



匡智會
Hong Chi Association

匡扶智障
FOR people with intellectual disabilities

SPOTLIGHT
愛 心 之 光

04/21

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The Puzzle of Life



足本訪問片段
Full Video Interview

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The Puzzle of Life

「教他某樣東西不只要講解數十次，甚至上千次他都學不會的時候，就當訓練自己要更有耐性。」
“He doesn't get what I say after teaching him more than a dozen times or even a thousand times. I need to train myself to be more patient.”

面對枱上零碎的拼圖，棠棠小心翼翼地將每塊拼圖放在合適的位置，慢慢砌出一幅美麗的圖畫。26歲的棠棠患有自閉症、中度智障及言語障礙，每天早上與爸爸Garry一同步行前往匡智藍田中心。短短15分鐘的路程，Garry一直緊握兒子的手，生怕棠棠隨時會跑到附近的店舖，關掉牆上的燈掣。完成日間訓練後，棠棠會拿起爸爸出門前為他預備好的拼圖，在家中消磨時間。

如父如子

除了喜歡玩拼圖，棠棠最愛參加戶外活動，Garry說：「他有我喜歡大自然的DNA，差不多每個週末都會結伴行山，他跟我一樣熱愛旅行，坐長途飛機完全沒有問題。」棠棠性格好動而且體能好，曾經跟爸爸一起完成多個城中運動賽事及參加行路上廣州的活動，共渡不少快樂時光。

難補傷痕

棠棠自小由太太照顧，直至兒子11歲時太太因病去世，自此Garry肩負起照顧兒子的責任。太太為兒子打好自理能力的基礎，大大減輕Garry的照顧壓力，但仍有束手無策的時候。「棠棠無法用言語說出自己的感受，曾經試過因為心情煩躁去咬人。除了即時制止他的行為，中心社工嘗試不同方法如給他咬嚼牙膠，讓他透過其他渠道宣洩被壓抑的情緒。」

慢慢地，棠棠戒掉了咬人的習慣，將無法說出口的不安情緒轉用雙手宣洩出來，不但用力拉扯自己的衣領直至鈕扣脫落，更會狠狠打自己的面頰來發洩情緒。看見兒子的面頰又瘀又紫，皮膚留下無法撫平的傷痕，Garry深感無奈，「即使如此，我情願兒子傷害自己，都不要傷害別人。」拿起針線縫補好兒子衣領上的鈕扣，Garry內心的傷痛卻難以修補。



Pieces of a fragmented puzzle were scattered on the table, Tong Tong carefully placed each piece in its own position which joined together into a beautiful picture. Tong Tong is a 26 year-old with autism, moderate intellectual disability and speech impairment. Every morning he walks to Hong Chi Lam Tin Centre with his father, Garry. Throughout the 15-minute walk, Garry grabs his son's hand tightly because Tong Tong may suddenly run into the shops nearby and turn off light switches on the wall. After the daytime training, Tong Tong returns home and starts working on a puzzle prepared by his father before getting to work.

Like Father, Like Son

Besides playing puzzles, Tong Tong also enjoys outdoor activities. “Loving nature is part of our DNA. We go hiking every weekend. He loves travelling as much as I do, and he has no problem in taking long-haul flights.” Garry said. Being an active and physically fit young man, Tong Tong has competed in some major sports events and Walkathons to Guangzhou with his father, sharing good times together.



A Scar that Won't Heal

Tong Tong had been taken care of by his mother until he was 11 years old when she got ill. Garry took up the responsibility to take care of his only child after his wife passed away.

Looking after Tong Tong was not as difficult as he thought because his wife had helped Tong Tong develop the necessary self-care skills. But still, parenting a child can be difficult, especially when he has challenging behaviours. “Tong Tong cannot express himself with words. He used to bite people when he felt uneasy. Social workers would stop his disturbing behaviour and try different ways such as giving him a mouth guard to help release his suppressed emotions.”

Gradually, Tong Tong has abandoned his bad habit of biting people. Since then, he has begun to pull his shirt collars hard until the buttons fell off or to hit his cheekbones fiercely as a way of dealing with his unspeakable feelings. Looking at his son's face with purple bruises and scars, Garry feels helpless as there is nothing he can do about it. “Even though I am upset by his self-harming behaviour, I never want to see him hurting others.” A ripped off button can be repaired but a father's hurt feeling can hardly be fixed.

一起拼出未來

The Puzzle of Life

面上的疤痕是兒子傷害自己的印記。Garry手背上清晰看見一條如蜈蚣般長的疤痕，記錄著父子二人一段難以磨滅的經歷，也讓Garry上了重要一課。兩父子每日習慣一起洗澡，有次棠棠突然發脾氣，在濕滑的浴室地板上跳個不停，Garry情急下用手大力按住兒子，結果二人雙雙滑倒在地上，「我整個人首先著地，初時以為手指尾撞甩骹，嘗試自己『啪』回位，照過X光才發現手指尾骨折，最後要留院做兩個小時的接駁手術。」Garry笑說傷口表面已經康復，但伸展幅度及用力都大不如前。「幸運地，棠棠沒有半點受傷，若然他跌倒撞傷頭部，我會很自責。這道疤痕教曉我與兒子相處不能心急，尤其他情緒失控的時候。」



Tong Tong's self-harming behaviour has left bruises and scars on his body. Garry also had a large scar on his hand. It was not only an unforgettable experience, but also a life lesson for him. They usually have shower together every day. One day, Tong Tong suddenly lost his temper and started jumping up and down when they were in the shower. Garry tried to hold him back from jumping on the wet floor. Both of them slipped and fell. "I put out my hand to break the fall. I thought my little finger was dislocated so I tried to pop the finger back into the joint by myself. But after an x-ray examination, the doctor said my little finger was fractured and needed a 2-hour operation to fix it." Garry said. Although the scar has faded, his broken finger has become stiff to move. "Luckily, Tong Tong didn't get hurt at all. I would blame myself if something happened to him. After that incident, I realized that I need to be more patient especially when my son is losing his temper."

管教也是愛

二人一起出外，棠棠因為不停擺動雙手而無意間觸碰途人，Garry會即時制止兒子的行為，然後跟對方道歉並解釋兒子的行為不是出於惡意，多數情況下都會得到對方的諒解。「即使智障孩子也需要好好管教，要學習守規矩，智障也不是『大晒』。」言行管教，是Garry對兒子一種愛的體現。

Teaching is an Act of Love

When they go out together, Tong Tong sometimes shakes his hands repeatedly and causes irritation to some of the people around him. Garry usually stops him immediately and apologizes for what his son does. People often show understanding when they know he does not do it on purpose. "Even though he has intellectual disabilities, he needs to learn how to behave well." Garry disciplines Tong Tong for his good to show his love for him.

學習放手

一直以來，Garry每晚都會跟棠棠講床邊聖經故事，共享父子二人獨處的時間。即使父子經常形影不離，Garry早已為兒子安排輪候政府資助的院舍宿位，終歸院舍才是棠棠的終點站。為兒子鋪好日後的路，自己少一份擔憂，又可以陪伴棠棠早點適應院舍生活，對二人都是最好的安排。「先讓棠棠每星期留宿1至2日開始，讓他慢慢習慣院舍生活。」捉得再緊的手，最後也得要放開。

Learning to Let Go

Garry and Tong Tong have a bedtime story ritual, sharing bible stories and quality time together. Although the father-and-son pair look inseparable, Garry has been queuing for a government-subsidized hostel place for his son because he knows his son has to spend his life in hostel permanently. By paving the way for his child's future, Garry can ease his worries about his son, and help Tong Tong start the next chapter of his life with him being there. "He can start with spending a day or two in hostel at the beginning and slowly get used to hostel life." No matter how hard he grasps his hands, there comes a time when he needs to let go.

捨得棠棠嗎？

「我相信上天自有安排，萬事皆有出路，我也總得放手讓兒子走自己的路。怎說我都會比他先走一步，不如及早做好規劃，為子女安排最合適的服務，即使結果不似預期，我也有時間再想辦法。」在不斷嘗試及摸索間，Garry跟兒子共同拼出屬於他們的人生旅途。即使未必拼出完美無瑕的畫面，然而每一塊人生拼圖背後，都包含著無微不至的愛與關懷。

Are you going to miss Tong Tong?

"Everything goes as it should be. I have to let my child walk his own path. I will die before my son, so I better make the best possible arrangement for him as soon as I can. If my plan doesn't work, I still have time to figure out what to do." They keep searching, finding and gradually seeing their life puzzle coming together. It may not be a perfect one but each life puzzle is filled with selfless love and care.

提早祝願每位爸爸媽媽，母親節及父親節健康快樂。

Our warm wishes to all parents. Happy Mother's and Father's Day.



推出全新網頁

New Website Launch

匡智會的全新網頁經已正式登場！網址維持不變，歡迎瀏覽 www.hongchi.org.hk 了解本會的最新動態。

為了讓新網頁更方便易用，我們加入不同的設計元素，包括採用簡潔、清晰的介面，以及回應式的版面配置，即使訪客採用不同尺寸的電子裝備，頁面亦會自動調節至合適大小，方便閱覽。與此同時，新網頁不但連結本會設於 YouTube、Facebook、Instagram 及 LinkedIn 的社交平台專頁，更新增多個電子捐款平台，令捐款流程更快捷省時，善心人可隨時隨地捐款支持我們匡扶智障的工作。歡迎大家到訪匡智會全新網頁，關注我們的最新動向。



We are pleased to announce the launch of the brand new website of Hong Chi Association! The new website's URL remains unchanged, please visit us at www.hongchi.org.hk and stay informed about Hong Chi's latest updates.

To make the brand new website more user-friendly, we have included various design elements making it responsive and simple to use across all electronic devices. No matter which electronic device that you use, the website can be automatically adjusted to fit different screen sizes, resolutions and orientation. Meanwhile, the Association's YouTube, Facebook, Instagram and LinkedIn sites are all directly connected to the website, while new online donation platforms have been added to the website, making the e-donation experience faster and simpler to caring donors. Please visit our new website and stay current with our Association's updates anytime, anywhere.

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捐款箱，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。



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 interested in participating, 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
	慶鈺堂中醫診所 Ching Yu Tong
	海鑽天賦海灣會所 Clubhouse, The Graces Providence Bay
	峻嶺戶外體育用品 Blue Mountain Sports
	藏•休息 Rest Foot Company
由 5.5.2021 至 20.6.2021 From 5.5.2021 - 20.6.2021	程班長台灣美食 Cheng Banzhang Taiwan Delicacy
	鴻福堂 Hung Fook Tong

新增電子捐款途徑

New Digital Donation Platforms

由現在起可透過 PayMe、AlipayHK 及轉數快隨時隨地捐款支持我們匡扶智障的工作。只需以手機掃描以下二維碼，便可立即進入匡智會所屬的捐款頁面，簡單快捷。

Donate anytime, anywhere through PayMe, AlipayHK and Faster Payment System (FPS) in supporting our work for people with intellectual disabilities. Simply scan the QR codes below and you can make a donation at the Hong Chi page in-app.



PayMe



支付寶香港
AlipayHK



轉數快
FPS

漫漫長路，請繼續與我們並肩同行

Please Support Hong Chi and Walk with Caretakers

去年突如其來的一「疫」，令智障孩子和他們的父母猶如置身困獸鬥中，家長除了要安撫智障子女因日常規律被打亂而出現的不安情緒，忙於防疫抗疫同時更要處理生活及工作上的事情，來自四方八面的壓力著實令人吃不消。

近日疫情轉趨緩和，我們的服務單位亦逐漸恢復全面服務，為學員及家長提供各類訓練及支援。然而，當父母期望子女重回中心後可暫時歇息之際，智障孩子卻因短時間內再次遇上生活時序的轉變，或感無所適從，這對照顧者而言，無疑是另一個挑戰。

前線同事除了努力協助學員慢慢重新適應日常訓練流程，更與家長緊密溝通，了解學員情緒及行為問題背後的原因，透過個別指導和重複教導，讓學員學習表達情緒及需要。社工同事同樣關注照顧者的需要，時常聯絡家長了解他們在家防疫的情況並適時給予慰問及支援。為了讓留在家中的學員能夠繼續恆常接受訓練，同時減輕家長的照顧壓力，中心也準備網上教材套以及為有需要的學員擬定家居訓練項目及內容。

無論何時，照顧者無時無刻都面對著身體或心靈上的挑戰。前面要走的路仍很長，懇請大家繼續與智障人士及其照顧者同行，捐款支持我們的工作。

The pandemic has made everyone tense up, especially those intellectually challenged and their parents. Apart from having to deal with emotional outbreaks, due to sudden changes in the daily routine, of their children with intellectual disabilities, stressed out caretakers also have had no choice but to laboriously manage to balance between their daily life and work, and such added workload have suffocated parents.

As the Covid-19 development appears to be getting more stable these days, our service units have gradually resumed the provision of full-fledged services and supports to trainees and parents respectively. Children going back to receiving training should be a chance for parents to rest. However, such a switch in schedule has once again caused restlessness in trainees, which has brought another challenge to parents.

In the hope of alleviating parents' stress as well as to help trainees to readapt to the training routine in centres, frontline staff has been in close communication with parents to understand more the reasons behind trainees' emotional and behavioural problems, so as to make appropriate training plans to help trainees to establish suitable channels to express their feelings and needs. Social workers in centres also have built tight connections with parents by regularly contacting them through online communication tools to see how they are doing at home and to show support and caring. In order to keep at-home training among trainees, centres have also prepared online training sets for parents while hoping to reduce the pressure of taking care of their children during the stay-home periods.

Caretakers face different challenges all the time when taking care of children with intellectual disabilities. We sincerely seek your support and for you to walk alongside caretakers and their loved ones on this lifelong journey.



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\$ _____，以支持匡智會的工作。(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 Hong Chi Association. (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

請登入「匡智會」網頁 (www.hongchi.org.hk)，揀選「一般捐款」
Please visit Hong Chi's website (www.hongchi.org.hk), and select "General 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: _____

現金捐款 By Cash Deposit

- 匯豐銀行戶口 HSBC account: **002-318053-004**
- 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:

1. 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
2. 連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
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

社企營運員工飯堂

Grand Opening of hc:Watson

感謝屈臣氏全力支持，位於屈臣氏大埔工業村的員工飯堂 hc:Watson 於今年1月正式開業，為屈臣氏職員提供餐飲服務，並讓智障學員得到更多餐飲訓練及實習的機會，期望未來為學員開拓更多就業機會。

With the full support of A.S. Watson, our social enterprise office operates a new canteen hc:Watson located at the Tai Po Industrial Estate in January this year. The canteen provides catering services to the staff, as well as offering training and employment opportunities for our trainees with intellectual disabilities so as to promote their chance of open employment.



新春慈善線上跑

New Year Charity Online Run

本會於2月至3月舉辦的首個新春慈善線上跑經已圓滿結束。我們期望透過活動鼓勵大家在疫情期間持續運動，既可強身健體之餘，更可藉此帶出友愛共融的信息。是次線上跑分3公里及10公里路程，完成賽事的參加者獲得由匡智學生John Louis畫作設計的牛牛家族「走出迷宮」完成獎牌、電子證書及精美禮物包。活動吸引逾300位跑手參加，所籌得的善款將用於本會服務智障人士的工作。

The Association's fun-filled New Year Charity Online Run has been held between February and March for the very first time. Members of the public were invited to join the 3km and 10km online runs not only to strengthen their bodies and minds, but also to spread a positive message of social inclusion. Each finisher was rewarded with a cute "Out of the Maze" finisher medal designed with the Ox Family painting drawn by Hong Chi student John Louis, an e-certificate and a finisher package. A total number of over 300 participants participated in the online event. The funds raised will be designated to support our services for people with intellectual disabilities.



新春同賀牛年

Celebrating Lunar New Year

踏入牛年，匡智賽馬會松嶺日間活動及住宿大樓，以及匡智賽馬會松嶺職業訓練大樓的同工擺放七彩繽紛又好意頭的年花，讓住宿學員感受新春賀年氣氛，一同開心迎接牛年。

As the Year of the Ox approached, Hong Chi Jockey Club Pinehill Day Activity and Residential Complex, and Hong Chi Jockey Club Pinehill Vocational Training Complex were decorated with auspicious floral arrangements and plants to add a festive atmosphere, as well as to bring joy to trainees living in the hostels.



捐贈抗疫物資

Donate Anti-epidemic Products



衷心感謝艾伯維有限公司於2021年2月分別捐贈540盒口罩、540盒酒精搓手液等抗疫物資，以及過百套繪畫套裝和帆布袋予匡智之家、匡智水泉澳之家、匡智賽馬會松嶺宿舍等180位舍童及學員，讓他們在疫情期間感受到社會人士的關愛及支持。

Sincere thanks go to AbbVie Limited for donating 540 boxes of medical masks, 540 sets of hand sanitizers, over a hundred sets of drawing kits and canvas bags to 180 children and trainees of Hong Chi Children Home, Hong Chi Shui Chuen O Children Home and Hong Chi Jockey Club Pinehill Hostel, bringing warmth and caring support to people in need during this pandemic period.

可再生能源傑出大獎

Renewable Energy Excellence Award

感謝香港賽馬會慈善信託基金慷慨撥款1,500萬資助本會學校安裝太陽能光伏系統。本會在中電「創新節能企業大獎」2020中獲頒「可再生能源傑出大獎」，表揚本會為屬下13所屬校安裝太陽能光伏系統，致力提高學生的環保意識；而老師亦可透過實時的聯校監測系統平台，多方面取材並運用在STEM教學上。

Our appreciation goes to The Hong Kong Jockey Club Charities Trust for donating \$15 million to Hong Chi schools for installation of solar photovoltaic systems. Hong Chi was awarded with the Renewable Energy Excellence Award in the CLP Smart Energy Award 2020. The Award recognized our efforts to enhance students' environmental awareness by the installation of solar photovoltaic systems in our 13 schools. Also, our teachers can make use of the data or the resources from the joint schools real time monitoring system platform on STEM teaching.



40周年校慶

40th Anniversary

匡智松嶺第三校於3月20日舉行「40周年校慶典禮」，師生和家長一同回顧學校的發展歷程及分享學生成長的喜悅，並邀請了教育局首席助理秘書長(特殊教育)黎錦棠先生親臨主禮；亦以線上形式發布了校本「以關愛、溝通、適應策略提升嚴重智障低口語自閉症學童之溝通能力」的研究報告。

Hong Chi Pinehill No.3 School hosted its 40th anniversary ceremony on 20 March to celebrate its remarkable development and to share the happiness of the students' growth with guests, parents, teachers and students. Mr Lai Kam Tong, Godwin, Principal Assistant Secretary (Special Education) of the Education Bureau, officiated at the ceremony. Their study on "Enhancing the Communication Ability of Students with Severe Intellectual Disability and Low Verbal Autism by using CRAFT (Communication X Relationship X Adaptation: A Flourishing Transformation) Strategies" was also released online on that day.



學校邀請了微型藝術家安泰(原名:戴佑安先生)，與家長和師生合力創作微型校舍。

School invited On Tai (originally named Mr Tai Yau On), a miniature artist, to create the miniature of school campus with parents, teachers and students.

聯校教職員 專業發展日

Joint Schools Staff Professional Development Day

本會一年一度的屬校教職員專業發展日已於2020年12月18日舉行，主題為「抗疫同行 守護立新」。為應對疫情，發展日首次以網上形式進行，逾650位同工參與；上午環節邀請了香港大學精神科學系名譽臨床副教授廖廣申醫生(右3)主講，下午則安排了6個不同主題的講座。

To cope with the pandemic, the first-ever online Joint Schools Professional Development Day was successfully held on 18 December 2020 with more than 650 staff from our schools participating. The theme was "Fight Virus Together, Cherish our Values". Dr Liu Kwong Sun (3rd right), Honorary Clinical Associate Professor of the Department of Psychiatry of The University of Hong Kong, was invited to be the keynote speaker in the morning session while 6 other parallel sessions with various topics were arranged in the afternoon.



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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99個服務單位，當中包括14所特殊學校，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 serving people with intellectual disabilities and their families. We operate 99 service units, including 14 special schools, to provide comprehensive services primarily 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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