

heep hong exp



"All Cultures, All Races, All We Care",

A Support Network for South Asian Families with Children with Special Needs

居於香港的有特殊需要南亞裔孩子,在其成長過程 中,較本地其他同齡的小孩子,面對更嚴峻的挑戰。 他們的父母由於言語不通、文化及環境的差異、收 入不足等緣故,往往未能掌握恰當的育兒知識、及 早發現孩子的問題,又或善用社會的資源,以致有 特殊需要的孩子不能及早得到適切的服務及訓練, 影響他們日後的成長及發展。

為了讓這班兒童及其家庭得到有效的支援,協康會 獲公益金撥款,率先為這些家庭建立支援網絡,共 建「南亞是一家」的夢想,計劃為期兩年。

協康會區域經理張沛玲指出:「『南亞是一家』計 劃以家庭為單位,透過訓練去支援南亞裔家長,提 升他們對兒童發展障礙之認識, 了解及早介入的重 要性,令他們能夠善用自身、社區和文化資源,幫 助其有特殊需要的孩子。」

Comparing with their local counterparts, South Asian children with special needs living in Hong Kong face greater developmental challenges. Owing to language barriers, cultural and environmental differences and inadequate income, it is hard for their parents to grasp child-care knowledge, to identify problems of their children, and to make use of community resources to raise their children, especially those with special needs. In the absence of early intervention, the growth and development of their children is thus affected adversely.

To provide timely support to those children and their family as well as establishing a network for South Asian families, a two-year project "All Cultures, All Races, All We Care" has been launched with the funding support from the Community Chest of Hong Kong.

Ms Ada Cheung, Heep Hong's Regional Manager, said, "The project aims at equipping the South Asian parents with knowledge of children's developmental disorders and to raise their awareness of the importance of early intervention in the hope that they could make efficient use of their personal, community and cultural resources to help their children with special needs."

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另外,協康會專業團隊和家長代表,將針對南亞裔家庭的文化和居住環境的特性,為他們精心研製家長教育套,包括書本和光碟,內容涵蓋兒童語言及社交發展等多個範疇,並設有英文、尼泊爾語及巴基斯坦語三個版本。

為了提高下一代對兒童發展障礙的警覺性,和發揮守望



相助的精神,此計劃亦招攬 就讀南亞裔主流中學的青少年,參加義工大使課程,掌 握相關知識和技巧,藉以協 助有特殊需要的兒童。

就此項先導計劃,協康會將與其他機構合作,務求發揮協同效益;並透過會內的家長組織,促進本地有特殊需

青年義工 Teen volunteers 要兒童的家長與南亞裔同輩的交流,藉此互相支持;本地市民亦可擔任活動的義工,加深對彼此文化的認識。有關詳情可瀏覽稍後推出的計劃網站。

張沛玲表示:「計劃的成功絕非一個族群單方面的力量可以促成,關鍵在於整個多元社會的接納和支持。」她期望透過同實現「南亞是一家」的夢想,讓不同文化背景有特殊需要的兒童,擁有平等的機會,接受栽培和發揮所長。

過來人心聲分享:

原籍巴基斯坦的Ali,兩歲時被診斷有多方面的發展遲緩



Ali

聲,仍被視為正常。」她認為,現時本港南亞裔學校對 有發展障礙的兒童支援不足,坊間亦缺乏巴基斯坦語的 教材,令家長無法在家中訓練有特殊需要的孩子。

來自尼泊爾的Limbu,雖已居港十多年,但由於每日為口奔馳,加上言語不通的緣故,甚少參與本地社區活動,生活圈子裡似乎除了親戚之外,便是同鄉。直到次子因早產而接受協康會的訓練後,透過中心的戶外活動,Limbu一家才結識到其他跟他有相同經歷的家庭,他說:「透過這些活動,我加深了解和運用更多社區資源,感受到在培育有特殊需要孩子的路上並不孤單,期待日後認識更多同路人。」

Under the project, members from our professional team and parents will join hands to design a tailor-made parent training package comprised of books and a CD-ROM, to fit for the culture and norms of the South Asian families. The package is available in English, Nepalese and Urdu, covering a wide range of areas such as children's language and social skills development.

To raise the new generation's awareness of children's developmental problems and to promote mutual support among them, students from South Asian mainstream secondary schools will be recruited to join the Volunteer Ambassadors Scheme. The Scheme aims to equip volunteers with necessary knowledge and skills to help children with special needs.

Part of this pilot project will be conducted with other organisations in order to achieve the synergy effect. Besides, through our Parent Association, the local parents are encouraged to share and to provide mutual support to their South Asian counterparts. The local public is also welcome to be volunteers of the project to better understand the cultural differences. Further details will be available on the project's upcoming website.

Ms Cheung remarked, "The key to the success of the project lies not in one ethnic group, but in the acceptance and support of the entire community." She hoped that with such joint effort, children with special needs of different cultural backgrounds would be provided with equal opportunities to develop their potential.

Service Users' Sharing:

Of Pakistanis origin, Ali was diagnosed with developmental delay when he was two years old. After three-year's training, he has a remarkable improvement. Ali's elder sister said, "My brother is one of the lucky ones as people in my homeland do not know much about child development. It is considered to be normal even children at the age of two cannot speak." She also pointed out that the support from South Asian schools in Hong Kong to children with development delay is far from enough. Also, the lack of training materials in Pakistan's languages makes it difficult for parents to train children with special needs at home.

Limbu is a Nepalese living in Hong Kong for over a decade. As he is busy with bringing home the bacon and can't speak local language, his social circle is limited to his relatives and Nepalese. It's not until receiving services at Heep Hong upon the pre-mature birth of his younger son that he started to know other families with children of similar background. He said, "Through the activities organised by Heep Hong's centre, I have gained access to more



Limbu 與其次子 Limbu and his son

community resources. Now I am no longer feeling lonely in raising a child with special needs. I look forward to making more friends."

物剪影 profile

給他們發亮的機會

Let Them Shine

兩位廿歲出頭的年青人,一位外表文靜、舉止成熟穩重,在快餐店當侍應:另一位帶有陽光氣息、笑容親和,在社福機構任活動助理。共通之處,是二人都是香港少數能獲取就業機會的自閉症青年。

在快餐店工作的德誠,是協康會與MSIG合辦的自閉症青年職前訓練計劃的學員。初次見面,德誠便主動跟筆者握手問好,之後的訪問裡,他總是深思片刻,才有條理地逐點回應筆者的提問,流露出其謹言慎行的一面,不難相信,他曾下一翻功夫,將課堂所學的待人接物和解難技巧加以運用。

餐廳裡每日朝七晚五的工作,熙來攘往的食客,並沒有嚇退他, 反而磨鍊了他從困難中學習的意志。他說:「這份工作讓我學懂 如何主動跟陌生的顧客微笑打招呼,控制自己交淺言深的意欲、 多管閒事的性格;學懂如何有技巧地收拾餐具、舖墊托盤,在尋 求潔淨與效率之間拿捏得宜;也學懂在氣憤難下時,更要忍讓的 道理。」

在協康會工作的研仔,初入職時,表現沉靜,即使同事主動打開 話匣子,他亦以工作時工作為理由,謝絶回應。年半後的今天, 他仍然是專注地做事,但下班時已能主動地向同事請教工作以外 的問題,跟同事有問有答,他那「禮多人不怪」的性格,更不時

引起同事的會心微笑。

研運曾香國事, 黑表藏是健次揚游在壯下養務, 表於賽那的卻細



研仔 Yin

如塵的心思。研仔的上司道:「他在輸入資料、簡單的文書處理、將郵件入信封、將檔案分門別類等工作方面,表現出其一絲不苟的作風。」在同事需要協助時,即使超出其工作範圍,如將物件放入貨倉、更換電燈泡等,他亦樂於幫忙。工餘時間,他更自行進修七級鋼琴和結他,努力充實自己。

談及工作的意義何在,兩位自閉症青年都不約而同地表示: 「工作讓我自覺是一個有用的人,因為可以自食其力嘛。」

他們的經歷,令筆者體會到,只要僱主願意給予機會,在工作上 作出調節,加上同事的接納,自閉症青年亦能像一般人一樣,在 工作崗位上發揮所長,為自己增值,為社會作出貢獻。 There are two young men, one is a quiet and mature-looking waiter; while the other is a sporty and cheerful office assistant, having something in common: they are among the few autistic people in their early twenties being employed.

Working in a fast food restaurant, Tak-shing is at the same time a trainee of the Autistic Youth Pre-job Training Project jointly organised by Heep Hong and MSIG. Before the interview started,



德誠 Tak-shing

Tak-shing had taken the initiative to greet the reporter. And during the interview, he always pondered questions for a moment before giving his responses, showing that he tried his best to apply the social and problem-solving skills taught in the classes.

The 7:00am to 5:00pm long working hours and huge throng in the restaurant have not scared him away.

Instead, he has learnt a lot to face difficulties. He said, "Now, I know how to greet new faces with smiles, to make conversation in a proper manner, to clear the table and set trays efficiently, and to control my temper."

When Yin started to work at Heep Hong 18 months ago, he was quiet. Even colleagues tried to talk to him, he always used an excuse of having to work during office hours to discontinue the conversation. Now, he is still attentive to work but willing to chat with colleagues after work and ask questions. His courteous manner has even been a source of delight to his colleagues.

Yin is a medal winner in a number of international swimming contests. Though he looks strong and sporty, he always works with details. His supervisor commented, "He did an excellent job in his work such as data entry, simple word processing, putting letters into envelopes and filing." Whenever his colleagues are in need, though the tasks are beyond his duty, such as storing materials and changing light bulbs, he is pleased to offer help. After work, he plays piano and guitar to enrich his live.

Talking about the meaning of work, both autistic young men unanimously said, "Through working, I consider myself to be a person of value as I can sustain myself."

As their stories attest, provided there are job opportunities and peer acceptance, autistic young men are capable of developing themselves, and making contribution to the success of companies and towards creating a better society.

文 new 支援自閉症兒童家長的免費工作坊系列

Free Workshops to Support Parents of Autistic Children

當孩子被診斷為有自閉症時,家長往往會感到徬徨無助;為了加深家長對自閉症孩子的發展和及早介入訓練的了解,並紓緩家長的壓力,協康會將於本年11月至明年10月期間,舉辦一系列的家長工作坊,由本會青蔥計劃的跨專業團隊講解全面提升自閉症兒童能力的訓練方法。課程由攜手扶弱基金贊助,費用全免,詳情可致電2393 7555或瀏覽本會網站。

In an effort to alleviate parents' stress as well as deepening their understanding of the development of their autistic children and the importance of early intervention, a series of parents' workshops will be held between November 2009 and October 2010. The multi-disciplinary professional team of our Supportive Learning Project will introduce strategies and skills for parents to enhance the



overall capability of children with autism. The workshops will be available for free with the sponsorship from the Partnership Fund for the Disadvantaged. For details, please contact 2393 7555 or visit our website.



專業進修及家長教育課程

New Courses for Professionals & Parents

最新一期的《專業進修及家長教育課程》經已推出,現已接受報名。為照顧不同年齡的特殊兒童,今期除新增「樂在地板時間123」及「『續』·步·提·昇一提升自閉症兒童溝通能力家長工作坊」之外,更為青少年學童之家長新設「伴我樂Teen—協助自閉症青年成長三步曲」工作坊。歡迎瀏覽本會網站或致電2784 7700與本會訓練部聯絡。

The Professional Training and Parent Education Programme is opened for enrollment now. To meet the needs of children of different abilities at various stages, diverse courses are introduced for parents, such as a workshop on the application of Floortime® Model, workshops to enhance children's communication skills step by step, and workshops on the healthy psychosocial growth of autistic teenagers. For details, please visit our website or contact our Training Department at 2784 7700.

支援讀寫障礙學量 Supporting Children with Dyslexia

在2006年9月,香港賽馬會慈善信託基金邀請香港大學、香港中文大學、教育局及協康會等機構參與「喜閱寫意:賽馬會讀寫支援計劃」,而協康會主力設計一套地區為本的讀障學童支援模式。在過去三年,協康會「地區支援服務計劃」在深水埗區成功地發展了地區支援服務模式,並舉辦了一系列的讀障學童家長教育課程。為與業界分享計劃成果,本會將於11月17日舉辦「地區支援模式暨家長教育手冊發佈會」;並於12月起舉行「支援讀障學童專業培訓課程」,歡迎各同業參加,查詢請電2391 3400。

Invited by the Hong Kong Jockey Club Charities Trust, Heep Hong took part in the "READ & WRITE: A Jockey

Club Learning Support Network" during the past three years. Under the project, Heep Hong designed a district-based support model to help dyslexic students and their families in Sham Shui Po. Through promoting collaboration among organisations in the district, students and parents could receive timely support. A seminar will be held on 17 November 2009 to share our findings, and a series of course for peer professionals will also be launched from December 2009 to May 2010. For enquiries, please call 2391 3400.

eey a district-based support model g organisations in the district

家長教育手冊

「叻Go」幼兒成長計劃

Preschool Students Development Scheme in Sham Shui Po

為了提升深水埗區內人士對兒童發展障礙的認識和關注,本會位於九龍西的五間中心自10月中起,免費為區內幼兒園學生提供專業評估及諮詢、舉辦多個家長工作坊,並擬印製小冊子分享管教兒童的錦囊,進行社區教育,讓每

個兒童都「叻」及不斷前進「Go」! 歡迎致電富昌中心2353 4001查詢詳情。

To raise the public awareness of children developmental disorders in Sham Shui Po, starting from October 2009, five centres in Kowloon West have been providing professional assessment to preschool students and consultation to their teachers in the district, organising a number of parent workshops, and distributing booklets on parenting for free in the hope of helping every child to grow smart. For enquiries, please contact Fu Cheong Centre at 2353 4001.



上海孤獨症兒童師資培訓班

Train the Trainer Programme of Autism in Shanghai

本會與復旦大學附屬兒科醫院和上海青聰泉兒童智慧訓練 中心攜手合作,將於11月21至26日假上海舉辦「孤獨症兒 童師資培訓班:理論與實踐」,由本會專業人員為國內醫 師、治療師、老師和家長提供培訓,內容包括自閉症兒童 的心理評估、結構化教學法及語言訓練等,詳情可參閱本 會網站資料。

Heep Hong Society, Children's Hospital of Fudan University and Shanghai Qing Cong Quan Autistic Children Training Centre Society join forces to organise the "Train the Trainer



Programme of Autism: Theory and Practice" in Shanghai during 21 - 26 November for physicians, therapists, teachers and parents in the Mainland, Topics will include assessment (PEP-3), TEACCH model, and language training. For details, please visit our website at www.heephong.org.

青蔥計劃到校專業支援服務 School Support Services by Supportive

Learning Project



隨着有特殊需要學童陸續升讀主流中學 ,教育局於2008/09學年額外撥出資源 予有關中學,協助有特殊學習需要的中 學生在主流學校接受教育;因此,本會 之青蔥計劃延伸服務,為有需要的中學 提供學生訓練和治療、家長講座、教師 培訓及學校系統支援,詳情請參閱青蔥 計劃剛出版的到校支援服務(從幼兒園 到中學)小冊子。

As students with special needs continue

their studies in mainstream secondary schools after their primary schooling, the Education Bureau provides additional funding to those schools requiring special help. To echo with the initiative, Supportive Learning Project has expanded its services to tailor a series of professional support services to schools, including comprehensive training to students in need, parent workshops, teacher training and school system support. For details, please refer to the newly published Booklet on School Support Services (from kindergartens to secondary schools).

《爸爸俱樂報》創刊號

First Newsletter of Fathers' Club

由爸爸俱樂部成員編撰,披露爸爸內心世界的《爸爸 俱樂報》,已於6月推出創刊號。一年三期的俱樂報, 除了讓爸爸分享彼此的心聲外,亦會探討不同專題,

如精神健康等,以及生活 小貼士。歡迎有特殊需要 子女的爸爸投稿,或致電 2777 5588聯絡海富中心 社工查詢詳情。

The first issue of the newsletter Fathers' Club was released in June 2009, which unfolded the inner thoughts and feelings of fathers of children with



special needs. The newsletter is published every 4 months and also shares different important topics like mental health as well as some tips on daily life. Fathers of children with special needs are welcome to share their stories and contact Hoi Fu Centre at 2777 5588.

啟發自閉症孩子溝通有妙法

Ways to Enhance Autistic Children's Communication Skills

本會於10月下旬在新界東、新界西及九龍西三區分別舉辦名為「啟發 自閉症孩子溝通有妙法」的專題講座,由資深言語治療師為逾200名家 長解構自閉症孩子的學習及溝通模式,並講解提升孩子溝通能力的策 略,參與者反應熱烈。

A seminar on "Ways to Enhance Autistic Children's Communication Skills" was held by our speech therapists in October at New Territories East, New Territories West and Kowloon West respectively. Over 200 parents attended and the seminar ended in resounding success.





中加兒童靑少年精神衛生國際論壇

Sino-Canada Symposium on Child and Adolescent Mental Health

本會總幹事曾蘭斯於8月應加拿大卡爾加里大學醫學院精神病學系及 北京大學精神衞生研究所等邀請,往哈爾濱市出席「中國 - 加拿大兒童青少年精 神衞生國際論壇」,並就「香港狐獨症譜系障礙兒童的社區康復」作專題演講,與 中加兩地兒童精神康復界的同業交流。

Ms Nancy Tsang, our Director, was invited to deliver a speech on the "Rehabilitation of Children with Autism in Hong Kong" at the Sino-Canada Symposium on Child and Adolescent Mental Health held in Harbin in August. The Symposium was held by organisations including the Faculty of Medicine, University of Calgary, Canada, and the Institute of Mental Health, Peking University.





香港學前兒童小肌肉發展評估研究發佈會 Hong Kong Preschool Fine Motor Developmental Assessment Research Seminar

本會於6月29日舉行「香港學前兒童小肌肉發展評估」研究發佈會,向120多名從事幼兒工作的職業治療師,公佈本會於過去兩年進行的小肌肉發展評估研究結果,以及就結果所編製的首套本地化評估工具

一「香港學前兒童小肌肉發展評估」評估員手冊,以便協助職業治療師更準確地識別本地兒童 的小肌肉發展困難;另專為幼兒教師和家長而設的簡化版檢核表,亦可於本會網站下載。

A seminar was held on 29 June for 120 occupational therapists in the field to report and share the findings of our research on "Hong Kong Preschool Fine Motor Developmental Assessment

(HK-PFMDA)" conducted in the past two years. The Examiner's Manual of the HK-PFMDA, the first and foremost in Hong Kong, was published to guide occupational therapists to conduct more accurate assessment in fine motor development for children. A simplified version for teachers & parents is also available on Heep Hong website.



家長參與律師廚神大賽爲本會籌款

Parents Took Part in Caring Cooking Competition to Raise Funds

本會四位家長參與香港律師會於7月12日舉辦的律師廚神大賽,其中梁教聯女士夥拍兩位律師,勇奪「至尊律師廚神大賞亞軍」,並獲律政司司長黃仁龍先生頒授獎牌。有賴各位法律界人士慷慨支持,以及各位家長的參與,是次活動共為本會籌得逾萬元善款。



Four parents took part in the "Caring Cooking Competition" organised by The Law Society of Hong Kong on 12 July. Mrs Shih together with two solicitors joined as a team and won the Top Chef Award, 1st runners-up. They received the medal from Mr

Wong Yan Lung, SC, JP, Secretary for Justice. The event raised over HK\$10,000 for Heep Hong.

本會社工於徵文比賽奪冠

Heep Hong's Social Worker Won Essay Competition

本會白田中心助理中心主任周潔儀於2009年社工日(香港)徵文比賽中榮獲冠軍。得獎作品名為《麵包皮、貼紙、「跑車」與金手鏈》,講述作者在中心所服務過的三個家庭與自己的故事,文筆簡潔,故事真摯感人,獲收錄在該比賽籌委會最新出版的作品集,誠邀各位到網站一讀。

Ms Chau Kit Yee, Assistant-Centre-In-Charge of Heep Hong's Pak Tin Centre, was awarded the first prize at the Social Work Day 2009 (HK) Essay Competition organised by the Social Work Day 2009 (HK) Organising Committee. Ms Chau shared the touching stories of three families and herself in the winning article, which is included in a book newly published by the Organising Committee and available on Heep Hong's website for your leisure reading.



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⁵ 第三期「180日環遊社區」計劃圓滿結束

The Third Round of the "Around the Community in 180 Days"
Project Completed Successfully

香港扶輪社連續第三年贊助本會舉行的「180日環遊社區」計劃已圓滿結束,繼年前九龍及新界西的中心學童參與計劃後,本會轄下港島區四間中心逾百名學童,於本年3月至10月期間參加了多項社區適應活動,計劃的對象更由自閉症兒童延伸至有發展障礙的兒童,讓更多學童為融入社會做好準備。

Sponsored by the Rotary Club of Hong Kong, the third round of "Around the Community in 180 Days" finished in success. From March to October 2009, more

than 100 children with special needs of our four centres on Hong Kong Island participated in a variety of social adaptation activities, helping them better prepare for integrating into the community.

太平山扶輪社贊助「節奏動感齊齊學」



"Music & Movement Training" Sponsored by the Rotary Club of the Peak

繼去年贊助本會賽馬會家長資源中心的「話劇訓練班」後,太平山扶輪社將再度支持本會,贊助環翠中心舉辨「節奏動感齊齊學」音樂 律動訓練,讓有特殊需要的兒童能輕鬆愉快地學習,並提升專注力、聽從指令、手眼協調及團隊合作的能力。太平山扶輪社的社友更於 9月26日到環翠中心與中心的小朋友一同預祝中秋節。

The Rotary Club of the Peak, after sponsoring the "Drama Training Programmes" in Jockey Club Parents Resource Centre, continued to support the "Music & Movement Training" organised by our Wan Tsui Centre. The project aims at enhancing children's attention span, eye-hand coordination and social cooperation abilities. Members of the Club also joined the children of Wan Tsui Centre in celebrating the Mid-Autumn Festival on 26 September.



activities 3

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Web site: www.heephong.org

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Support Heep Hong Flag Day to Help More Children with Special Needs

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本會賣旗日將於11月21日(<mark>星期六)在港島區進行,</mark>您的支持可讓我們為更多有發 展障礙的兒童及其家長,提供高質素的服務和支援。請捐款支持協康賣旗日。

Heep Hong Flag Day will be held on 21 November (Sat) on Hong Kong Island. Your support allows us to provide high quality service to more children with special needs and their parents. Act now! Donate to support our Flag Day.



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每個人也會花盡心思,為摯愛籌備難忘的生日會,送上驚喜。想讓親朋的生日派對更添意義?您可以選擇於指定餐廳舉行生日聚餐,除 可獲特別禮遇,餐廳更會將賬單之10%捐予協康會。

如您準備為孩子慶祝生辰,您可下載協康會的電子邀請卡發給親友,齊以捐款代替賀禮,在摯愛的生辰分享祝福,惠及更多有特殊需要 的孩子。您和您的孩子更可獲贈指定玩具公司送出的禮券及小禮物一份,玩具公司更會將您的購物賬單之10%捐予協康會。

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Want to prepare a more meaningful birthday party for your beloved? Share the blessing with children facing different challenges by celebrating the birthday in a designated restaurant. A special treat will be offered to the birthday person and 10% of the bill will be donated to Heep Hong.

If you are celebrating your child's birthday, you could also download our Birthday Party E-invitation and invite friends to make a donation to Heep Hong instead of buying individual gifts. You and your children will be offered a gift and a cash coupon from a designated toy company. If you make any purchase at the toy company, 10% of your bill will be donated to Heep Hong.

For details, please visit our website at www.heephong.org.



途有您」月捐計劃 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 Monthly Donors' Program services for children with special needs and their families

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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.