

2024 05

Spotlight

愛心之光

以愛灌溉生命
Life Begins with Love



訂閱電子報
Subscribe to E-News



「縱使我們照顧者需要用更多的時間，才可換取別人相同的距離，但我們依然有能力走到終點。」

"Even it takes us more time to gain the same level of accomplishments as others, we caregivers still have the ability to reach the finish line."



在母親心目中，孩子就如初生的幼苗，富有生命力，卻又擔心他們經歷風吹雨打，她們拼盡全力保護孩子，寄望他們能夠茁壯成長，過上豐盛幸福的人生。然而，子女有特殊照顧需要，母親是如何為孩子創造一個健康快樂的人生呢？

在風和日麗的一天，學員陳翰傑和母親左成玉，連同學員何柏軒和母親梁淑玲到匡智愛心農場進行種植活動，母親與孩子齊來接觸大自然，一起度過溫馨的時光。

全職照顧者

翰傑是成玉的第一個孩子，小時候被診斷為中度智障。當時作為新手媽媽的成玉，選擇奉獻所有時間，陪伴兒子。然而，身邊的人也未能體會到成玉作為照顧者的心情。「聽到別人將他與其他的小孩作比較，也難免感到傷感。」雖然面對外界各種聲音，她依然抱著樂觀的態度，希望翰傑能快樂成長。

同為全職照顧者的，還有柏軒的媽媽——淑玲。「當初對人生的期望，是希望有自己的事業，而兒子能夠學有所成，上大學。」柏軒卻於兩歲時被診斷出發展遲緩，於是淑玲辭去工作，嘗試以不同訓練幫助兒子，希望情況能在五歲前得以改善，然而，柏軒最終被診斷為有限智能。30年過去，淑玲仍然一直學習各種訓練方法，看見兒子的進步是她堅持的原動力。

以愛灌溉生命 Life Begins with Love

For every mother, children are like seedlings, both vital and vulnerable. Mothers do their utmost to create a safe and nurturing environment for their children to thrive and grow joyfully. However, for mothers children with special needs, how do they pave their way to a happy and healthy life?

On this beautiful day, Chan Hon-kit and his mother Cho Shing-yuk, along with Ho Pak-hin and mother Leung Shuk-ling, participated in a planting activity at the Hong Chi Love Garden to enjoy precious time together in nature.

Full Time Caregivers

Hon-kit, Shing-yuk's first-born son, was diagnosed with moderate intellectual disability at a young age. As a new mother, Shing-yuk chose to dedicate all her time to take care of her son. However, people didn't necessarily understand her feelings as a caregiver. "It makes me sad when I hear others comparing him to other children." Despite people's opinions, she remains optimistic. All that she wants is for Hon-kit to live happily.

Shuk-ling, Pak-hin's mother, is also a full-time caregiver. "I aspired to have my own career and had hope for my son to go to university." At the age of two, Pak-hin was diagnosed with developmental delay. Shuk-ling quit her job and tried various training to help her son, hoping for improvement before he turned five. However, Pak-hin was eventually diagnosed with limited intelligence. 30 years have passed, every progress her son makes is a driving force for Shuk-ling to learn different training methods.





共同成長

雖然擔當著照顧者的角色，但成玉和淑玲都認為，培育孩子是一個共同成長的過程。

翰傑控制情緒有困難，面對兒子的情緒起伏，成玉比以前更懂得付出耐性和愛心。「以前的思維較多從自己出發，自從照顧兒子，便懂得多走一步，關心別人。」她希望以身作則，希望透過對待兒子正面的態度，感染身邊人，為他創造一個被接納的環境。

而柏軒的出現，也改變了淑玲的價值觀。淑玲喜歡以行山讓兒子多與世界接觸。「我以前傾向與別人比較，而與兒子行山的體驗讓我領悟到，縱使我們照顧者需要更多的時間，才可換取別人相同的距離，但我們依然有能力走到終點。」

同行守護

翰傑和柏軒皆為匡智地區支援中心（新界北區）的學員，他們於中心接受訓練多年。成玉認為中心的訓練能平伏兒子的情緒，也讓他學懂向身邊的人表達關愛。而對一向認為自己被標籤的柏軒，淑玲認為藝術訓練能幫助他提升自信，領略到美學與自我價值一樣，都是由自己建立。成玉和淑玲皆感恩，沿途上有匡智會一起同行。

活在當下

被問到有甚麼寄語同行的媽媽，成玉和淑玲都異口同聲說：「活在當下。」

「每天的挑戰都不一樣，保持正面的態度，做好當天的事便足夠。」成玉以此鼓勵其他母親。「我希望珍惜現有的時間，與翰傑拍下多些照片，將來他能回憶我們一起相處的時光，記得媽媽會永遠支持他。」話畢，翰傑把手上的金盞花送給母親，成玉展露出甜蜜的笑容。



淑玲以「精彩」來形容與柏軒一起走過的旅程。「過程中充滿驚喜！世界很大，希望各位照顧者能多與社會聯繫，活得精彩，享受生命！」

成玉和淑玲奉獻一生，以樂觀的態度孕育孩子；以溫柔的笑容傳遞溫暖；以堅韌的毅力為孩子遮風擋雨。縱使翰傑和柏軒人生與別不同，她們都以無限的愛與包容，為孩子灌溉出屬於他們的健康快樂人生。

我們衷心希望社會大眾能夠與一眾照顧者并肩同行，讓他們於匡扶智障的路上，也感受到社會的愛與關懷。

Growing Together

Albeit being a caregiver, Shing-yuk and Shuk-ling believe that nurturing children is a process of mutual growth.

Hon Kit has difficulty in controlling his emotions. Helping her son navigate his emotional turbulence has taught Shing-yuk to be patient and loving to others. "I used to focus more on myself, but since taking care of my son, I've learned to reach out more and care for others." She hopes to lead as an example and create an accepting environment for her son by maintaining a positive attitude towards him.

As for Shuk-ling, Pak-hin has changed the way she sees life. Shuk-ling finds joy in hiking with Pak-hin as it allows him to stay connected to the world. "Hiking has changed me in a positive way. Back in the days, I tended to compare myself to others, but this experience made me realize that even it takes us more time to gain the same level of accomplishments as others, we caregivers still have the ability to reach the finish line."

Guarding Together

Hon-kit and Pak-hin are both trainees at the Hong Chi District Support Centre-N.T. (North District) and have received training at the centre for years. Shing-yuk believes that the training not only calms Hon-kit's emotions but



also teaches him to show care to others. As for Pak-hin, who has always felt labeled, Shuk-ling believes that art training boosts his confidence and allows him to see the way he evaluates aesthetics aligns with how he sees himself through his own lens. Shing-yuk and Shuk-ling are grateful to have the Association as their supportive companion in this journey.



Live in The Moment

When asked what message they would like to give to fellow caregivers, both gave the same answer: "Live In The Moment".

"Challenges come everyday. Maintain a positive attitude and focus on what needs to be done for today," Shing-yuk encouraged other mothers. "I hope to cherish the time left to take more photos with Hon-kit, so he can look back and remember that I will always support him." Soon after, Hon-kit gave a marigold flower to Shing-yuk, putting a smile to her face.

Shuk-ling described the journey with Pak-hin as "wonderful." "It is full of surprises! The world is vast, and I hope all caregivers can connect with society and live a fulfilling and enjoyable life!"

Shing-yuk and Shuk-ling dedicate their lives to take care of their children. Their positivity, warm personality and stamina have cultivated such a loving and accepting environment for their children to learn, be happy and thrive. Although Hon-kit and Pak-hin may lead different lives, Shing-yuk and Shuk-ling have paved a way for their children to live healthily and happily.

We sincerely hope that the general public could show support and love for our caregivers and join this meaningful journey in supporting people with intellectual disabilities.

Special Feature

專題特寫

鐵路教室

Railway Classroom

感謝港鐵公司對匡智屯門晨崗學校的慷慨捐贈，學校的鐵路教室於1月30日正式開幕。鐵路教室提供模擬真實地鐵車廂情境，學生除可學習乘車禮儀外，也可透過角色扮演和模擬駕駛等活動，改善其解難和社交能力。此外，學生也可在鐵路教室學習不同語言的日常用語、編程活動和車廂清潔等等，進一步提升學與教效能。

Special thanks to MTR Corporation for their generous support to Hong Chi Morninghill School, Tuen Mun, a Railway Classroom was officially opened on 30 January. The Railway Classroom provides a constructed railway compartment setting where students can learn travel etiquette, and improve their problem solving and social skills through role-playing and simulated driving activities. As a classroom, it also facilitates students to learn everyday vocabularies in different languages, programming and train cleaning, further enhancing the effectiveness of learning and teaching.



「邁向60周年」標誌

Towards 60th Anniversary Logo



為預祝本會於2025年成立60周年，我們於今年特別設計及使用「邁向60周年標誌」。標誌從本會標誌延伸開來，並使用本會具代表性的紅、綠主色，寓意本會未來將繼續邁步向前，延展信念和服務。

To celebrate the Association's 60th anniversary in 2025, we have specially designed and implemented the "Towards 60th Anniversary" logo this year. The logo is an extension of the Association's logo and incorporates the iconic red and green colors, symbolizing our continued progress, unwavering beliefs and commitment to service in the future.

社區同樂日

SPM Fun Day

匡智紹邦晨輝學校於2月2日舉辦了「社區同樂日2024——農曆新年夜市暨嘉年華」，吸引了超過500人參與。活動除了學生精彩的表演和成果展示外，還邀請區內的社區中心、主流學校、友好團體開設年宵攤位，如義賣不同的手作、主持遊戲活動等，讓社區人士對智障學生的特質及潛能有更多的認識和了解。

Hong Chi Shiu Pong Morninghope School organized "SPM Fun Day 2024 - Lunar New Year Night Market cum Carnival" on 2 February, which attracted over 500 participants. The event featured impressive performances and showcases by the students, inviting the neighborhoods organizations, such as community centers, mainstream schools, friendly partners to set up booths to sell handmade crafts and to design game activities. This provided a great opportunity for the public to know more about the characteristic and potentials of our students.



新書發布

Book Release



照顧者壓力問題近年備受關注，本會特別邀請知名學者葉錦成教授為同工提供培訓及臨床指導，並支援處理困難的個案。本會更將有關的理論及實務經驗輯錄成《智障人士家庭照顧者的壓力、焦慮、抑鬱及創傷：深層理解與介入》一書，並於1月31日舉行發布會。電子書已上載至本會網站，可掃描二維碼閱讀。

Caregivers' stress has been a pressing issue in recent years. The Association has invited a renowned scholar Professor Yip Kam Shing, to provide training and clinical guidance to our staff, as well as support in handling challenging cases. We have compiled the relevant theories and practical experiences into a book titled "Stress and Trauma of Caregivers of Persons with Intellectual Disabilities: Holistic Understanding and Intervention." A book release event was held on 31 January. **The e-book is uploaded to our website and can be read by scanning the QR code.**

學習分享愛與關懷

Learning to Share Love and Care

本會早前舉辦「一人一利是」活動，鼓勵同學捐出利是錢，體驗「共融關愛」精神。活動已圓滿結束，感謝學校踴躍參與，而榮獲最高籌款獎的是瑪利諾修院學校(小學部)、保良局香港道教聯合會圓玄小學及聖瑪加利男女英文中小學。

The Association held the "One Love, One Laisee" event, encouraging students to donate their red packet money and experience the spirit of "inclusive care" The event has successfully concluded, and we would like to thank the participating schools for their enthusiastic involvement. The Top Fund-raising Awards were given to Maryknoll Convent School (Primary Section), Po Leung Kuk Hong Kong Taoist Association Yuen Yuen Primary School and St. Margaret's Co-educational English Secondary and Primary School.



每月捐款計劃

Monthly Donation Programme



匡智會一直秉承「匡扶智障」的精神，為不同年齡以及程度的智障人士提供適切的教育、訓練以及發展機會，協助他們盡展所長，成為貢獻社會的一份子。你的定期捐款將會為我們的服務帶來穩定的支持，讓我們可以拓展更多非津助的服務及支援予智障人士及其家庭，以應付他們對服務的要求。

請大家踴躍參與匡智會每月捐款計劃，你的支持將會為更多智障人士帶來實質幫助，讓我們可以延續使命，與智障人士一起並肩同行。請掃描二維碼登記，自訂每月的捐款金額，成為我們每月的捐款者！

Over the past 50 years, we have been dedicated to educating, training and most importantly, empowering people with intellectual disabilities. We are committed to providing appropriate education and timely support for all ages and grades of intellectual disabilities to unleash their potentials, nurturing them to become contributing members of society. Your monthly donations will provide a consistent source of support of our work, allowing us to develop our non-subservent services and provide adequate support to our service users and their families.

Your participation in our monthly donation programme will make significant contributions to the lives of people with intellectual disabilities. It also serves as a huge encouragement for us to strive for the betterment of our service users. Please scan the QR code, register as our monthly donors and set your monthly donation amount.



Event Highlights

焦點活動

匡智翠林晨崗學校50周年校慶

HC Morninghill School, Tsui Lam - 50th Anniversary



為慶祝50周年校慶，匡智翠林晨崗學校於2月24日邀請了學校不同的持份者回「家」相聚；並以行動研究為基礎，將學校的人、情、史和景輯錄成紀念特刊，印證學校50年來的演變和成長。

In celebration of its 50th anniversary, Hong Chi Morninghill School, Tsui Lam organized a special gathering on 24 February, inviting various school stakeholders to come back "home". Based on action research, they compiled a commemorative booklet that encapsulates the people, feeling, history and scenery of the school over the past five decades, witnessing its evolution and growth.

匡智粉嶺綜合復康中心20周年

Hong Chi Fanling Integrative Rehabilitation Complex - 20th Anniversary

媒體分享

Media Sharing



為慶祝匡智粉嶺綜合復康中心成立二十週年，本會於1月27日舉辦「開放日」，與眾同樂。當日活動包括學員的精彩演出、中心導賞及攤位活動等，更展示了由樂齡及康復創科應用基金撥款添置的各類科技產品及設備。開放日加強了中心與社區的連繫，有助建構共融友愛社區。

To celebrate the 20th anniversary of Hong Chi Fanling Integrative Rehabilitation Complex, we hosted "Open Day" on 27 January. The event features impressive performances by Hong Chi trainees, guided tour of the Complex and interesting booth activity. We also showcased a variety of technological products and equipment funded by the Innovation and Technology Fund for Application in Elderly and Rehabilitation Care. The Open Day strengthened the connection between the center and the community.

我們的學員及其家屬，早前與本會服務主任接受商業電台節目「同途有心人」訪問，分享匡智賽馬會松嶺村擴建後的個人成長，家屬也大談學員的改變，而服務主任則講解最新設施如何能切合服務需求。想知道更多節目內容，可到電台網站瀏覽！

We were interviewed by Commercial Radio Hong Kong, where they shared their personal growth after the expansion of the Hong Chi Jockey Club Pinehill Village. The families also discussed the changes they observed in the trainees, while the service supervisor explained how the latest facilities cater to their needs. To learn more about the programme, please visit Commercial Radio Hong Kong's web-site!



請支持5.11新界區賣旗日 宣揚匡智媽媽的愛 Celebrate the Love of Mothers at 5.11 Flag Day

購買金旗
Act Now



匡智會多年來與一眾無私付出的媽媽於「匡扶智障」的路上並肩同行，走過多個里程碑。適逢匡智會邁向60周年，我們特別邀請匡智屯門晨輝學校的學生為旗紙設計圖案，藉此表達對媽媽的愛意。誠邀各位於2024年5月11日（星期六）新界區賣旗日慷慨解囊，向每位默默付出的母親表達關懷。

本會今年更首次推出金旗，設計概念以贈送予媽媽的愛心花束為主題，希望各位踴躍慶祝母親節於行善，齊來購買金旗！

Over the years, our caring mothers have given their unconditional love and support, encouraging our students and trainees to stride forward and bring our Association to where we are today. As we move forward to our 60th Anniversary, our students from Hong Chi Morninghope School, Tuen Mun have designed this year's flag day stickers to express their love for their mothers. We would like to encourage the public to support us on Hong Chi Association's New Territories Flag Day, which falls on May 11 (Saturday), for a good cause and to show love and care to mothers.

The Association is introducing the Gold Flag for the first time this year. The design concept is inspired by a heartfelt bouquet of flowers, symbolizing the love for mothers. We hope everyone can celebrate Mother's Day by doing good deeds. Please support the Gold Flag sale!



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 CAPITAL letters.

本人 / 機構願意捐款HK\$ _____，以支持匡智會賣旗日。（捐款港幣\$100或以上將獲發收據以作扣減稅項之用）

I / We would like to donate HK\$ _____ in support of the Hong Chi Flag Day. (Official receipt will be issued for donation of HK\$100 or above for tax deduction purpose)

捐款方法 Donation Method

網上捐款 By Online Donation



劃線支票 By Crossed Cheque

支票號碼 Cheque No.

_____ (祈付：「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. _____

有效期至 Expiry Date _____

持卡人簽署 Cardholder's Signature _____

銀行入賬 By Cash Deposit

- 匯豐銀行戶口 HSBC account **500-118351-009**
- 中國銀行戶口 BOC account **012-595-10202107**
- 東亞銀行戶口 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」
Please write your name on the ATM Customer Advice Form

繳費靈 By PPS

(付款編號 Payment Reference No. _____)

- 繳費靈編號 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

PayMe

轉數快 FPS

* 請在備註中寫上捐款者姓名及聯絡電話，並把完成過數的手機截圖電郵或WhatsApp予本會作紀錄。

Please write down donor's name and mobile phone number in remarks, and send the confirmation screenshot to us by email or WhatsApp for issuing donation receipt.



聯絡資料 Contact Information

姓名 Name _____ (先生Mr / 女士Ms / 公司Company)

捐款人編號 Donor's Reference No. _____

電郵 Email _____

日間聯絡電話 Daytime Tel. _____

地址 Address _____

只想以電郵方式收取本會資訊 Please send me further communications by email.

以上資料只會作為發出收據及必須的聯絡使用，資料絕對保密。如不欲繼續收取本會通訊，請聯絡我們。

The information provided above is for issuing receipt and making necessary contact only. It will be kept in the strictest confidence. Please contact us if you do not wish to receive further communications.

請將填妥之回條 Please send the completed form

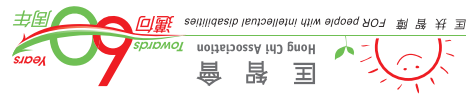
- 連同劃線支票寄回香港灣仔軒尼詩道15號溫莎公爵社會服務大廈705室匡智會傳訊及經費籌募部；或
With crossed cheque to Communications and Fund Raising Office, Hong Chi Association, Room 705, Duke of Windsor Social Service Building, 15 Hennessy Road, Wan Chai, Hong Kong; or
- 連同銀行自動櫃員機轉賬通知書(如適用)WhatsApp至9311 9651 / 電郵至cfr@hongchi.org.hk / 以郵寄方式交回本會籌募部
With ATM Customer Advice (if any) by WhatsApp to 9311 9651 / email to cfr@hongchi.org.hk / mail to our Communications and Fund Raising Office
- 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HK\$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

Freeport No. 37WCH
15 Hennessy Road, Wan Chai, Hong Kong
Room 705, Duke of Windsor Social Service Building
Hong Chi Association - Communications and Fund Raising Office
匡智會傳訊及經費籌募部
溫莎公爵社會服務大廈705室
香港灣仔軒尼詩道15號

如貼上郵票可為
匡智會節省HK\$2.2
Your extra stamp
can save us HK\$2.2

如在本港投寄毋須貼上郵票
NO POSTAGE STAMP
NECESSARY
IF POSTED IN
HONG KONG



Thank You!

多謝支持!

匡扶智障 For People with Intellectual Disabilities

匡智會——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104個服務單位，當中包括14所特殊學校及13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 a total of 104 service units, including 14 special schools and 13 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.

香港灣仔軒尼詩道15號溫莎公爵社會服務大廈705室
Room 705, Duke of Windsor Social Service Building,
15 Hennessy Road, Wan Chai, Hong Kong
電話 Tel: (852) 2661 0709
傳真 Fax: (852) 2866 0471
網址 Website: www.hongchi.org.hk
電郵 Email: cfr@hongchi.org.hk
香港稅局檔案號碼 Inland Revenue Department, HKSAR, File No: 91/466



WhatsApp



YouTube



Instagram



Facebook