



# 協康

heep hong express

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計劃

全方位支援  
ADHD學童

All-Round Support for ADHD Students



談到「專注力不足及過度活躍症」(ADHD)，大部分人都會把焦點放在兒童專注力及活躍度的問題上，而忽略了他們可能同時患有一種或以上的發展障礙如動作協調障礙、學習障礙、行為問題等。此等障礙對他們的生活和學習構成不同程度的影響。為了讓大眾對ADHD兒童有更全面的認識，本會於八月底推出「火星小人類」ADHD 學童支援計劃，率先為他們提供全面的治療服務。

參與是項計劃的協康會教育心理學家翁偉傑表示，ADHD兒童就仿如一群由火星來的孩子；他們自控能力十分薄弱，經常在學習、工作及與人相處時「引起火頭」，故計劃特別以此命名。他指本港現時專為ADHD兒童而設的治療方法多限於行為治療，因應他們的其他障礙而設的治療如動作協調、社交及情緒訓練更形缺乏。由新濠國際發展有限公司贊助的「火星小人類」ADHD學童支援計劃正好填補此空隙。

Most people may not be aware that children with Attention Deficit and Hyperactivity Disorder (ADHD) are suffering from multiple disorders such as Developmental Coordination Disorder (DCD), learning disorders and behavioural disorders at the same time which trouble their daily lives. To arouse public awareness and understanding of these children, Heep Hong Society pioneered a support project in August 2007. Funded by Melco International Development Ltd, the project provides comprehensive therapeutic services for these children.

Mr Trevor Yung, Educational Psychologist of Heep Hong Society, pointed out that while professional training for ADHD children has mostly been restricted to behavioural therapy, this project is unique in emphasising both psychological and therapeutic training for children with composite disorders. "The Society's psychologists and therapists join hands to assess individual children on their motor coordination, self-care ability, emotional disposition and socialisation, as well as the form of training adopted by their parents," Mr Yung added. The children will then be assigned to appropriate groups or interest training classes according to their assessment results.

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翁偉傑續稱，計劃最大的特色是由本會的心理學家聯同職業治療師、物理治療師，為學童提供全面的服務評估。我們先了解學童的動作協調能力、自覺能力、情緒社交及家長管教方式，然後再按評估結果建議相應的訓練小組及興趣班。

此計劃還包括一系列的家長工作坊及教師講座，以及出版一本ADHD小冊子。首階段的服務評估已於2007年8月底完成，以就讀小學並患有ADHD的學童為對象。翁偉傑表示外界對計劃反應十分熱烈，報名人數遠超於既定名額。經甄選後，共有五十六名ADHD學童被揀選參加不同的訓練小組及社交興趣班，藉此改善他們的感覺認知、組織能力、專注力、身體平衡和情緒控制。

ADHD並不如它的名稱只是「專注力」及「過度活躍」的簡單症狀，而是一個複雜的發展性障礙，需要醫生、心理學家、物理治療師、職業治療及老師聯手才能夠有效照顧學童多方面的需要。我們相信只要有適切的訓練，「火星小人類」也能盡展潛能，享受愉快的童年生活。

Apart from child assessment, the support project also covers a series of parent workshops, teacher seminars and production of a booklet on ADHD training skills. The service target is primary students with ADHD. The assessment was conducted in August. The response to the assessment was very encouraging and the applications exceeded our quota. Mr Yung said the applicants were screened and 56 children were selected to join various training groups and social interest classes, with the aim to improve their sensory perception, organisation ability, attention span, physical balance and emotional control.



ADHD is much more than a disorder related to short attention span and hyperactivity. It is in fact a complex developmental disorder that requires the close collaboration between doctors, psychologists, physiotherapists, occupational therapists and teachers. We believe that the potential of ADHD children can be fully developed under timely and appropriate therapeutic training.

A series of seminars on ADHD for parents and teachers will be held in April and May 2008. Please visit our web([www.heephong.org](http://www.heephong.org)) for details.



計劃將於2008年4至5月舉行連串家長及教師講座，其中有一場專為任教於主流學校的老師而設的，詳情請留意本會的網頁 ([www.heephong.org](http://www.heephong.org))。



## 社署署長 探訪灣仔中心

### Director of Social Welfare Visited Our Wanchai Centre

為了了解特殊幼兒服務的訓練情況，社會福利署署長余志穩先生在11月7日探訪了本會灣仔中心。在本會總幹事曾蘭斯及委員歐陽卓倫醫生陪同下，署長參觀中心的各項設施及學童的受訓情況。除會見家長外，署長並與曾蘭斯總幹事及歐陽醫生就學前特殊教育服務的發展交換意見。

To keep updated on the training of children with special needs, Mr Stephen Fisher, Director of Social Welfare Dept visited our Wanchai Centre on 11 July 2007. Mr Fisher, accompanied by the Society's Director Ms Nancy Tsang and our Board Member Dr Henry Au Yeung, toured around the Centre to understand various facilities and observe the classes of children. Besides meeting some children's parents, Mr Fisher, Ms Tsang and Dr Au Yeung exchanged their views on the development of special education for pre-school children.



## 新綜合服務中心

## 明年啓用

### New Mixed-mode Centre at Tseung Kwan O in 2008

配合西貢及東九龍區的人口增長及幼兒服務需求，本會成功爭取在將軍澳坑口開設新中心，預計於2008年啟用，屆時與同區的陳宗漢中心並肩為該兩地區的居民提供服務。新中心可提供50個特殊幼兒位，及44個早期教育及訓練中心位。新中心的設計以「孩子的天空」為意念，寓意孩子可以在無盡的天空下發揮所長。

To cater for the growing population and demand for special education service at Sai Kung and East Kowloon, Heep Hong Society succeeded in bidding for a new centre at Hang Hou, Tseung Kwan O which will be in operation in 2008. With 50 Special Child Care and 44 Early Education and Training places, the new Centre will work together with our Chan Chung Hon Centre in the same district to provide more comprehensive services for the two districts.

2008

年第一季



童途

有您

每月捐款者聚會

### Monthly Donor Gatherings in Jan-Mar 2008

為了讓每月捐款者可以親身接觸本會小朋友及瞭解本會服務，我們定期與本會27間中心合辦每月捐款者聚會，2008年第一季的聚會正期待著您的參與。捐款者欲參加1月份活動的，請致電3618 6322 梁先生報名。有關第一季的活動詳情，請瀏覽本會網頁 ([www.heephong.org](http://www.heephong.org))。

Seeing is believing. We regularly organise gatherings for our donors to meet children under the care of our 27 centres so that they may better understand our services and the children's needs. If you wish to register for gatherings in January, please contact Mr Terry Leung at 3618 6322. For more details of programmes scheduled in the first quarter, please refer to Heep Hong's website ([www.heephong.org](http://www.heephong.org)).

日期及時間 Date /Time	活動內容 Activity
12/01/08 (六) 9:00am – 5:00pm	大埔雷瑞德中心—海洋公園之旅 Trip to Ocean Park Trip for Children at Alice Louey Centre, Tai Po
18/01/08 (五) 10:00am – 3:00pm	環翠中心—小小奧運會 Mini-Olympics of Wan Tsui Centre
19/01/08 (六) 10:00am – 6:00pm	大口環慶華中心—社區共融嘉年華暨開放日 Social Integration Carnival cum Open Day of Catherine Lo Centre, Sandy Bay
22/01/08 (二) 10:00am – 12:00pm	上水天平中心—兒童生日會 Birthday Party for Children at Tin Ping Centre, Sheung Shui,
26/01/08 (六) 2:30pm – 5:30pm	大埔雷瑞德中心—開放日 Open Day of Tai Po Alice Louey Centre



**Hands Joint with Citic Ka Wah for Sand Sculpture Day**

11月24日，屯門黃金泳灘洋溢著一片溫馨愛意。30名中信嘉華銀行的義工隊隊員，帶領著本會超過30名小朋友及其家長，在沙灘進行堆沙比賽。當比賽完成後，沙灘上堆滿各式各樣，創意無限的作品，贏得不少市民的掌聲。



On 24 November, over 30 volunteers from Citic Ka Wah Bank accompanied 30 of our children and their parents to take part in a fun-filled Sand Sculpture Competition at Golden Beach, Tuen Mun. Having completed the competition, the beach displayed various creative sand sculptures that won applause from the public.

**「社區全接觸」西貢區議會全力支持**

**Social Adaptation Project at Sai Kung**

為深化社區人士對共融社會的重要性，本會獲西貢區議會贊助、社會福利署黃大仙及西貢區福利辦事處協助，主辦了「社區全接觸」計劃。計劃自5月份展開以來，已有逾百名本會有特殊需要的小朋友參加了不同的社區適應訓練及活動，如游泳、騎馬、日營活動、剪髮等，幫助他們盡早融入社會。

Heep Hong Society organised a social adaptation project which had served over a hundred children with special needs to experience different kinds of social activities since its kick-off in May 2007. Funded by the Sai Kung District Office and supported by the Social Welfare Department's Wong Tai Sin & Sai Kung District Welfare Offices, the Project aimed to better prepare these children to adapt into the community.



**愛心洋溢賀聖誕**

**Corporate Partners Bring Joy and Warmth this Christmas**



踏入12月，不少商界夥伴都熱心贊助及支持本會各中心之聖誕活動，為本會的小朋友送上歡樂。當中包括恒生銀行、馬莎百貨、Glu Mobile、九龍香格里拉酒店、巴黎咖啡店及有利食品有限公司等。

This December, a number of corporate partners supported our Christmas activities for children with special needs. They include Hang Seng Bank, Marks & Spencers (Asia Pacific) Limited, Glu Mobile Ltd, Kowloon Shangri-la Hotel, Paris Café and Decato Food & Beverage Ltd.

**「第一屆廣州國際孤獨症論壇」反應空前熱烈**

由協康會、中山大學附屬第三醫院、廣州市殘疾人聯合會（廣州市兒童孤獨症康復研究中心）合辦的「第一屆廣州國際孤獨症論壇」於11月23日至25日在廣州圓滿結束。論壇反應空前熱烈，為國內同類型研討會中最具規模及最多人參與的一個。當日約400名同業出席，當中有100名分別來自香港、台灣及馬來西亞。緊接論壇後，本會為超過120名專業人員主持為期3天的培訓班。

**"1st Guangzhou International Forum on Autistic Spectrum Disorders"**

The above-captioned Forum was successfully held on 23-25 November 2007 in Guangzhou, China. Amongst the 400 participants attending the three-day interactive forum, over 100 came from Hong Kong, Taiwan, Macau and Malaysia. Jointly organised by Heep Hong Society, the 3rd Affiliated Hospital of Sun Yat-sen University, Guangzhou Disabled People's Federation (Guangzhou Rehabilitation and Research Center for Children with ASD), it was the largest conference on autism ever held in Mainland China. Following the Forum, Heep Hong conducted a three-day training workshop on autism for over 120 practitioners.





# 走進自閉症人士的腦袋裏

## Explore the Minds of Autistic People

阿田和阿堅都是患有自閉症的青年，曾在協康會接受服務及訓練。協康會「家長資源中心」於2007年7月舉辦「非一般青年在途上」分享會，他們分別在會上表示外界無法明白自閉症人士的思維方式。阿田和阿堅嘗試帶您走進他們的腦袋去，希望大眾對自閉症人士有更深的瞭解和包容。

Austin and Tony are autistic teenagers. Both have received training from Heep Hong Society. On a seminar held by the Heep Hong Parents Association in July 2007, they led us into their minds hoping that the public would better understand and accept autistic people.



### 社會人士瞭解你們嗎？

### Do the public understand autistic people?

阿堅：我們有自己一套的表達方式，一般人不明白我們，當我們是外星人看，我們溝通時好像打電話搭錯線一樣。

阿田：不明白。我小時候，好想外出，但媽媽總不願意帶我出外，經常把我關在家中，當時真的不开心...其實他們都無嘗試了解我內心的感受。

Tony: We have our unique way of communication. Other people may not understand us and treat us like aliens. Our communication with the public is somewhat like hooking onto the wrong line.

Austin: No, they don't understand us. I remember when I was little, I longed to go outside but my parents often kept me at home. I was very unhappy and wondered whether my parents cared about my feelings.

### 為什麼你們喜歡自言自語？

### Why do you like talking to yourselves?

阿田：由於我們語言溝通技巧有限，故當我們想表達時，很容易會代入虛擬的角色及情境，嘗試透過角色扮演來預習與人對話，不明白的人就認為我們喜歡自言自語。

Austin: Our communication skills are weak, so when we want to express ourselves, we have to rehearse the conversation in a simulated role and situation aloud. Those who do not understand us may think we like talking to ourselves.

### 你們對旋轉的東西特別著迷？

### Is it true that you are fascinated by spinning objects?

阿堅：是，我們好容易被有速度感的東西如課室裏的吊扇，行走中的車輛吸引，因為從中可以得到感官刺激。所以上課時，老師經常投訴我們不專心。

Tony: True. We are easily captivated by something fast-moving such as a ceiling fan in the classroom or a moving car on the street that gives us sensory excitement. As a result, teachers often blame us for being inattentive in class.

### 自閉症人士是否不喜歡與其他入溝通？

### Are autistic people unsociable?

阿田：當然不是。我們很渴望與普通人做朋友。與正常朋友一起時，我們會感到突然好似痊癒了，好像與一般人無異，對於我們融入社群有好大幫助。

阿堅：我曾經入讀特殊學校，後轉讀普通學校，有機會與正常同學相處，雖然總不免有被欺凌的不愉快經歷，但我學到與人相處的技巧。若讓我重新選擇，我也會選擇入讀普通學校。

Austin: Of course not. On the contrary, we are eager to befriend normal people. Being their friend make us feel normal all of a sudden. Their acceptance helps us integrate into the community.

Tony: I was admitted to a special school before being transferred to a normal one where I learned the skills of socialising with others despite the occasional unpleasant experience of being bullied. If I were asked to make the choice again between a special school and a normal one, I would still choose the latter.

### 你們對將來有什麼期望？

### How do you see your future?

阿田：我希望將來可以有自己的家庭和子女，但我知道並不容易。

阿堅：夢想是做歌、影、視三棲的藝人。回到現實，最想可以有機會回報父母對我的養育之恩，他們為了我真的好辛苦。

Austin: I hope I can have my own family and children, but to me this is a dream.

Tony: My dream is that one day I could be an all-round singing, movie and TV artist. But to be more realistic, I hope I can look after my parents in return for their unconditional love and care in raising me.

大部份人都用「自閉」來概括自閉症人士的行為，阿田和阿堅的心聲反映他們無意自我封閉，只是思想和表達的方式有異於一般人而已。

What they told us reflects that autistic people are not closed or unsociable, only that their way of thinking and expression is a little out of the ordinary.



2008年2月2日賣旗日  
招募義工



## Volunteer Recruitment for Flag Day on 2 February 2008

協康會會於2008年2月2日(星期六)在港島區進行賣旗籌款活動，為轄下的家長資源中心籌募經費，為有發展障礙的兒童及其家庭提供更適切的治療及支援服務。現誠邀個人或團體義工於當日協助賣旗，同時歡迎攜同十四歲以下小童，以「親子賣旗」的形式參與。有興趣成為賣旗日義工的朋友，請填妥「義工報名表」並傳真至 2776 1837。如有任何疑問，歡迎致電3618 6326查詢。



Heep Hong Society was authorized to sell flags in the Hong Kong Island region on 2 Feb 2008 (Sat) to raise funds for its Parents Resource Centres that provide comprehensive support and counseling services to children with special needs and their parents. We invite individuals and groups to be volunteers and sell flags on the day. Children under 14 accompanied by parents are also welcome. Please fill out the volunteer recruitment form (right) and fax back to 2776 1837. For enquiry, please call 3618 6326.



### 賣旗義工登記表格 Volunteer Enrollment Form

姓名 Name : \_\_\_\_\_ 年齡 Age : \_\_\_\_\_

電話 Tel : \_\_\_\_\_ 手提 Mobile : \_\_\_\_\_

電郵 E-mail : \_\_\_\_\_

地址 Address : \_\_\_\_\_

十四歲以下小義工姓名(如適用) : \_\_\_\_\_

Name of accompanying child aged below 14 (if applicable)



### 捐款表格 DONATION FORM

本人 / 機構樂意捐助協康會，讓有特殊需要的兒童及其家庭獲得所需的訓練及輔助服務。  
I would like to make a donation to Heep Hong Society to provide training and support services for children with special needs and their families.

姓名/機構 Name / Organisation : \_\_\_\_\_ 先生/太太/女士 Mr / Mrs / Ms

地址 Address : \_\_\_\_\_

電話 Tel : \_\_\_\_\_ 電郵 E-mail : \_\_\_\_\_

#### 每月捐款 Monthly Donation

##### 捐款金額 Amount of Donation

☐ \$1,000 ☐ \$500 ☐ \$200 ☐ 其他 Others \$ \_\_\_\_\_

##### 捐款方法 Method of Donation

- ☐ 信用卡 (請填妥右方信用卡資料)  
Credit card (Please fill in your credit card information at the right)
- ☐ 銀行戶口自動轉賬 (自動轉賬授權書將於稍後寄上)  
Direct debit from Bank (The direct debit authorization form will be sent to you later)

#### 備註 Notes

- 請把填妥的捐款表格連同劃線支票或銀行存款收據正本寄回香港九龍大坑東東裕樓地下1號。  
Please send the completed form together with a crossed cheque or an original copy of the bank-in slip to G/L, Tung Yu House, Tai Heng Tung Estate, Kowloon, Hong Kong.
- 如以信用卡捐款，可把表格傳真至 (852) 2776-1837。  
For donation through credit card, you can fax this form to (852) 2776 1837.

上述個人資料只供聯絡之用，絕對保密。如需更改個人資料，請與企業發展部聯絡。

Data collected will be treated in confidence and will be used for communication purposes only. For alteration of personal particulars, please contact Heep Hong's Corporate Development Department.

電話 Tel: (852) 2776 3111 傳真 Fax: (852) 2776 1837 電郵 Email: cdd@heephong.org

#### 一次過捐款 One-off Donation

##### 捐款金額 Amount of Donation

☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 Others \$ \_\_\_\_\_

##### 捐款方法 Method of Donation

- ☐ 劃線支票 (抬頭請寫「協康會」)  
Crossed cheque (please make payable to "Heep Hong Society")
- ☐ 直接存入恒生銀行戶口 Direct deposit to Hang Seng Bank account  
(戶口號碼 Account no. 280-348822-002)
- ☐ 信用卡 ☐ VISA ☐ MasterCard ☐ American Express  
Credit card (本會匯款免手續費 Handling charge will be waived)
- 信用卡號碼  
Card No : \_\_\_\_\_
- 信用卡持有人姓名  
Cardholder's name : \_\_\_\_\_
- 有效日期至  
Expiry date : \_\_\_\_\_ 簽署  
Signature : \_\_\_\_\_

3. 每月銀行自動轉賬及信用卡匯款日期分別為7號及15號。每月捐款在信用卡到期日後自動延續，直至閣下另行通知為止。

Monthly transactions will normally be processed on or about the 7<sup>th</sup> day and 15<sup>th</sup> day of the month for bank autopay and credit card respectively. Upon expiry and renewal of a credit card, monthly donations will continue unless notified otherwise.

4. 一年內累積捐款達兩萬一百元以上可獲收據申請稅項減免。

Accumulative donations of HK\$100 or above are tax-deductible with a receipt.