫上捐款者姓名及聯絡 電話, 並把完成過數的戶標截圖 電郵級WhatsApp For issuing donation receipt.
姓名 Name:	日間聯絡電話 Daytime Tel :
With ATM Customer Advice (if any) by WhatsApp to 931 ¹ 9651 / email to ctr@hongchi.org.hk / mail to our Communications and Fund Raising C 3. 你亦可透過7-Eleven便利店捐款支持此活動。(只接受現金捐款,每次捐款額須為港幣\$100或以上) You can also make donation via any of the 7-Eleven outlets to support the event. (Cash donation of HK\$100 or above is accepted)	捐款恕不退還 Donations are non-refundable

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香港灣仔軒尼詩道15號 溫莎公爵社會服務大廈705室 国智會傳訊及經費籌募部 Hong Chi Association - Communications and Fund Raising Office Room 705, Duke of Windsor Social Service Building 15 Hennessy Road, Wan Chai, Hong Kong

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Thank you! 多謝支持!

匡扶智障 For People with Intellectual Disabilities

E智會──前香港弱智人士服務協進會──本著「匡扶智障」的精神,竭誠為智障人士和他們的家庭提供服務。本會轄下共有100個服務單位, 當中包括14所特殊學校及11個社會企業,主要為不同年齡和程度的智障人士提供全面服務。我們盼望得到你的鼓勵和支持,請與我們聯絡。 Hong Chi Association - formerly The Hong Kong Association for the Mentally Handicapped - is dedicated to primarily serving people with intellectual disabilities and their families. We operate 100 service units, including 14 special schools and 11 social enterprise projects to provide comprehensive services to people of all ages and all grades of intellectual disabilities. **Offers of help and support are always welcome. Please contact us.**

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