

2019-2020 ANNUAL 年 REPORT 報



香港傷健共融網絡
Hong Kong Network for the
Promotion of Inclusive Society

H K N P I S

疫境同行

Rise above the pandemic together

服務求進

in pursuit of service excellence





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使命及願景 Our Mission and Vision



香港傷健共融網絡為成立於 2011 年 7 月的非牟利組織，由一群熱心的傷健朋友、註冊社工和專業人士組成。

我們致力促進殘疾人士平等參與社會，推動並宣揚傷健共融文化；鼓勵殘疾人士在運動康復、教育充權、文藝參與和共融科技等領域積極參與；並倡導政府、商界和民間加強協作，共建無障礙的社會環境，以達致「平等貢獻，傷健共融」的目標。

The Hong Kong Network for the Promotion of Inclusive Society (HKNPIS) is a non-profit making organisation founded in July 2011 by a group of passionate people with disabilities, registered social workers and professionals.

Our mission is to facilitate equal participation of disabled persons in the community and promote an inclusive and altruistic culture in society. We encourage people with disabilities to take enthusiastic part in activities of sports rehabilitation, education and empowerment, arts and culture, as well as universal design and technology. We also advocate the collaboration between the Government, the business sector and the general public on creating an accessible environment so as to achieve our ultimate goal of making “Equal Contributions for an Inclusive Society”.

主席的話 Message from Chairman



林衛邦先生

世事多變，誰也沒預料到，全世界會於 2019 年年底起遭受世紀疫症侵襲。新冠肺炎疫情長期蔓延，導致各國經濟下行、失業率高企、人心惶惶。作為機構主席，我和各董事局成員，都有著全力帶領機構，援助殘障人士及其家庭，攜手走過逆境的使命。在此，我先代表機構及一眾會員，感謝各企業、社會各界熱心人士雪中送炭，在最危急的時候為殘障人士送上關懷和抗疫物資，助大家渡過難關。

疫情下，社會上絕大部份實體活動均告取消，非牟利機構的慈善籌款亦不例外，直接導致機構的服務經費大減。然而，殘障人士及其家庭的急切需要是不等人的。2020 年初，機構喜獲信和集團黃廷方慈善基金的熱心捐助，令機構有能力支援更多殘障人士渡過疫情。同時，我們亦衷心感激香港交易所及香港機場管理局多年來對機構的持續支持，它們在逆境中仍然對慈善事務不離不棄，始終實踐企業社會責任，實在令人敬佩。而勞工及福利局以及社會福利署亦繼續全力支持針對殘障人士的各項復康服務，承托殘障人士的身心健康。最後，由賽馬會慈善信託基金捐助成立的「賽馬會殘障家庭支援中心」亦於 2020 年年中正式啟用。機構能於逆境下排除萬難，開設第一間支援中心，實在有賴賽馬會慈善信託基金的高度信任。中心除了為殘障人士提供多元化的服務，當中設置的輔助科技資源閣，在疫情下大大發揮作用，我們添置的輔助科技及儀器，加上職員大力推廣，幫助了不少資訊科技應用能力較低、甚至懼怕使用科技

的視、聽障人士克服心理障礙，顯著提升資訊科技應用能力，讓他們更有效融入社會的新常態，增強獨立生活的能力。

以上種種都說明了只要社會各界同心協力，在各自的崗位上發揮效能，每人都對彼此關心多一點、做多一點點、攜手協力，沒有什麼難關是跨不過的。在此，我還要感謝多年來全心投入服務殘障人士的猛龍長跑隊領跑員、扶持殘障家長的健全子女成長的義務補習老師，以及曾經為機構和殘障人士付出汗水與愛心的義工和支持者，你們的大愛，正好體現本會「平等貢獻，傷健共融」的宗旨。未來的日子裡，我祝願大家都秉持著猛龍長跑隊的精神，毋懼困難、擁抱正能量，與我們一起努力不懈，繼續構建一個關愛共融和利他的社會！

香港傷健共融網絡主席
林衛邦

Things change. No one could have told that the whole world would be under the attack by an unprecedented pandemic since 2019. The widespread of COVID-19 that has lasted a long time has caused the economic downturn and high unemployment rate in many countries, leaving people in panic. I, myself, as the Chairman of the Hong Kong Network for the Promotion of Inclusive Society (HKNPIS), together with other Board members, are responsible for leading the whole organisation towards the mission of helping disabled persons and their families through adversities. Hereby, on behalf of HKNPIS and all our members, I would like to express our sincere gratitude for all corporates and warmhearted individuals in the community for offering a helping hand to disabled persons in their hour of need by showing concern and donating anti-epidemic supplies to help them sail through the difficult times.

With the pandemic situation, many face-to-face activities were canceled, so were donations to non-profitmaking organisations, directly leading to a huge decrease in funds for their work. However, catering for the urgent needs of disabled persons and their families is a matter that admits of no delay. In early 2020, HKNPIS was fortunate to receive a generous sponsorship from Ng Teng Fong Charitable Foundation of Sino Group and has been able to support many more disabled persons in going through the pandemic situation. At the same time, we feel most grateful for the continuous support for HKNPIS of the Hong Kong Exchanges and Clearing Limited and the Airport Authority Hong Kong throughout the years. Their dedication to fulfilling their corporate social responsibility by consistently supporting charitable deeds in adversities is greatly esteemed. Furthermore, we are thankful for the unfailing support of the Labour and Welfare Bureau and the Social Welfare Department for various rehabilitation services that promote the mental and physical well-being of disabled persons. Last but not least, the “Jockey Club Support Centre for Disabled Families” sponsored by The Hong Kong Jockey Club Charities Trust was officially opened in the middle of 2020. We are truly grateful for the faith that the Trust has put in us, which has helped us set up the first Support Centre against all odds in such difficult times. Apart from providing a diversity of services for the disabled, the Assistive Technology Resource Corner of the Centre has played a particularly important role in times of the COVID-19 outbreak. With the purchase

of assistive technology gadgets and equipment, and the enthusiastic promotion by our staff, people with visual or hearing impairment who were relatively weak in information technology skills or even afraid of using technology have been able to overcome their psychological obstacles and shown great improvement in their skills of mastering technology. They have become more ready to integrate themselves into society in the new normal and enhanced their capability to lead an independent life.

All the above has proved to us that as long as different members of the community can stand together and concert their efforts, while effectively performing their respective role, showing more concern for everyone and trying their best to help each other, there is no obstacle too great, and no challenge too difficult. Hereby, I would also like to take the opportunity to thank the guide runners of the Fearless Dragon Running Team who have devoted themselves to serving disabled persons, voluntary tutors who have been assisting the growth of able-bodied children of parents with disabilities, and kind-hearted volunteers and supporters who have paid a great effort in helping HKNPIS and disabled people. Your great love and contributions have been a genuine realization of our mission of making “Equal Contributions for an Inclusive Society”.

In days to come, I wish we could all demonstrate the spirit of the Fearless Dragon Running Team by showing no fear for difficulties and embracing positivity. Let's all make unremitting efforts together to construct a caring, inclusive and altruistic society!

Lam Wai-pong
Chairman of the Hong Kong Network for the
Promotion of Inclusive Society

總幹事的話 Message from Chief Executive



莫儉榮先生

2020 年是充滿艱辛挑戰的一年，亦是我們「迎難而上，逆境求進」的一年！

新冠肺炎這場世紀疫症來勢洶洶，霎時間令全世界都措手不及。疫情令經濟停頓、倒退；大眾的工作模式、社交生活、日常習慣通通被顛覆；非牟利機構的大部份恆常服務亦被逼停止，或無了期延遲。對於我們的服務受眾——不同類別的殘障人士及其家庭而言，生活更加是苦不堪言。2020 年年頭，社會上因抗疫物資不足和相關資訊的不確定性，瀰漫著恐慌和無助的氣氛。正正在大家感到最無助的時候，我們認為機構必須主動承擔，積極為殘障人士尋求支援。

人性的光輝往往在危難中更能突顯，經過一番努力後，我們成功爭取到社會各界的即時回應和幫助，為我們的殘障家庭於短時間內籌集抗疫物資如口罩、消毒搓手液、衛生紙等。我們衷心感謝曾對我們伸出援手的教會團體、藝人、熱心市民等。及後，我們獲得「賽馬會新冠肺炎緊急援助基金」及「賽馬會社區持續抗逆基金」捐助，得以推行一系列抗疫和提升機構效能的措施，如：與專業醫生合作拍攝抗疫資訊短片、製作在家運動抗疫短片、為殘障人士提供上門家居消毒及送贈抗疫物資服務、提升中心的輔助科技器材及員工相關知識等，讓機構及殘障會員可藉此機遇，更迅速、更全面地適應社會的新常態。我們不但沒有被疫情淘汰，反而愈活愈好，重拾對自己、對生活、對未來的信心！

新常態下，我們選擇主動求變、盡力適應，會員人數不跌反升，傷健會員已增長至接近 1,000 人。我們於 2020 年 9 月 26 日成功舉辦第一次的虛擬跑步比賽——妙思猛龍線上共融跑，成功吸引包括殘障家庭、猛龍隊員、市民等共 850 人支持參與；獲得賽馬會慈善信託基金再次捐助的「賽馬會殘障家長子女支援計劃 2.0」亦為小朋友和青少年舉辦大量線上班組，增潤他們的知識和心靈；「賽馬會殘障家庭支援中心」於 2020 年中啟用，當中的輔助科技資源閣亦為不少殘障人士提供生活上的協助；我們恆常舉辦的公眾教育服務——學校分享會亦因時制宜，嘉賓透過互聯網與莘莘學子互動。而藝術發展方面，傷健綜合藝術團的沙畫及魔術表演隊伍於 2020 年年頭的實體表演贏得了社會各界的認同，我們期望疫情過後，各位殘障學員的才華可以盡情發揮。

逆境並不可怕，只要有勇氣和智慧，逆境裡也可以找到新契機。要做到「迎難而上，逆境求進」，必先像經典歌曲《The Impossible Dream》的歌詞一樣：To dream the impossible dream. And to run where the brave dare not go. To try when your arms are too weary. So I reach the unreachable star. 想別人所不敢想，一旦訂下目標，就要為心靈注入無比勇氣，排除萬難，即使再疲累也得奮力前行，終會達成看似遙不可及的夢想。

香港傷健共融網絡總幹事
莫儉榮 MH (註冊社工)

The year 2020 was full of difficulties. It was also a year in which we strove hard to “rise to the challenge in pursuit of excellence in times of adversities”!

The unprecedented menace of COVID-19 came furiously, instantly catching everyone in the world by surprise. Because of the pandemic situation, economic development had stopped or slowed down. Work style, social life and daily routines had all undergone tremendous changes. Most of the regular services of non-profitmaking organisations had been forced to stop or postponed without a foreseeable date of resumption. For the target of our services, disabled persons of different categories and their families, life had become extremely miserable. At the beginning of 2020, due to the lack of anti-epidemic supplies and the uncertainties in pandemic-related information, an atmosphere of fear and helplessness filled the air in our society. In such times when people felt the most vulnerable, we believed HKNPIS had to take the initiative and be committed to seeking help for the disabled.

The brilliance of human nature is often unrolled in times of trouble. Through our hard work, we were able to obtain immediate response and help from various parties in the community and secure anti-epidemic supplies such as masks, alcohol-based handrub, tissue papers, etc. for disabled families within a short period of time. We sincerely thank all the religious organisations, artists and enthusiastic members of the public who have lent us a helping hand. Later in the year, we received the sponsorship from The Hong Kong Jockey Club “COVID-19 Emergency Fund” and “Community Sustainability Fund” in support of a series of measures for pandemic prevention as well as enhancing the effectiveness of our organisation, including the production of anti-epidemic information videos in collaboration with professional doctors and videos to promote exercising at home, the provision of door-to-door household sanitation services and delivery of anti-epidemic supplies to disabled persons, the enhancement of assistive technology equipment in our Support Centre and the provision of training on assistive technology for our staff, etc. HKNPIS and our disabled members were able to take this precious opportunity to adapt to the new normal of society more swiftly and comprehensively. Not only have we been able to stand firmly against the waves of the pandemic, but we have managed to live better and better and regain faith in ourselves, in life and in our future!

In the new normal, we have opted for making changes to our lives proactively and trying our best to adapt to the new way of living. Our number of members has

not decreased. Quite the contrary, it has been on the rise, with the total number of disabled and able-bodied members reaching almost 1,000. On 26 September, 2020, we successfully organised our first virtual run – “Muse Fearless Dragon Online Inclusive Run”, attracting a total of 850 participants including members of disabled families, the Fearless Dragon Running Team and the public. In addition, we were glad to receive a sponsorship from The Jockey Club Charities Trust to launch the “Jockey Club Support Service for the Children of Disabled Parents 2.0” and offer a wide range of online classes for children and teenagers to enrich their knowledge and mind. In the middle of 2020, the “Jockey Club Support Centre for Disabled Families” was officially opened. The Assistive Technology Resource Corner at the Centre supports the life of disabled persons. We adapted our regular public education services to the changing situation caused by the pandemic by organising online sharing sessions in which our guest speakers were able to interact with students from different schools via the Internet. In the aspect of arts development, the performances by participants of the sandpainting and magic classes of our “Inclusive Art Troupe” in early 2020 impressed members of the community greatly. We hope that when the pandemic situation is over, each of our disabled members would have the opportunity to showcase their artistic talent to the public.

No adversity is too fearful to handle. As long as we have courage and wisdom, we will discover new opportunities in times of trouble. To “rise to the challenge in pursuit of excellence in times of adversities”, we must act according to the lyrics of the classic song, “The Impossible Dream”.

“To dream the impossible dream;
to run where the brave dare not go;
to try when your arms are too wearying;
to reach the unreachable star.”

Try to imagine what others do not dare to imagine. Once you have set a goal, pour in lots of courage to overcome all obstacles. Keep striving forward despite the exhaustion. Eventually, you will be able to realise dreams that might have been seemingly unreachable at first.

Mok Kim-wing, MH (Registered Social Worker)
Chief Executive of Hong Kong Network for the
Promotion of Inclusive Society

架構及團隊

Organisation

贊助人：許宗盛先生 SBS, MH, JP
Patron: Mr. Herman Hui Chung-shing, SBS, MH, JP



顧問

義務法律顧問 郭婉琳律師 郭匡義律師行 & Co.	Legal advisor Ms. Sophia Kwok Yuen-lam, Jesse H. Y. Kwok & Co.
義務專科醫學顧問 黃穎信醫生 骨科專科醫生 關忻榮醫生 眼科專科醫生 鄧志豪醫生 耳鼻喉專科醫生	Medical advisors Dr. Albert Wong Wing-shun Orthopaedic surgery specialist Dr. Kenneth Kwan Yan-wing Ophthalmology specialist Dr. Tang Chi-ho Ear, Nose & Throat specialist
會計師事務所 耀進會計師事務所	Accounting firm Brilliant Ascent CPA & Co.

Honorary Advisors

董事局成員

主席 林衛邦先生 香港導盲犬協會主席 香港盲人輔導會理事 香港展能藝術會 – 藝全人創作有限公司主席 香港快活路德樂隊負責人	Chairman Mr. Lam Wai-pong Chairman, Hong Kong Guide Dogs Association Council Member, The Hong Kong Society for the Blind Chairman, Arts with the Disabled Association – social enterprise “ADAM” Arts Creation Limited Person in charge, Happy Lutheran Band
董事 鄭綺文小姐 高分發展有限公司董事 高壹分愛心工程基金會創會會長 有情有意聾人餐廳創辦人	Director Ms. Elaine Cheng Yee-man Director, Go Fun Development Limited Founder, Go Fun Care Project Founder, Friends Italian Restaurant
董事 蕭劍平先生 香港馬主協會理事	Director Mr. Edmond Siu Kim-ping Council Member, The Hong Kong Racehorse Owners Association Limited
董事 陳湛全先生 促進教育基金會 (EDFA) 主席	Director Mr. Charles Chan Cham-chuen Chairman, Education Development Foundation Association (EDFA)
董事 王經緯先生 香港馬主協會理事 香港導盲犬協會董事	Director Mr. Kirk Wong King-wai Council Member, The Hong Kong Racehorse Owners Association Limited Director, Hong Kong Guide Dogs Association

Board of Directors

職員

總幹事 莫儉榮先生 MH 註冊社工 1999 年香港十大傑出青年 1999 年香港十大傑出數碼青年 世界盲人聯會亞太區理事 2008-2012 香港特區政府康復諮詢委員會委員 2006-2011 猛龍長跑隊發起人	Chief Executive Mr. Mok Kim-wing, MH Registered Social Worker Hong Kong Ten Outstanding Young Persons 1999 Ten Outstanding Young Digi Persons 1999 Board Member of World Blind Union – Asia Pacific 2008-2012 Member, Rehabilitation Advisory Committee, 2006-2011, HKSAR Government Founder, Fearless Dragon Running Team
項目經理 樊悅姿小姐	Project Manager Ms. Cathy Fan Yuet-chi
高級項目主任 1 名 全職	Senior Project Officer 1 full-time staff
項目主任 2 名 全職	Project Officer 2 full-time staff
社工 1 名 半職	Social Worker 1 part-time staff
項目助理 4 名 兼職	Project Assistant 4 part-time staff
行政及人事管理人員 1 名 兼職	Administration & Human Resources Management Officer 1 part-time staff
會計人員 1 名 兼職	Accounting Officer 1 part-time staff
資訊科技主任 1 名 兼職	I.T. Officer 1 part-time staff

Staff

9 年回顧 HKNPIS in 9 Years

2020

6 月 猛龍越野大本營 - 康柏

猛龍越野大本營於 2019 年 3 月 27 日成立，給猛龍栽培先鋒，孕育新星。我們定期帶領隊員到訪本地郊遊景點，6 月份項目召集人鄧炳業選址康柏郊遊徑，一行 40 多人分成 5 隊，分批出發。沿途有不少奇石巨石，風景開揚。路線以平路為主，適合初體驗行山的朋友。我們期望更多希望體驗越野樂趣的朋友陸續加入。

June – Fearless Dragon Trailwalker Team in Hong Pak Country Trail

The Fearless Dragon Trailwalker Team was set up on 27 March 2019 with the aim of nurturing talents and bringing in new blood for the Fearless Dragon. The Team regularly organises visits to hiking spots in Hong Kong for our members. In June, our Team Convenor, Mr. Tang Ping Yip, organised a trailwalking activity along Hong Pak Country Trail. 40 participants were divided into 5 teams, setting off their journey one by one. The team enjoyed magnificent views of interesting and gigantic rocks and the boundless scenery of the countryside along the beginner-friendly trail which mainly consisted of flat paths. We hope that more and more people would join us in enjoying the fun of trailwalking together.



5 月 捐血活動

自 2017 年至今，香港傷健共融網絡已組織逾 6 次的團體捐血活動，每次均號召超過 20 位參加者，當中有視障、聽障、肢體殘障等會員，也有義工、受鼓勵而首次參與捐血活動的健全人士等。機構創辦人阿 Kim 認為，其實捐血也是一種「充權」(Empowerment)：「能夠幫到人嘅快樂，係最好嘅回報。會員可能會被社會認為係需要被幫助嘅一群，但其實我哋都有能力去幫到其他人㗎！」

May – Blood Donation

Since 2017, HKNPIS has organised more than 6 group blood donation activities, with over 20 participants every time, including members with visual impairment, hearing impairment and physical disability, volunteers and able-bodied persons who were inspired to take part in a blood donation activity for the first time. Kim, Founder of HKNPIS, thinks that giving blood is a form of “empowerment”.

“The happiness we get from helping other people is the best reward we can have. Our members might be considered as a group of needy people in society. But the fact is that we have the ability to help others too!” said Kim.

平等貢獻 傷健共融

猛龍長跑隊的「猛龍」，取其諧音「盲」、「聾」，是一支盲人和聾人組成的長跑隊，多年來致力推廣社會共融，對捐血救人更是身體力行。

創辦人莫偉榮 (Kim) 表示：「有不少會員都曾希望捐血奉獻社會，奈何溝通上遇到障礙，例如姑娘不懂手語，或者視障人士難以填寫表格。因此我們集結一眾香港傷健共融網絡的會員及義工，定期組織團體捐血活動。」

長跑隊不時於社交平台上載會員義工們的捐血故事，以親身經歷感染他人。長跑隊即將舉行一年一度的「妙思猛龍慈善跑」。他們更構思與中心合作，邀請捐血車停泊於場地附近，藉此鼓勵更多市民前往捐血。



■ 失明社王莫偉榮創立的猛龍長跑隊熱心捐血，推動共融社會。



■ 自2017年起，長跑隊每次約有二十多人一同前往旺角捐血站，不少會員更受鼓勵踏出捐血第一步。



機構主席 (右 3) 和總幹事 (右 2) 幫忙派發物資給殘障家庭。
HKNPIS's Chairperson (third one from the right) and Chief Executive (second one from the right) helped distribute supplies to disabled families.



拍攝抗疫資訊教育短片
Shooting educational videos with pandemic prevention messages



2 月 疫情下香港傷健共融網絡更顯愛與關懷

新型冠狀病毒肆虐全球，2021 年 2 月香港市民在疫情未明的氛圍籠罩下，大家也感到忐忑不安。但是在這艱難的時期裡，我們收到不少熱心人士捐贈口罩、消毒搓手液等的防疫用品，於是機構將這些物資派發給有需要的殘障會員，並為他們提供家居消毒等的服務，幫助他們應對疫情。

February – Care and Concern for Victims of the Pandemic by HKNPIS

With the widespread of COVID-19 around the world, everyone in Hong Kong has been upset by the uncertainties brought by the pandemic situation. In such difficult times, we were privileged to receive donations of anti-epidemic supplies such as masks and alcohol-based handrub from enthusiastic members of the public in February 2020. These supplies were distributed to our disabled members in need. We also provided timely services like household sanitation services to help them get through the challenges posed by the COVID-19 outbreak.

9 年回顧 HKNPIS in 9 Years

1 月 香港傷健共融網絡「八周年會慶暨綜合藝術夜」

本會於 2020 年 1 月 10 日舉行「八周年會慶暨綜合藝術夜」，當日場面盛大，並邀請到平等機會委員會主席朱敏健先生主持首屆「傷健英雄嘉許」，以表揚 4 對由殘障和健全人士組成的最佳運動拍檔。而「傷健綜合藝術團」也為我們帶來了精彩絕倫的魔術以及沙畫表演。透過他們的演出，在場觀眾都深深感受到傷健人士互相協作所發揮的無限藝術潛能。

晚宴招待近 300 位參加者，嘉賓包括平等機會委員會主席朱敏健先生、港交所代表鍾紹玲女士、羅騰祥慈善基金代表李羅德靈女士、全城街馬聯合創辦人及行政總裁梁百行先生、BE-Kind International 代表陳悅明女士等，與一眾殘障家庭和猛龍隊成員一同慶祝機構成立 8 周年，見證我們秉持「傷健共融」理念而締造的一個個創舉。

各位一直以來對本會的支持和付出，成就了無數傷健人士的勵志故事。我們的會員之所以能在晚宴上讓大家看到精彩的表演、聽到動人的分享和感受到共融的氣氛，全賴您們的無私捐獻和協助。來年，我們殷切盼望您的持續支持，讓我們攜手同心，織造出傷健共融的龐大網絡，連結社會上的不同持份者，締造多元共融的社會，見證一個又一個由傷健人士親手創造的奇蹟！



八周年會慶暨綜合藝術夜 YouTube 二維碼
The 8th Anniversary cum Integrated Arts Night YouTube QR Code

January – HKNPIS 8th Anniversary cum Integrated Arts Night

HKNPIS organised a grand celebration on 10 January 2020 at the “8th Anniversary cum Integrated Arts Night”. Mr. Ricky Chu Man-kin, Chairperson of the Equal Opportunities Commission, was invited to officiate at the commendation ceremony for “Heroes of Disabled and Able-bodied Persons” to show appreciation for four pairs of sports partners consisting of a disabled and an able-bodied athletes. Our “Inclusive Art Troupe” gave spectacular magic and sandpainting performances that night, which demonstrated to the audience how disabled and able-bodied persons could work together to unearth infinite artistic potential.

Approximately 300 guests were invited to participate in the dinner party. Our guests of honour, which included Mr. Ricky Chu, Chairperson of the Equal Opportunities Commission, Ms. Jenny Chung, representative of the Hong Kong Exchanges and Clearing Limited, Mrs. Linda Lee, representative of The T.S. Lo Foundation, Dr. Andes Leung, Co-founder and CEO of RunOurCity, and Ms. Chan Yuet-ming, representative of BE-Kind International, together with many disabled families and members of the Fearless Dragon Running Team, celebrated the 8th anniversary of HKNPIS and shared our fruits of impressing the public with consistent achievements by upholding our belief in the importance of promoting inclusion among disabled and able-bodied persons.

Your support and dedication to HKNPIS throughout the years has helped countless disabled persons to create encouraging stories of their lives. Your selfless donations and assistance have made it possible for our members to fascinate everyone at the dinner party with wonderful performances, heartwarming true stories, and an inclusive ambience at the dinner party. In years to come, we call for your continuous support. We hope that everyone can work together towards the same goal of creating a wide, inclusive network of disabled and able-bodied persons and connecting various stakeholders in society to build a multi-cultural and inclusive society so that we can all witness the miracles created by disabled persons one after another!



一眾嘉賓大合照 Guests gathered to celebrate the 8th anniversary of HKNPIS.

傷健英雄嘉許 (4 對組合)

Commendation for Heroes of Disabled and Able-bodied Persons (4 pairs of sports partners)

馬武尚與蔡浩良

Ma Mo Sheung, Edwin & Rhollan Clark Tsoi

劉何志愛與廖文偉

Chi Oi Ho Liu, Easter & Liu Man Wai, Jerry

劉國昌與鄧炳業

Lau Kwok Cheong, Herman & Tang Ping Yip

盧月薇與郭琮

Lo Yuet Mei, Winnie & Kwok King, Alsa

卓越義工嘉許

Commendation for Outstanding Volunteers

嚴惠茵女士 Yim Wai Yan, Veronica

馬武尚先生 Ma Mo Sheung, Edwin

蔡婷婷女士 Lucia Choy

方婉婷女士 Fong Yuen Ting, Pat

徐珮文女士 Chui Pui Man, Margaret

不可思議獎

Commendation for Amazing Achievements

張蓮芳 Cheung Lin Fong, Maggie

林嘉欣 Lam Ka Yan, Sandy

潘怡詩 Pun Yee Sze, Esther

朱詠雪 Chu Wing Suet, Sherry



傷健英雄 劉國昌 (左 2) 與鄧炳業 (左 1)
Heroes of Disabled and Able-bodied Persons Lau Kwok Cheong, Herman & Tang Ping Yip



視障學員即場邀請嘉賓參與魔術表演
One of our guests was invited by the visually impaired member to perform magic together.

9 年回顧 HKNPIS in 9 Years

2019

12 月 潭天雪地過聖誕

趁著聖誕假期還未結束，一眾城市大學的義工們就籌備了一個名為「潭天雪地過聖誕」的活動。活動地點選在大潭郊野公園，目的是希望讓大人和小朋友都能夠到郊外呼吸新鮮空氣，並透過一系列的遊戲促進親子之間的相互理解和認同。

December – Let's Have a Warm Christmas

Volunteers from the City University of Hong Kong organised an activity called “Let's Have a Warm Christmas” at Tai Tam Country Park during Christmas holidays to enable children and their parents to get refreshed in the beautiful countryside and enhance empathy and recognition for each other through a range of parent-child games.



在大自然留下一張張美麗又溫馨的合照
Families cuddled warmly and posed for beautiful photographs in the countryside.

10 月「賽馬會殘障家長子女支援計劃」聰明使者培訓日

為了讓新加入服務的聰明使者更了解殘障家長，我們特意安排了培訓環節。我們邀請到一位視障家長以及一位聽障家長與聰明使者分享他們的日常生活以及和健全子女相處的點滴。除此之外，我們更安排了團體遊戲，讓各位打破隔膜，日後也能互相交流在補習上的心得。

October – Training Day for Wise Walkers of “Jockey Club Support Service for the Children of Disabled Parents”

A training day was organised to enhance new Wise Walkers' understanding of disabled parents. Two parents with visual and hearing impairment respectively were invited to share experiences of their daily lives and stories of their interaction with their able-bodied children. Besides, group games were arranged to help Wise Walkers and the parents to get along with each other in order to facilitate their exchange of opinions on tutoring children from disabled families in the future.



一眾同學正聚精會神地聆聽視障嘉賓分享
Wise Walkers were listening attentively to our guest speaker with visual impairment.



9 月 高分猛龍越野跑 2019

「高分猛龍越野跑 2019」於 2019 年 9 月 28 日假麥理浩徑圓滿舉行，今屆共有 800 人參加，當中更有 16 隊由傷健人士組合的隊伍參與，他們一起攜手跑過金山、針山、草山和大帽山，體現「平等貢獻，傷健共融」的精神。賽事除了吸引本地長跑愛好者參加外，還得到不少機構及學校支持，例如：聖保羅書院。同時大會更邀請到多名精英跑手落場參與，包括有香港著名跑手陳豪先生、黃浩聰先生、梁影雪小姐、「火車頭教練」林成業先生、著名超馬跑手施 Sir、著名越野跑教練黃家偉先生，以及「鐵人母子」的媽媽李穎旋和她的兒子曾載善等。

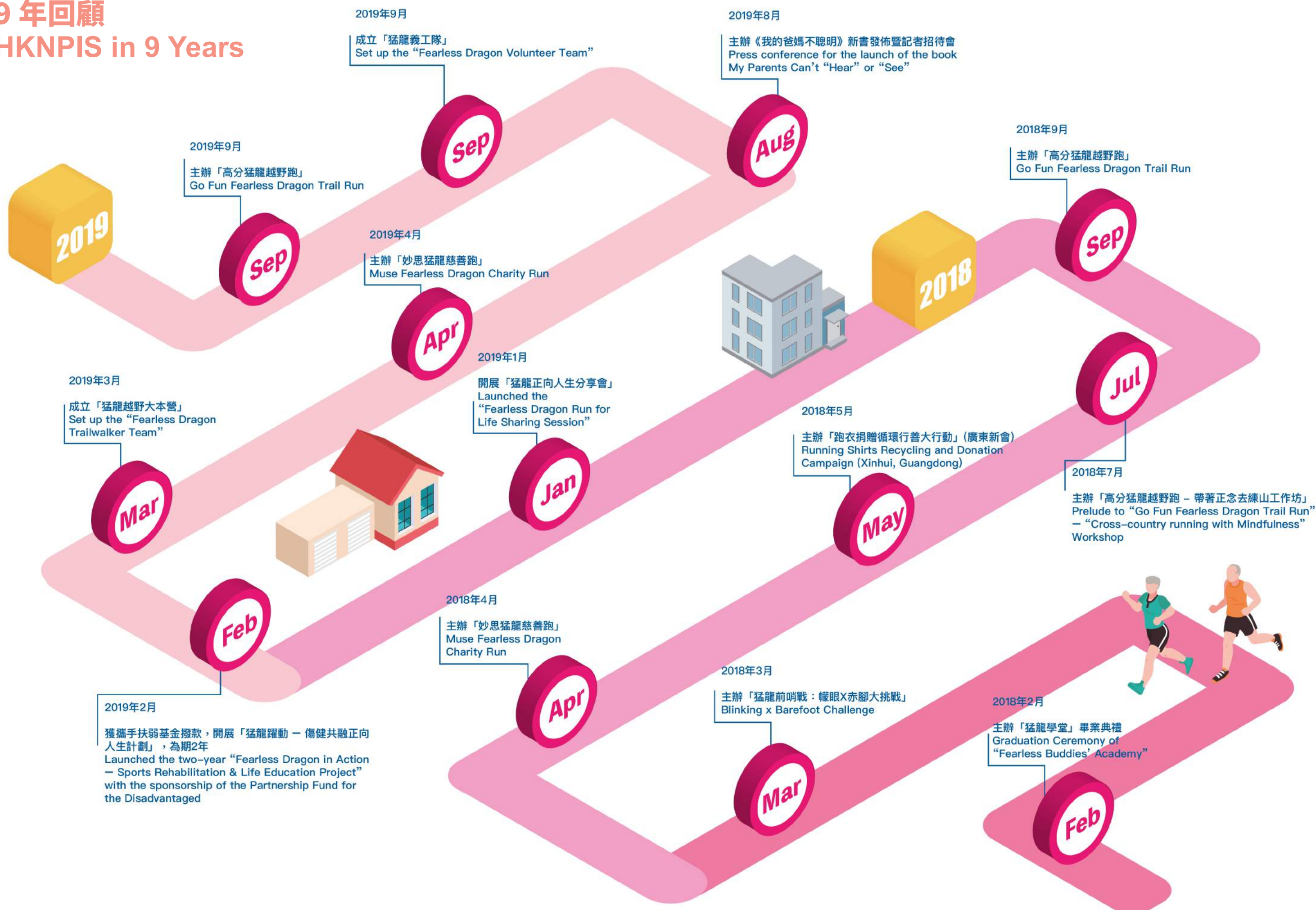
賽事最終由香港著名跑手黃浩聰先生以 2 小時 08 分贏得 20.5 公里男子組冠軍，而梁影雪小姐則跑出 2 小時 33 分並獲得女子組冠軍。

September – Go Fun Fearless Dragon Trail Run 2019

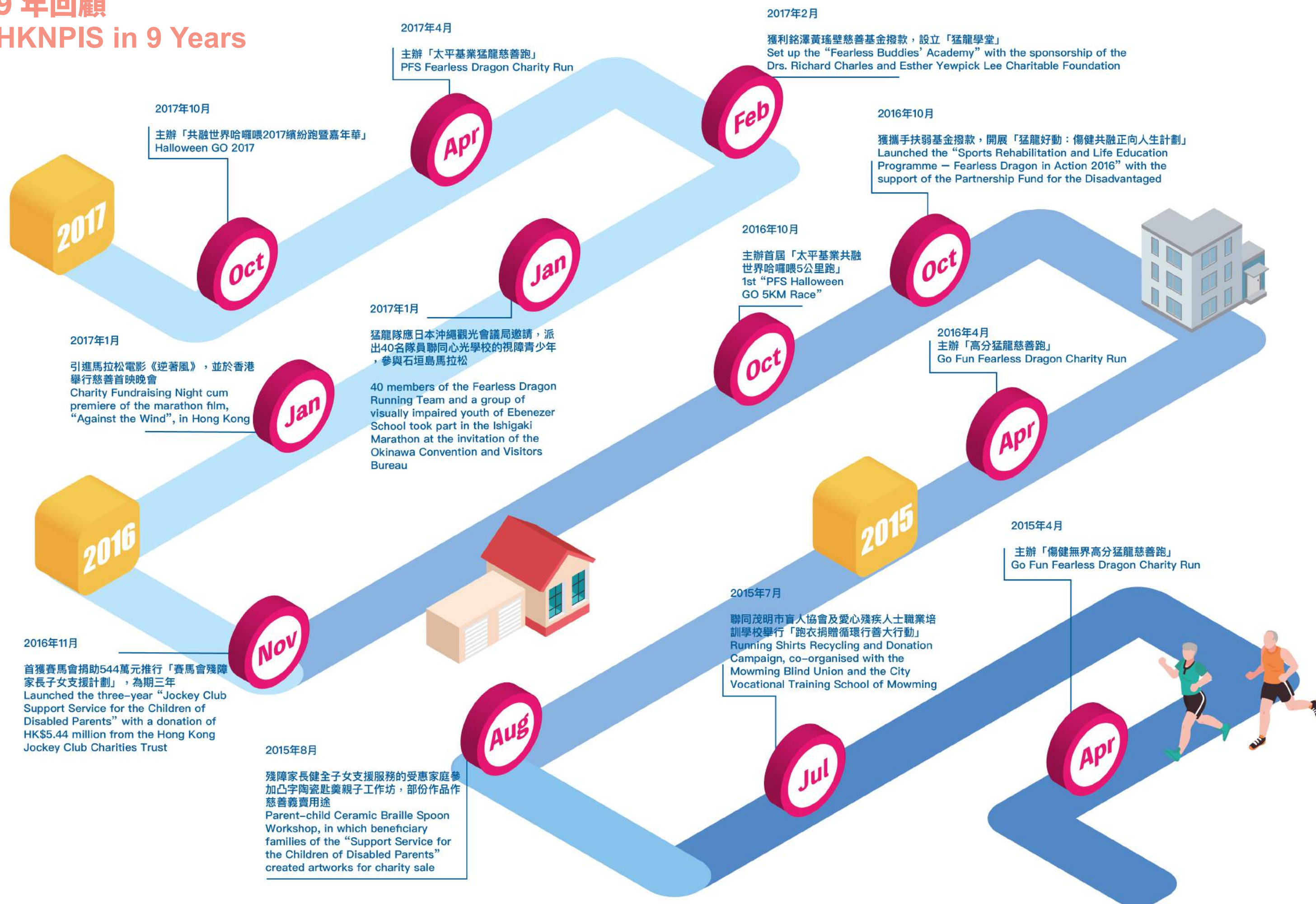
The “Go Fun Fearless Dragon Trail Run 2019” was organised on 28 September 2019 along Maclehoose Trail. There were a total of 800 participants, including 16 teams formed by disabled and able-bodied persons. They ran past Kam Shan, Needle Hill, Grass Hill and Tai Mo Shan together to realise our spirit of making “Equal Contributions for an Inclusive Society”. Besides local distance running enthusiasts, the event also attracted members of many organisations and schools to join, for example St. Paul's College. In addition, elite runners were invited to participate in the event, including celebrity runners in Hong Kong like Mr. Chan Ka Ho, Mr. Wong Ho Chung, Ms. Leung Ying Suet, Mr. Thomas Lam Shing-yip (Coach Thomas the Tank Engine), the famous ultramarathon runner, Mr. Kenny Sze (Sze Sir), the renowned trail running coach Mr. Wong Ka-wai, and Ms. Alice Lee and Mr. Calvin Tsang, mother and son of the “iron man runner family”, etc.

The male championship of the 20.5KM race went to the local celebrity runner Mr. Wong Ho Chung, who finished the race in 2 hours and 8 minutes; while the female championship went to Ms. Leung Ying Suet, who finished the race in 2 hours and 33 minutes.

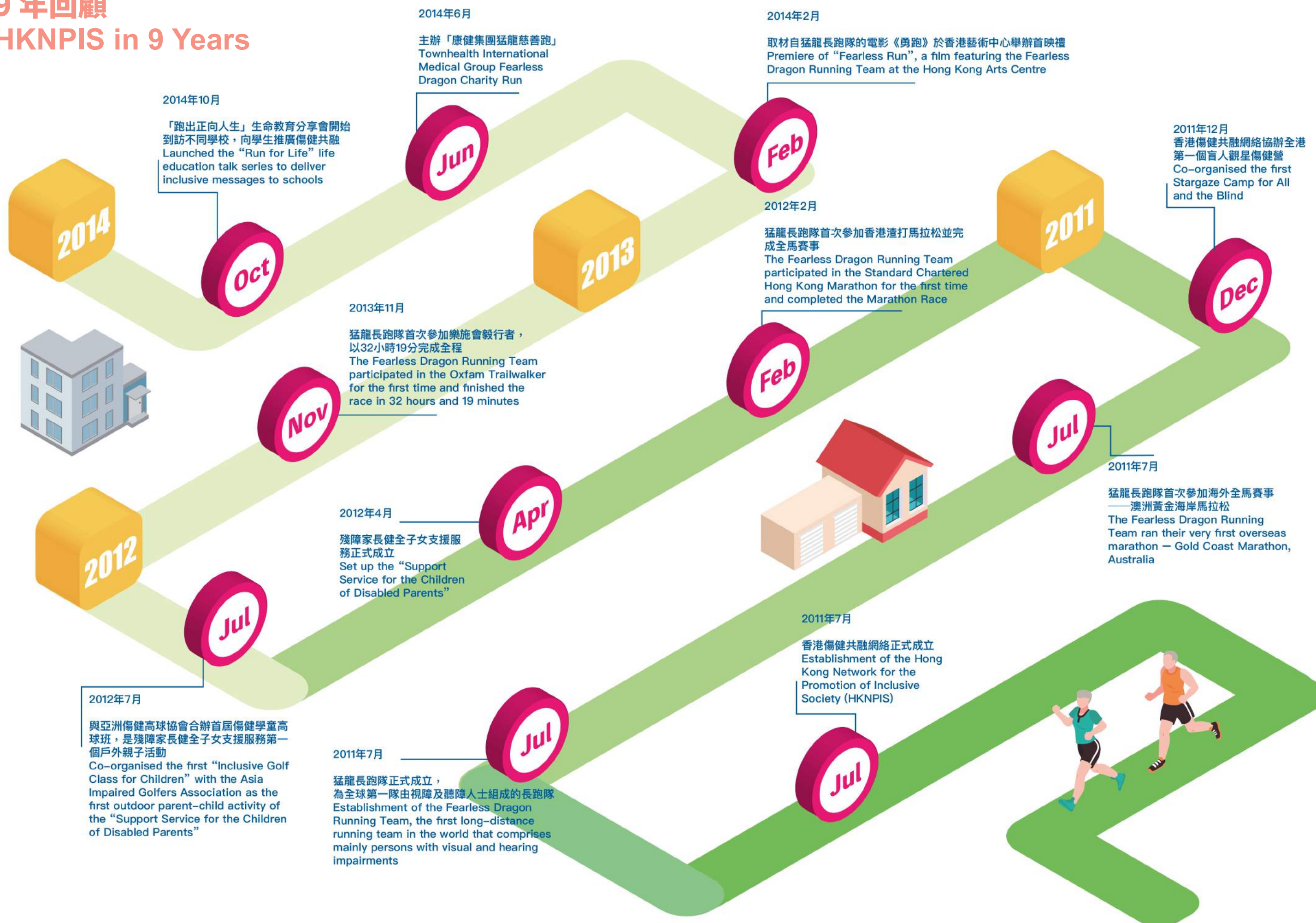
9 年回顧 HKNPIS in 9 Years



9 年回顧 HKNPIS in 9 Years



9 年回顧 HKNPIS in 9 Years



疫情下的機構 HKNPIS in the Pandemic

新冠肺炎在 2020 年年初起肆虐，香港亦是其中一個受影響地區。當時正值農曆新年，口罩、消毒搓手液、廁紙等物資相繼出現供不應求的情況，在街上不乏見到大排長龍搶購物資的景況，相信大家當時的心情是十分焦急、徬徨無助。而我們的會員更是一籌莫展，他們大部份是視障、聽障、肢體傷殘的人士，接收資訊、行動也比一般健全人士較慢，更遑論要和其他市民鬥快搶購物資。機構當時決定無論如何也要幫助他們。而就在這時，我們收到「賽馬會慈善信託基金」轄下「賽馬會新冠肺炎緊急援助基金」的捐助，讓我們可以為殘障人士及其家庭購買抗疫物資，同時為各殘障家庭提供家居消毒服務，令大家可安心留家抗疫。另外我們也特別推出了一系列的抗疫資訊教育短片，教大家如何正確使用口罩、公共衛生的需注意事項等。短片同時設有字幕及手語翻譯，讓聽障人士也能接收到正確的防疫資訊。

Hong Kong has been one of the regions under the attack of COVID-19 since early 2020. Around Lunar New Year time in 2020, there was a shortage of supplies like masks, alcohol-based handrub, and toilet paper in the market. Long queues waiting for buying these daily necessities were seen everywhere. Hong Kong citizens were living in anxiety and helplessness. Our members, who are mainly people with visual or hearing impairment or physical disability, were stumped as they are relatively slow in receiving updates and taking actions in response to changes in society than their able-bodied counterparts in the community, not to mention the fact that they were unable to react to the panic buying spree for supplies with other citizens. HKNPIS was determined to help our members in such difficult times. We were glad to receive a timely donation from The Jockey Club "COVID-19 Emergency Fund" under The Jockey Club Charities Trust, which enabled us to purchase anti-epidemic supplies for disabled persons and their families and provide household sanitation services to them so that they could all stay at home safely to combat COVID-19. In addition, we broadcast a series of educational videos with pandemic prevention messages such as teaching people how to use a mask properly and points to note about public health, etc. With subtitles and sign language interpretation on the videos, people with hearing impairment can also receive accurate messages about pandemic prevention.



疫情期間，機構主席林衛邦先生（左）、總幹事莫儉榮先生（中）及影音使團的代表（右）一同派發抗疫物資
During the COVID-19 outbreak, Mr. Lam Wai-pong, Chairman of HKNPIS (left), and Mr. Mok Kim-wing, Chief Executive of HKNPIS (centre) and representative of the Media Evangelism Limited (right) helped distribute anti-epidemic supplies to disabled families.



梁思浩先生（左一）親身來到機構捐贈及派發物資予視障會員
Mr. Spencer Leung Sze Ho (first one from the left) paid a visit to HKNPIS to donate and distribute supplies to our visually-impaired members.



會員獲贈抗疫物資，感到很欣慰
Our members felt relieved to receive anti-epidemic supplies from us.

疫症無情，但人間有情，除了賽馬會的捐助外，我們還得到很多熱心人士的捐獻，當中包括不少以往合作的機構、朋友、素未謀面的市民。當大家知道殘障人士欠缺抗疫物資的消息後，紛紛聯絡我們，踴躍地籌募及捐贈各類型的物資，譬如口罩、消毒物品、沐浴露、廁紙、乾糧等，為有需要的家庭送上關心及物資，以解燃眉之急。抗疫物資捐贈者鳴謝名單如下，本機構謹向各捐助機構及人士致以由衷謝意！（排名不分先後）

We have witnessed human love amidst the merciless coronavirus outbreak. Apart from the donation from The Hong Kong Jockey Club, we have received donations from many enthusiastic members of the public, including the organisations that have worked with us before, our friends, and members of the public whom we have never met in person. Upon learning about the fact that many disabled persons were short of anti-epidemic supplies, they contacted us and initiated donation campaigns or made generous donations of all sorts of supplies including masks, sanitising products, shower gels, toilet paper, dry food, etc. They showed care for the families in need by providing supplies to meet their urgent needs. We would like to express our sincere gratitude for the following organisations and individuals for donating anti-epidemic supplies to us: (Listed in no particular order)

個別人士 Individual Donors

藝人 Artists：馬浚偉先生 Mr. Steven Ma Chun-wai 梁思浩先生 Mr. Spencer Leung Sze Ho

機構會員 HKNPIS members：蔡婷婷小姐 Ms. Lucia Choy 方婉婷小姐 Ms. Pat Fong

陳胤禧先生 Mr. Terence Chan 岑紫綸小姐

機構好友 Our friends：龐嘉碧小姐 Ms. Kimmy Bong 譚錦華弟兄

機構 / 基金會 Organisations/Foundation

香港交易所 Hong Kong Exchanges and Clearing Limited 黃廷方慈善基金 Ng Teng Fong Charitable Foundation

博愛基金 Pok Oi Relief Fund 榮源茶行 Wing Yuen Tea House 影音使團 The Media Evangelism Limited

香港社會服務聯會 The Hong Kong Council of Social Service 建。祝義工隊 Build & Wish Voluntary Team

盈善最樂 Happy with Charity 循道衛理聯合教會香港堂 Chinese Methodist Church

荷李活獅子會 Lions Club of Hollywood Hong Kong 理文造紙 Lee & Man Paper Manufacturing Limited

諾德保險經紀有限公司 Lockton Companies (Hong Kong) Limited 宏基資本有限公司 Rykadan Capital Limited

中信資本控股有限公司 CITIC Capital Holdings Limited 日壓端子（香港）有限公司 J.S.T. (H.K.) Company Limited

Bright Diva International Limited Smile with usHK



機構同事一同接收「盈善最樂」捐贈的口罩
Our colleagues received masks donated by "Happy with Charity"

本會工作 Our Work

復康服務

本會多年來專注發展殘障人士的復康服務，以發揮殘障人士的最大潛能，讓他們能夠做到「平等貢獻，傷健共融」為目標。

本會的四大復康支柱為：運動康復、教育充權、文藝參與以及共融科技。我們在這四個領域上鍛煉殘障人士的體魄和意志、提升殘障人士下一代的自信心和為他們爭取平等發展機會、發掘和栽培殘障人士的藝術潛能並提供公開演出機會，以及推廣共融科技普及化。

Rehabilitation Services

HKNPIS has been dedicated to providing rehabilitation services for disabled persons to enable them to fulfill their potential and make "Equal Contributions for an Inclusive Society".

The "four pillars" of our rehabilitation services are: Sports Rehabilitation, Education and Empowerment, Arts and Culture, and Universal Design and Technology. We train up the body and mind of disabled persons. We help children from disabled families to build up their confidence and strive for equal development opportunities for them. We explore and nurture the artistic potential of people with disabilities and provide them with opportunities to showcase their talent in public. We also promote universal design and technology in the community.

運動康復 Sports Rehabilitation

本會先後成立由視障和聽障人士組成的「猛龍長跑隊」、「猛龍單車隊」及「猛龍毅行隊」，宣揚逆境自強精神，並讓殘障人士透過參與體育活動，鍛煉身心和提升自我；隊員亦積極參與慈善賽事，平等貢獻社會。

We established the Fearless Dragon Running Team, the Fearless Dragon Cycling Team and the Fearless Dragons Trailwalker Team for people with visual or hearing impairment, to encourage disabled persons to push through adversity with courage and persistence, train up their body and mind, and enhance their self-esteem through sports activities. Our members also take active part in charity races to contribute to society.



教育充權 Education and Empowerment

知識和技能可以改變命運。我們致力支援殘障人士及其健全子女，為超過100個家庭、接近120名中小學生定期提供一對一的功課解難和個人成長輔導，並組織各類親子活動，促進學生的身心發展和家庭成員之間的溝通。另外，本會安排傷殘講者到校舉行分享會，每年到訪超過50間中小學，接觸逾6,000名學生，傳遞傷健共融及逆境自強的訊息。

Knowledge and skills change fate. We support able-bodied children of parents with disabilities by providing one-on-one tutorial and personal growth counseling services to nearly 120 primary and secondary students from more than 100 families. We also organise a wide range of parent-child activities to enhance the physical and mental health of children and foster family communication. Besides, our disabled speakers visit over 50 primary and secondary schools each year to deliver talks to convey messages of inclusion and self-reliance for adversity to over 6,000 students.



文藝參與 Arts and Culture

本會與不同的夥伴合辦文化及藝術活動，提升殘障人士對藝術的欣賞能力和創作力，並豐富他們的文化生活和體驗。藝術體驗活動包括：沙畫體驗、綜合素材畫班、一人一故事劇場及魔術班等等。

We co-organise arts and cultural activities with various partners to enhance disabled persons' ability to appreciate and create artworks in order to enrich their cultural well-being and experience. Our arts activities include: sandpainting workshop, multi-material painting class, Playback Theatre, and magic class, etc.



共融科技 Universal Design and Technology

推廣通用設計及無障礙科技，研發輔助科技和流動應用程式，以助殘疾人士提升生活質素和獨立生活能力。

We promote universal design and accessible technology and help develop assistive technologies and mobile applications to enhance the quality of life and independence of disabled persons.



運動康復 Sports Rehabilitation



身體有殘疾一樣可以參與體育運動，鍛練身心和提升個人自信。香港傷健共融網絡過去 9 年先後成立由視障和聽障人士組成的「猛龍長跑隊」、「猛龍單車隊」及「猛龍越野隊」，活躍於體壇活動和慈善賽事，實踐運動康復和平等貢獻。

People with disabilities can also participate in sports to enhance their physically and mentally health as well as self-confidence. In the past 9 years, HKNPIS established the “Fearless Dragon Running Team”, “Fearless Dragon Cycling Team” and “Fearless Dragon Trailwalker Team” which comprise people with visual and hearing impairments. The team members have since been actively participating in various sports events and charity races to promote sports rehabilitation and “Equal Contributions for an Inclusive Society”.

運動康復 Sports Rehabilitation



取其諧音「盲」、「聾」，是一支由盲人和聾人組成的長跑隊。本會絕對信任殘障人士的能力，並對他們委以重任。猛龍長跑隊的 2 位隊長均由聽障人士擔任。

Fearless Dragon, the pronunciation of which sounds like "blind" (/maang/) and "deaf" (/lung/) in Cantonese, is a distance running team consisting of people with visual and hearing disabilities. HKNPIS has full confidence in the ability of disabled persons and entrusts them with important duties. The two Captains of our Fearless Dragon Running Team are people with hearing impairment.



隊長 嚴仁傑先生
Captain –
Mr. Roger Yim Yan-kit



副隊長 楊玉榮先生
Vice Captain –
Mr. Eric Yeung Yuk-wing

高分猛龍越野跑

第二屆高分猛龍越野跑於 2019 年 9 月 28 日舉辦，去年受十號颱風「山竹」影響，導致賽事需要更改賽道，今年我們捲土重來，帶領一眾跑手跨越「金針草帽」(金山、針山、草山、大帽山)。參加者可以因應自己的能力參加 20.5 公里或 4.6 公里的賽事。此外，比賽更設有傷健組，以鼓勵傷健人士一同參與，攜手走出「平等貢獻，傷健共融」路。今年參加者年齡由 10 歲至 70 歲，共有 70 多位殘障人士參加，當中包括視障、聽障、智障、肢體傷殘及精神病康復者，另外亦有 20 多位更生人士參與。

我們很榮幸再次邀請到平等機會委員會主席朱敏健先生為活動主禮嘉賓。朱主席更是身體力行，在比賽當日完成了 4.6 公里路程。

同時，我們邀請了多個精英跑手落場參與，包括有香港著名跑手陳家豪、黃浩聰、梁影雪、「火車頭教練」林成業、香港著名超馬跑手施 Sir、著名越野跑教練黃家偉，還有鐵人母子李穎旋及曾載善等。結果黃浩聰以 2 小時 08 分贏得 20.5 公里男子組冠軍，梁影雪則跑出 2 小時 33 分獲女子組冠軍。



Must Eyewear 代表致送太陽眼鏡予精英跑手
The representative of Must Eyewear presented complimentary sunglasses to our elite runners.

Go Fun Fearless Dragon Trail Run

The second Go Fun Fearless Dragon Trail Run was organised on 28 September 2019. Last year, Super Typhoon Mangkhut wreaked havoc in Hong Kong, forcing us to change the race route. This year, our runners returned to the original route and ran along the trail passing Kam Shan, Needle Hill, Grass Hill and Tai Mo Shan. Participants could choose to join the 20.5KM or 4.6KM Race according to their own ability. In addition, we set up the "Inclusive Category" to encourage disabled persons to take part in our event with their able-bodied counterparts to run for "Equal Contributions for an Inclusive Society". This year, our participants ranged from 10 to 70 years of age. A total of more than 70 disabled runners, including people with visual impairment, hearing impairment, intellectual disability, or physical disability and emotionally ill persons, and more than 20 rehabilitated offenders joined the race.

We had the honour of inviting Mr. Ricky Chu Man-kin, Chairperson of the Equal Opportunities Commission, to be our officiating guest. Mr. Chu also participated in the event and finished the 4.6KM race.

We also invited a number of elite runners to participate in our event, including local celebrity runners like Mr. Wong Ho Chung, Ms. Leung Ying Suet, Mr. Thomas Lam Shing-yip (Coach Thomas the Tank Engine), the famous ultramarathon runner Mr. Kenny Sze (Sze Sir), the renowned trail running coach Mr. Wong Ka-wai, and Ms. Alice Lee and Mr. Calvin Tsang, mother and son of the "iron man runner family", etc. The male championship of the 20.5 KM race went to the local celebrity runner Mr. Wong Ho Chung, who finished the race in 2 hours and 8 minutes; while the female championship went to Ms. Leung Ying Suet, who finished the race in 2 hours and 33 minutes.



朱主席 (圖中央橙色上衣) 與一眾嘉賓主持起步儀式
Mr. Chu (standing at the centre wearing an orange T-shirt) officiated at the kick-off ceremony with other guests.

運動康復 Sports Rehabilitation

猛龍毅行隊「看不見、聽不到，猛龍做得好！」

2019 年 11 月，猛龍長跑隊派出 5 隊傷健組合出戰 100 公里毅行者！翻山越嶺二十多個小時，對許多朋友來說已不容易，而對視障、聽障朋友來說更是難上加難。雖然主辦單位最後決定取消比賽，但仍然無阻猛龍健兒一起踏上毅行路，齊齊挑戰自己，冀創佳績。

一眾猛龍毅行隊員早於 5 月初起，每個週末均在「非苦隊」教練 Easter 帶領下，進行高強度訓練。他們針對性地於麥理浩徑操練，隊員們連走十多個小時已成家常便飯。除此之外，他們每週更要操練跑斜坡和參與耐力跑，以適應不同路況兼鍛鍊體能。訓練縱然艱苦，隊員也從不輕言放棄，不分晝夜、無懼風雨，為的就是能做出自己最好的成績。

是次猛龍隊員們在沒有主辦單位的支援下，奮力完成 100 公里路程。5 隊傷健組合以約 20 小時至 29 小時的佳績完成，令人鼓舞。當中，視聽障隊員蔡浩良更以 28 小時 52 分衝過終點，再次印證雖失去視力，不等於失去視野；失去聽力，不等於失去毅力！

Fearless Dragon Trailwalker Team “We, the Fearless Dragon, can’t see or hear but we can do it!”

In November 2019, 5 teams of runners consisting of disabled athletes and able-bodied guide runners represented the Fearless Dragon Running Team to take part in the 100KM Trailwalking activity. Trekking across mountains for more than 20 hours is nothing easy for many people. It is even harder for people with visual or hearing impairment. Although the official race was finally canceled by the organiser, nothing could stop our Fearless Dragon runners from taking the challenge of trailwalking in order to create success.

Under the guidance of Easter, the coach of the Faithwalkers Group, our Fearless Dragon Trailwalkers started having high intensity training every weekend as early as in the beginning of May 2019. They had their training along the Maclehoise Trail to get used to the race environment. It soon became a piece of cake for our runners to walk for more than 10 hours continuously. Besides, they had weekly running practices on slopes and took part in endurance run in order to adapt themselves to different paths and enhance their fitness. Despite the training being very tough, our runners never gave up. They practised day

and night braving the elements with a clear goal of making their personal best.

Our Fearless Dragon runners strove hard to complete the 100KM journey without the support of the organiser. The 5 teams of runners consisting of disabled athletes and able-bodied guide runners finished the race in around 20 to 29 hours. Their achievement was remarkable. Our deafblind runner, Rhollan Clark Tsoi, finished the race in 28 hours and 52 minutes. He is living proof that the loss of sight does not mean a loss of vision and the loss of hearing does not mean a loss of perseverance!



視聽障隊員蔡浩良（中）於終點與隊員合照
Our deafblind runner, Rhollan Clark Tsoi (centre), celebrated his achievement with teammates at the finishing line.



2019 毅行片段
Video of 2019 Trailwalking

猛龍蹤影處處

「就算他今天看不到，即使他看不到，都可繼續旅途，牽手繼續上路。就算他今天聽不見，即使他聽不見，身體替代語言，一起繼續向前。傷健共融裏跨過挑戰。要一起創造未來在每天。」這就是唱出猛龍精神的「猛龍之歌」。2019-2020 年猛龍蹤影處處，除每週四可於斧山道運動場看到他們努力練習外，大家亦可以於不少公開賽事找到他們的身影：

Fearless Dragon Everywhere

“Despite not being able to see today, one can still continue his journey hand in hand with his companions. Despite not being able to hear today, one can still use body language to replace speech and keep going forward with his companions. In the faith of inclusion, we overcome challenges and create a bright future together.” The “Song of the Fearless Dragon” tells us about the spirit of the Fearless Dragon. In 2019-2020, our Fearless Dragon runners set foot everywhere. Apart from seeing them every Thursday practising hard at Hammer Hill Road Sports Ground, we can find them in many open races:

2019

9 月 6 日至 10 日 We Run For The Blind (泰國曼谷)
9 月 14 日 香港基督少年軍 Anchor Run
9 月 28 日 高分猛龍越野跑
10 月 13 日 Desserts Run 2019
10 月 19 日 港島遠足及跑步賽
11 月 9 日 斯巴達障礙賽

6-10 September We Run For The Blind (Bangkok, Thailand)
14 September The Boys' Brigade, Hong Kong's Anchor Run
28 September Go Fun Fearless Dragon Trail Run
13 October Desserts Run 2019
19 October 2019 Island Hike and Run
9 November Spartan Race Hong Kong



斯巴達障礙賽
Spartan Race Hong Kong

2020

1 月 5 日 心晴跑 · 跑傳情
1 月 11 日 西部 50
1 月 12 日 黃道益活絡油香港街馬 2020
1 月 19 日 沙田迎新春半馬拉松長跑賽

5 January Joyful Charity Run 19/20
11 January HK50 West
12 January Wong To Yick Wood Lock Ointment
Hong Kong Streetathon 2020
19 January Sha Tin Lunar New Year Half
Marathon Run 2020



心晴跑 · 跑傳情
Joyful Charity Run 19/20

運動康復

Sports Rehabilitation

猛龍義工隊

逆轉身份，變身補給站義工，支持跑手！

「幫到人嘅快樂，就係最好嘅回報。」這是本會總幹事常掛於口邊的一句話。

殘障會員往往被社會認為是需要被幫助的一群，但其實他們也有能力去幫助其他人！今年猛龍隊由賽事參加者，變身成為補給站義工，為跑手打氣，活現出「平等貢獻，傷健共融」。

Fearless Dragon Volunteer Team

Let's switch roles! Disabled athletes turned into volunteers at aid stations to support other runners!

“The happiness we get from helping other people is the best reward we can have.” This is the line that our Chief Executive likes to say all the time.

Our disabled members might be considered as a group of needy people in society. But the fact is that they have the ability to help others too! This year, our Fearless Dragon Running Team members turned into volunteers at aid stations to cheer for other runners, making “Equal Contributions for an Inclusive Society”.



2020年1月12日 黃道益活絡油香港街馬 2020 水站義工
12 January 2020 Volunteering at the water stations of Wong To Yick Wood Lock Ointment Hong Kong Streetathon 2020



2019年9月22日 黃金俠賽事終點站義工
22 September 2019 Volunteering at the aid stations of Gold Lightan Run



2019年12月1日 Run for an AIDS Free World 水站義工
1 December 2019 Volunteering at the water stations of Run for an AIDS Free World

猛龍捐血隊

猛龍長跑隊多年來致力推廣社會共融，對於捐血救人更是身體力行。創辦人莫儉榮（Kim）表示：「有不少會員都曾希望捐血貢獻社會，奈何溝通上遇到障礙，例如姑娘不懂手語，或者視障人士難以填寫表格。因此我們集結一眾香港傷健共融網絡的會員及義工，組成『猛龍捐血隊』，定期組織捐血活動。」自2017年起，長跑隊每次都相約二十多人一同前往旺角捐血站捐血。

捐血隊亦不時於社交平台上載會員和義工們的捐血故事，希望以他們的親身經歷感染他人。視障隊員張朗珉回憶自己第一次捐血的過程並不順利。對於視障的他來說，要嘗試全新的事物，難免會令他有所焦慮。針刺帶來的輕微疼痛令朗珉在首次捐血時非常緊張，導致他的血管收縮，不能成功輸出血液。經捐血站姑娘安慰後，朗珉決定下一次再作嘗試。朗珉雖然心中有所懼怕，但同時也有點內疚：「無理由大家做到但我做唔到嘅！」兩個月後，他戰戰兢兢地又跟隨隊友再去嘗試捐血，這一次他成功捐出450毫升血液。能幫助到有需要的病人，令他十分欣慰。

Fearless Dragon Blood Donor Team

Throughout the years, the Fearless Dragon Running Team has been dedicated to promoting an inclusive society and supporting the good deed of giving blood to save lives. Our Founder, Kim said, “Many of our members would like to contribute to society by giving blood but they have encountered communication barriers like the nurses not knowing sign language or people with visual impairment being unable to fill the blood donor form on their own. In view of this, we gathered members and volunteers of HKNPIS and set up the ‘Fearless Dragon Blood Donor Team’ to organise regular blood donation activities.” Since 2017, there were more than 20 Fearless Dragon Running Team members joining each time when we give blood at the Mongkok Donor Centre together.

Our Blood Donor Team would share their own stories and experiences on the social media, hoping to encourage other people to give blood.

Our member with visual impairment, Cheung Long Man, recalled his first time giving blood, which had not been easy. As a visually-impaired person, he felt anxious about taking this new challenge. The prick of the needle made him so nervous that his blood vessels contracted to such an extent that blood could not flow through. After being comforted by the nurse at the Donor Centre, Long Man decided to try again. Apart from the fear, he also felt a little guilty. “There’s no way for me to be unable to do it if all others can!” Two months later, he stepped into the Donor Centre with his teammates warily and made his second attempt. This time, he successfully gave 450ml of blood. He was very happy to be able to help patients in need.



朗珉：「其實今次已經係第三次捐血喇，我都仲係驚架！不過有能力做到，我一定會繼續做。」
“Giving blood for the third time, I still feel scared! But as long as I can do it, I will do it!” said Long Man.

海外賽事

殘障人士（視障 / 聽障 / 肢體殘障 / 精神病康復）往往較少有機會和資源參與國際賽事。故此機構每年均會盡力資助殘障會員挑戰海外賽事，讓他們圓夢，豐富其個人經歷。

猛龍長跑隊於2019年9月6日至10日獲邀出席於泰國曼谷舉行之We Run For The Blind賽事。隊員於賽後遊覽曼谷名勝，並與當地選手交流。

Overseas Races

People with disabilities (people with visual impairment/ hearing impairment/ physical disability/ ex-mentally ill persons) may have fewer opportunities and resources for taking part in international races. In view of this, HKNPIS is devoted to sponsoring disabled members to fulfill their dream of taking part in overseas races every year to enrich their lives.

The Fearless Dragon Running Team was invited to take part in the race of We Run for The Blind held in Bangkok, Thailand, from 6 to 10 September 2019. After the race, our members went sight-seeing in famous spots in Bangkok and exchanged experiences with local runners.

教育充權

Education and Empowerment



知識改變命運！教育培訓的機會對殘疾人士來說至為重要。香港傷健共融網絡重點關注殘障人士的就業，以及他們下一代的教育機會，期望紓減跨代貧窮的問題。

Knowledge changes fate! Education and training opportunities are of utmost importance to people with disabilities. HKNPIS shows great concern for the employment of disabled persons and the education opportunities for their children. We aspire to reduce the problem of intergenerational poverty.

教育充權

Education and Empowerment



IN158 彩色生命樹

香港傷健共融網絡今年再次和信願榮景慈善基金合作舉行是次大型戶外活動，這次的活動主題是彩色生命樹，背後的意義是希望傷健人士與社會大眾能共同創造彩色的世界，實踐傷健共融。活動當日晴空萬里，一眾義工們落力籌備整個活動，除了教小朋友及家長種植盆栽及一起玩集體遊戲外，更帶領十多個殘障家庭以及視障人士攜手以不同顏色的水果在巨型畫布上拼砌出「彩色生命樹」，齊齊體現傷健共融、生命有價！

IN158 Colourful Tree of Life

This year, HKNPIS collaborated with Invision Charity Foundation Limited again to complete the large-scale activity of "Colourful Tree of Life", with the aim of letting the disabled and the general public create a colourful world together in an inclusive society. On a bright sunny day, our volunteers took the lead in arranging for the whole activity. They taught children and their parents how to grow potted plants, and played group games with them. They also guided more than 10 disabled families and people with visual impairment to create a "Colourful Tree of Life" by placing fruits of different colours on a huge canvas mat. Together, they demonstrated the spirit of inclusiveness and the value of life!



當日天氣雖然炎熱，但仍然無減大家興奮的心情
The hot weather didn't stop everyone from having fun.



大人、小朋友一起以不同的水果在畫布上拼砌出「彩色生命樹」
Children and adults created a "Colourful Tree of Life" by placing fruits of different colours on a huge canvas mat.

光劍體驗工作坊

如果大家有看過「星球大戰」，相信對電影裡的角色及光劍絕不陌生。光劍也曾被推選為電影史上最著名的武器之一，看著電影裡劍來劍往的畫面，你是否也有幻想過自己成為當中的主角呢？原來這個願望並不難實現！因為光劍對決已發展成一項運動，法國擊劍總會已將光劍列入正式運動項目，光劍更有機會成為 2024 年巴黎奧運的項目。而這次香港傷健共融網絡就率先讓一眾青少年體驗光劍運動。每位參加者經過教練的指導後都將光劍操作得有板有眼，他們紛紛表示這個運動除了有型、好玩外，也十分容易上手，能鍛練反應以及應變能力。

同學們列陣合照，十分有氣勢。
See how smart our young lightsaber troupe looks!



Lightsaber Duelling Taster Workshop

If you are a Star Wars fan, you should be familiar with the characters in the movie series and the famed weapon of the lightsaber. The lightsaber has been named one of the most famous weapons in the history of film. Watching Star Wars combatants duelling with a lightsaber, have you ever imagined yourself being like them? It turns out to be a reachable dream! In fact, lightsaber duelling has become a competitive sport. The French Fencing Federation has registered it as an official sport, granting it the hope of a place in the Paris Olympics in 2024. HKNPIS gave teenagers a chance to taste this new sport. Under the guidance of the coach, each participant was able to master the lightsaber quite skillfully. They all found the sport stylish, fun and easy to learn. They could enhance their reaction capability and flexibility.

教育充權

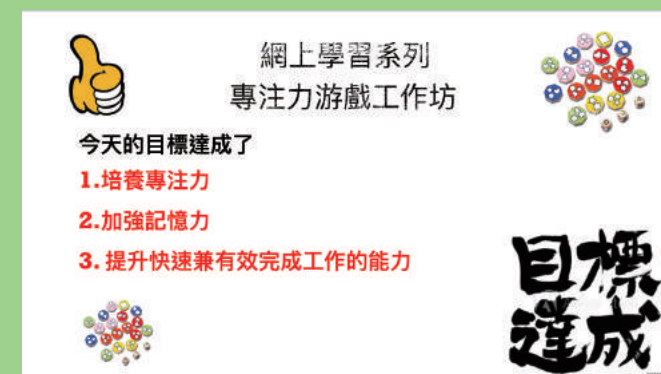
Education and Empowerment

線上結合線下專屬運動指導計劃

現在愈來愈多人明白運動的重要性，可是今年由於疫情關係，使得很多小朋友只能留在家中，大大減少了運動的機會。機構為鼓勵大家在疫情下多做運動，在8月份聯同「佛教筏可紀念中學」籌辦了「線上結合線下專屬運動指導計劃」。計劃共有10堂，在課堂中教練會透過鏡頭向小朋友一對一講解及進行針對性的指導，參加者可學習各種動作的正確姿勢和技巧，加強他們做運動的積極性及投入感。

Online and Offline Sports Coaching Scheme

Nowadays, people are becoming more and more aware of the importance of sports. However, the pandemic has forced many children to stay at home, leaving them with very limited opportunities to exercise. In order to encourage everyone to do more physical exercise amidst the pandemic, HKNPIS, together with Buddhist Fat Ho Memorial College, organised the “Online and Offline Sports Coaching Scheme” in August. The scheme consisted of 10 sessions, in which our coach provided one-on-one tailor-made coaching to children to teach them the proper posture and techniques of doing sports in order to enhance their eagerness to participate in physical activities.



疫情下的網上學習

自2019年12月以來，香港疫情一直反反覆覆，眾多活動以及部份支援服務也相繼暫停。莘莘學子長期在家學習，學習效能降低之餘，也缺乏社交活動。這個時候，科技則幫了我們一個大忙，讓我們可以繼續和大家溝通見面。在4月至8月期間，我們透過Zoom舉辦了一系列的網上學習課程，當中包括魔術班、專注力訓練班、表達技巧培訓班等等，讓來自殘障家庭的小朋友能夠安坐家中吸收新知識，為生活增添趣味；同時他們可以藉此機會認識新朋友，提升社交能力。

Online Learning during the Pandemic Situation

Since December 2019, the pandemic situation in Hong Kong has continued. Many activities and some support services have been brought to a halt. Staying at home for a long time may reduce young people's learning effectiveness and opportunities for engaging in social activities. This is where technology can come in and help, allowing us all to meet each other. From April to August, we organised a series of online classes via Zoom, including magic class, attention training class, presentation skills class, etc., through which children from disabled families could learn new skills and spice up their lives at home a bit. At the same time, they were able to meet new friends and enhance their social skills.



學校分享

今個年度我們的學校分享也是充滿挑戰性。因應疫情的發展，教育局數度宣佈停課安排，學校的大部份活動也須暫停或延期舉行，所以今年的實體學校分享活動也大大減少。但如此有意義的公眾教育工作我們當然不希望全面停止，經機構同事與學校老師多次商討後，我們首次嘗試將分享會改為網上進行。同學們在網上反應頗為熱烈，也會爭取向視障或聽障嘉賓發問有關殘障人士生活上的問題，熱情不比實體分享會少。

Sharing Sessions at Schools

This year we had been facing lots of challenges when organising sharing sessions at schools. Due to the pandemic situation, the Education Bureau had announced the suspension of face-to-face classes several times, bringing a halt or postponement to most school activities. As a result, the number of face-to-face sharing sessions conducted was greatly reduced this year. But of course, we did not want such meaningful public education work to stop completely. After much deliberation with teachers, our colleagues decided to bring our sharing sessions online for the first time. The online sharing sessions were well received by students. The audience were eager to ask our visually-impaired or hearing-impaired guest speakers questions about the lives of the disabled. They were as enthusiastic as participants of face-to-face sharing sessions.



教育充權

Education and Empowerment

「賽馬會殘障家長子女支援計劃 2.0」

為期三年的第一期「賽馬會殘障家長子女支援計劃」已於 2019 年年尾結束。計劃推行以來，成效顯著，幫助了逾百個殘障家長及其健全子女重拾對學業的信心和提升親子關係。此計劃在同類型服務中屬先導計劃，我們希望能總結經驗，預備為香港更多急切等待著此服務的殘障家庭伸出援手，為他們提供更優質全面的服務，並且持續實踐傷健共融，鼓勵殘障家庭與社會人士彼此接納、互信。

本會十分榮幸能再次獲得香港賽馬會慈善信託基金的捐助，於 2020 年至 2023 年間推行「賽馬會殘障家長子女支援計劃 2.0」。計劃除了繼續提供核心服務：功課及個人成長輔導，以及一系列的親子活動外，更會培訓受惠者成為義工，為其他殘障家庭及社會貢獻自己的能力，讓大眾見證殘障人士的熱誠和才華。計劃亦會推行大量社區推廣活動，如：殘障家庭支援中心開放日、共融社區嘉年華、殘障家庭及義工嘉許禮、出版月曆和書籍等，致力讓公眾認識殘障人士的需要和能力。同時，我們亦會深化計劃內的服務，以更貼合殘障家庭的殷切需要，並彌補坊間現時服務的不足。

Jockey Club Support Service for the Children of Disabled Parents 2.0

Phase I of the three-year “Jockey Club Support Service for the Children of Disabled Parents” was concluded at the end of 2019. Since the launch of the Project, great results have been yield, helping over 100 disabled parents and their able-bodied children to regain confidence for their schoolwork and foster parent-child relationship. The Project was a pioneer of services for similar targets. We hope to consolidate our experiences in order to get ready to lend a helping hand to more disabled families who are eagerly yearning for services alike. We aspire to provide high quality and comprehensive services and continue to strive for our mission of promoting an inclusive society by encouraging disabled families and the general public to build mutual acceptance and trust.



HKNPIS is honoured to once again receive a sponsorship from The Hong Kong Jockey Club Charities Trust for implementing the “Jockey Club Support Service for the Children of Disabled Parents 2.0” from 2020 to 2023. Apart from continuing our core services of providing schoolwork tutoring and personal growth counselling services, as well as organising a series of parent-child activities, we are dedicated to training beneficiaries to be our volunteers to contribute themselves to other disabled families and the community, so that everyone can see the passion and talent of the disabled. To raise public awareness for the needs and abilities of disabled persons, the Project includes a large number of community promotional activities, for example, Open Day of the “Support Centre for Disabled Families”, Inclusive Community Carnival, Commendation Ceremony for Disabled Families and Volunteers, publication of calendars and books, etc. At the same time, we hope to improve the existing services in the Project to better cater for the imminent needs of disabled families in order to make up for the shortage of services currently available in the market.

新計劃將會為殘障家長及其健全子女提供以下支援及活動：

1) 一對一功課及個人成長輔導

殘障家長之健全子女將會獲配對一位擁有大學 / 大專學歷的導師，每週上門提供功課及個人成長輔導，為學生解答功課疑難外，亦會互相分享個人成長經歷。

2) 體驗式學習活動

家長：正向家長工作坊、心理戲劇工作坊、互助興趣小組等
子女：青少年體驗活動、情緒社交小組、義工活動等
親子：親子互動劇場、戶外體驗活動等

3) 輔助服務

- 個人及家庭輔導服務
- 家長手語翻譯服務



Phase II of the Project includes the following support services and activities for disabled parents and their able-bodied children:

1) One-on-one tutoring and personal growth counselling services

Each able-bodied child of a disabled parent will be allocated a tutor with university or higher education qualifications and receive weekly door-to-door homework tutoring and personal growth counselling services. Apart from helping the children with their schoolwork, the tutors would also share personal growth experiences with them.

2) Experiential learning activities

For parents: positive parenting workshops, psychodrama workshops, mutual aid interest classes, etc.

For children: teenager experiential activities, emotional and social skills groups, voluntary services, etc.

For families: parent-child interactive drama, outdoor experiential activities, etc.

3) Other support services

- Personal and family counselling services
- Sign language interpretation services for parents

此外，「賽馬會殘障家庭支援中心」也於本年度成立。設立支援中心的目的是希望能為各殘障家庭提供一個聚腳點，讓他們在此認識更多新朋友，從而鼓勵他們踏出社區，同時亦有助增加家庭對機構的歸屬感。中心亦設有輔助科技資源閣，提供手提電腦、點字顯示器、放大器、配置光學文字辨識的掃描器等設施，讓殘障人士能在此享受科技帶來的樂趣，並掌握社會上最新的資訊。

Besides, the “Jockey Club Support Centre for Disabled Families” was set up this year to serve as a social hub for disabled families where they can meet new friends and encourage each other to integrate themselves into the community. The Support Centre also helps the families to build a sense of belonging to HKNPIS. Equipped with an Assistive Technology Resource Corner, the Support Centre provides facilities like laptop computer, Braille display, magnifier, scanner with an optical character recognition function, etc., to enable disabled persons to enjoy the pleasure brought by the use of technology and to receive the most up-to-date information about society.



教育充權 Education and Empowerment



全家福工作坊

一幀家庭全家福，除了為家人提供一次相聚的機會之外，更可以留住充滿愛的溫馨時刻，並將這份愛傳承下去。香港傷健共融網絡特意舉辦全家福拍攝活動，帶領一眾殘障家庭前往專業影樓拍照。當日大家都隆重其事，盛裝打扮，並跟隨攝影師的指導擺出各種可愛、有趣的甫士，一家人在影樓中有說有笑，場面溫馨。當中有家庭反映，家人不幸患上絕症，恐怕相聚的時日已不多，此次活動能為一家人留住美好時光，意義非比尋常。



兩兄弟長大後重看照片，定會再次相視而笑
When these two little brothers grow up and see this photo again, they will definitely smile at each other like they are doing now.

Happy Family Photo Workshop

The whole family gathering together for a photograph allows members to enjoy a precious moment with their dear ones, as well as to capture this memory of love and pass on their affection for the beloved ones. HKNPIS organised the Happy Family Photo Workshop in which disabled families were invited to take photographs at professional studios. All families took the occasion seriously and dressed up for the photo shoot. Following the instructions from the photographers, they did all sorts of cute and interesting poses. The families had a blast at the studio. A family told us that one of their members was unfortunately diagnosed with a terminal illness and they were afraid that his days were numbered. The Happy Family Photo Workshop provided them with the chance to capture the beautiful moments the family spent together and was exceptionally meaningful to them.



奕婷和父母的合照
Tina and her parents

「賽馬會殘障家長子女支援計劃」的受惠子女—林奕婷 Tina，獲邀擔任演唱會嘉賓

藝人馬浚偉先生於2019年10月舉辦他的首個個人演唱會：「Dream Big 馬浚偉演唱會2019」。是次演唱會主題是「追夢」，主辦單位邀請了不同的基層人士表演，希望藉此機會把他們的才華呈現在舞台上。「賽馬會殘障家長子女支援計劃」的其中一位受惠子女——林奕婷就很榮幸得到這次機會。13歲的奕婷，懂得彈奏鋼琴，喜愛韓國的潮流文化，與一般的青少年無異，不同的是其父母是聽障人士。奕婷從小就用手語和父母溝通，雖然是困難重重，但懂事的奕婷並沒有埋怨，更會在日常生活中擔任父母的「手語翻譯員」。奕婷一直有一個願望，就是希望父母可以恢復聽力，聽到她彈奏的琴聲。而這次表演就正正讓奕婷「夢想成真」：當晚奕婷負責彈琴伴奏，馬浚偉先生負責獻唱，他們共同演繹「父母恩」一曲，送給台下正在欣賞表演的父母親，隨著翻譯員以手語打出曲中的歌詞，這首歌已經唱進父母的心坎裡。看著女兒在台上自信地演奏著，父母親的眼裡盡是光榮與感動。

Tina Lam, the Child of a Beneficiary Family in the “Jockey Club Support Service for Children of Disabled Parents”, Invited to Perform at a Concert

The renowned artist, Mr. Steven Ma Chun-wai, had his first solo concert in October 2019. The “Steven Ma Dream Big Concert 2019” carried the theme of “chasing dreams”. Underprivileged members of society were invited to perform on stage to showcase their talent. Tina Lam, the child of a beneficiary family in the “Jockey Club Support Service for Children of Disabled Parents”, was fortunate enough to be given the opportunity to perform at the concert. Like other normal teenagers, the 13-year-old pianist shows a fondness for Korean popular culture. The difference between her and other young people is that her parents are hearing-impaired. Since she was small, Tina has got used to communicating with her parents using sign language. Despite all the difficulties, Tina is a thoughtful child who never complains. She acts as her parents' sign language interpreter in their daily lives. It had always been Tina's biggest wish to resume her parents' hearing so that they can enjoy her piano music. This concert performance made her dream come true. At the night of the concert, Tina accompanied Mr. Steven Ma on piano when he sang the song “Grace of Parents”. Tina's parents, who were in the audience stand, appreciated the song with their heart through the translation of the lyrics to sign language by the interpreter. Seeing their daughter play the piano confidently on stage, the parents' eyes were filled with tears of pride and love.



演唱會音樂總監馬永齡先生教導奕婷演奏技巧
Mr. Matthew Ma, music director of the concert, coached Tina in performing the song



奕婷努力地於演出前作最後的綵排練習
Tina seized the opportunity to practise hard at the final rehearsal for the concert

文藝參與

Arts and Culture



本會自去年成立「傷健綜合藝術團」以來，迴響甚大，獲得媒體報導及各界認同。今年，本會繼續致力發展藝術團，為殘障人士提供多元化的共融藝術平台。

「傷健綜合藝術團」是一隊跨殘障類別以及跨年齡組別的藝術隊伍，由羅騰祥慈善基金贊助。參加者包括視障人士、聽障人士、來自殘障家庭的健全小朋友以及義工。他們在藝術團中不但有機會接觸不同類型的表演藝術，更重要的是他們能夠真正體現傷健共融。學員之間互相幫助、互相勉勵，一起成長，直至最後一起踏上舞台，向眾人展示傷健人士的藝術才華和協作能力。他們的表現讓大眾驚艷之餘，亦讓大眾對殘障朋友多了一分認識、多了一份由衷的欣賞，甚至於未來更願意與殘障人士走在一起，創造奇蹟。

Since the establishment of HKNPIS's "Inclusive Art Troupe" last year, we have received much positive feedback and recognition from the media and the general public. This year, we will continue to develop the Troupe and provide disabled persons with more opportunities to take part in a diversity of inclusive art activities.

The "Inclusive Art Troupe" sponsored by the T.S. Lo Foundation is a cross-disability and cross-age art troupe consisting of persons with visual impairment and hearing impairment, able-bodied children of disabled parents and volunteers. Not only do they have the opportunities to learn a wide variety of performing arts, but most importantly, they also work together for an inclusive culture. Members provide support and encouragement to each other for mutual growth. In the end, they go on stage to showcase to the public the artistic talent and collaborative skills of the disabled and the able-bodied. Apart from fascinating the public with their performances, the "Inclusive Art Troupe" also enhances public understanding of and appreciation for the disabled. Some members of the public are even encouraged to create miracles together with disabled persons in the future.

文藝參與 Arts and Culture

傷健綜合藝術團 – 共融沙畫班

「沙畫」就是以流動的沙作畫，參加者直接運用不同手勢來控制沙的分佈，畫出點、線、面，創作一幅幅互有關聯的圖畫，串連成一個動人的小故事。表演時更會加入配樂，增添氣氛和連貫性，是一個非常賞心悅目的表演項目。

很多人都認為視障人士必然不能夠畫畫，更何況是畫難於操控線條的沙畫？但是我們的一位視障學員卻懷著一股勇氣，主動挑戰這個項目，令導師大為感動！在共融沙畫班當中，導師用心研究分別適合視障及聽障人士的作畫技巧，令他們演出時仿如「看得見」、「聽得到」，一對一對的傷健學生輪流在台上作畫，默契十足，令一眾觀眾刮目相看，繼而投以最熱烈的掌聲和讚賞。

視障學生學習沙畫之路充滿艱辛，成果卻是甜美的，沙畫演出吸引了電視和電台報導，讓更多香港市民能欣賞到這幅活生生的傷健共融之美麗圖畫。

Inclusive Art Troupe – Inclusive Sandpainting Workshop

“Sandpainting” is the art of painting with flowing sand. The painters use their hands to control the distribution of sand to draw dots, lines and surfaces to form connected images that tell a lovely story. A spectacular sandpainting performance is usually accompanied by music for a better flow and atmosphere.



團員 Margaret 於表演時高舉雙手，將沙灑於燈箱上，沙粒飛舞飄揚，十分有動感
Our member, Margaret, raised her hands to sprinkle sand over the light box. The flying sand created a dynamic picture

Many people think that it is impossible for people with visual impairment to do paintings, not to mention sandpainting, in which lines are very hard to draw. Despite the obvious difficulty, our visually-impaired member was brave enough to take up the challenge of sandpainting. Her courage touched our tutor's heart. In our inclusive sandpainting workshop, the tutor patiently taught sandpainting techniques that catered for the respective needs of the visually-impaired and the hearing-impaired, enabling them to appear to be able to “see” or “hear” in the performance. Pairs of partners consisting of disabled and able-bodied members took turns to paint with sand on stage. They showed great camaraderie, impressing the audience immensely. Everyone applauded warmly to show their appreciation.

Despite the many obstacles along the road to success as a sandpainter, our visually-blind member had tasted sweet fruits of her hard work. Her story was broadly covered by television and radio media. More Hong Kong citizens were able to see this beautiful and real-life picture of inclusion.



母子齊齊學習沙畫，非常溫馨
The family learnt sandpainting together, forming a heartwarming picture.



聽障團員婷婷畫的「聰明使者」，他長著一頭捲髮，面帶微笑，身後長著一雙翅膀，充滿愛心
Ting Ting, our hearing-impaired member, drew a picture of a “Wise Walker” with curly hair and a pair of wings, wearing a big angelic smile.



2020 年 1 月 18 日視障學生 Trada (中) 與沙畫導師 (左) 接受香港電台第二台《藝文谷》訪問
On 18 January 2020, our visually-impaired member, Trada (centre), and our sandpainting tutor were interviewed by hosts of the radio programme “Culture Corner” on RTHK Radio 2.



2020 年 1 月 5 日在無線電視台《藝文誌》播出視障學生的學習片段
On 5 January 2020, the television programme “Art and Cultural Magazine” on TVB broadcast the story of our visually-impaired member practising sandpainting.

最新 LATEST



相片集

香港傷健共融網絡：聽障、視障人士沙畫表演

沙畫表演，圖案要配合音樂千變萬化，聽障人士要掌握已有一定難度，竟然還有視障人士參與？香港傷健共融網絡的綜合藝

2020 年 2 月 23 日視障學生 Trada 與沙畫導師接受香港電台第一台《非常人物生活雜誌》訪問
On 23 February 2020, our visually-impaired member, Trada, and our sandpainting tutor were interviewed by hosts of the radio programme “Lives of Extraordinary People” on RTHK Radio 1.

文藝參與 Arts and Culture

窩心小故事 (一)

來自聽障家庭的晴忻，在聽到職員講解班中的視障同學是如何克服畫畫的困難後，嘗試閉上眼睛作畫，親身去感受視障人士的世界。她年紀小小，同理心卻如此之大，讓我們深感欣慰，同時印證「傷健綜合藝術團」這種跨殘障類別的教學模式，的確能帶出不同層次的教育意義。

Heartwarming story (1)

Ching Yan comes from a family with hearing impairment. Upon learning of how the visually-impaired members had overcome the difficulty in sandpainting from our colleagues, she tried to do the painting with her eyes closed, in order to experience the world of the visually-impaired. The young girl impressed us all deeply with her great empathy with people. Her story also proves the effectiveness of the mode of instruction of the cross-disability “Inclusive Art Troupe” for yielding fruits of education at different levels.



晴忻閉起雙眼畫沙畫
Ching Yan closed her eyes while sandpainting.

窩心小故事 (二)

來自聽障家庭的皓峰，自小熱愛畫畫。自從他在「傷健綜合藝術團」接觸沙畫後，立即引起了他對沙畫的濃烈興趣。他的父母更是全力支持他持續學習沙畫，現時他已參加了兒童沙畫初班、中班，以及表演訓練班，持續學習已有一年，我們熱切期待他將來的演出！願「傷健綜合藝術團」成為更多同學的土壤，培育出更多茁壯的藝術幼苗。

Heartwarming story (2)

Ho Fung, who comes from a family with hearing impairment, has enjoyed painting since he was small. Trying sandpainting for the first time through the “Inclusive Art Troupe”, he immediately expressed a strong interest in the art. With his parents’ full support, he keeps practising sandpainting and has completed the beginner, intermediate and performer sandpainting classes for children. He has been learning the art for a year now. We look forward to his performances in the future! We sincerely hope that the “Inclusive Art Troupe” can help nurture more and more young artistic talents!



皓峰繼續進修沙畫技巧
Ho Fung keeps learning sandpainting techniques.

傷健綜合藝術團 – A cappella 無伴奏合唱團

「無伴奏合唱」是指無樂器伴奏的純人聲音樂，人聲可以演繹低音、和音、人聲敲擊等，聲音非常和諧悅耳。近年香港興起這門藝術，本會開辦課程時報名反應非常熱烈，當中更有視聽障人士挑戰自我，參與課程。合唱團由1位視聽障學員、8位視障學員、1位聽障小朋友、5位來自殘障家庭的小朋友和1位義工組成，他們由最基本的樂理，如和弦的構成、節奏、音準等學起，興致盎然。雖然班組數度因新冠疫情肆虐而暫停，卻絲毫無減一眾學員的熱誠，我們十分期待於疫情退卻後，欣賞這隊共融無伴奏合唱團的精彩演出！

「傷健綜合藝術團」的努力成功獲得外界的關注和讚賞，鼓勵了更多殘障人士鼓起勇氣踏出藝術之路的第一步，令人感動。本會十分榮幸能獲得羅騰祥慈善基金再次撥款，贊助「傷健綜合藝術團」於2020至2021年度舉辦更多元化的藝術培訓，讓更多殘障人士可以與健全人士一起發揮才華，敬請大家期待他們未來的表現！



健全與視聽障學員一起努力學習
Able-bodied learners and learners with visual or hearing impairment worked hard together to learn singing skills.



學員為表演作綵排
Participants were rehearsing for a performance.

Inclusive Art Troupe – A cappella Workshop

A cappella music is a performance by a singer or a singing group without instrumental accompaniment. The human voice is able to produce very beautiful music by singing in harmony, performing bass vocal and vocal percussion, etc. A cappella music has become popular in Hong Kong in recent years. Our workshop was well received by members. A deafblind member challenged himself with this brand new learning experience. Our a cappella choir consists of one deafblind member, 8 visually-impaired members, 1 hearing-impaired child, 5 children from disabled families and 1 volunteer. They started from the basic music theory like the composition of chords, rhythm and pitch. They showed great interest in learning. Although the class had been suspended a few times due to the COVID-19 outbreak, our members remained passionate for practising this interesting form of art. We very much look forward to the performance of our inclusive a cappella choir when the pandemic subsides!

The hard work of the “Inclusive Art Troupe” has won public concern and appreciation. This has further encouraged more disabled persons to pluck up enough courage to take the first step into the world of art. Their achievement touches people’s heart. We are very honoured to once again receive a sponsorship from The T.S. Lo Foundation for the “Inclusive Art Troupe” for providing a variety of art training in 2020 to 2021 so that more disabled persons and able-bodied persons can showcase their talent. Let’s all look forward to their outstanding performance in days to come!

共融科技 Universal Design and Technology



香港傷健共融網絡致力推廣通用設計及無障礙科技，研發輔助科技和流動應用程式，以助殘疾人士提升生活質素。

HKNPIS promotes universal design and accessible technology and helps develop assistive technologies and mobile applications to enhance the quality of life of disabled persons.

共融科技 Universal Design and Technology

香港傷健共融網絡 鼓勵殘障人士掌握科技，衝破「被動支援」的既定思維，讓殘疾人士能夠自助建立無障礙的學習、工作及生活環境，從而擴展社會上流機會及提升生活質素，踏出「共融」重要的一步。

本會不時精選不同輔助硬件及應用程式，介紹及提供給我們的殘障員工和會員使用。

HKNPIS encourages disabled persons to use information technology so as to break the stereotype of them being “passive recipients of support services”. Disabled persons can construct an accessible learning, working and living environment for themselves, enhancing their opportunity for upward social mobility and quality of life. This serves as an important milestone in creating an inclusive society.

HKNPIS regularly introduces and provides selected assistive hardware and mobile applications for our disabled members' and staff's use.



機構增設多項器材及輔助科技，以供會員使用
HKNPIS has procured a range of assistive equipment and technology gadgets for members' use.

便攜式助視顯示及文書工具 Portable Reading Aids and Word Processing Tools

文書讀寫是職場和學習的基本。隨著科技進步，視障人士也能享受輕巧型書寫記錄工具所帶來的便利。本會得到賽馬會慈善信託基金捐助，開始增添這類工具。

Word processing and reading skills are essential for work and study. With the technological advancement, people with visual impairment can enjoy the convenience brought by handy word processing gadgets. With the donation from The Jockey Club Charities Trust, HKNPIS has started to procure such equipment.

Brailiant BI 14 格便攜式點字顯示器

此點字顯示器可以 USB 2.0 及藍牙連接，體積輕巧，僅有 166x100x23 毫米和重 285 克，設有離線文書記錄功能，只要連接到網絡進行同步，便能把文件傳送到流動裝置。這項功能使視障人士可以衝破地域限制，不論在辦公室、咖啡廳，交通公具上，都能無間斷地隨心工作和學習。

Portable Brailiant BI 14 Braille Display

This braille display, which allows connection to devices using USB 2.0 or Bluetooth, is very light, with dimensions of 166 x 100 x 23 mm and a weight of 285g. It has an offline document saving function, enabling the transmission of documents to a mobile device upon synchronization with Internet access. This function helps the visually-impaired to break through geographical boundaries. They can keep working and learning at office, in a café or on public transport.



摺疊式放大器 (配置光學文字辨識功能)

設有全高清 1080p 及自動對焦鏡頭，能透過 Wi-Fi、HDMI 或 USB 連接顯示器、電腦或平板電腦，而且設有錄製、回放影片，存取圖像及文字檔功能，使學習及工作地點變得更隨心便利。

Transformer HD with OCR & Wi-Fi Foldable Magnifier

Featured with a full HD 1080p autofocus camera, this magnifier can be connected to a display device, a computer or a tablet computer via Wi-Fi, HDMI or USB. It also has recording, video playback, image and text saving functions, creating great convenience for learning and working anywhere and anytime.



共融科技

Universal Design and Technology

蘋果產品配合 Siri 的運用

聲音是視障人士與世界溝通的重要橋樑，一個精準與人性化的語音辨認系統擔當著重要角色，蘋果的 Siri 正正做到這一點。加上蘋果產品作配套，視障人士有更廣的渠道接收及發放資訊。下年度本會期望得到更多捐助，購入不同的蘋果產品，例如輕巧的 iPad、能呼喚 Siri 操作家電的揚聲器 Homepod 等。讓會員認識及學習如何運用科技便利生活。

Application of Siri with Apple Products

Sound bridges the visually-impaired with the world. An accurate and user-friendly voice recognition system plays a very important role in assistive technology. Siri developed by Apple is a good example. The use of Siri supplemented with other Apple products enables visually-impaired persons to receive and disseminate information via more channels. In the coming year, HKNPIS looks forward to receiving more donations for purchasing a variety of Apple products, such as iPads that can be carried around easily, HomePods, loudspeakers which can manipulate Siri in operating home appliances, etc. Our members will learn how to apply technology to make lives more convenient.



閃燈門鈴

聽障人士和聽力不佳的長者，時常因錯過鐘聲而拒來訪者於門外，設計簡單的七彩閃燈門鈴，閃燈非常奪目，讓他們可以知道有人來訪。

Flashing Light Doorbell

People with hearing impairment or the elderly people who do not hear well may not be able to hear the doorbell and be aware of visitors at their door. With a simple yet eye-catching design, multi-colour flashing light doorbells can alert users of any visitors.

流動應用程式成為視障人士的眼睛 Mobile Applications to Help the Visually-impaired See

健視人士是視障人士的眼睛，流動應用程式除了提供人工智能辨識功能外，亦把視障人士跟義工們連在一起，令義工可以即時詳細而多角度地為視障人士解說及解決當前的疑難。

Able-bodied people can help those with visual impairment see. Apart from having AI recognition functions, mobile applications can also connect volunteers with the visually-impaired to enable them to provide verbal descriptions in detail from multiple perspectives instantly to help disabled persons solve their immediate problems.

Seeing AI / TapTapSee

通過手機鏡頭分析，以語音描述當前的人和物件

By analysing an image through a smart phone's camera, the app provides audible descriptions of the human or the object in front of the camera.



Voice Dream Reader

一個付費的 text-to-speech (TTS) 軟件，提供比較自然的聲線、記憶閱讀進度，前後跳播及自選閱讀起點等功能，適合喜歡閱讀的視障人士

This is a charged text-to-speech (TTS) software suitable for reading enthusiasts with visual impairment. It is a reading tool featuring more natural voices with functions for keeping track of the reading progress, making forward or backward navigations, choosing own starting point in a reading text, etc.



悅聲易 WeVoice+

通過手機鏡頭分析文字，亦提供聊天室解答及實時視訊義工對答功能

By analysing words through a smart phone's camera, the app provides chatroom and video messaging functions that allow volunteers to answer enquiries from the visually impaired.



讀鈔易 Hong Kong Banknotes Reader

通過手機鏡頭分辨流通的港元紙幣，透過語音讀出面值

The app is able to identify the denomination of Hong Kong dollar notes in everyday circulation through a smart phone's camera and read it out for the user.

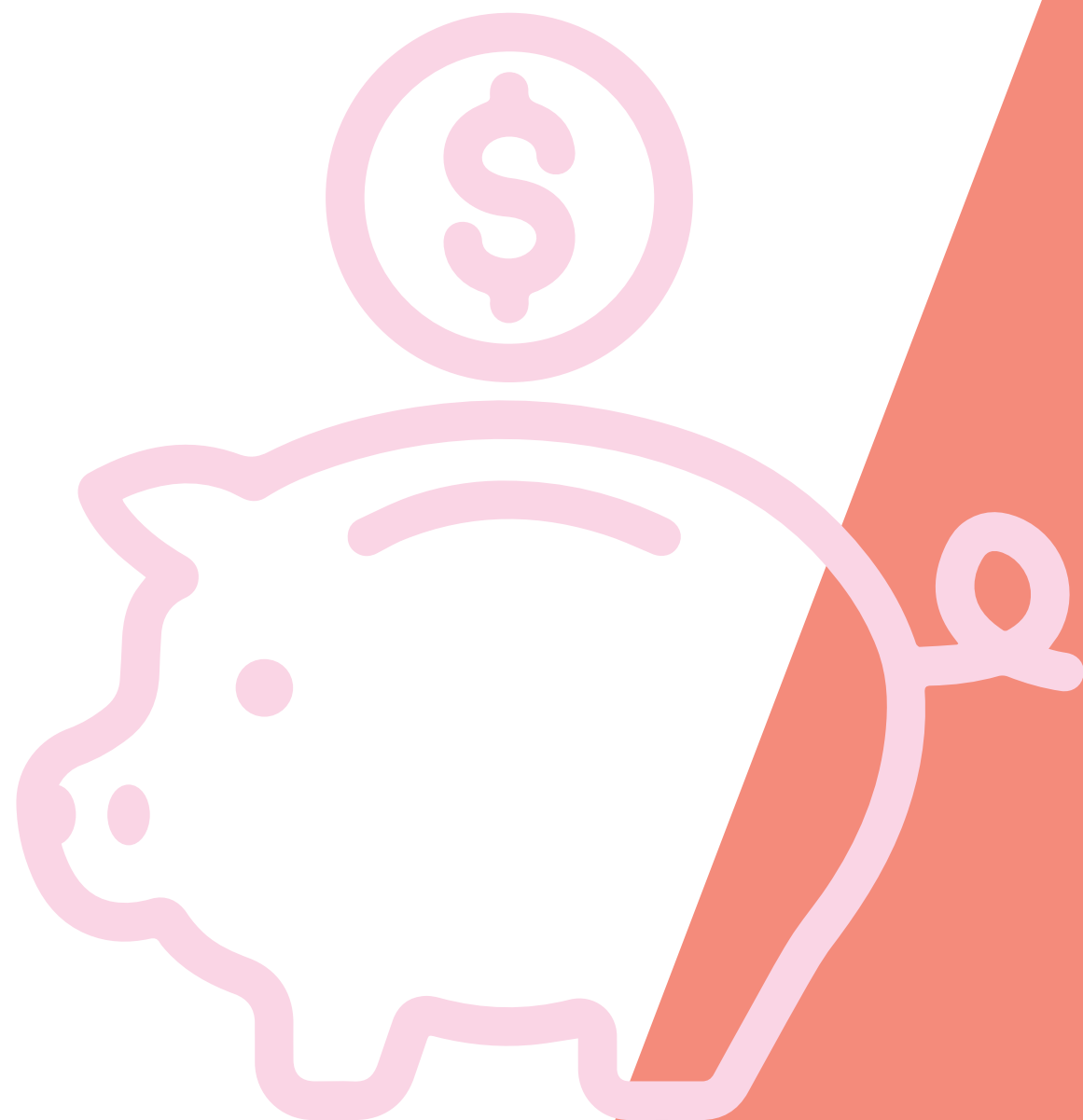


財務概覽

Financial Highlights

以下撮要顯示香港傷健共融網絡截至 2020 年 8 月 31 日的財務狀況，審計報告由耀進會計師事務所撰寫。完整報告可於香港傷健共融網絡辦事處索閱。

The following financial highlights are based on HKNPIS's financial accounts for the year ending 31 August 2020. The full audited financial statements prepared by Brilliant Ascent CPA & Co. are available at the office of HKNPIS.



收支帳目表

Statement of Income and Expenditure

財政年度以 8 月 31 日止
The financial year ended on 31 August.
(以港元為單位 Expressed in Hong Kong dollars)

收入 Income	2020 HK\$	2019 HK\$
一般捐款 General Donations	96,782.00	215,428.00
籌款活動 Donations from Events (1)	1,633,156.00	2,920,347.00
會員收費及其他收入 Membership Fees and Others	242,540.20	52,491.00
	1,972,478.20	3,188,266.00
項目撥款 Project Funding Income		
香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	1,445,700.00	1,996,675.00
香港賽馬會「新冠肺炎緊急援助基金」 The HKJC COVID-19 Emergency Fund	486,150.00	-
勞福局康復服務公眾教育基金 LWB Fund for NGO to implement public education on rehabilitation	67,416.80	84,808.00
社會福利署攜手扶弱基金 SWD Partnership Fund for the Disadvantaged	230,000.00	230,000.00
羅騰祥慈善基金 T. S. Lo Foundation	-	350,000.00
馬主協會慈善基金 The Hong Kong Racehorse Owners Association Charitable Foundation	121,920.00	-
	2,351,186.80	2,661,483.00
失業補助金 Government Employment Support	179,205.00	-
總收入 Total Income	4,502,870.00	5,849,749.00
支出 Expenditure		
折扣 Depreciation	9,245.00	7,635.00
行政費用 Administrative expenses	34,200.00	19,000.00
其他營運費用 Other operating expenses	4,791,221.00	5,488,121.00
總支出 Total Expenditure	4,834,666.00	5,514,756.00
稅項前盈餘 (虧損) Surplus (Dificits) before taxation	(331,796.00)	334,993.00
稅項 Taxation	2,400.00	2,400.00
本年度盈餘 (虧損) Surplus (Dificits) for the year (2)	(329,396.00)	332,593.00

註：

- 2019 年 9 月 28 日 高分猛龍越野跑；2020 年 4 月 19 日 妙思猛龍慈善跑 (延期至 2020 年 9 月 26 日，改名為妙思猛龍線上共融跑)
- 盈餘會撥入香港傷健共融網絡的儲備，作為非指定用途開支，以備不時之需及一旦收入出現非預期劇減時，仍有足夠資金及保障服務能繼續運行。

Notes:

- Go Fun Fearless Dragon Trail Run held on 28 Sep 2019; Muse Fearless Dragon Charity Run held on 19 April 2020 (Postponed to 26 Sep 2020, renamed to MUSE Fearless Dragon Online Run)
- The surplus funds will be allocated to the HKNPIS's general reserves as unrestricted expenditures leeway for significant and unexpected downturns in revenue, so as to ensure that the programmes and service can continue as planned.

鳴謝

Acknowledgements

贊助機構

香港賽馬會慈善信託基金
勞工及福利局
鵬程慈善基金
平等機會委員會
黃廷方慈善基金
社會福利署轄下之攜手扶弱基金
羅騰祥慈善基金
馬主協會慈善基金
信願榮景慈善基金有限公司
博愛基金
一起微笑

商業機構

屈臣氏集團
香港機場管理局
安昇國際商務拓展有限公司
珍愛康健有限公司
碧柔
中信資本控股有限公司
雅緻名字有限公司
恒基兆業地產集團
健絡通藥業有限公司
香港交易所
益力多
日壓端子 (香港) 有限公司
BE-KIND
理文造紙有限公司
香港快活谷獅子會
荷李活獅子會
諾德保險經紀有限公司
美利加藥廠有限公司
香港鐵路有限公司
高分發展有限公司
妙思時裝國際有限公司
海洋公園
奧樂蜜 C
正品揚聲傳訊策劃有限公司
全城街馬
宏基資本有限公司
信和集團
娛藝院線有限公司
榮源茶行

Funding Bodies

The Hong Kong Jockey Club Charities Trust
Labour and Welfare Bureau
Bright Future Charitable Foundation
Equal Opportunities Commission
Ng Teng Fong Charitable Foundation
Partnership Fund for the Disadvantaged, Social Welfare Department
T. S. Lo Foundation
The Hong Kong Racehorse Owners Association Charitable Foundation
Invision Charity Foundation Limited
Bo Ai Foundation
Smile with usHK

Corporations

A.S. Watson Group
Action Panda
Airport Authority Hong Kong
Anrise-IMC Limited
Atease Healthcare Limited
Biore
Bright Diva International Limited
CITIC Capital Holdings Limited
DKSH Healthcare Consumer Health
General Best Corporation Limited
Go Fun Development Co.Ltd
Henderson Land Development Co. Limited
Herbalgy Pharmaceutical Ltd
Himalaya & Lifebuoy
Hong Kong Disneyland Resort, Lantau Island, Hong Kong
Hong Kong Exchanges and Clearing Limited
Hong Kong Yakult Co., Ltd.
J S T (HK) Co Ltd
Keenway Industries Ltd.
Lee & Man Paper Manufacturing Ltd
Lions Club of Happy Valley Hong Kong
Lions Club of Hollywood Hong Kong
Lockton Companies (Hong Kong) Ltd.
Logitech Asia Pacific Limited - Jaybird
Mars Company Hong Kong Limited (BE-KIND)
Merika Medicine Factory Ltd.
MTR Corporation Limited
Muse Fashion International Co. Limited
Must Eyewear
Ocean Park
One Logistics Group
Oronamin C
Perpetual Technology Solutions Limited
PR for Good Limited
R2gather
Run Pic
RunOurCity
Rykadan Capital Limited
Sino Group
Sino Process Limited
T8
The North Face
UA Cinema Circuit Limited
Wing Yuen Tea House

團體

香港遠足覓合團
影音使團有限公司
建。祝義工隊
盈善最樂
循道衛理聯合教會香港堂
香港社會服務聯會
匡智會
龍耳有限公司
香港聾人福利促進會

個人

許宗盛 SBS, MH, JP
陳佩珍小姐
蕭劍平先生
馬浚偉先生
梁思浩先生
岑紫綸小姐
蔡婷婷小姐
方婉婷小姐
陳胤禧先生
譚錦華弟兄
龐嘉碧小姐
黃怡芳小姐
林國基醫生

大學

香港城市大學
香港公開大學
香港中文大學

Organisations

Hong Kong Hiking Meetup
The Media Evangelism Limited
Build and Wish Voluntary Team
Happy With Charity
Chinese Methodist Church
The Hong Kong Council of Social Service
Hong Chi Association
Silence Limited
Hong Kong Society for the Deaf

Individuals

Mr. Herman Hui, SBS, MH, JP
Ms. Katherine Chan
Mr. Edmond Siu
Mr. Iain Bruce
Mr. Steven Ma
Mr. Spencer Leung
Ms. Lucia Choi
Ms. Pat Fong
Mr. Terence Chan
Ms. Kimmy Bong
Ms. Fanny Hwang
Dr. Lam James Joseph

Universities

City University of Hong Kong
The Open University of Hong Kong
The Chinese University of Hong Kong

點滴成匯 HKNPIS in Figures



香港傷健共融網絡至今成立 **9** 年，會員人數接近 **1000** 人。
Established **9** years ago, HKNPIS now has almost **1000** members.

「殘障家長子女支援計劃」於本年度幫助了 **154** 個殘障家庭的子女的學業與成長；**132** 位導師參與；舉辦 **11** 個親子互動活動。

The “Jockey Club Support Service for the Children of Disabled Parents” has helped **154** children from disabled families with their children's schoolwork and personal growth; recruited **132** tutors; and organised **11** interactive family activities.

猛龍長跑隊為全球第一隊主要由視障及聽障人士組成的長跑隊，隊員人數 **300** 人。
The Fearless Dragon Running Team is the first long-distance running team in the world that comprises mainly persons with visual and hearing impairments. The Team has **300** members.

2019 年猛龍越野跑參加者超過 **850** 人次，共籌得善款港幣 **32** 萬元。
Over **850** people participated in the “Fearless Dragon Trail Run” in 2019, raising a total of **320,000** Hong Kong dollars.

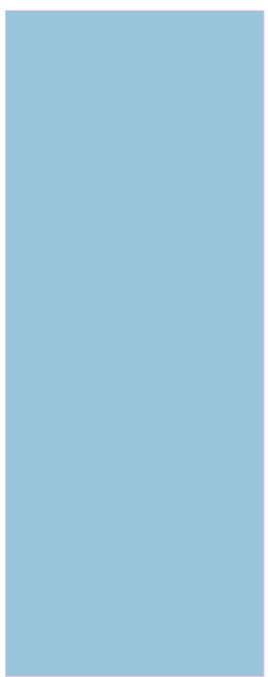
過去一年，猛龍捐血隊一行數十人曾 **3** 次出席紅十字會的「捐血活動」，希望鼓勵更多人踴躍定期捐血。
In the previous year, tens of the Fearless Dragon Blood Donor Team members took part in **3** blood donation activities organised by Hong Kong Red Cross, hoping to encourage more people to give blood regularly.

派出視障及聽障隊員主持「正向人生」生命教育分享會，接觸多達 **20** 間學校，向超過 **5,000** 名老師及青少年分享正向人生和共融訊息。
Our Fearless Dragon Running Team members with visual or hearing impairment visited **20** schools to deliver “Run for Life” life education talks and share messages about positive life attitudes and inclusion with over **5,000** students and teachers.

在疫情期間，本會收到香港賽馬會「新冠肺炎緊急援助基金」及各方機構捐贈抗疫物資，讓多達 **390** 位殘障人士受惠。
During the COVID-19 outbreak, HKNPIS received anti-epidemic supplies donated by The Hong Kong Jockey Club “COVID-19 Emergency Fund” and many other organisations, benefiting as many as **390** disabled persons.

成立「賽馬會殘障家庭支援中心」，凝聚及支援殘障家庭之餘，亦於疫情期間運用輔助科技資源閣，教導殘障人士應用科技及網上資源，讓他們能與新常態接軌。
HKNPIS set up the “Jockey Club Support Centre for Disabled Families” as a hub for connecting and supporting disabled families. During the pandemic, we organised training at the Assistive Technology Resource Corner for disabled persons to learn about the use of technology and online resources to enable them to adapt to the new normal.

相片集
Photo Gallery



籌募及傳訊 Fundraising and Communications

活動 Activities

每年度均會舉辦猛龍慈善跑及猛龍越野跑，報名費及捐款將用作支持香港傷健共融網絡的工作，助殘障人士改寫人生路。

We organise the “Fearless Dragon Charity Run” and the “Fearless Dragon Trail Run” every year. All proceeds from registration fees and donations of the events support HKNPIS in assisting disabled persons to make positive changes to their lives.

網上推廣 Online Promotion

網頁 Website

www.inclusive.org.hk

香港傷健共融網絡設立網站，附設輔助功能，讓更多大眾人士和傷健人士認識我們的理念。而我們亦會在網站不定期地發佈賽事的詳情，活動照片等資訊，使公眾人士無時無刻均可以掌握機構動向。

The website of HKNPIS conveys our mission and vision to the general public. We also update event details and photos and provide other important information on the website from time to time to allow members of the public to keep abreast of our latest development.



Instagram & Youtube

www.instagram.com/hknpis_/
www.youtube.com/user/HKNPIS

此外香港傷健共融網絡也活躍於社交平台上，例如：Facebook 和 Instagram，使我們與支持者和公眾能保持緊密的聯繫。

In addition, HKNPIS connects with our supporters and the public closely by remaining active on social media platforms such as Facebook and Instagram.



Instagram



Youtube

Facebook

www.facebook.com/HKNPIS/



捐款支持 Donation to HKNPIS

網上捐款 Online Donation

以信用卡即時過數 (Visa/ Master)
Instant payment by credit card (Visa/ Master)

<https://www.inclusive.org.hk/donate>



銀行轉帳 Bank Deposit

轉數快
轉數快戶口 / FPS ID: 160807616
FPS
FPS ID: 160807616

或直接存入
恆生銀行戶口：390-398550-001
戶口名稱：香港傷健共融網絡有限公司
(櫃員機顯示：HK N F T P O I S L D)
Or deposit to bank account
Hang Seng Bank account: 390-398550-001
Name of account holder: Hong Kong Network for the
Promotion of Inclusive Society Limited (ATM Display:
HK N F T P O I S L D)

支票付款 Donation by Cheque

支票付款
捐款支票請寄至：
九龍油麻地彌敦道 557-559 號永旺行 12 樓 B 室
支票抬頭：香港傷健共融網絡有限公司

Please send us a cheque by mail to:
Flat B, 12/F, Wing Wong Commercial Building, 557-
559 Nathan Road, Yau Ma Tei, Kowloon
Payable to: Hong Kong Network for the Promotion of
Inclusive Society Limited

請把存根電郵至 info@inclusive.org.hk 以便記錄和簽發捐款收據
Please email the payment slip to info@inclusive.org.hk for our record and the issue of the donation receipt.



香港傷健共融網絡有限公司
Hong Kong Network for the Promotion of Inclusive Society Ltd.
(Approved Charitable Organization, 91/11809)

捐款表格 Donation Form

本人/機構捐款港幣 _____ 元。

I / our organization will make a donation of HK\$ _____.

註：捐款達港幣100 元或以上可申請扣稅
Note: Donations of HK\$100 or above are tax deductible.

請用正楷填寫 PLEASE USE BLOCK LETTERS

個人/機構名稱	(中文)	(Chinese)	_____
Name/Organization:	(英文)	(English)	_____
地址	_____		
Address:	_____		
聯絡人	先生/女士/小姐*	職銜	_____
Contact Person:	Mr./Mrs./Ms.*	Position:	_____
聯絡電話	_____	傳真	_____
Contact Telephone:	_____	Facsimile:	_____
電郵地址	_____		
E-mail Address:	_____		

個人/機構負責人簽署	職銜	日期
Signature of Individual/Officer-in-charge	Position	Date

*請刪去不適用者 Please delete as appropriate

請填妥表格連同劃線支票寄回：
九龍油麻地彌敦道 557-559 號永旺行 12 樓 B 室
支票抬頭：香港傷健共融網絡有限公司

或直接存入機構戶口並把存根電郵至機構：
恒生銀行：390-398550-001
轉數快：160807616

查詢請電
電話：2771 9666
傳真：2787 0917
電郵：info@inclusive.org.hk
網址：www.inclusive.org.hk

Please return the completed form by post with
crossed cheque payable to “Hong Kong Network
for the Promotion of Inclusive Society Limited” to
Flat B, 12/F, Wing Wong Commercial Building,
557-559 Nathan Road, Yau Ma Tei, Kln.

Or transfer the donation to
Hang Seng Bank: 390-398550-001
FPS: 160807616
and send the bank-in slip to us.

Enquiries
Tel: 2771 9666
Facsimile: 2787 0917
E-mail: info@inclusive.org.hk
Website: www.inclusive.org.hk

多謝您的支持！
Thank you for your support !

📍 九龍油麻地彌敦道557-559號永旺行12樓B室
Flat B, 12/F, Wing Wong Commercial Building
557-559 Nathan Road, Yau Ma Tei, Kowloon

✉ info@inclusive.org.hk

🌐 www.inclusive.org.hk

☎ 2771 9666

