**克服視障勇闖明天「2019 心光傲行」慈善步行籌款**

一年一度的心光傲行慈善步行籌款於2019年12月8日完滿舉行，本年度主題為「克服視障，勇闖明天」。感謝天公造美及心光各員工的努力，一眾嘉賓及約500名參加者歡度了一個美好的週日。是次活動邀請到食物及衛生局局長陳肇始教授,JP，香港平等機會委員會主席朱敏健先生及香港華人置業執行董事陳凱韻女士擔任主禮嘉賓。歌影視紅星蘇永康先生及吳若希小姐亦出席支持，為視障人士服務籌募經費及提高大眾對視障人士的關注。  
   陳局長致辭時讚揚心光為視障人士提供完善的服務，協助他們克服障礙、發揮潛能。陳局長亦鼓勵僱主給予工作機會視障人士嘗試。朱先生則呼籲社會人士以同理心理解視障人士每日須付出很多決心和毅力去追求理想的生活。參加者隨即在嘉賓帶領下起步，在其中一段路程，參加者更戴上眼罩體驗在沒有視力的情況下步行，增加對視障人士的同理心。完成步行後，參加者返回心光參與嘉年華的精彩表演及活動。  
   本屆心光傲行獲劉鑾雄慈善基金慷慨贊助，並獲太陽娛樂文化有限公司、東日物流(香港)有限公司、旭日國際集團有限公司、本英工程有限公司、東華三院、加拿大帝國商業銀行、KT Concept等機構、合作伙伴及各界善長的支持，共籌得約港幣140萬元，將為視障人士提供更優質和多元化的服務。  
心光熱切期待2020再與各界攜手傲澤社群！

**Overcoming Obstacles to Build a Better Future: Ebenezer Walk with Pride 2019**

Ebenezer Walk with Pride 2019 was successfully held on 8 December 2019.  With the concerted efforts of all members of Ebenezer, our guests and about 500 participants, all had a great time.  We were delighted to have Professor Sophia Chan, JP, Secretary for Food and Health, Mr Ricky Chu Man Kin, Chairperson of the Equal Opportunities Commission, and Ms Chan Hoi Wan, Executive Director of Chinese Estates Holdings Limited to be our officiating guests.  Famous artistes William So and Jinny Ng also attended the event to help raise funds and public awareness to support the visually impaired.  
   Professor Chan expressed her appreciation for the efforts Ebenezer has been putting in helping visually impaired people to overcome their disabilities and strive for the best. She also encouraged employers to give opportunities to VI people.  Mr Chu was impressed with the determination and perseverance of VI people in pursuing the life they want.  After the ceremony, participants started the walk and some blindfolded to walk a short path to experience walking without sight.  Participants then returned to Ebenezer School to enjoy the performance and activities at the Ebenezer Carnival.  
   We thanked the Joseph Lau Luen-hung Charitable Trust for sponsoring Ebenezer Walk with Pride 2019 and the support from corporate sponsors Sun Entertainment Culture Limited, ESA Logistics (HK) Co., Early Light International (Holdings) Limited, Pun Ying Engineering Company Limited, Tung Wah Group of Hospitals, CIBC, KT Concept, etc., as well as partners, and all the donors.  The event has raised around HK$1.4 million to further enhance the services for the visually impaired.  
   Ebenezer is looking forward to joining hands with the community and continuing to nurture pride for a better world.

**「2019心光傲行」各奬項的得奬者：**

**Awardees of Ebenezer Walk with Pride 2019:**

|  |  |
| --- | --- |
| **奬項Award** | **得奬者Awardee** |
| 個人最高籌款獎  Top Fundraiser Award | Ms Elaine Ho |
| 學生最高籌款獎  Student Top Fundraiser Award | 方熙雯 同學  (Student Hailey Fong) |
| 小組最高籌款獎  Top Fundraising Group Award | 林詠浠 同學組  (Lam Wing Hei Student Group) |
| 機構/企業最高籌款獎  Top Fundraising Organisation/Corporate Award | 眾望教會  (Hope for All Church) |
| 最踴躍參與組別獎  The Most Active Participating Group Award | 眾望教會  (Hope for All Church) |

**「有作為」企業及社區夥伴聚會 暨感恩音樂會2019**

**心光「有作為計劃」項目經理涂淑怡姑娘及  
心光學校舍監曹永莊姑娘** 感恩有您同行  
   10月19日（星期六），心光「有作為」計劃順利舉行《「有作為」企業及社區夥伴聚會暨感恩音樂會》。是次活動目的是向支持「有作為」的夥伴(包括商界、義工、慈善投資者、社企夥伴、校友、家長及心光同工等)獻上衷心的感謝。  
我們很榮幸邀得行政會議召集人陳智思先生, GBS, JP擔任是次活動主禮嘉賓，並頒發感謝狀予支持「有作為」計劃的企業及社區夥伴機構。陳先生致辭時表示很欣賞及支持「有作為」計劃的理念，認爲計劃所提供的職前培訓和輔導等支援對視障青年準備投入職場十分重要。他認同視障青年的能力，强調他們的發展不應該被缺陷所限。同時亦鼓勵社會及企業多參與支持，給予視障人士就業及發展機會，讓他們盡展所長。  
   除了嘉賓分享和音樂表演外，為了跟八十多位來賓打成一片，我們悉心設計有趣的體驗活動，藉以傳揚包容、接納及共融的訊息。活動中，來賓反應十分熱烈。他們合作解讀點字，在不斷的嘗試和努力下，終於成功拼出答案！目前社會經濟面臨困境及挑戰，我們更希望與社會各界並肩同行，在艱難時刻緊密合作，謹守崗位，為社會重燃希望。

**Project WORKS Corporate & Community Partnership Gathering cum Gratitude Concert 2019**

Project WORKS Corporate & Community Partnership Gathering cum Gratitude Concert 2019 was held successfully on 19 October. We took the opportunity to express our heartfelt gratitude to the community partners of Project WORKS, including corporates, volunteers, philanthropic donors, social enterprises, alumni, parents and fellow colleagues, for their profound support.   
   It was a great honour to have Mr Bernard Chan, GBS, JP as the officiating guest of the event, who presented certificates of appreciation to the corporate and community partners which spared no endeavour in supporting Project WORKS. In the speech delivery session, Mr Chan showed his appreciation and support to the vision of Project WORKS. He articulated the importance of the support provided to the Visually Impaired (VI) youths. He also acknowledged the capability of the VI youths and emphasized that their achievement shall not be restricted by their disabilities. In the meantime, he made an appeal to social enterprises for a higher level of participation, so as to facilitate VI youths’ employment and development.   
   Apart from the guests’ sharing and musical performances, the colleagues and volunteers of Project WORKS designed various fascinating experiential activities, promoting social inclusion, acceptance and harmony as part of the concert.  The guests worked together to decode the Braille words, which was a challenge to them but after some trials, they eventually solved the riddle. Indeed, in the face of the current plight, we hope to work with the community to play our roles and reignite hope in the society.

**Ms Shirley To, Project WORKS  
Ms Stella Cho, Ebenezer School**

**122週年院慶**

**心光護理安老院  楊陳彩虹主任**

2019年10月12日(星期六)下午2時30分，心光護理安老院122週年院慶假座心光學校禮堂舉行。出席嘉賓包括機構代表、義工團體、院友、家屬等，約120人。當天，我們很榮幸邀得101歲院友梁玉蘭與94歲院友陳桂華聯同郁院長、楊太一同進行切蛋糕儀式。是次院慶安排了很多精彩的節目，先由職員們陪同院友及院友兒子獻上美妙樂曲；接著「心光學堂」上場，17位院友穿上戲服，粉墨登場表演太極扇舞，並贏得大家不少掌聲。最後，我們頒發紀念品予「好人好事」獎勵計劃的院友。

**122nd Anniversary Celebration**

The 122nd Anniversary Celebration was held on 12 October 2019.  Over 120 guests and residents attended. Birthday cake-cutting ceremony was hosted by our residents, Madam Leung, aged 101 and Madam Chan, aged 94, accompanied by Dr Yuk and Mrs Yeung. There were some entertaining performances including singing by a resident and her son and a traditional “Tai Chi Fan” dance by 17 residents and volunteers. We also presented souvenirs to the residents in the Good Neighbour Recognition Ceremony in recognition of their efforts in exercising regularly and doing the voluntary work.

**Mrs Rainbow Yeung  
Superintendent  
Ebenezer Care & Attention Home**

**專業發展日   Staff Development Day**

**心光學校  黎衍善老師  Ms Lai Yin Sin, Ebenezer School**

|  |  |
| --- | --- |
| **30/9 專業發展日活動一覽 Summary Table of PD Programme on 30 September** | |
| **心光學校** | 香港保護兒童的概況及如何辨識懷疑虐兒個案  Overview of child protection in Hong Kong and how to identify suspected child abuse cases |
| 香港保護兒童的法例、危機評估及跨專業合作  Laws protecting children's rights, crisis assessment and cross-professional collaboration |
| 明愛「愛與誠」綜合性教育計劃—與兒童及青少年「談性說愛」  “Talking about sex” with children and teenagers |
| **心光恩望學校** | 「學習進程架構」工作坊  “Learning Progression Framework” workshop |
| 學與教委員會─教學技巧交流  言語治療師─餵食技巧講座  Academic Affairs Team：Sharing on Teaching & Learning  Speech Therapist：“Feeding skills” workshop |
| 音樂治療工作坊  Music Therapy workshop |
| 職業治療師─安全使用活動椅  Occupational Therapist: Safe use of stool on casters |

**齊創健康校園**

**心光恩望學校  護士主任  鄭艷春姑娘**

過去二十多年，本人致力於非牟利機構工作，服務對象包括身體殘障、智力發展遲緩及成人視障人士等，因此本人有信心能評估學生的需要，以作出適切的照顧。  
   兒童要建立良好的身心發展，必先擁有強健體魄，故全面的防感染措施不容忽視。另外，學校需與社區緊密聯繫，才能制訂適切的措施。因此本校參考了醫院指引，制訂了新的三級制(常規、戒備、嚴重)防感染應變措施，在環境消毒、隔離設施、職員和學生疫情通報及防感染培訓方面均設清晰指引，並重建隔離專用房間，讓患病學生能在獨立和寧靜空間休息，務求讓所有人士能安全地踏進校園，健康地步出學校。

**Healthy School, Healthy Life**

With more than 20 years of work experience serving people with different physical or intellectual disabilities, I am confident that I can accurately assess and cater to the needs of the students in Ebenezer New Hope School.  
   To develop a healthy body and mind, all-round infection control is of paramount importance. The school has introduced a set of 3-stage (regular, alert, serious) infection control response measures with reference to the hospitals’ guidelines. All the students and staff members follow the guidelines on environmental disinfection, isolation facilities, disease reporting and infection control. We have also renovated a new quarantine room to allow sick students to rest quietly. We are committed to providing a safe and clean learning environment for our students.   
**Ms Cindy Cheng, Nursing Officer  
Ebenezer New Hope School**

**閱讀推廣**

**心光恩望學校  黎德貞老師**

**為了培養學生的閱讀興趣及習慣，以及推動校園的閱讀風氣，我們每星期均設閱讀小組，讓學生閱讀不同主題的書籍，擴闊學生視野。  
另外，本校在禮堂增設流動閱讀車，讓學生在午休時可自行借閱圖書。晚上亦設有伴讀時間，由宿舍家長陪同宿生一起閱讀書籍。  
此外，圖書館每年也會購買不同類型及主題的圖書，如：點讀筆圖書、發聲圖書、觸感圖書等，以照顧不同視障程度的學生需要。本年度，本校更增設網上閱讀平台，讓學生閱讀實體書外，也可運用電子媒介進行延伸閱讀，讓閱讀氣氛能遍佈校園每一角落。**

**Promoting Reading**

In order to develop students' reading interests and habits, we organize a reading session every week. A mobile library car is set up for students to borrow books during the lunch break. We have also set up a Buddy Reading programme at the dormitory for boarders to enjoy reading with their houseparents.  
   Besides, we have purchased different types of books for the library, such as Easy-Read books, audiobooks and tactile books to meet the needs of students with different levels of visual impairment. In addition, we have established an online reading platform this year for students’ extended reading.  
**Ms Lai Tak Ching  
Ebenezer New Hope School**

**華永會年度慈善捐款  
心光恩望學校  副舍監  鄧轉姑娘**

承蒙　華人永遠墳場管理委員會去年捐助十萬零九百元予心光恩望學校，宿舍部購買了一部流動吊機和更換了防蚊紗網。  
其中一名受惠的輪椅宿生志偉，他爸爸衷心感謝華永會對學校的捐助和支持。自添置流動吊機後，兒子在轉移位置時更輕易及安全，也保障了職員的安全。此外，更換防蚊網後，成功隔絕蚊蟲，減少宿生被蚊蟲叮咬；不單保障了宿生的健康，也提昇了環境衛生及生活品質。

**Annual Donation granted by Board of Management of Chinese Permanent Cemeteries**

With the donation of $100,900 from the Board of Management of the Chinese Permanent Cemeteries, the boarding section of Ebenezer New Hope School purchased an electric mobile hoist and replaced the broken mosquito screens.  
   Father of Chi Wai, one of the wheelchair boarders, who benefits from the newly purchased electric mobile hoist, expresses his sincere and heartfelt gratitude to BMCPC. The electric mobile hoist enables a more effective and safer way of moving his son and all the wheelchair-bound students to different positions according to their daily needs. Also, the replacement of broken sliding mosquito screens over all windows helps keep flying pests away and lowers the chance of mosquito bites. It reduces the chance of itchy sores allowing bacteria to cause infection and safeguards the health of our boarders.     
**Ms April Tang  
Ebenezer New Hope School**

**2019高分猛龍越野跑  
心光學校  蔡梓培老師**

9月28日，我校兩位老師帶同兩名學生組隊參加由香港傷健共融網絡舉辦的「2019高分猛龍越野跑」。這項賽事設有傷健組別，藉此宣揚傷健共融的理念。賽事路段橫跨金山、針山、草山和大帽山，全程20.5公里。  
兩位參賽學生分別是全失明的林桂鴻和中度低視的鍾昊，他們參賽時面對著不同的困難。暑假期間，我們進行了兩次訓練，好讓學生熟習路線。桂鴻下山時會比較困難，因石級的闊度和高度不一，加上兩側沒有欄杆，他必須緊握老師的手臂，一級一級地下山，需要高度的專注力。鍾昊因山徑與地面的顏色接近而容易造成意外，所以他必須緊貼老師的步伐，才能完成賽事。  
   比賽當日，我們得到不少隊伍的鼓勵，鬥志激昂。經過數次上坡下坡的路程，體力已消耗不少，但大家仍繼續堅持和彼此鼓勵。最後，經過8小時45分鐘的努力，我們終於到達終點。這次比賽對老師和學生都是一段難忘而美好的回憶。  
   
**Go Fun Fearless Dragon Trail Run 2019**

Two students and two teachers teamed up to participate in "Go Fun Fearless Dragon Trail Run 2019". The route crossed Golden Hill, Needle Hill, Grassy Hill, and Tai Mo Shan, with a total length of 20.5 km.  
   We conducted two training sessions to help students familiarize with the route. The two students were Max Lam, who is totally blind, and Adrian Chung, with moderate low-vision. The rocky path made it difficult for Max to go down the mountain so he had to hold on to the teacher while maintaining high concentration. Adrian also had to follow the teacher closely as it was hard for him to distinguish between the path and the surrounding surface.   
   On the day of the event, we received encouragement from other teams along the way. We felt exhausted after several rounds of climbing up and downhill. We encouraged each other and persisted despite the fatigue. We completed the hike after 8 hours and 45 minutes. This trail run was a truly memorable experience.  
**Mr. Choi Tsz Pui  
Ebenezer School**

**愛心送暖行動2019**

**心光學校  蔡梓培老師**為了增加學生的社會服務機會，本校學生參與了由香港精英運動員協會舉辦的「愛心送暖行動」，為獨居長者及低收入家庭送上關懷及溫暖。  
學生透過是次活動學習如何向人傳遞關懷與愛心，他們在週末假期的早上包裝物資和進行探訪，參與的家長和學生各司其職，細心包裝福袋。學生們探訪了數位獨居長者，學生起初較害羞及靜默，不敢主動與長者交談。適應過後，他們都能主動關心長者們的生活和身體狀況，並送上親手製作的褔袋，相處得樂也融融。  
   
 **"Together We Care 2019"**

We participated in "Together We Care" organized by the HKEAA to provide care for the elderly living alone and low-income families. It was a precious opportunity for our students to serve the community.  
Through this activity, students learned how to express care as well as to pass on the love and care they have received. Students spent the two-day holiday packing gifts and visiting different families.  The students were shy and quiet at first, but after some time they became more relaxed. They started to really enjoy chatting with the elderly and were concerned about their living and health.  
**Mr Choi Tsz Pui  
Ebenezer School**

**白杖日暨學校旅行**

**心光學校  許永強老師**

2019年10月11日，是我校白杖日活動暨秋季旅行的大日子，我們全校師生聯同五十多位HKU SPACE學生義工，分為五組。按設定的不同路線，乘搭不同種類的交通工具，從心光學校出發到大埔林村的樹屋田莊。  
   各組別抵達樹屋田莊後，便進行分組活動。同學們在義工的帶領下，參與各種充滿挑戰性的活動，既開心又刺激。我們在田莊內午餐後，便在樹屋拍大合照，最後懷著依依不捨的心情乘搭旅遊巴回學校。在此，我們非常感謝HKU SPACE師生既出錢又出力，替學生準備了一個美好的白杖日活動暨秋季旅行。

**School Picnic in celebration of White Cane Safety Day**

We had a school picnic in celebration of the White Cane Safety Day on 11 October with the help of more than 50 student volunteers from HKU SPACE. The students, teachers and volunteers were divided into five groups and took different routes and means of transport to go to Tree Top Cottage in Tai Po.  
   The students had much fun playing on the exciting and challenging facilities at the Tree Top Cottage. After lunch, we had a group photo at the treehouse before we headed back to school.  We were very grateful to the teachers and students of HKU SPACE for their effort in preparing this wonderful picnic for us.

**Mr Hui Wing Keung  
Ebenezer School**

**29/8 香格里拉月餅製作班**

**心光學校  蔡梓培老師**

暑期期間，二十多名學生和家長在九龍香格里拉大酒店參加親子月餅製作班。月餅班由酒店主廚和廚師們親自教授，他們逐步教授學生和家長如何製作月餅。學生們都很專心地跟從每個步驟和指示，家長則從旁協助，氣氛融洽溫馨。  
每位學生都十分投入地與父母或老師製作獨一無二的月餅。因為學生們平日甚少使用廚房設備，而部分學生更是第一次與家人一起製作食物，所以他們都非常難忘。完成製作後，學生們把月餅帶回家，與家人分享他們的成果和喜悅。

**Mooncake Making Class at Kowloon Shangri-La**

Over 20 students and their parents attended the parent-child mooncake making class at Kowloon Shangri-La Hotel prior to the mid-Autumn festival. The hotel chefs patiently taught us how to make mooncakes step by step. The students paid attention to every detail and were able to make some beautiful mooncakes with their parents. Some students rarely entered the kitchen; some even made food for the very first time and so it was a memorable experience for them. The students happily took their mooncakes home and enjoyed the mid-Autumn festival with a unique flavour.   
**Mr Choi Tsz Pui  
Ebenezer School**

**馬會主席及遴選會員蒞臨EIP中心  
心光賽馬會視障幼兒支援服務  郭綺雯姑娘**

8月23日，香港賽馬會董事局主席周永健博士及多名遴選會員蒞臨本中心。當天時間緊湊，嘉賓用了約1小時參觀，並十分欣賞本中心多年來在視障幼兒服務方面的貢獻。在交流分享時間，一名家長帶同幼兒分享個人經歷，使大家體會到視障幼兒家長的心路歷程及明白早期介入的重要性，大大增加嘉賓們對大腦性視障的認識。最後，嘉賓們參觀了不同的房間的設備及訓練器材，留下深刻的回憶。

**Hong Kong Jockey Club Voting Members’ Visit to EIP**

The Chairman of the Hong Kong Jockey Club, Dr Anthony W K Chow, SBS, JP and Jockey Club’s Voting Members visited EIP on 23rd August. The guests appreciated Ebenezer’s ongoing support and contribution to visually impaired children and their families. The parent’s sharing raised the guests’ awareness of Cortical Visual Impairment and the importance of early intervention. The guests were also introduced to the design of the training rooms as well as the training equipment and tools. With knowledge comes understanding, we will continue to educate the public about VI children’s needs.

**Ms Kwok Yee Man  
Ebenezer Jockey Club Early Intervention Programme**

**我慶幸能活在這個年代**

**心光畢業生 練子諾 (中文大學政治與行政學系第二年)**

我很感恩過去數年得到心光老師的支持和協助，終於在去年獲中文大學社會科學院取錄。回想放榜後的日子，興奮之餘，更多的還是緊張，對於我這個多慮的人而言，並不足為奇。我擔心自己不適應新環境、追不上一般同學的進度、不能像其他同學一樣投入大學生活......還有很多，總之就是不安。經過一段適應期後，我發現原來大學就是社會的縮影，一千個學生可以有一千種生活方式和讀書態度，不必與人比較。與其緊張，不如學習享受和善用我所擁有的機會，探索自己在學術上的興趣，亦趁著這幾年時間好好認識和裝備自己。  
幸好中大的支援服務很全面，讓我不需花很多時間在銜接上。在學校，不單有部門職員提供的協助，還有學生義工隊。除了與他們的定期聚會，我亦可隨時聯絡他們，例如：協助我在中大偌大的校園中四處遊走、協助網上選科，當然我亦會向他們「打探」應否選修某些教授或講師的課等。逐步熟習大學生活後，我亦開始報讀一些主修科以外的課程，如德文和神學。碰巧崇基學院校牧室首推名為「基督徒領袖訓練計劃」的活動，參加者能在暑假遠赴以色列考察，我不假思索便立即報名了。  
首年，我的大學生涯過得豐盛多彩，總結一下，這一整年卻遠遠不及2019年6月至今我所得著的多。《我慶幸能活在這個年代》—借用中大周保松教授的書名，2019年6月至今仍是香港一個黑暗的黃金時代。我希望不論世事如何變改，自己也能保持赤子之心及堅守信念，也祝願每個香港人能平安度過這紛亂時期。  
  
**Glad to Live in This Place, at This Time**

It was a blessing to be admitted to the Chinese University of Hong Kong where I major in Government and Public Administration. I would like to take this opportunity to thank the teachers from Ebenezer School and St. Paul’s College for their support and encouragement throughout my secondary school years. Time flies. It has been my second year at CUHK. I still remember how complicated I felt after the DSE and JUPAS results were released. Instead of feeling excited, I was rather preoccupied with anxiety about the uncertainties of my new chapter. I was worried that I couldn’t catch up with the schoolwork and enjoy my U-life as much as normal students do.  But then I realized that University is a microcosm of a pluralistic society and we learn to adapt to each other’s unique learning attitude and lifestyle. So instead of worrying and trying to make comparison with the fellows, I was determined to make good use of all the opportunities given to me, by exploring different areas of interest and getting to know who I am and want to become in these few years.  
    Thankfully, there is sufficient accommodation for students with disability in CUHK. One major difference of studying at University is having a considerable degree of freedom and flexibility. We have to plan almost everything for ourselves and bear full responsibility for our own actions. After the first semester, I applied for courses outside of my major, such as German and Theology. As for the extra-curricular activities, one highlight would be the Christian Leadership Advancement Programme (CLAP) I joined in November. The programme lasted for half a year and in May we visited Israel as a finale of CLAP.  
   No matter how fruitful my first year seemed to be, I would say, what I have gained and learned from the experience since this June was much more significant, perhaps the most significant in my life. As suggested by Professor Chow Po Chung in his newly published book, we are now living in a dark golden age. I hope that no matter what happens in the future, I will always have faith and can stay true to myself. May God bless all of us.

**Curtis Lin, Alumnus  
Ebenezer School**